

make a friend at

Fort Collins





# BASEBALL REGISTRATION BEGINS JANUARY 14, 2022

Registration is open until 3/28/22 **Spring/Summer Leagues** Pre-K to 12th Grade (Boys & Girls) Recreational League and Intermediate League

Details and Online Registration at: www.FortCollinsBaseballClub.org 970-484-3368

Thanks to all who enjoyed America's Pastime in 2021.

Baseball Club

M

# WE HAVE YOUR GEAR CLOTHING • FOOTWEAR • EQUIPMENT

# Ride Model Model Dutside together







# 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

September-December programming including learn to swim and youth basketball



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# make a friend at **CAMP FUNQUEST**

**Meet Seve Ghose** 

**Community Services Director** 

p29

Follow us @ParksandRecFC





Hello, Fort Collins Recreators!

As I write this letter, we are in the middle of our winter season and preparing for the holidays and New Year. Time has a way of flying by these days, so thinking ahead to the spring season and the activities available through the Parks & Recreation Departments is a great way to fend off the short days and cold nights! As we navigate through the COVID recovery period, please be assured that your Parks & Recreation Departments will always follow State and County guidelines when administering programs and managing recreational sites.

There is a full array of activities available in this edition, so I'll highlight a few that stood out to me.

Sign up for swim lessons this spring and learn a fun life skill that can also help save lives. Everyone in the community can learn to swim at EPIC, Mulberry Pool and the Senior Center. Don't miss your chance to sign up for these popular lessons.

The adult sports season will be gearing up for a full complement of opportunities. Compete on the local fields and facilities in softball, flag football, basketball and volleyball!

Sign up early for Camp FunQuest, as this is always a popular option for the kiddos. Camp FunQuest is Recreation's way to fun! New this summer are full day options from 7:30 a.m. to 5 p.m. daily! Programs are available for ages 5-15 with age-appropriate activities planned. Field trips, weekly themes, STEM programming and outdoor adventures begin in June for this state licensed program. Camp FunQuest will be hosted at both Northside Atzlan Community Center and Foothills Activity Center .

Think spring! It will be here before we know it!

See you out there, Recreators.

Mike Calhoon, Parks Director



# Credits

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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.

21-23754

# turn off your car

EVE GHOS

COMMUNITY SERVI

As the Community Services Director, Mr. Ghose oversees the service area that manages Parks, Recreation, Natural Areas, Cultural Services, and Park Planning & Development.

**MEE** 

DIRECTOR

Overall, Community Services has an annual budget of around \$54 million for operations and management, with additional dollars allocated each year for capital projects. These projects range in scope from new parks, updating facilities and amenities, trail development, land acquisition, and large equipment purchases. The service area is unique, with more than six million annual visitors throughout the system.

Community Services is home to more than 750 highly-qualified professionals, striving each day to offer the best in customer service while keeping a keen eye on continuous improvement.

There is great pride in the fact that more than 92% of the community rate Community Services amenities as good to favorable each year in the annual survey. Additionally, the per capita spending of \$280 million is over five times higher than the national average, as noted by the Trust for Public Land annual Park Score. The Park Score also shows that over 64% of the Fort Collins community has access to a city-owned park, green space, trail, or play space within a ten-minute walk of their residence. Seve and a colleague unveiling an anti-idling program in Louisville, KY.

### What do you bring to the City Fort Collins?

I have been in this line of work for over thirty years, working in five states including lowa, Illinois, Oregon, Kentucky and Colorado, in four different systems municipal, county, special district, and the private sector. These experiences have allowed me to grow professionally and personally in appreciating the great value of all that we offer to the community; increased home values, economic development, fun, lowering the carbon footprint, health and wellness opportunities, conservation, and overall improving the quality of life.

I am also a Certified Park and Recreation Executive (CPRE) and to give back to the profession that has been good to me and my family, I have served on several national panels including accreditation—the Commission for the Accreditation of Park and Recreation Agencies (CAPRA), and certification tests—Certified Park and Recreation Professional and Executive (CPRP and CPRE). I have exercised bold leadership in agencies I have worked for, gaining national accreditation and have been a Gold Medal winner and finalist seven times. I have also instructed at the National Recreation and Park Association (NRPA) annual schools held in Oglebay, WV, on topics ranging from leadership, use of technology, innovation, and resiliency.

Most gratifying has been my direct involvement in creating successful Adaptive and Inclusive Recreation (AIR) programs in three prior positions, building a world-class cricket field in Louisville, KY, Mobile Playground Program using a decommissioned fire truck in Davenport, IA, and creating natural playgrounds using upside-down trees in four cities.



### What excites you most about working for Fort Collins?

What excites me about this position in Fort

Collins, is to tell and re-tell the great

story of Community Services by branding all this offered under one umbrella. I am especially enthused in seeing the full implementation of JEDI (Justice, Equity, Diversity, Inclusion) in all that we do and offer by being deliberate and intentional about it, with full inclusion and breaking down barriers and building community in the process that will be more innovative and resilient. I am also keen on leaving a legacy for the next generation(s) that will truly stand the test of time.

### **How Do You Recreate?**

Outside of work, I have my worldly family that includes my life partner of twenty-five years, and three children, ages 18, 14, and 11, along with our three furry friends—a Corgi, a Pointer, a cat—who keep me fully grounded. I enjoy traveling with them all, having visited 36 states and 117 national parks and monuments (some of them several times like the Grand Canyon (10)). My daily catharsis is from cooking, gardening, photography, soccer (the real football), tennis, cricket, and golf, based on the season.

5

# **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 January 13. Early registration will be available for Senior Center Social Members at 7 a.m. on January 11.

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.

# 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.



### **ADMISSION & PASS FEES**

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

### **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 FACILITIES	CITY PARK POOL	CLUB TICO	EDORA POOL ICE CENTER	THE FARM	FOOTHILLS ACTIVITY CENTER	FORT COLLINS SENIOR CENTER
Water slide/play features	*					
Auditorium						*
Basketball Court					*	*
Billiards Room						*
Catering Kitchen		*				*
Dance Floor		*				*
Diving			*			
Elevator		*	$\star$		$\star$	*
Family Changing Room			*			*
Fitness/Dance Rooms					$\star$	*
Gift Shop				*		
Gymnasium					$\star$	*
Ice Rink			*			
Kilns						
Kitchen		*				*
Lazy River	$\star$					
Library						*
Locker Rooms	$\star$		$\star$		$\star$	*
Lounge						*
Meeting Space		*	$\star$	$\star$	$\star$	*
Museum				$\star$		
Pickleball Courts					$\star$	*
Pony Rides				*		
Pro Shop						*
Racquet Courts						
Skate Park			*			
Spectator Seating			*			
Stage		$\star$				$\star$
Studio Space						*
Swimming	$\star$		*			*
Track						*
Wading Pool			$\star$			
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—8 PM **Sa** 8 AM—6 PM **Su** Noon—5:30 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 6 AM—9 PM Sa 8 AM—6 PM Su 11 AM-5 PM

### FORT COLLINS SENIOR CENTER

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

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

 M—F 6 AM—9 PM
 Sa 8 AM-5 PM
 Su 9 AM-8 PM

### **MULBERRY POOL**

 424 Mulberry St. • 970.221.6657 • fcgov.com/mulberrypool

 M, W, F 5:30 AM-8 PM
 Tu, Th 5:30 AM-4:30 PM

 Sa 12:30-5:30 PM
 Su Noon-3 PM

### NORTHSIDE AZTLAN COMMUNITY CENTER

**112 E. Willow St. • 970.221.6256 •** *fcgov.com/northside* **M—F** 6 AM—9 PM **Sa** 8 AM—5 PM **Su** 9 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/facility-hours.

Looking for golf? Visit fcgov.com/golf

# SPECIAL EVENTS SPRING 2022

APRI APRI

APRI

MAY



# SPRING ARTISAN MARKET

Spring is in the air and handmade goods are at the Fort Collins Senior Center. Support over 50 artisans and crafters selling their wares.

4/9 Sa

10:00 AM-4:00 PM No Fee

# **PARKS & REC HIRING FAIR**

Join the Parks and Recreation team! With opportunities in lifeguarding, child care, grounds keeping, parks maintenance and more, there's something for everyone to do. Learn about open positions and apply at the fair! 4/9

Sa

10:00 AM-2:00 PM No Fee

# **KIDS IN THE PARK**

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

Location: Twin Silo Park 4/24

Su

10:00 AM-2:00 PM No Fee

### **S.O.A.P.** (SLIGHTLY OLDER ADULT PLAYERS) SPRING SHOW

Let's take a road trip! Sit back, relax and get ready to enjoy some acting, singing and laughs!

5/6	Fri	1:30 PM	\$6	Ticketed Event
5/6	Fri	7:00 PM	\$6	Ticketed Event
5/7	Sa	2:00 PM	\$6	Ticketed Event

SPRING ICE SHOW

Presented by the Fort Collins Figure Skating Club. Skaters from the Fort Collins Figure Skating Club and EPIC's Learn to Skate program perform in the spring ice show. Tickets available in March.

a cation, CDIC

5/7	Sa	1:00 PM	Ticketed Event				
5/7	Sa	6:00 PM	Ticketed Event				

# **GEAR UP TO GET OUT, GEAR SWAP**

Cold weather outdoor activities are wrapping up while warm weather activities are starting. Peruse local's tables as they sell/trade gently used outdoor equipment. Get the gear to get out in the outdoors at great prices or in trade. No registration required. Interested in hosting a table to sell or trade gently used outdoor gear? Contact us at outdoor@fcgov.com.

Location: Senior Center Shopper 5/21 Sa

10:00 AM-2:00 PM No Fee

MAY



Age: All

MAY



### 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 Passport to Recreation 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. A request does not guarantee an inclusion aid.

### **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 specialized 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 can assist 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 Taylor Ingram, 970.224.6027, tingram@fcgov.com

### Transportation

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

Transfort (Public City Transport)	970.221.6620
Dial-A-Ride	970.224.6066
SAINT	970.223.8645
Heart & Soul Paratransit	970.690.3338

### **AQUATICS PROGRAMS**

### Adult Unified Swim Team - NEW!

See ARO Unified Sports Section for more information.

### **Adaptive Swim Lessons**

ARO Aquatics Specialists can provide private adaptive lessons and/ or support individuals in group lessons using adaptive techniques based on individualized goals. See page xx 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 H2O Fitness**

This cool water class is designed for those with neuromuscular disorders, multiple sclerosis, and other neurological disability. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. Note: Class will not be held on 3/15, 3/17.

Age: 16 years and up Location: Mulberry Pool

2/8-3/31	Tu,Th	10:00-11:00 AM	\$66	202228-01
4/5-5/12	Tu,Th	10:00-11:00 AM	\$66	202228-02

### **ARTS & THEATRE PROGRAMS**

### Artistic Abilities Art Club

Learn techniques to create unique pieces of art. All abilities welcome. Note: Participant art will be on display in the Senior Center Gallery 4/25 -6/1.

Age: 14 years & up Location: Senior Center

2/10-3/10	Th	4:00-5:30 PM	\$59	202990-01
3/24-4/21	Th	4:00-5:30 PM	\$59	202990-02

### **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.

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

Express your creativity on stage! Learn acting techniques, work on a short script, and present a show on 5/3 for the last class. Designed for people with and without disabilities. Note: Performers and family/care givers are not required to purchase tickets to the final show. Final show will be open to the public.

Age: 14 years & up Location: Senior Center

### Theatre Acting Class & Show

3/21-5/2	М	4:00-5:30 PM	\$56	202593-05
ARO Art Re	ception & <sup>-</sup>	Theatre Acting Final Sh	ow - Gen	eral Admission
Tickets				
5/2	М	4:30-5:30 PM	\$4	202593-06

### **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.

Age: 16 years & up Location: Senior Center

### Chili

CHIII				
1/26	W	5:00-6:30 PM	\$16	102401-02
Thai Noodles				
2/2	W	5:00-6:30 PM	\$16	102401-03
Soups				
2/16	W	5:00-6:30 PM	\$16	102401-04
Crock Pot				
3/23	W	5:00-6:30 PM	\$16	202401-01
Stir Fry				
3/30	W	5:00-6:30 PM	\$16	202401-02
Appetizers				
4/6	W	5:00-6:30 PM	\$16	202401-03
Casserole				
4/20	W	5:00-6:30 PM	\$16	202401-04
Sheet Pan				
5/4	W	5:00-6:30 PM	\$16	202401-05
Toasted Samn	nies			
5/25	W	5:00-6:30 PM	\$16	202401-06

### FITNESS

### Spring Training - NEW!

Develop a healthy body and mind and get ready for summer sports through weekly or bi-weekly workout meet ups with a partner or small group. Includes fun, guided exercises to help each person start and maintain new routines including physical exercise, stretching, and mindfulness or stress management techniques. Each participant will have a partner assigned at the first class to work with through the session.

Age: 18 years & up

Location: Foothills Activity Center

3/21-4/25	М	9:30-11:00 AM	\$88	202585-01
3/25-4/29	F	3:30-5:00 PM	\$88	202585-02

### ICE

### **Adaptive Skating**

Basic skating skills are introduced and adapted for individuals needing modification or equipment due to a disability.

Age: 8 years & up

Location: EPIC

2/12-3/12	Sa	9:45 AM – 10:15 AM	210356-01	

### **OUTDOOR PROGRAMS**

### **BOEC Adaptive Ski/Board Trips**

Breckenridge Outdoor Education Center (BOEC) Keystone Adaptive Ski Program provides individual ski instruction, lift ticket, and all fitting and adaptive equipment for stand up or sit skiers/boarders with disabilities. ARO provides group registration rate, trained staff, round trip transportation, and individualized support on this adventurous experience. Note: Provide your own lunch and snacks. Registration deadline for each trip is the Monday before the trip date. BOEC requires everyone to provide proof of vaccination to attend and ride bus.

### Age: 16 years & up

Location: Depart from Senior Center

1/9	Su	5:45 AM-7:00 PM	\$150	102432-01
2/13	Su	5:45 AM-7:00 PM	\$150	102432-02

### Cycling, Adaptive

Feel the freedom of cycling in this group ride on the Poudre Trail. Adaptive cycles available or provide your own. Led by ARO Therapeutic Recreation Staff and League Cycling Instructors experienced in leading group rides.

Age: 18 years & up

Location: 215 N. Mason

4/5-4/26	Tu	4:00-5:30 PM	\$60	202936-01
4/22-5/6	F	1:00-2:30 PM	\$46	202936-02

Classes in which adults are required to attend

W Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

EGEND

### Ignite Adaptive Ski/Board

Adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual ski instruction, lift ticket and all fitting and adaptive equipment included. Note: Attendants welcome at no cost; please pre-register to reserve your seat. Registration deadline for each trip is the Monday before the trip date. Ignite requires everyone to provide proof of vaccination to attend and ride bus.

Age: 13 years & up Location: Senior Center

### Downhill Ski/Board

DOWNIN SKI/D	ouru			
2/11	F	7:00 AM-5:30 PM	\$198	102431-01
2/27	Su	7:00 AM-5:30 PM	\$198	102431-02
3/11	F	7:00 AM-5:30 PM	\$198	102431-03
Bi-Ski or Mono	-Ski			
2/11	F	7:00 AM-5:30 PM	\$198	102431-05
2/27	Su	7:00 AM-5:30 PM	\$198	102431-06
3/11	F	7:00 AM-5:30 PM	\$198	102431-07
Nordic Ski/Sno	wshoe			
2/11	F	7:00 AM-5:30 PM	\$111	102431-09
2/27	Su	7:00 AM-5:30 PM	\$111	102431-10
3/11	F	7:00 AM-5:30 PM	\$111	102431-11
Round-trip Tra	nsport ONLY			
2/11	F	7:00 AM-5:30 PM	\$21	102431-15
2/27	F	7:00 AM-5:30 PM	\$21	102431-04
3/11	F	7:00 AM-5:30 PM	\$21	102431-14
Attendant Sect	tions			
2/11		No Fee	102431-14	4
2/27		No Fee	102431-2	A
3/11		No Fee	102431-3	A

### **PARALYMPIC SPORTS**

### **Front Range Exceptional Equestrians**

Experience a one-day adaptive horsemanship clinic for individuals with physical disabilities. Class will be taught by certified instructors and trained volunteers at Colorado State's Temple Grandin Equine Center. Note: 200 pound weight limit.

Age: 16	years &	up
---------	---------	----

Location:	725	S. Over	land	Trail
Locution.	123	J. U VCI	iuriu	nun

5/7	Sa	9:00-11:00 AM	\$32	202765-01

### Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. Note: Class will not be held 3/15.

### Age: 14 years & up

Location: Northside Aztlan Center

2/8-5/3	Tu	6:00-8:00 PM	\$45	102560-01
Drop in Only				
2/8-5/3	Tu	6:00-8:00 PM	\$7	102560-02

### **SOCIAL PROGRAMS**

### Bowling

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

Age: 16 years & up

Location: Chippers Lanes North, 830 N College Ave.

2/5-3/5	Sa	12:30-1:30 PM	\$58	102906-01
4/9-5/7	Sa	12:30-1:30 PM	\$58	202906-01

### **Dinner & a Movie**

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

Age: 16 years & up

Location: Senior Center

Sports				
1/19	W	4:00-6:30 PM	\$11	102404-02
Mystery				
2/9	W	4:00-6:30 PM	\$11	102404-03
Animation				
3/2	W	4:00-6:30 PM	\$11	202404-01
Comedy				
4/13	W	4:00-6:30 PM	\$11	202404-02
Fantasy				
5/11	W	4:00-6:30 PM	\$11	202404-03

### **Monthly Themed Dances**

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

Age: 16 years & up Location: Senior Center

### Winter Wonderland

WITHER WO	nuchunu			
1/28	F	6:00-8:00 PM	\$4	102405-02
Sweethear	t Dance			
2/25	F	6:00-8:00 PM	\$4	102405-03
Lucky Irish				
3/25	F	6:00-8:00 PM	\$4	202405-01
Spring Flin	g			
4/29	F	6:00-8:00 PM	\$4	202405-02
Disco				
5/27	F	6:00-8:00 PM	\$4	202405-03

### **TRIPS & TRAVEL**

### **CSU Women's Basketball Game**

Cheer on CSU's Women's Basketball team at this home game versus San Diego State. Note: Ticket included. Registration deadline 1/27.

Age: 16 years & up

Location: Depart from Senior Center

CSU Wome	n's Basketb	all Game		
2/24	Th	5:15-8:30 PM	\$32	102927-01
Attendant				
2/24	Th	5:15-8:30 PM	\$6	102927-1A



# CONNEXION

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### Front Range Exceptional Equestrians (FREE)

Experience a one day adaptive horsemanship clinic with FREE. FREE is a non-profit organization based in Fort Collins that provides horsemanship and groundwork classes for individuals of all abilities. Classes are conducted by certified instructors and trained volunteers at Colorado State's Temple Grandin Equine Center. Note: 200 pound weight limit.

### Age: 16 years & up Location: Depart from Senior Center

5/21	Sa	8:30 AM-11:30 AM	\$34	202916-01	-
Attendant					
5/21	Sa	8:30 AM-11:30 AM	No Fee	202916-1A	-

### **Harlem Globetrotters**

Enjoy watching The Harlem Globetrotters, an American exhibition basketball team, as they combine athleticism, theater, and comedy in their style of play for this show at the Budweiser Event Center. Note: Ticket included. Registration deadline 2/25.

### Age: 16 years & up

Location: Depart from Senior Center

### Harlem Globetrotters

3/13	Su	12:45-5:00 PM	\$56	202901-01
Attendant				
3/13	Su	12:45-5:00 PM	\$21	202901-1A

### **Poudre River Public Library**

Take a tour of the Fort Collins Old Town Library, get a library card if you don't already have one and discover all the many services offered, followed by an art or craft activity lead by library staff.

Age: 16 years & up

Location: Depart from Northside Aztlan Center

### Poudre River Public Library

i ouure nav		i ai y			
4/12	Tu	4:30-7:30 PM	\$18	202325-01	
Attendant					
4/12	Tu	4:30-7:30 PM	No Fee	202325-1A	

### **UNIFIED SPORTS**

### [ ALL AGES ]

### **Panthers Adaptive Cheer & Dance**

Experience cheer and dance as one unified team in an all-abilities program. Additional performance dates throughout the season in the Fort Collins area are optional. Note: \$15 fee for team t-shirt. Class will not be held on 3/15.

Age: 8 years & up Location: Club Tico

1/4-2/8	Tu	5:50-7:00 PM	\$53	102987-01
2/15-3/29	Tu	5:50-7:00 PM	\$53	202987-01
4/5-5/10	Tu	5:50-7:00 PM	\$53	202987-02

### [ ADULT ]

### Soccer

Coed Unified teams develop soccer skills and play games.

Age: 16 years & up

Location:	Iroutman P	ark
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3/21-5/9 M 5:45-6:45 PM \$33 20	2053-01
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### Tennis

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

Age: 16 years & up

Location: TBA

3/24-5/12	Th	5:45-6:45 PM	\$33	202057-01

### Swim Team

Swim with a team of Special Olympics' athletes. Practice with coaches to compete in the Special Olympics regional championships or just to improve your swim skills and keep your body fit.

Age: 16 years & up

Location: Senior Center

2/9-4/6	W	6:45-7:45 PM	\$33	102484-01
4/13-6/1	W	6:45-7:45 PM	\$33	202484-01

### [YOUTH]

### Soccer

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

Age: 8-16 years

Location: Troutman Park

Single Child				
4/4-5/9	М	4:15-5:15 PM	\$25.75	202054-01
Multiple Chi	ldren			
4/4-5/9	М	4:15-5:15 PM	\$33.75	202054-02

### Tennis

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

Age: 8-16 years

Location: TBA

Single	Child

4/7-5/12	Th	4:30-5:30 PM	\$25.75	202056-01
Multiple Ch	ildren			
4/7-5/12	Th	4:30-5:30 PM	\$33.75	202056-02

# **AQUA FITNESS**

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

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

### **Drop-In Policy**

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass (\$67.50). For more information on admission policies and fees see page 8.

Note: Classes will not be held 5/25.

### LOW INTENSITY

### **Basic H2O Workout**

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

### Location: Senior Center

2/28-3/25	M,W,F	8:00-9:00 AM	\$49	200412-01
3/28-4/29	M,W,F	8:00-9:00 AM	\$61	200412-02
5/2-5/27	M,W,F	8:00-9:00 AM	\$49	200412-03

### **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

2/28-5/27	M,W,F	10:00-11:00 AM	day pass or drop in fee
2,20 3,21	,,.	10.00 11.007.01	ady pass of drop infec

### 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

2/28-3/25	M,W,F	8:30-9:30 AM	\$49	200314-01
3/28-4/29	M,W,F	8:30-9:30 AM	\$61	200314-02
5/2-5/27	M,W,F	8:30-9:30 AM	\$49	200314-03
2/28-3/25	M,W,F	9:30-10:30 AM	\$49	200314-04
3/28-4/29	M,W,F	9:30-10:30 AM	\$61	200314-05
5/2-5/27	M,W,F	9:30-10:30 AM	\$49	200314-06

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

### **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

2/28-3/25	M,W,F	12:15-1:15 PM	\$49	200416-01
3/28-4/29	M,W,F	12:15-1:15 PM	\$61	200416-02
5/2-5/27	M,W,F	12:15-1:15 PM	\$49	200416-03
2/28-3/25	M,W,F	1:15-2:15 PM	\$49	200416-04
3/28-4/29	M,W,F	1:15-2:15 PM	\$61	200416-05
5/2-5/27	M,W,F	1:15-2:15 PM	\$49	200416-06

### You've Been Served

Water volleyball is a team sport derived from volleyball. Games are played in the water with a beach ball. Have fun, laugh, and enjoy exercising by playing water volleyball. The class is not about competition but the fun and socialization.

### Location: Senior Center

3/1-3/24	Tu,Th	4:00-5:00 PM	\$33	200402-01
3/29-4/28	Tu,Th	4:00-5:00 PM	\$41	200402-02
5/3-5/26	Tu,Th	4:00-5:00 PM	\$33	200402-03

### **MEDIUM INTENSITY**

### **Advanced Water Fitness**

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

### Location: EPIC

2/28-3/25	M,W,F	7:30-8:30 AM	\$49	200324-01
3/28-4/29	M,W,F	7:30-8:30 AM	\$61	200324-02
5/2-5/27	M,W,F	7:30-8:30 AM	\$49	200324-03
Location: Ser	nior Center			
2/28-3/25	M,W,F	9:00-10:00 AM	\$49	200424-01
3/28-4/29	M,W,F	9:00-10:00 AM	\$61	200424-02
5/2-5/27	M,W,F	9:00-10:00 AM	\$49	200424-03

### Aqua Mix

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

### Location: EPIC

2/28-3/25	M,W,F	6:00-7:00 PM	\$49	200417-01
3/28-4/29	M,W,F	6:00-7:00 PM	\$61	200417-02
5/2-5/27	M,W,F	6:00-7:00 PM	\$49	200417-03

EGENI

### 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: Senior Center

2/28-3/25	M,W,F	6:00-7:00 AM	\$49	200422-01
3/28-4/29	M,W,F	6:00-7:00 AM	\$61	200422-02
5/2-5/27	M,W,F	6:00-7:00 AM	\$49	200422-03
2/28-3/25	M,W,F	5:00-6:00 PM	\$49	200422-04
3/28-4/29	M,W,F	5:00-6:00 PM	\$61	200422-05
5/2-5/27	M,W,F	5:00-6:00 PM	\$49	200422-06
3/1-3/24	Tu,Th	8:00-9:00 AM	\$33	200422-07
3/29-4/28	Tu,Th	8:00-9:00 AM	\$41	200422-08
5/3-5/26	Tu,Th	8:00-9:00 AM	\$33	200422-09
3/1-3/24	Tu,Th	9:00-10:00 AM	\$31	200422-10
3/29-4/28	Tu,Th	9:00-10:00 AM	\$41	200422-11
5/3-5/26	Tu,Th	9:00-10:00 AM	\$33	200422-12
3/1-3/24	Tu,Th	10:00-11:00 AM	\$33	200422-13
3/29-4/28	Tu,Th	10:00-11:00 AM	\$41	200422-14
5/3-5/26	Tu,Th	10:00-11:00 AM	\$33	200422-15
3/1-3/24	Tu,Th	7:00-8:00 PM	\$33	200422-16
3/29-4/28	Tu,Th	7:00-8:00 PM	\$41	200422-17
5/3-5/26	Tu,Th	7:00-8:00 PM	\$33	200422-18

### Fitness & Fun

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

Location: Senior Center

2/28-3/25	M,W,F	7:00-8:00 AM	\$49	200420-01
3/28-4/29	M,W,F	7:00-8:00 AM	\$61	200420-02
5/2-5/27	M,W,F	7:00-8:00 AM	\$49	200420-03

### Prenatal

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

### Location: Senior Center

3/1-3/24	Tu,Th	6:00-7:00 PM	\$33	200418-01
3/29-4/28	Tu,Th	6:00-7:00 PM	\$41	200418-02
5/3-5/26	Tu,Th	6:00-7:00 PM	\$33	200418-03

### **Twist & Shout**

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

Location: Senior Center

2/28-3/25	M,W,F	4:00-5:00 PM	\$49	200426-01
3/28-4/29	M,W,F	4:00-5:00 PM	\$61	200426-02
5/2-5/27	M,W,F	4:00-5:00 PM	\$49	200426-03

### **HIGH INTENSITY**

### Deep H2O

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

### Location: EPIC

2/28-3/25	M,W,F	12:15-1:00 PM	\$37	200330-01
3/28-4/29	M,W,F	12:15-1:00 PM	\$46	200330-02
5/2-5/27	M,W,F	12:15-1:00 PM	\$37	200330-03



# AQUATICS

### Ratios

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

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

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

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

### **Private Swim Instruction**

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at EPIC or Mulberry Pool or online at fcgov.com/aquatics. Fees are based on a 30-minute session: 1 person for \$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 Swimming**

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

Note: Classes will not be held 4/17. Lane sharing is required during open swim. If three or more swimmers are using a lane, circle swim is required.

### **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

4/4-5/4	M,W	6:30-7:15 PM	\$73.50	201339-01
Location: Senior Center				
4/10-5/8	Su	5:00-5:45 PM	\$30	201438-01

### Kayak: Slap, Paddle & Roll

Pool roll sessions are for individual practice. No formal instruction or gear provided; must bring own gear. There is always a hose just outside the door, and we ask that you clean your boat off thoroughly before bringing it inside.

Age: 18 years & up Location: EPIC

2/27	Su	3:00-5:00 PM	\$13	201355-01
3/6	Su	3:00-5:00 PM	\$13	201355-02
3/13	Su	3:00-5:00 PM	\$13	201355-03
3/20	Su	3:00-5:00 PM	\$13	201355-04
3/27	Su	3:30-5:00 PM	\$13	201355-05
4/3	Su	3:00-5:00 PM	\$13	201355-06
4/10	Su	3:00-5:00 PM	\$13	201355-07
5/1	Su	3:00-5:00 PM	\$13	201355-08
5/8	Su	3:00-5:00 PM	\$13	201355-09
5/15	Su	3:00-5:00 PM	\$13	201355-10
5/22	Su	3:00-5:00 PM	\$13	201355-11

### **Lifeguard Review**

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/ first aid/CPR/AED certificate may participate in a review course. Optional 7-hour online course available. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Certification fee included.

Age: 16.5 years & up Location: EPIC

3/20	Su	8:00 AM-5:00 PM	\$109.40	201341-01

EGEND

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

### **Lifeguard Training**

This American Red Cross 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

3/11	F	4:30-8:00 PM	\$207.80 201340-01
3/12-3/13	Su,Sa	8:00 AM-5:00 PM	
4/29	F	4:30-8:00 PM	\$207.80 201340-02
4/30-5/1	Su,Sa	8:00 AM-5:00 PM	
5/20	F	4:30-8:00 PM	\$207.80 201340-03
5/21-5/22	Su,Sa	8:00 AM-5:00 PM	

### **TEEN PROGRAMS**

### **Teen Swim Instruction**

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

### Age: 13-17 years

Location: Mulberry Pool

4/9-5/7	Sa	9:35-10:05 AM	\$37.25	201235-01
4/10-5/8	Su	3:15-3:45 PM	\$37.25	201235-02

### **YOUTH PROGRAMS**

### Baby & Me

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

Age: 6 month-3.5 years

Location: EPIC

LUCATION. LF	IC .			
4/4-5/4	M,W	4:45-5:15 PM	\$73.50	201310-01
4/4-5/4	M,W	5:20-5:50 PM	\$73.50	201310-02
4/4-5/4	M,W	5:55-6:25 PM	\$73.50	201310-03
Location: Se	nior Center			
4/10-5/8	Su	3:15-3:45 PM	\$30	201410-01
4/10-5/8	Su	3:50-4:20 PM	\$30	201410-02
4/10-5/8	Su	4:25-4:55 PM	\$30	201410-03
4/10-5/8	Su	5:00-5:30 PM	\$30	201410-04

### **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.

### **Preschool 1**

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

### Age: 3-6 years

Location: Mulberry Pool

4/5-5/5	Tu,Th	4:45-5:15 PM	\$73.50	201216-01
4/5-5/5	Tu,Th	5:20-5:50 PM	\$73.50	201216-02
4/5-5/5	Tu,Th	5:55-6:25 PM	\$73.50	201216-03
4/9-5/7	Sa	9:00-9:30 AM	\$37.25	201216-04
4/9-5/7	Sa	9:35-10:05 AM	\$37.25	201216-05
4/9-5/7	Sa	10:10-10:40 AM	\$37.25	201216-06
4/9-5/7	Sa	11:20-11:50 AM	\$37.25	201216-07
4/10-5/8	Su	3:15-3:45 PM	\$30	201216-08
4/10-5/8	Su	4:25-4:55 PM	\$30	201216-09
4/10-5/8	Su	5:00-5:30 PM	\$30	201216-10
4/10-5/8	Su	5:35-6:05 PM	\$30	201216-11
Location: EPIC				
4/4-5/4	M,W	4:45-5:15 PM	\$73.50	201316-01
4/4-5/4	M,W	5:20-5:50 PM	\$73.50	201316-02
4/4-5/4	M,W	5:55-6:25 PM	\$73.50	201316-03
4/4-5/4	M,W	6:30-7:00 PM	\$73.50	201316-04
Location: Senio	or Center			
4/10-5/8	Su	3:15-3:45 PM	\$30	201416-01
4/10-5/8	Su	4:25-4:55 PM	\$30	201416-02



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!

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Ort Collins

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

### **Preschool 2**

Students will build upon the basic skills learned in Pollywog 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

4/5-5/5	Tu,Th	5:20-5:50 PM	\$73.50	201218-01
4/5-5/5	Tu,Th	5:55-6:25 PM	\$73.50	201218-02
4/5-5/5	Tu,Th	6:30-7:00 PM	\$73.50	201218-03
4/9-5/7	Sa	9:35-10:05 AM	\$37.25	201218-04
4/9-5/7	Sa	10:10-10:40 AM	\$37.25	201218-05
4/9-5/7	Sa	10:45-11:15 AM	\$37.25	201218-06
4/10-5/8	Su	3:15-3:45 PM	\$30	201218-07
4/10-5/8	Su	3:50-4:20 PM	\$30	201218-08
4/10-5/8	Su	4:25-4:55 PM	\$30	201218-09
4/10-5/8	Su	5:35-6:05 PM	\$30	201218-10
Location: EPIC				
4/4-5/4	M,W	4:45-5:15 PM	\$73.50	201318-01
4/4-5/4	M,W	5:20-5:50 PM	\$73.50	201318-02
4/4-5/4	M,W	6:30-7:00 PM	\$73.50	201318-03
Location: Senio	or Center			
4/10-5/8	Su	3:50-4:20 PM	\$30	201418-01
4/10-5/8	Su	5:00-5:30 PM	\$30	201418-02

### Level 1

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

# Age: 5-12 years

### Location: Mulberry Pool

4/5-5/5	Tu,Th	5:20-5:50 PM	\$73.50	201222-01
4/5-5/5	Tu,Th	5:55-6:25 PM	\$73.50	201222-02
4/5-5/5	Tu,Th	6:30-7:00 PM	\$73.50	201222-03
4/9-5/7	Sa	9:00-9:30 AM	\$37.25	201222-04
4/9-5/7	Sa	10:45-11:15 AM	\$37.25	201222-05
4/9-5/7	Sa	11:20-11:50 AM	\$37.25	201222-06
4/10-5/8	Su	3:15-3:45 PM	\$30	201222-07
4/10-5/8	Su	3:50-4:20 PM	\$30	201222-08
4/10-5/8	Su	5:00-5:30 PM	\$30	201222-09
4/10-5/8	Su	5:35-6:05 PM	\$30	201222-10
Location: EPI	C			
4/4-5/4	M,W	4:45-5:15 PM	\$73.50	201322-01
4/4-5/4	M,W	5:55-6:25 PM	\$73.50	201322-02
4/4-5/4	M,W	6:30-7:00 PM	\$73.50	201322-03
Location: Sen	ior Center			
4/10-5/8	Su	3:15-3:45 PM	\$30	201422-01
4/10-5/8	Su	4:25-4:55 PM	\$30	201422-02

### Level 2

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

Age: 5-12 years Location: Mulberry Pool

4/5-5/5	Tu,Th	4:45-5:15 PM	\$73.50	201224-01
4/5-5/5	Tu,Th	5:20-5:50 PM	\$73.50	201224-02
4/5-5/5	Tu,Th	6:30-7:00 PM	\$73.50	201224-03
4/9-5/7	Sa	9:00-9:30 AM	\$37.25	201224-04
4/9-5/7	Sa	10:10-10:40 AM	\$37.25	201224-05
4/9-5/7	Sa	10:45-11:15 AM	\$37.25	201224-06
4/9-5/7	Sa	11:20-11:50 AM	\$37.25	201224-07
4/10-5/8	Su	3:50-4:20 PM	\$30	201224-08
4/10-5/8	Su	4:25-4:55 PM	\$30	201224-09
4/10-5/8	Su	5:00-5:30 PM	\$30	201224-10
Location: EPIC				
4/4-5/4	M,W	5:20-5:50 PM	\$73.50	201324-01
4/4-5/4	M,W	5:55-6:25 PM	\$73.50	201324-02
Location: Senio	or Center			
4/10-5/8	Su	3:50-4:20 PM	\$30	201424-01

### Level 3

Class 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

4/5-5/5	Tu,Th	4:45-5:15 PM	\$73.50	201226-01
4/5-5/5	Tu,Th	5:55-6:25 PM	\$73.50	201226-02
4/9-5/7	Sa	9:35-10:05 AM	\$37.25	201226-03
4/9-5/7	Sa	10:45-11:15 AM	\$37.25	201226-04
4/10-5/8	Su	3:50-4:20 PM	\$30	201226-05
4/10-5/8	Su	5:00-5:30 PM	\$30	201226-06
Location: EPIC				
4/4-5/4	M,W	5:20-5:50 PM	\$73.50	201326-01
4/4-5/4	M,W	5:55-6:25 PM	\$73.50	201326-02

### 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

4/5-5/5	Tu,Th	5:20-5:50 PM	\$73.50	201228-01
4/9-5/7	Sa	9:00-9:30 AM	\$37.25	201228-02
4/9-5/7	Sa	11:20-11:50 AM	\$37.25	201228-03
4/10-5/8	Su	4:25-4:55 PM	\$30	201228-04
Location: EPIC				
4/4-5/4	M,W	4:45-5:15 PM	\$73.50	201328-01

### 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

4/5-5/5	Tu,Th	6:30-7:00 PM	\$73.50	201230-01
4/9-5/7	Sa	10:10-10:40 AM	\$37.25	201230-02
4/10-5/8	Su	5:35-6:05 PM	\$30	201230-03
Location: EPIC				
4/4-5/4	M,W	6:30-7:00 PM	\$73.50	201330-01

EGEND

Classes in which adults are required to attend

- Denotes no web registration for program
- M Denotes program/activity has special membership pricing

### **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 PROGRAMS ]

### **Comics Essentials**

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

### Age: 14 years & up

1/25-3/1	Tu	4:30-6:30 PM	\$65	203407-01
3/8-4/12	Tu	4:30-6:30 PM	\$65	203407-02
4/19-5/24	Tu	5:00-7:00 PM	\$65	203407-03

### **Doodling For Fun**

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

### Age: 14 years & up

5 5				
1/27-3/3	Th	5:00-7:00 PM	\$65	203408-01
3/10-4/14	Th	5:00-7:00 PM	\$65	203408-02
4/21-5/26	Th	4:30-6:30 PM	\$65	203408-03

### Drawing from the Right Side of the Brain

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

2/7-3/28 M	5:30-8:00 PM	\$120	203482-01
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### **Drawing, Human Caricatures**

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

### Age: 14 years & up

<u> </u>				
2/23-3/30	W	4:30-6:30 PM	\$65	203406-02
4/20-5/25	W	5:00-7:00 PM	\$65	203406-03

### Sketching Group 🖤

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

3/4-5/27	F	9:30 AM-12:30 PM	No Fee	203495-01

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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

### [ 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.

3/3-5/26	Th	1:00-3:00 PM	No Fee	203402-01

### C.H.A.T. Crafts Hobbies Arts Time

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

3/2-5/27	W,F	1:00-3:00 PM	No Fee	203496-01

### [ GLASS ARTS ]

### Stained Glass, Foil Beginner

Create two or more suncatchers using the copper foil method of stained glass. Learn to cut and grind glass, solder and finish the projects. Note: Supply list provided at registration; approximate cost is \$35.

3/7-3/21	М	1:00-4:00 PM	\$75	203461-01

### **Stained Glass Panel, Foil Method**

Use the foil method of construction to create a 14"x14" stained glass panel. Bring a design or use provided designs. Prerequisite: Basic stained glass skills. Note: Supply list available at registration; approximate cost is \$35.

3/28-4/11	М	1:00-4:00 PM	\$75	203462-01

### [ PAINTING ]

### Watercolor, Beginner

Learn basics of preparing paper and board for painting. Discover composition, painting techniques special effects, setting up a palette, types of papers, color theory, design principles, and techniques for handling pigment. Note: Supply list available at registration; approximate cost is \$100.

1/21-2/25	F	9:00-11:00 AM	\$70	203480-01
4/1-5/6	F	10:00 AM-Noon	\$70	203480-02

### Watercolor, Intermediate & Advanced

Emphasis on observation and various brush techniques with in-depth exploration of watercolor. Build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. Note: Supply list available at registration; approximate cost is \$100.

1/21-2/25	F	1:00-3:00 PM	\$70	203481-01
4/1-5/6	F	1:00-3:00 PM	\$70	203481-02

### [ WOODWORKING ]

### Woodworking, Intermediate

Advanced techniques and concepts are taught. Further exploration into varied tools is available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail and rabbet. Note: Prerequisite: Woodworking, Beginner. Some supplies provide

3/2-4/6	W	1:00-3:00 PM	\$107	203491-01

### **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.



# Early Elementary | 1st-3rd grade<sup>\*</sup> Elementary | 4th-5th grade<sup>\*</sup> Middle School | 6th-9th grade<sup>\*</sup>

\*Students entering these grades in Fall 2022





Open to ALL students from any public, private, or international school. Fee waivers available to those who qualify.

### **DANCE & MOVEMENT**

### **ADULT PROGRAMS**

All adult programs are 18 years and up unless noted.

### **Ballet, Beginner**

An introduction to classical barre, positions, and steps.

Location: Virtual

1/25-3/8	Tu	5:30-6:30 PM	\$57	406402-01
3/22-4/26	Tu	5:30-6:30 PM	\$49	406402-02

### **Ballet, Intermediate**

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique.

Location: Virtual

1/24-3/7	М	5:30-6:45 PM	\$71	206404-01
3/21-4/25	М	5:30-6:45 PM	\$61	206404-02

### Line Dance, Beginner

Designed for the beginner and/or novice dancer. Join a group with mixed skill levels, where perseverance is key. No partner needed. To see if Line Dance is for you, check with the Front Desk prior to noon on any Tuesday and you may be able to watch a class for free prior to enrolling.

### Location: Senior Center

1/11-1/25	Tu	12:30-1:30 PM	\$25	206436-01
2/1-3/1	Tu	12:30-1:30 PM	\$41	206436-02
4/5-4/26	Tu	12:30-1:30 PM	\$33	206436-03
5/3-5/24	Tu	12:30-1:30 PM	\$33	206436-04

### Line Dance, Continued

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

### Location: Senior Center

1/11-1/25	Tu	2:00-3:00 PM	\$25	206437-01
2/1-3/1	Tu	2:00-3:00 PM	\$41	206437-02
4/5-4/26	Tu	2:00-3:00 PM	\$33	206437-03
5/3-5/24	Tu	2:00-3:00 PM	\$33	206437-04

### **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.

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

M Denotes program/activity has special membership pricing

### **YOUTH PROGRAMS**

### [ CLASSICAL DANCE ]

### Tip Toes & Tutu's 🥸

Discover movement through classical dance styles to build gross motor skills and enjoy quality interactions. Note: Class will not be held on 3/14, 3/16.

Age: 2-3 years

Location: Northside Aztlan Center

1/31-2/23	M,W	9:30-10:00 AM	\$64	221502-01
2/28-3/30	M,W	9:30-10:00 AM	\$64	221502-02
4/4-4/27	M,W	9:30-10:00 AM	\$64	221502-03
5/2-5/18	M,W	9:30-10:00 AM	\$48	221502-04

### Tip, Tap, Toe

Learn the basics of ballet, tap, and jazz dance styles while exploring movement and discovering creativity and confidence that dance brings. Note: Class will not be held on 3/18.

### Age: 2-4 years

Location: Northside Aztlan Center

2/4-2/25	F	9:30-10:15 AM	\$48	221502-05
3/4-4/1	F	9:30-10:15 AM	\$48	221502-06
4/8-4/29	F	9:30-10:15 AM	\$48	221502-07
5/6-5/20	F	9:30-10:15 AM	\$36	221502-08

### Leaps & Beats

Build and strengthen motor skills, social skills, and memory skills through ballet, tap, and jazz dance styles. Note: Class will not be held on 3/19.

Age: 5-7 years

Location: Northside Aztlan Center

2/5-2/26	Sa	11:00 AM-Noon	\$64	221502-09
3/5-4/2	Sa	11:00 AM-Noon	\$64	221502-10
4/9-4/30	Sa	11:00 AM-Noon	\$64	221502-11
5/7-5/21	Sa	11:00 AM-Noon	\$48	221502-12

### [ MODERN DANCE ]

### **Tiny Dancers**

Explore the world of hip-hop, modern, and lyrical dances while engaging in fun social interactions. Note: Class will not be held on 3/14, 3/16, 3/19.

Location: Northside Aztlan Center

Age: 2.5-5 years

/ (gei 2.0 0 ) e	ars			
1/31-2/23	M,W	10:30-11:00 AM	\$64	221501-01
2/28-3/30	M,W	10:30-11:00 AM	\$64	221501-02
4/4-4/27	M,W	10:30-11:00 AM	\$64	221501-03
5/2-5/18	M,W	10:30-11:00 AM	\$48	221501-04

EGEND

### Dansation

Learn the basic moves of hip-hop, modern, and lyrical dances and gain social emotional, creativity and motor skills while having fun. Note: Classes will not be held on 3/19.

Location: Northside Aztlan Center

### Age: 6-10 years

<u> </u>				
2/5-2/26	Sa	9:45-10:30 AM	\$48	221501-05
3/5-4/2	Sa	9:45-10:30 AM	\$48	221501-06
4/9-4/30	Sa	9:45-10:30 AM	\$48	221501-07
5/7-5/21	Sa	9:45-10:30 AM	\$36	221501-08

### [ STRUCTURED DANCE, TUMBLING & COMBO CLASSES ]

### **Roly Polys**

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

Location: Foothills Activity Center

### Age: 2 years

· · · j · · · · ·				
1/19-2/9	W	10:30-11:15 AM	\$48	221701-01
2/15-3/8	Tu	11:00-11:45 AM	\$48	221701-02
2/16-3/9	W	10:30-11:15 AM	\$48	221701-03
3/23-4/20	W	10:30-11:15 AM	\$60	221701-04
4/26-5/17	Tu	11:00-11:45 AM	\$48	221701-05
4/27-5/18	W	10:30-11:15 AM	\$48	221701-06
Age: 3 years				
1/18-2/8	Tu	11:00-11:45 AM	\$48	221701-07
1/19-2/9	W	9:30-10:15 AM	\$48	221701-08
2/16-3/9	W	9:30-10:15 AM	\$48	221701-09
3/22-4/19	Tu	11:00-11:45 AM	\$60	221701-10
3/23-4/20	W	9:30-10:15 AM	\$60	221701-11
4/27-5/18	W	9:30-10:15 AM	\$48	221701-12

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

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

Location: Foothills Activity Center

Age: 3 years				
1/20-2/10	Th	11:00-11:45 AM	\$49	221704-01
2/17-3/10	Th	11:00-11:45 AM	\$49	221704-02
3/24-4/21	Th	11:00-11:45 AM	\$61	221704-03
4/28-5/19	Th	11:00-11:45 AM	\$49	221704-04
Age: 4-5 yea	rs			
1/20-2/10	Th	4:30-5:30 PM	\$65	221704-05
2/17-3/10	Th	4:30-5:30 PM	\$65	221704-06

### **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.

### Location: Foothills Activity Center

Age: 4-5 years

1/18-2/8	Tu	4:30-5:30 PM	\$64	221702-01
2/15-3/8	Tu	4:30-5:30 PM	\$64	221702-02
3/22-4/19	Tu	4:30-5:30 PM	\$80	221702-03
4/26-5/17	Tu	4:30-5:30 PM	\$64	221702-04
Age: 5-6 yea	rs			
1/18-2/8	Tu	6:00-7:00 PM	\$64	221702-05
2/15-3/8	Tu	6:00-7:00 PM	\$64	221702-06
3/22-4/19	Tu	6:00-7:00 PM	\$80	221702-07
4/26-5/17	Tu	6:00-7:00 PM	\$64	221702-08
Age: 7-8 yea	rs			
1/19-2/9	W	4:30-5:30 PM	\$64	221702-09
2/16-3/9	W	4:30-5:30 PM	\$64	221702-10
3/23-4/20	W	4:30-5:30 PM	\$80	221702-11
4/27-5/18	W	4:30-5:30 PM	\$64	221702-12

### **Tappin' & Tumbling**

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

Location: Foothills Activity Center

Age: 6-8 years

<u> </u>				
3/24-4/21	Th	4:30-5:30 PM	\$80	221706-01
4/28-5/19	Th	4:30-5:30 PM	\$64	221706-02

### **Jazz Dance Gymnastics**

Forty-five minutes of jazz techniques and rhythms followed by fortyfive minutes of basic gymnastics skills and rotations.

Location: Foothills Activity Center

Age: 7-9 years

<u> </u>				
1/20-2/10	Th	6:00-7:15 PM	\$81	221705-01
2/17-3/10	Th	6:00-7:15 PM	\$81	221705-02

### Just Dance

Learn time steps, step combinations, choreography, and gymnastics.

Location: Foothills Activity Center

Age: 8-9 years						
3/24-4/21	Th	6:00-7:15 PM	\$100	221711-01		
4/28-5/19	Th	6:00-7:15 PM	\$80	221711-02		

### Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine.

Location: Foothills Activity Center

Age: 8-9 years

Age. 0 5 yea	15			
1/19-2/9	W	6:00-7:15 PM	\$80	221703-01
2/16-3/9	W	6:00-7:15 PM	\$80	221703-02
3/23-4/20	W	6:00-7:15 PM	\$100	221703-03
4/27-5/18	W	6:00-7:15 PM	\$80	221703-04

# YOUR QUEST FOR FUN STARTS HERE. SUMMER DAY CAMPS FOR AGES 4-15



Join for one week of fun, or the entire summer! These full-day camps run Monday-Friday from 7:30 a.m.-5:30 p.m. and feature themed activities, weekly excursions, exciting field trips and enrichment activities. Camps fill quickly - registration opens January 13!





AGES 4-5

Designed for younger campers who have not yet attended Kindergarten.

- Smaller group size
- Half or full day options
  - Fun and engaging weekly themes
  - Special guests and on-site "field trips"

• Introduction to recreation activities



AGES 5-11

Full days of activities designed around weekly themes.

- Multiple locations
   available
- Exciting activities and local field trips to match weekly themes

• NEW IN 2022: Optional add-on enrichment programs including swim lessons and learn to skate



AGES 12-15

Meaningful activities for middle school campers to build and reinforce life skills.

- Weekly themes to introduce real world occupations
- Hands-on, engaging, and experiential learning
- Community engagement
  - Team-building and leadership training
- Thrilling adventures and field trips

Auxiliary aids and services are available for persons with disabilities.

### DAY CAMPS & SCHOOL'S OUT PROGRAMS

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

### **Questions?**

Learn more at fcgov.com/recreation/youth-programs or call 970.221.6357.

### AFTER SCHOOL ENRICHMENT PROGRAMS

### **Kids Night In**

Kids will enjoy a night in at Northside Aztlan Community Center while family members run errands, get caught up on chores, or dare we say it, enjoy a date night out free of kids. Discounted sibling admission after one full paid admission. Note: Children must be fully potty trained to attend.

### Ages: 3-11 years

Ages. 5 If y	Ages. 5 h jeurs					
2/11	F	5:00-9:00 PM	\$25	215552-01		
3/11	F	5:00-9:00 PM	\$25	215552-03		
4/8	F	5:00-9:00 PM	\$25	215552-05		
5/13	F	5:00-9:00 PM	\$25	215552-07		
Sibling(s)						
2/11	F	5:00-9:00 PM	\$15	215552-02		
3/11	F	5:00-9:00 PM	\$15	215552-04		
4/8	F	5:00-9:00 PM	\$15	215552-06		
5/13	F	5:00-9:00 PM	\$15	215552-08		

### Youth Night 🖤

Youth drop-in to enjoy 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.

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Free

### **Masterful Makers**

This hands-on class will fuel your imagination by learning new skills and expressing your creativity through creating and making fun crafts, inventions, and more. Note: Class will not be held on 3/17.

Ages: 5-7 years

### Painting

running				
2/3-2/24	Th	4:30-5:30 PM	\$55	215556-01
Sculptures				
3/3-3/31	Th	4:30-5:30 PM	\$55	215556-02
Printing				
4/7-4/28	Th	4:30-5:30 PM	\$55	215556-03

### **Creative Chefs**

Become creative and confident chefs by learning how to make healthy but tasty dishes while being safe in the kitchen. Chefs will make new friends, improve social skills, and expand their math, science, and art skills. Note: Class will not be held on 3/14.

### Ages: 8-11 years

Beautiful Bre	eakfast			
1/31-2/21	М	4:30-6:00 PM	\$70	215553-01
Loveable Lui	nch			
2/28-3/28	М	4:30-6:00 PM	\$70	215553-02
Decadent De	esserts			
4/4-4/25	М	4:30-6:00 PM	\$70	215553-03

### **Mystery Sciences**

Find your inner scientist and discover the mysterious world of science by solving problems, creating new inventions, and engaging in science experiments and games. Note: Class will not be held on 3/16.

Ages:	8-11	years
-------	------	-------

Crazy Chemistry						
2/9-2/23	W	4:30-5:30 PM	\$50	215555-01		
Bizarre Biol	ogy					
3/9-3/30	W	4:30-5:30 PM	\$50	215555-02		
Flabbergasting Physics						
4/13-4/27	W	4:30-5:30 PM	\$50	215555-03		

### **Principles of Art**

Explore the historical beginnings of art and learn to use the principles and techniques that make art beautiful. Note: Class will not be held on 3/15.

Ages: 10-15 years

Repetition				
2/1-2/22	Tu	4:30-6:00 PM	\$68	215554-01
Movement				
3/1-3/29	Tu	4:30-6:00 PM	\$68	215554-02
Contrast & B	alance			
4/5-4/26	Tu	4:30-6:00 PM	\$68	215554-03

Classes in which adults are required to attend

W Denotes no web registration for program

5:00-9:00 PM

Denotes program/activity has special membership pricing

### **CAMP FUNQUEST**

Full-day, state-licensed childcare programs for children ages 5-15 years old, when school is out of session and during summer break. Unique activities including games, crafts, S.T.E.M., and field trips are designed with children's age, developmental stage, and interests in mind. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle and appropriate clothing/gear for outdoor play each day.

### **Adaptive Recreation Opportunities in Camp FunQuest**

Interested in participation support related to a disability? Requests must be received at least two weeks prior to program start date and will be processed in order of registration. Visit fcgov.com/ARO for more details and to complete a Program Support Information Form. For information on general behavior expectations and policies in camp, refer to the Camp FunQuest Participant Manual at fcgov.com/youth-programs.

### **Registration Information**

Registration for Spring Break and Summer Camp 2022 will begin at 7 a.m. on Thursday, January 13.

NEW! - Extended Hours: Beginning February 21, all FunQuest programming will run 7:30 a.m.-5:30 p.m.

### **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 in 2021, you do not need to complete them again for Spring Break. All forms will need to be reconfirmed in May 2022 for summer camp programs.

### [ SPRING PROGRAMS ]

### School's Out Day, Elementary

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

Ages: 5-11 years

Step into the Past/Historical Sites

2/21	М	7:30 AM-5:30 PM	\$60	215550-01		
Artful Antics/Art Museum						
4/15	F	7:30 AM-5:30 PM	\$60	215550-02		
Goin' Green/Environmental Learning Center						
5/16	М	7:30 AM-5:30 PM	\$60	215550-03		

### Spring Break Camp

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

### Buggin' Out/Butterfly Pavilion

Marmot	(5-6	years)
--------	------	--------

	years)				
3/14-3/18	M-F	7:30 AM-5:30 PM	\$250	215551-01	
Red Fox (7-8 years)					
3/14-3/18	M-F	7:30 AM-5:30 PM	\$250	215551-02	
Big Horn (9-11 years)					
3/14-3/18	M-F	7:30 AM-5:30 PM	\$250	215551-03	

Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing

### **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.

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### [ SUMMER CAMP ]

Camp themes guide activity planning with a general daily structure that repeats weekly. Typical camp activities such as songs, games, crafts, science, and sports are coupled with exciting field trips, swimming, and an introduction to a variety of recreational activities. Camps run Monday-Friday from 7:30 a.m.-5:30 p.m. during the weeks listed below, unless otherwise noted.

Locations: Northside Aztlan Community Center and Foothills Activity Center

### **Camp Schedule and Themes**

Week 1 | June 1-3 (Wed-Fri, at Northside Aztlan Community Center location only) | Let's Be S.I.L.L.Y.

Week 2 | June 6-10 | Call of the Wild

Week 3 | June 13-17 | Animaltopia

Week 4 | June 20-24 | Lights, Camera, Action!

Week 5 | June 27-July 1 | Grossology

Week 6 | July 5-8 (Tues-Fri only) | Road Trip U.S.A.

Week 7 | July 11-15 | Splash Week

Week 8 | July 18-22 | Blowing Off S.T.E.A.M.

Week 9 | July 25-29 | Game On!

Week 10 | August 1-5 | Past, Present, Future

Week 11 | August 8-12 | Summer Rewind

### **Field Trips**

Weekly field trips to Fort Collins outdoor parks, swimming pools, and front range area attractions, as well as extraordinary guest visitors are included in camp fees for all age groups.

### Add On Weekly Enrichments - NEW!

Additional weekly enrichments including swim lessons, learn to skate, and extended field trips will be available for optional enrollments beginning with summer registration on April 14, 2022. More information coming soon at fcgov.com/youth-programs.

### **Family Information Meetings**

A required, pre-summer orientation will be held May 4, 2022 to discuss all camp topics including how to use ePACT, how to enroll in additional enrichment activities, what to bring to camp, and behavioral expectations of campers. Meeting details will be emailed one week prior to all enrolled families.

### Weekly Enrollments, Deposits & Cancellations

A minimum deposit of \$20/week per child is due at the time of enrollment. Remaining fees for camp weeks will be due by monthly designated due dates:

June camp weeks due February 28

July camp weeks due March 31

August camp weeks due April 29

Camp week transfers can be made without penalty as long as space is available.

Cancellation requests can be submitted by emailing your original purchase receipt to recreation@fcgov.com. Please refer to page 6 for the policy on Withdrawals, Transfers, and Cancellations.

Location: Northside Aztlan Center



fortcollinsareaswimteam.org mike@fortcollinsareaswimteam.org Member of USA Swimming and Colorado Swimming Summer Camp continued

### Marmot: Age 5-6, completed Kindergarten Spring 2022

	, ,	<b>3</b> 1	5	
6/1-6/3	W-F	7:30 AM-5:30 PM	\$165	315550-01
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315550-02
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315550-03
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315550-04
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315550-05
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$250	315550-06
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315550-07
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315550-08
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315550-09
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315550-10
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315550-11

### Due to high demand within the Red Fox age group, we've created two sections for the entire summer. To ensure grouping with family and friends please sign up for all the preferred weeks in either Red Fox I or Red Fox II but not both.

Red Fox I: Age 7-8					
6/1-6/3	W-F	7:30 AM-5:30 PM	\$165	315551-01	
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315551-02	
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315551-03	
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315551-04	
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315551-05	
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315551-06	
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315551-07	
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315551-08	
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315551-09	
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315551-10	
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315551-11	
Red Fox II: Ag	ge 7-8				
6/1-6/3	W-F	7:30 AM-5:30 PM	\$165	315552-01	
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315552-02	
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315552-03	
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315552-04	
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315552-05	
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315552-06	
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315552-07	
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315552-08	
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315552-09	
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315552-10	
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315552-11	

### Big Horn: Age 9-11

Dig Horn. Age						
6/1-6/3	W-F	7:30 AM-5:30 PM	\$165	315553-01		
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315553-02		
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315553-03		
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315553-04		
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315553-05		
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315553-06		
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315553-07		
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315553-08		
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315553-09		
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315553-10		
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315553-11		
Lacation: Faathille Activity Contar						

Location: Foothills Activity Center

Note: No camp offered June 1-3 at this location

### Marmot: Age 5-6, completed Kindergarten Spring 2022

	,			
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315750-02
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315750-03
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315750-04
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315750-05
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315750-06
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315750-07
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315750-08
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315750-09
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315750-10
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315750-11
Red Fox: Age	e 7-8			
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315751-02
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315751-03
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315751-04
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315751-05
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315751-06
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315751-07
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315751-08
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315751-09
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315751-10
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315751-11
Big Horn: Ag	e 9-11			
6/6-6/10	M-F	7:30 AM-5:30 PM	\$250	315752-02
6/13-6/17	M-F	7:30 AM-5:30 PM	\$250	315752-03
6/20-6/24	M-F	7:30 AM-5:30 PM	\$250	315752-04
6/27-7/1	M-F	7:30 AM-5:30 PM	\$250	315752-05
7/5-7/8	Tu-F	7:30 AM-5:30 PM	\$212	315752-06
7/11-7/15	M-F	7:30 AM-5:30 PM	\$250	315752-07
7/18-7/22	M-F	7:30 AM-5:30 PM	\$250	315752-08
7/25-7/29	M-F	7:30 AM-5:30 PM	\$250	315752-09
8/1-8/5	M-F	7:30 AM-5:30 PM	\$250	315752-10
8/8-8/12	M-F	7:30 AM-5:30 PM	\$250	315752-11

### **Black Bear Adventure Club**

A camp experience designed for active teens with full days of skill development, leadership training, social fulfillment, and physical activity. Black Bear camps located at Northside Aztlan location only.

### 2022 Black Bear Adventure Club Schedule & Themes

June 1-3 (Wed-Fri, at Northside Community Center location only) | Welcome Week

June 6-10 | Nature Conservation

June 13-17 | Life with Animals

June 20-24 | Creative Arts

June 27-July 1 | World of Science

July 5-8 (Tues-Fri only) | Road Mechanics

July 11-15 | Aquatic Explorations

July 18-22 | S.T.E.A.M.

July 25-29 | Games, Players, & Makers

August 1-5 | Past, Present, Future

August 8-12 | Summer Rewind

### **Weekly Schedule**

Mondays: Absorb It! Learn all about the area of occupation based off the weekly theme.

Tuesdays: Browse It! Explore the weekly theme and all it entails.

Wednesday: Connect It! Meet real-life professionals in the field.

Thursday: Do It! Jump in and practice the skills learned.

Friday: Enjoy It! Relax with a fun-filled, full day field trip.

Location: Northside Aztlan Community Center

Ages: 12-15 years

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6/1-6/3	W-F	9:00 AM-4:00 PM	\$168	315554-01
6/6-6/10	M-F	9:00 AM-4:00 PM	\$280	315554-02
6/13-6/17	M-F	9:00 AM-4:00 PM	\$280	315554-03
6/20-6/24	M-F	9:00 AM-4:00 PM	\$280	315554-04
6/27-7/1	M-F	9:00 AM-4:00 PM	\$280	315554-05
7/5-7/8	Tu-F	9:00 AM-4:00 PM	\$224	315554-06
7/11-7/15	M-F	9:00 AM-4:00 PM	\$280	315554-07
7/18-7/22	M-F	9:00 AM-4:00 PM	\$280	315554-08
7/25-7/29	M-F	9:00 AM-4:00 PM	\$280	315554-09
8/1-8/5	M-F	9:00 AM-4:00 PM	\$280	315554-10
8/8-8/12	M-F	9:00 AM-4:00 PM	\$280	315554-11



### **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.

### [FUNTIME ADVENTURES PRE-K CAMP ]

Designed for younger children new to the camp experience. Half-day and full day options available. Along with structured, themed camp activities, a weekly walking field trip to local park, time for lunch and an optional daily quiet time (for full day campers only) will be incorporated into camp. Half-day option is from 7:30am-12:30 p.m. For full day enrollments, be sure to sign up for the corresponding weekly afternoon add-on from 12:30-5:30 p.m. Friday classes will meet at Lee Martinez Park and students will walk back to Northside Aztlan Center prior to lunch time.

Upon registration you will receive an email invitation to complete online health profiles through ePACT Emergency Network at least one week prior to the start of programs. To meet childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records (or exemption form), a health appraisal form signed by a physician-REQUIRED, and any required medication administration forms. Completed forms can either be uploaded into ePACT profiles or hand-delivered to Northside Aztlan Community Center.

Age: 4-5 years Location: Northside Aztlan Center

### **Daily Schedule**

•	
7:30 - 8:30 a.m.	Check in/Open Centers
8:30 – 9 a.m.	Morning Round-up
9 – 10 a.m.	Themed Activity/Play
10 – 10:15 a.m.	Morning Snack
10:15 - 10:45 a.m.	Outdoor Games
10:45 - 11:30 a.m.	Themed Activity/Play
11:30 a.m. – 12:30 p.m.	Lunch-for all campers
12:30 p.m.	Half-day Check Out
12:30 – 1 p.m.	Playground Time
1 – 1:30 p.m.	Mindfulness/Rest Time
1:30 – 2 p.m.	Quiet Time/Table Activities
2 – 3 p.m.	Intro to REC Time!
3 – 3:30 p.m.	Outdoor Games
3:30 – 4:30 p.m.	Themed Activity/Play
4:30 – 5:30 p.m.	Check Out/Open Centers
5:30 p.m.	Full Day Ends

Welcome Week: Meet new friends and get to know your teachers.						
6/1-6/3	W-F	7:30 AM-12:30 PM	\$75	317505-01		
6/1-6/3	W-F	12:30-5:30 PM	\$75	317505-12		
Hide and Seek	Hide and Seek: Find the hidden indoor and outdoor fun.					
6/6-6/10	M-F	7:30 AM-12:30 PM	\$125	317505-02		
6/6-6/10	M-F	12:30-5:30 PM	\$125	317505-13		
Little Chefs: Measure, stir, mix & eat your creations.						
6/13-6/17	M-F	7:30 AM-12:30 PM	\$125	317505-03		
6/13-6/17	M-F	12:30-5:30 PM	\$125	317505-14		
Superheroes Week: Play with favorites, create your own.						
6/20-6/24	M-F	7:30 AM-12:30 PM	\$125	317505-04		
6/20-6/24	M-F	12:30-5:30 PM	\$125	317505-15		
Mini Maker Week: Create, build, discover, and play.						
6/27-7/1	M-F	7:30 AM-12:30 PM	\$125	317505-05		
6/27-7/1	M-F	12:30-5:30 PM	\$125	317505-16		
Water Week: Slip-n-slide, sprinklers, and splash games.						
7/5-7/8	Tu-F	7:30 AM-12:30 PM	\$100	317505-06		
7/5-7/8	Tu-F	12:30-5:30 PM	\$100	317505-17		
Dinosaur Week: Learn about all things prehistoric.						
7/11-7/15	M-F	7:30 AM-12:30 PM	\$125	317505-07		
7/11-7/15	M-F	12:30-5:30 PM	\$125	317505-18		
Animal Week: Learn about different animals from around the world.						
7/18-7/22	M-F	7:30 AM-12:30 PM	\$125	317505-08		
7/18-7/22	M-F	12:30-5:30 PM	\$125	317505-19		
Mad Science: A week of ooey, gooey fun and hands on activities.						
7/25-7/29	M-F	7:30 AM-12:30 PM	\$125	317505-09		
7/25-7/29	M-F	12:30-5:30 PM	\$125	317505-20		
Pirate Week: Build a pirate ship, take to the high seas and search for						
treasure.						
8/1-8/5	M-F	7:30 AM-12:30 PM	\$125	317505-10		
8/1-8/5	M-F	12:30-5:30 PM	\$125	317505-21		
Camp Rewind Week: Revisit all of our favorite summer activities.						
8/8-8/12	M-F	7:30 AM-12:30 PM	\$125	317505-11		
8/8-8/12	M-F	12:30-5:30 PM	\$125	317505-22		

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

Denotes program/activity has special membership pricing

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#### **MORE SUMMER DAY CAMPS**

#### Survival in the Woods

Turn that love of fort-building, foraging, and trail hiking into lasting skill sets for the future. City and community professionals teach campers simple techniques for shelter building, water safety, trail etiquette, basic camping skills, and how to make their very own survival kit. Each week includes a drop-off field trip day at a nearby natural area.

#### Age: 8-11 years

#### Location: Lee Martinez Park

6/6-6/10	M-F	9:00 AM-3:00 PM	\$190	315930-01
6/13-6/17	M-F	9:00 AM-3:00 PM	\$190	315930-02
6/20-6/24	M-F	9:00 AM-3:00 PM	\$190	315930-03
7/11-7/15	M-F	9:00 AM-3:00 PM	\$190	315930-04
7/18-7/22	M-F	9:00 AM-3:00 PM	\$190	315930-05
7/25-7/29	M-F	9:00 AM-3:00 PM	\$190	315930-06

#### **Sustainability Camp**

The next generation of community stewards learn how to be more responsible and intentional caretakers of the environment through active, outdoor games and activities. City and community professionals teach campers about composting and reducing waste and how to make their own eco-friendly, reusable products and repurposed material crafts.

#### Age: 8-11 years

Location: Lee Martinez Park

6/27-7/1	M-F	9:00 AM-3:00 PM	\$190	315935-01
8/1-8/5	M-F	9:00AM-3:00PM	\$190	315935-02

#### Bike Camp I

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

#### Age: 6-8 years

Location: Northside Aztlan Center

7/11-7/15	M-F	8:30am-12:30pm	\$175	315985-03
Location: Roll	land Moor	e Park		
6/6-6/10	M-F	8:30 AM-12:30 PM	\$175	315985-01
Location: Spr	ing Canyo	n Park		
6/20-6/24	M-F	8:30 AM-12:30 PM	\$175	315985-02
Age: 9-11 year	rs			
Location: Roll	and Moor	e Park		
6/13-6/17	M-F	8:30 AM-12:30 PM	\$175	315985-04
Location: Spr	ing Canyo	n Park		
6/27-7/1	M-F	8:30 AM-12:30 PM	\$175	315985-05

#### **Bike Camp II**

Build on lessons from Bike I to master advanced skills, fix a flat, and practice rules of the road and trail. Ride 6-10 miles per day with a Safe Routes to School instructor.

Location: Northside Aztlan Center

#### Age: 6-8 years

5 5				
7/18-7/25	M-F	8:30 AM-12:30 PM	\$175	315986-01
Age: 9-11 years	5			
7/25-7/29	M-F	8:30 AM-12:30 PM	\$175	315986-02

#### **Teen Bike Camp**

An overview of Bike I and II with an added atmosphere of a social engagement for older youth. Use trails and bike lanes for rides to natural areas, the movies or bowling, and ice cream/treats! Route finding, mapping skills, basic bike maintenance and flat repair are included. Riders are expected to ride 10-20 miles per day. Led by a Safe Routes to School instructor.

Age: 12-15 years Location: Rolland Moore Park

8/1-8/5 M-F	9:00 AM-3:00 PM	\$220	315
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#### 315987-01

#### **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.

### **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 <sup>QO</sup>. 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 healthrelated restrictions.

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

#### 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: Classes will not be held on 1/3, 2/21, 3/14, 3/15, 3/16, 3/17, 3/18, 4/14, 4/15, 5/16.

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

Session fees are based on \$19.50 per scheduled day of classes and are divided into monthly payments that are due prior to the 15th of each month, for the upcoming month's payment. Tuition prorated for mid-session enrollments.

#### **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. EPACT form must be filled out annually. Returning families will need to resubmit their online heath forms. Questions? Visit fcgov.com/youth-programs or call (970) 416-2528.

Location: Northside Aztlan Center

#### **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

	2				
1/4-5/12		Tu,Th	9:00 AM-Noon	\$682.50	117501-01

#### Funtime Pre-K

A comprehensive Kindergarten-readiness curriculum includes development of fine motor, cognitive, gross motor, social emotional, and early literacy skills. Note: Children must me age 4 by 10/1/2021. Monthly tuition is \$187.20.

Age: 4-5 years

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

#### Lunch Bunch Enrichment

An optional, add-on 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 for class to be held.

#### Age: 4-5 years

riger i o jearo				
1/5-5/11	M,W,F	Noon-2:00 PM	\$12/day	117509-01

#### **EXPERIENTIAL LEARNING & ENRICHMENT PROGRAMS**

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

#### Tot Gym 🕓 🖤

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. Registration is not required. Note: \$4.00 per child. Free admission for adults and babies accompanying an older sibling, that will not be participating in tot gym. Note: Class will not be held on 2/21, 3/14, 3/15, 3/16, 3/17, 3/18, 4/15, 5/16.

Age: Newborn-5 years Location: Northside Center

2/1-5/6	M-F	10:00 AM-Noon	\$4.00 Drop-n fee

#### Small Hands, Big Messy Art 📀

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

Age: 18 months-2 years

Location: Northside Aztlan Center

2/25-3/11	F	10:00-10:45 AM	\$32	217585-01
4/22-5/6	F	10:00-10:45 AM	\$32	217585-02

#### Little Explorers 🙆

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

#### Age: 2 years

Location: Foothills Activity Center

2/4-2/18	F	10:00-11:00 AM	\$39	217761-01
2/25-3/11	F	10:00-11:00 AM	\$39	217761-02
3/25-4/8	F	10:00-11:00 AM	\$39	217761-03
4/22-5/6	F	10:00-11:00 AM	\$39	217761-04

#### 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

2/4-2/18	F	10:00-11:00 AM	\$39	217560-01
3/25-4/8	F	10:00-11:00 AM	\$39	217560-02

#### Mother Hubbard's Cupboard 📀

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

#### Age: 2-3 years

Location: Northside Aztlan Center

2/7	М	10:00-11:00 AM	\$21	217571-01
3/7	М	10:00-11:00 AM	\$21	217571-02
4/4	М	10:00-11:00 AM	\$21	217571-03
5/2	М	10:00-11:00 AM	\$21	217571-04

#### **Preschool Discovery**

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Note: Class will not be held on 2/21, 3/14, 3/16.

Age: 2-3.5 years Location: Northside Aztlan Center

#### Shapes and Colors

1/31-2/23	M,W	10:00-11:30 AM	\$140	217503-01
Farm Animals				
2/28-3/30	M,W	10:00-11:30 AM	\$160	217503-02
Bugs & Birds				
4/4-4/27	M.W	10:00-11:30 AM	\$160	217503-03

#### **Fun & Fitness**

Enjoy themed arts and crafts, social time, and story time along with featured fitness activities. Note: Class will not be held on 3/15, 3/17.

Age: 2.5-4 years Location: Foothills Activity Center

#### Artic Animals/Movement Games

2/1-2/24	Tu,Th	9:30-11:30 AM	\$186	217758-01		
Spring Weat	Spring Weather/Ball Activities					
3/1-3/31	Tu,Th	9:30-11:30 AM	\$186	217758-02		
Farm Animals/Yoga Poses						
4/5-4/28	Tu,Th	9:30-11:30 AM	\$186	217758-03		



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.

#### A Pirate's Life for Me

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

#### Age: 3-6 years

Location: Foothills Activity Center

2/8-2/10	Tu,Th	1:00-2:30 PM	\$36	217751-01
4/12-4/14	Tu,Th	1:00-2:30 PM	\$36	217751-02

#### Art Discovery

Learn about and explore different art mediums. Note: Class will not be held on 3/17.

#### Age: 3-6 years

Location: Northside Aztlan Center

2/3-2/17	Th	10:00-11:30 AM	\$54	217586-01
2/24-3/10	Th	10:00-11:30 AM	\$54	217586-02
3/24-4/7	Th	10:00-11:30 AM	\$54	217586-03
4/14-4/28	Th	10:00-11:30 AM	\$54	217586-04

#### Art in the Afternoon

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

#### Age: 3-6 years

Location: Northside Aztlan Center

2/8-2/22	Tu	1:00-2:30 PM	\$54	216508-01
4/5-4/19	Tu	1:00-2:30 PM	\$54	216508-02

#### Cars, Trucks, & Ramps

Learn about cars and trucks and things that go vroom!

2/2-2/16	W	1:00-2:30 PM	\$54	217519-01	
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#### **Hospital Helpers**

Specifically designed for those who love to help. Simulate what it is like to be a doctor or nurse and learn how to take care of minor cuts, scrapes, and bruises.

Age: 3-6 years

Location: Northside Aztlan Center
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#### Little Chefs Cooking Club

Get creative in the kitchen. These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience.

#### Age: 3-6 years

Location: Northside Aztlan Center

#### Breakfast, Lunch, Dinner

2/4-2/18	F	10:00-11:30 AM	\$60	217520-01
Pizza, Pizza!				
2/25-3/11	F	10:00-11:30 AM	\$60	217520-02
Desserts Galore				
3/25-4/8	F	10:00-11:30 AM	\$60	217520-03

#### **Playdough World**

Create a variety of scented and edible play doughs.

Age: 3-6 years

Location.	Northside	Aztlan Center
LUCALIUII.	NULLISIUE	Aztian Center

3/23-4/6	W	1:00-2:30 PM	\$54	217547-01

#### **Playful Pets**

Bunnies, lizards, kittens, and puppies! Learn about favorite pets and how to care for them.

#### Age: 3-6 years

Location: Northside Aztlan Center

3/23-4/6	W	1:00-2:30 PM	\$54	217518-01

#### INCLUSION SUPPORT Individuals of all abilities and ages are welcome to participate in any program

Classes in which adults are required to attend

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

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.

EGEND

#### **Preschool Tools**

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

#### Age: 3-6 years

Location: Foothills Activity Center

3/1-3/3	Tu,Th	1:00-2:00 PM	\$36	217756-01
4/26-4/28	Tu,Th	1:00-2:00 PM	\$36	217756-02

#### **Pretty Parties**

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

#### Age: 3-6 years

Location: Foothills Activity Center

#### Fairy Party

2/17	Th	1:00-2:30 PM	\$20	217741-01
Unicorn Party				
3/10	Th	1:00-2:30 PM	\$20	217741-02
Princess Party				
4/21	Th	1:00-2:30 PM	\$20	217741-03
Mermaid Party	1			
5/5	Th	1:00-2:30 PM	\$20	217741-04

#### **Science Explorers**

Explore the world of science. Themed sessions will explore different scientific interests.

#### Age: 3-6 years

Location: Northside Aztlan Center

#### **Exploding Science-Chemical Reactions**

2/2-2/16	W	10:00-11:30 AM	\$54	217595-01	
Weather Sci	ence				
2/23-3/9	W	10:00-11:30 AM	\$54	217595-02	
Animals from Around the World					
3/23-4/6	W	10:00-11:30 AM	\$54	217595-03	
Fun with Physics					
4/13-4/27	W	10:00-11:30 AM	\$54	217595-04	

#### **Superheroes**

Create superheroes, then dress up and play like legendary superheroes

#### Age: 3-6 years

Location: Foothills Activity Center

2/1-2/3	Tu,Th	1:00-2:30 PM	\$36	217748-01
4/5-4/7	Tu,Th	1:00-2:30 PM	\$36	217748-02

#### **Those Amazing Dinosaurs**

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

#### Age: 3-6 years

Location: Foothills Activity Center

3/22-3/31	Tu,Th	1:00-2:30 PM	\$72	218708-01



#### counties, or prefer to receive referrals over th hone or via live chat, you can contact the tear Colorado Shines Child Care Referral at Mile Hi nited Way, by calling 1-877-338-2273 or onlin unitedwaydenver.org/childcarereferrals.

# LARIMER CHILD CARE

Find and compare child care, preschool, and school-age programs near you!

Filter results by financial aid options, quality ratings, location, available spots, and more!

### LarimerChildCare.org

### EarlyChildhoodCouncil

Early Childhood Council of Larimer County (ECCLC) maintains Larimer Child Care Connect, Larimer County's local child care referal website. ECCLC is an independent nonprofit organization that railies support, resources, and awareness to ensure every young child in our community has quality early childhood experiences so they thrive from day one. Learn more at <u>eccl.org</u>.





# Community Comunidad Science Ciencia Events Eventos Music Música



# Art Arte Ideas Café Impact Impacto History Historia Culture Cultura



#### **EDUCATION**

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

#### COOKING

All cooking classes are designed for those ages 14 years & up and held at the Fort Collins Senior Center. 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.

# [ THE FOLLOWING CLASSES ARE TAUGHT BY: SAPNA VON REICH ]

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

American efficiency meets the authentic Indian curry. Learn about making curry in the modern world by trying three different styles of Indian curry, each taking less than 20 minutes. All dishes that are hot and spicy are not curries. Menu: Red Bean Curry with Swiss Chard, Spicy Butternut Squash and Mixed Vegetable Coconut Curry.

1/18 Tu 6:00-8:30 PM \$50 107424-01
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#### **Healthy Ethiopian Dishes**

Join us for this enjoyable and hands-on Vegetarian Ethiopian Cuisine class. You will have a chance to learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: Misir Wot (Red Lentils), Collard Gomen, Duba Wot (Butternut Squash in Berbere Sauce) and Teff Flour Crepe.

1/27	Th	6:00-8:30 PM	\$50	107428-01

#### **Crockpot Curried Soups**

Let your slow cooker make a warm and hearty curried soup for your dinner tonight. Join us for this easy, delicious, gluten-free, diary-free and vegetarian class. Menu: Black Beans and Butternut Squash Soup, Lentils (dal) Soup, and Carrot (Coconut) Curry Soup.

#### **Tasty Turkish Cuisine**

Explore the depths of delicious Turkish dishes. Menu: Red Lentil and Bulgur Kebabs, Mint and Dill Rice Pilaf, Black-Eyed Pea Pilaki, Eggplant with Yogurt Sauce, and Sesame Tahini Halva (nutritious dessert).

2/22 Tu 6:00-8:30 PM \$50 107430	0-01
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#### Let it be Lentils

Lentils (Dal) forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: Raw Lentil Salad, Tomato-Lentil Soup (Rasam), Lentil Stew with Veggies.

3/2	W	6:00-8:30 PM	\$50	207422-01

#### **Indian Fusion**

Bring a bit of globalization to your dinner table. Mix and match traditional recipes with common local ingredients and learn how easy it is to spice things up every day with an Indian spin. Menu: Indian Style Quinoa, Mushroom and Green Peas Curry on Pasta, Tofu Tikka Masala on Baguette, Cardamom Chai Tea.

3/28 M 6:00-8:30 PM \$50 20/423-0	3/28	М	6:00-8:30 PM	\$50	207423-0
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#### **Homemade Indian Flatbreads**

Impress your family and friends with some exotic and fantastic Indian bread. Menu: Spinach and Mint Bread, Cauliflower and Spiced Chickpea Flour Bread, Potato-Stuffed Bread and Chai Tea.

4/5	Tu	6:00-8:30 PM	\$50	207424-01

#### **Plant-Based Cheese and Yogurt**

Whether you are lactose intolerant, fighting high cholesterol or just looking for some healthy plant- based alternative to cheese and yogurt, learn how to make homemade dairy-free cheese and yogurt from scratch. Menu: Almond Feta, Parmesan, Cashew Cream Cheese, Nacho Cheese and Cashew Yogurt (mango) Lassi.

4/25	М	6:00-8:30 PM	\$50	207425-01

#### Healthy Greens, Indian Style

Leafy greens pack a punch of aesthetics, flavor, and versatility. We invite you for a journey into the world of East Indian preparations of leafy greens. A nutritional powerhouse, greens are delicious sauteed and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet.

5/5	Th	6:00-8:30 PM	\$50	207426-01

#### **Coconut 'Cuckoo' Curries**

Discover a couple of modern spins on traditional coconut curry. Coconut has a magic all its own in mutating even the most average curry into a very flavorful dish to savor. These variations on curries are delicious, vegetarian, and healthy. Menu: Coconut Stew, Beets with Coconut, Spicy Pineapple Curry, Coconut Balls.

5/9	М	6:00-8:30 PM	\$50	207427-01

# [ THE FOLLOWING CLASSES ARE TAUGHT BY: SIM SUINN ]

#### **Traditional Thai**

Thai food has become one of the most exciting cuisine with lots of diverse ingredients, spices, and flavors. Good food is all about balancing spicy, sour, salty, sweet and creamy flavors with the freshest ingredients. Menu: Larb - Thai lettuce wrap with Minced Pork, Shallots, Mint and Fresh Lime, Green Papaya Salad, Mango Sticky Rice with Coconut Milk.

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2/1	Tu	6:00-8:30 PM	\$50	107431-01	

#### **Korean Table**

Bulgogi a classic Korean BBQ beef with the flavorful marinade. The thin slices of meat cook quickly in the pan or open fire usually serve with banchan (Korean side dishes) Menu: Bulgogi, Spicy Pork, Spinach Salad, Soybeans Salad, Spicy Cucumber Salad, Rice.

2/15	Tu	6:00-8:30 PM	\$50	107432-01	
2/13	iu	0.00 0.30111	400	10/432 01	

#### Northern Thai Khoa Soi (Curry Noodle)

Khao Soi is a curry noodle dish from the northern part of Thailand. It is often made with chicken served over egg noodles, and garnished with fried noodles, shallots, cilantro, pickled mustard greens, fried whole chili and a fresh squeezed lime juice.

3/1 Tu 6:00-8:30 PM \$50 207430-01
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#### **Chinese at Home**

Chinese at home. Who needs takeout when you can easily create delicious Chinese dishes at home? In this hands-on class, Sim will walk you through the techniques, tips and tricks to easily make your favorites Chinese takeout. Menu: Tomato Beef, Egg Drop Soup, Chicken Fried Rice.

4/19	Tu	6:00-8:30 PM	\$50	207431-01	

#### Jungle Curry (Kaeng Pa)

Jungle curry (Kaeng Pa) is a variety of Thai curry from the forested areas of Northern Thailand. Jungle curry lives up to its name because it seems to contain all the ingredients from the jungle! This is a vegetable rich, spicy, soup-like curry. Menu: Jungle Curry, Crispy Chicken with Tamarind Sauce, Thai Iced Tea, Rice.

5/3 Tu 6:00-8:30 PM \$50 207432-0
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# [ THE FOLLOWING CLASSES ARE TAUGHT BY: SHARMILA RJOPADHYE ]

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

Do you want to visit a new country each week? What better way than to learn its cuisine. The recipes are simple adaptations using locally available ingredients and designed for convenience. The complete meals should take you about 30 minutes. Week 1 Menu is noted below. Week 2 Menu: Class will vote!

France, Swe	et & Savo	ry Crepes		
2/7-2/14	М	6:30-7:30 PM	\$40	107433-01
Morocco, Ch	icken with	n Pork, Beef, Vegetables	& Cousc	ous
3/3-3/10	Th	6:30-7:30 PM	\$40	207433-01
The Mediterranean, Turkey Meatballs with Feta & Spinach				
4/4-4/11	М	6:30-7:30 PM	\$40	207433-02
Greece, Chic	ken with	Sour Cream & Capers		
5/10-5/17	Tu	6:30-7:30 PM	\$40	207433-03

#### **DOG TRAINING**

#### **Teen Pups Out in the Park**

During their "teen" months (6-18 months) pups seem to forget all that they have learned, and focus becomes an issue. With exercises in impulse control and positive reinforcement, improve a young dog's attention and basic obedience skills. Note: Instructor will notify participants of location prior to class.

#### Age: 18 years & up

Location: TBA

	4/19-5/17	Tu	1:00-2:00 PM	\$90	207454-01
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#### **INCLUSION SUPPORT**

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

Classes in which adults are required to attend

Oenotes no web registration for program

M Denotes program/activity has special membership pricing

EGEND

#### MUSIC

#### Guitar I

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

Age: 13 years & up

#### Location: Senior Center

2/1-2/22	Tu	5:45-6:45 PM	\$80	107466-03
3/2-3/23	W	5:45-6:45 PM	\$80	207467-01
4/6-4/27	W	5:45-6:45 PM	\$80	207467-02
5/4-5/25	W	5:45-6:45 PM	\$80	207467-03

#### Guitar II

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

#### Age: 13 years & up

Location: Senior Center

2/2-2/23	W	5:45-6:45 PM	\$80	107467-03
3/1-3/22	Tu	5:45-6:45 PM	\$80	207466-01
4/5-4/26	Tu	5:45-6:45 PM	\$80	207466-02
5/3-5/24	Tu	5:45-6:45 PM	\$80	207466-03

#### **GENERAL INTEREST**

#### **College Admissions, Beginner**

Learn about the college application process from someone who has 16 years of experience working in high school counseling and university admissions. Topics covered: terminology, parts of the application, timeline & deadlines, how to research and create a list of best-fit colleges, essay basics, standardized testing, and how an application is evaluated by a university.

Age: 14 ye	ears & up			
1/27	Th	6:00-8:00pm	\$5	107419-01

#### **College Admissions, Advanced**

Learn about the college application process from someone who has 16 years of experience working in high school counseling and university admissions. Topics covered: constructing a cohesive application narrative, early application options, advanced essay advice, summer opportunities, gap year, financial aid, athlete recruitment, and overseas degree options.

Age:	14	years	&	up	
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2/3	Th	6:00-8:00pm	\$5	107419-02

#### **E-Bike Basics**

We will cover all things e-bike, including the different types of e-bikes and their parts, where you can ride where you can't, how to fix a flat, and the benefits of riding an e-bike. You'll also get some information about our new Spin fleet of e-bikes!

Age: 1	6 years	& up
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2/3	Th	1:00 AM-2:15 PM	No Fee	107414-01

#### **Fraud Awareness and Prevention**

We will cover the current scams that are trending in our area, tips on how people can avoid fraud victimization, and some basic information about how these cases are investigated.

Age: 16 years & up

2/17	Th	4:00-5:00 PM	No Fee	107415-01	

#### 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.

#### Age: 18 years & up

Location: Family History Center, 600 E. Swallow Street

Th	7:00-8:00 PM	\$5	107455-02
Th	7:00-8:00 PM	\$5	107455-03
Th	7:00-8:00 PM	\$5	207455-01
Th	7:00-8:00 PM	\$5	207455-02
Th	7:00-8:00 PM	\$5	207455-03
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#### COLORADO STATE UNIVERSITY

Academic and sport summer programs for kindergarten through high school.





EXPLORE. EXPERIENCE. EXPAND.

The status of in-person, virtual and hybrid programs will be updated regularly: k12summerprograms.colostate.edu

#### FARM

All classes are hosted at The Farm unless otherwise noted.

#### **Adopt an Animal**

Anyone can adopt an animal at The Farm and become its parent. Adoptive parent(s), 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.

#### 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. Visit The Ross Proving-Up House and learn about homesteading in early Fort Collins.

#### Volunteer

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

#### Pony rides

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

Close-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. \$6 per rider. Weather permitting.

4/2-10/23	Sa	11:00 AM - 3:00 PM
4/3-10/24	Su	Noon-3:00 PM

#### **YOUTH PROGRAMS**

#### Li'l Dumplin' Farmers 🥸

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and slopping the pigs. After the chores are finished, enjoy a picnic with the animals. Note: Everyone will bring their own sack lunch.

Age: 2 years

4/4-4/18	М	11:00 AM-Noon	\$36	208609-01
4/12-4/26	Tu	11:00 AM-Noon	\$36	208609-02
4/25-5/9	М	11:00 AM-Noon	\$36	208609-03

#### 44 fcgov.com/recreator

#### Li'l Dumplin's & Beyond 🥸

All the favorite chores Lil Dumplin's enjoy, plus a few added touches. Along with gathering eggs, slopping the pigs, and riding the ponies, create a mini-scrapbook using pictures taken during class. Each Dumplin' also receives a souvenir T-shirt.

#### Age: 2 years

5. 5				
4/4-4/18	М	9:30-10:30 AM	\$55	208624-01
4/12-4/26	Tu	9:30-10:30 AM	\$55	208624-02
4/25-5/9	М	9:30-10:30 AM	\$55	208624-03

#### **Little Peepers**

Explore the barnyard in each class by gathering eggs, grooming a pony, and reading stories in the hayloft.

#### Age: 3 years

<u> </u>				
4/13-4/27	W	9:00-10:00 AM	\$30	208610-01
4/13-4/27	W	10:15-11:15 AM	\$30	208610-02
4/15-4/29	F	9:00-10:00 AM	\$30	208610-03
4/15-4/29	F	10:15-11:15 AM	\$30	208610-04

#### **Farmer Round Up**

The Farm is a great place to visit even in the winter. We will explore and learn about the hayloft, chicken house, and barn. Farmers will not only visit these places on The Farm, but also read and tell stories and make craft projects to take home.

#### Age: 3-5 years

2/3-2/17	Th	10:30-11:	30 AM \$26	108628-01

#### Pony Riding Lessons 🤒

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

#### Age: 3-5 years

4/16-5/7	Sa	9:30-10:30 AM	\$70	208614-01
4/24-5/15	Su	11:30 AM-12:30 PM	\$70	208614-02

#### **Tractors Galore**

- -

If your child likes tractors, sign them up for this all-tractor class. We will play with tractors, read stories, learn about how tractors work, and even make a tractor book of our very own.

Age: 3-5 yea	ars			
2/3-2/17	Th	9:00-10:00 AM	\$26	108612-01

#### Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Gather eggs, go for a hayride, ride the ponies, and explore the barnyard.

Age: 4-5 year	rs			
3/29-4/19	Tu	1:30-3:00 PM	\$51	208606-01
3/30-4/20	W	1:30-3:00 PM	\$51	208606-02
3/31-4/21	Th	9:30-11:00 AM	\$51	208606-03
3/31-4/21	Th	1:30-3:00 PM	\$51	208606-05
4/1-4/22	F	9:30-11:00 AM	\$51	208606-06
3/30-4/20 3/31-4/21 3/31-4/21	W	1:30-3:00 PM 9:30-11:00 AM 1:30-3:00 PM	\$51 \$51 \$51 \$51	208606-02 208606-03 208606-05

#### **Farm Fun Club**

Join us for one or two of the fun filled days. Kids will enjoy learning about each animal through games, stories, crafts, and activities.

Age 6-10 years

Cows							
2/5	Sa	1:00-2:30 PM	\$15	108635-01			
Goats & Sheep							
2/12	Sa	1:00-2:30 PM	\$15	108635-02			

#### **After School Farmers**

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

Age: 6-10 years

	4/6-4/27	W	4:00-5:30 PM	\$51	208601-01	

#### **DAY CAMPS**

#### **Mini Day Camp**

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

#### Age: 6-7 years

5/31-6/3	Tu-F	8:30 AM-12:30 PM	\$75	308604-01
6/7-6/10	Tu-F	8:30 AM-12:30 PM	\$75	308604-02
6/14-6/17	Tu-F	8:30 AM-12:30 PM	\$75	308604-03
7/12-7/15	Tu-F	8:30 AM-12:30 PM	\$75	308604-04

#### Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, slop the pigs

, and riding the ponies. Other chores include crafts and going on a hayride.

#### Age: 6-7 years

6/21-6/24	Tu-F	8:30 AM-3:30 PM	\$160	308605-01
6/28-7/1	Tu-F	8:30 AM-3:30 PM	\$160	308605-02
7/26-7/29	Tu-F	8:30 AM-3:30 PM	\$160	308605-03

#### Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals by gathering eggs and slopping the pigs.

#### Age: 8-12 years

<b>J</b> · · · <b>J</b> · ·					
5/31-6/10	Tu-F	8:30 AM-3:30 PM	\$245	308602-01	
6/14-6/24	Tu-F	8:30 AM-3:30 PM	\$245	308602-02	
6/28-7/8	Tu-F	8:30 AM-3:30 PM	\$245	308602-03	
7/12-7/22	Tu-F	8:30 AM-3:30 PM	\$245	308602-04	

#### Pony Camp, Beginner

Pony campers learn to groom, saddle, and ride a pony during their week at The Farm. Pony chores are included for our young equestrians and safety is stressed at all times.

#### Age: 8-12 years

5/31-6/3	Tu-F	8:30-11:00 AM	\$175	308607-01
5/31-6/3	Tu-F	11:45 AM-2:15 PM	\$175	308607-02
6/7-6/10	Tu-F	11:45 AM-2:15 PM	\$175	308607-03
6/14-6/17	Tu-F	8:30-11:00 AM	\$175	308607-04
6/21-6/24	Tu-F	8:30-11:00 AM	\$175	308607-05
6/28-7/1	Tu-F	8:30-11:00 AM	\$175	308607-06
7/5-7/8	Tu-F	11:45 AM-2:15 PM	\$175	308607-07
7/19-7/22	Tu-F	8:30-11:00 AM	\$175	308607-08
7/26-7/29	Tu-F	Noon-2:30 PM	\$175	308607-09

#### Pony Camp, Advanced

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding are reviewed and more time is spent riding.

#### Age: 8-12 years

6/7-6/10	Tu-F	8:30-11:00 AM	\$175	308608-01
6/14-6/17	Tu-F	11:45 AM-2:15 PM	\$175	308608-02
6/21-6/24	Tu-F	11:45 AM-2:15 PM	\$175	308608-03
6/28-7/1	Tu-F	11:45 AM-2:15 PM	\$175	308608-04
7/5-7/8	Tu-F	8:30-11:00 AM	\$175	308608-05
7/12-7/15	Tu-F	11:45 AM-2:15 PM	\$175	308608-06
7/12-7/15	Tu-F	8:30-11:00 AM	\$175	308608-07
7/19-7/22	Tu-F	11:45 AM-2:15 PM	\$175	308608-08

#### Horsemanship I

Learn to groom, saddle, and ride a horse. Class size is limited.

Age	12-15	years
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6/6-6/9	M-Th	12:15-2:45 PM	\$175	308616-01
6/13-6/16	M-Th	12:15-2:45 PM	\$175	308616-02
6/27-6/30	M-Th	12:15-2:45 PM	\$175	308616-03
7/11-7/14	M-Th	9:00-11:30 AM	\$175	308616-04

#### Horsemanship II

Designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time is spent riding and learning more about horses.

#### Age: 12-15 years

6/20-6/23	M-Th	9:00-11:30 AM	\$175	308617-01
6/20-6/23	M-Th	12:15-2:45 PM	\$175	308617-02
6/27-6/30	M-Th	9:00-11:30 AM	\$175	308617-03
7/11-7/14	M-Th	12:15-2:45 PM	\$175	308617-04
7/11-7/14	M-Th	9:00-11:30 AM	\$175	308617-05
7/18-7/21	M-Th	9:00-11:30 AM	\$175	308617-06
7/18-7/21	M-Th	12:15-2:45 PM	\$175	308617-07
7/25-7/28	M-Th	9:00-11:30 AM	\$175	308617-08



# 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). 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-minute class or \$3 per 45-minute 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 transact Fee Total Price	tion) Price per day	/ Ac	Iministrative
60 min class – 1 day	\$6.50	\$1	\$7.50
60 min class – 3 days	\$6.50	\$1	\$20.50
60 min class – 4 days	\$4	\$1	\$17
45 min class – 5 days	\$3	\$1	\$16
60 min class – 10 days	\$4	\$1	\$41

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

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

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

#### SilverSneakers

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

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

#### **Personal Training**

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

#### **30 Minute Session Packages**

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

#### **1 Hour Session Packages**

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

#### 2-Person hour long Single Session

PT 2-Person 1 \$60

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

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

# FITNESS 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 Spring Recreator are offered from February 1 to May 31.

Note: Fitness classes will not be held on April 17 and May 30.

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 47 for more information.

#### Monday

#### FORT COLLINS SENIOR CENTER

Circuit SilverSneakers 10-10:45 AM | 209424-01\*

Chair Pilates 11 AM-12 PM | 209403-01\*

**Yoga, Advanced Beginner** 4:30-5:30 PM | 209413-01\*

Zumba 5:30-6:30 PM | 209404-01\*

Slow Flow Hatha Yoga 5:45-6:45 PM | 209409-01\*

#### **FOOTHILLS ACTIVITY CENTER**

Hatha Flow Yoga 2:30-3:30 PM | 209707-01\*

**Core Performance** 5:30-6:30 PM | 209701-01\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain 6:15-7:15 AM | 209502-01

**Restorative Yoga** 12-1 PM | 209523-01\*

CrossTrain 12:30-1:30 PM | 209502-02

**Slow Flow Hatha Yoga** 4-5 PM | 209520-01\*

Vinyasa Flow Yoga 5:15-6:15 PM | 209521-01\*

**Spin & Tone** 5:30-6:30 PM | 209503-01

#### **CLUB TICO**

**Zumba** 9-10 AM | 209112-01\*

#### Tuesday

#### FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 209414-01\*

Functional Strength 9:30-10:15 AM | 209401-01\*

Classic SilverSneakers 10:30-11:15 AM | 209423-01\*

**Yoga SilverSneakers** 11:30am-12:15 PM | 209427-01\*

**Yoga, Beginne**r 2:45-3:45 PM | 209412-01\*

**Yoga, Beginne**r 5:15-6:15 PM | 209412-02\*

#### FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 209702-01\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation 9-10 AM | 209522-01\*

Pilates Fusion 12-1 PM | 209505-01\*

**Slow Flow Hatha Yog**a 5-6 PM | 209520-02\*

**TRX Body Blast** 5:30-6:30 PM | 209511-01

Zumba 6:15-7:15 PM | 209512-01\*

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

EGEND

#### Wednesday

#### FORT COLLINS SENIOR CENTER

Zumba Gold 9:00-9:45 AM | 209430-01

**Circuit SilverSneakers** 10-10:45 AM | 209424-01\*

**T'ai Chi Chih Advanced** 10-11:15 AM | 209433-01

**T'ai Chi Chih Intermediate** 11:30 AM-12:45 PM | 209432-01

**Yoga, Beginner** Noon-1:00 PM | 209412-03\*

Pilates Mat, Beginner/Intermediate 3-4 PM | 209402-01\*

**Yoga, Advanced Beginne**r 4:30-5:30 PM | 209413-01\*

Zumba 5:30-6:30 PM | 209404-01\*

#### **FOOTHILLS ACTIVITY CENTER**

Hatha Flow Yoga 2:30-3:30 PM | 209707-01\*

Core Performance 5:30-6:30 PM | 209701-01\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

**CrossTrain** 6:15-7:15 AM | 209502-01

**Restorative Yoga** 12-1 PM | 209523-01\*

CrossTrain 12:30-1:30 PM | 209502-02

Slow Flow Hatha Yoga 4-5 PM | 209520-01\*

**Spin & Tone** 5:30-6:30 PM | 209503-01

**Zumba** 6-7 PM | 209512-02\*

#### **CLUB TICO**

**Zumba** 9-10 AM | 209112-01\*

#### Thursday

#### FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 209414-01\*

**Functional Strength** 9:30-10:15 AM | 209401-01\*

Classic SilverSneakers 10:30-11:15 AM | 209423-01\*

Yoga SilverSneakers 11:30am-12:15 PM | 209427-01\*

Focus on Balance 1:30-2:30 PM | 209415-01\*

Swiss Theraball 3:00-4:00 PM | 209416-01

**Yoga, Beginner** 2:45-3:45 PM | 209412-01\*

**Yoga, Beginner** 5:15-6:15 PM | 209412-02\*

#### **FOOTHILLS ACTIVITY CENTER**

Pilates Fusion 9-10 AM | 209702-01\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

**Yoga & Meditation** 9-10 AM | 209522-01\*

Pilates Fusion 12-1 PM | 209505-01\*

**Slow Flow Hatha Yoga** 5-6 PM | 209520-02\*

**TRX Body Blast** 5:30-6:30 PM | 209511-01

Zumba 6:15-7:15 PM | 209512-01\*

#### Friday

#### FORT COLLINS SENIOR CENTER

Zumba Gold 9:00-9:45 AM | 209430-01

**Pilates Mat, Beginner** 3-4 PM | 209402-02\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

**CrossTrain** 6:15-7:15 AM | 209502-01

CrossTrain 12:30-1:30 PM | 209502-02

#### **CLUB TICO**

Zumba 9-10 AM | 209112-01\*

#### Saturday

#### FORT COLLINS SENIOR CENTER

Zumba 9-10 AM | 209404-2A\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga 8:15-9:15 AM | 209521-02\*

**TRX Body Blast** 8:15-9:15 AM | 209511-02

#### 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.

#### Session based fitness classes

#### T'ai Chi Chih Beginner I

Location: Senior Center

2/1-2/22	Tu	12:30-1:45 PM	\$21	209431-01
3/1-3/29	Tu	12:30-1:45 PM	\$26	209431-02
4/5-4/26	Tu	12:30-1:45 PM	\$21	209431-03
5/3-5/24	Tu	12:30-1:45 PM	\$21	209431-04

#### T'ai Chi Chih Beginner II

Location: Senior Center

2/1-2/22	Tu	2:00-3:15 PM	\$21	209431-05
3/1-3/29	Tu	2:00-3:15 PM	\$26	209431-06
4/5-4/26	Tu	2:00-3:15 PM	\$21	209431-07
5/3-5/24	Tu	2:00-3:15 PM	\$21	209431-08

#### Tai Chi & Qigong

Location: Foothills Activity Center

2/5-2/26	Sa	11:00 AM-Noon	\$17	109706-02
3/5-3/26	Sa	11:00 AM-Noon	\$17	209706-01
4/2-4/30	Sa	11:00 AM-Noon	\$21	209706-02
5/7-5/28	Sa	11:00 AM-Noon	\$17	209706-03

#### Tai Chi & Qigong (Virtual)

2/5-2/26	Sa	11:00 AM-Noon	\$17	109706-2A
3/5-3/26	Sa	11:00 AM-Noon	\$17	209706-1A
4/2-4/30	Sa	11:00 AM-Noon	\$21	209706-2A
5/7-5/28	Sa	11:00 AM-Noon	\$17	209706-3A

#### FITNESS CLASS DESCRIPTIONS

#### **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.

#### **Pilates Fusion**

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

#### Pilates Mat, Beginner & Intermediate

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

#### **Restorative Yoga**

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

#### **Slow Flow Hatha Yoga**

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Designed for beginner and intermediate levels.

#### Spin & Tone

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

#### **Swiss Theraball**

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

-EGEND

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

#### T'ai Chi Chih

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

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

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

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

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

#### Tai Chi & Qigong

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

#### **TRX Body Blast**

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome.

#### **Vinyasa Flow Yoga**

A fun and fast-paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses.

#### **Yoga & Meditation**

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier.

#### Yoga, Beginner

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

#### Yoga, Advanced Beginner

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

#### Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat.

#### Zumba Gold

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

#### [ SILVERSNEAKERS ]

#### **Circuit SilverSneakers**

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

#### **Classic SilverSneakers**

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support.

#### Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support.

#### **WELLNESS PROGRAMS**

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

#### 10 Warning Signs of Alzheimer's

Learn the 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and the Alzheimer's Associations resources.

2/22	Tu	10:00-11:00 AM	No Fee	125414-01

#### Death Cafe

For people who are curious about life: death connects all of us and the Death Cafe is a good place to have a conversation in a comfortable space. This is not a grief or bereavement group, just thoughtful and respectful conversation.

2/9	W	1:00-2:00 PM	No Fee	125412-01
5/10	Tu	1:00-2:00 PM	No Fee	225406-01

#### **Do You Have Droopy Eyelids?**

When you look in the mirror, do you see sleepy looking eyes? Does the skin and muscle around your upper eyelids sag or cover your pupil? This could be ptosis, a fancy term for droopy eyelids. Discuss treatment and manaagement options for ptosis. Provided by UCHealth Plastic and Reconstructive Surgery.

2/22	Tu	5:30-7:00 PM	No Fee	125411-01	
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#### **INCLUSION SUPPORT**

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

#### **Arthritis & Joint Diseases**

When joint diseases take over, there are many helpful treatment options available. These might include injection therapy, physical therapy, medicine, surgery, or a combination of these things. Learn about robotic-assisted surgery options for arthritis-related joint diseases. Provided by Dr. Dana Clark, a UCHealth Orthopedic surgeon.

5/9 M 2:00-3:30 PM	No Fee	225403-01
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#### Gym on a Whim

When you age, it's good to stay fit. Learn how to focus on strength training and cardiorespiratory fitness no matter where you are. Learn how to set up a gym that won't break the bank. Provided by a UCHealth Community Health Educator and ACE Certified Personal Trainer.

4/15	F	2:00-3:00 PM	No Fee	225401-01
7/15	1	2.00 3.00111	NUTCE	223401 01

#### **Healthy Eating for Successful Living**

Focus of the program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. Two hours per week, 6-week nutrition educational and support program.

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2/8-4/12	Tu	1:00-3:00 PM	No Fee	125410-01	

#### **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

2/9	W	7:00-8:00 AM	No Fee	225409-01
2/23	W	7:00-8:00 AM	No Fee	225409-02
3/9	W	7:00-8:00 AM	No Fee	225409-03
3/23	W	7:00-8:00 AM	No Fee	225409-04
4/6	W	7:00-8:00 AM	No Fee	225409-05
4/20	W	7:00-8:00 AM	No Fee	225409-06
5/11	W	7:00-8:00 AM	No Fee	225409-07
5/25	W	7:00-8:00 AM	No Fee	225409-08

#### Medicare 101

Get an overview of Medicare benefits, supplemental insurance, Medicare Advantage Plans, prescription drug coverage, preventative services, how Medicare works with current employer plans and more. Presented by UCHealth Medicare counselors.

5/16	М	5:30-7:00 PM	No Fee	225400-01
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#### Mediterranean Diet Workshop

Many long-term health benefits have been associated with following a Mediterranean lifestyle, including weight loss, reduced blood pressure and cholesterol, and reduced risk for various chronic diseases. Learn about the Mediterranean lifestyle and how to incorporate it.

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#### **Saving Your Brain**

Learn about activities and lifestyle factors that have been shown to decrease the risk of developing Mild Cognitive Impairment (MCI). All the most up-do-date research will be covered and integrated into fun practice activities. Participants will leave with tangible and low-cost resources for reducing their MCI risk.

3/29	Tu	10:00-11:00 AM	No Fee	225407-01

#### The Best Gift: Advance Care Planning

Learn how to have good conversations about your wishes for care and how to complete your documents. Important for everyone over the age of 18.

4/6	W	10:00-11:30 AM	No Fee	225405-01
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#### UPF's: A Negative Impact on Health

Discover what ultra-processed foods (UPFs) are and why they have been shown to adversely impact health. Learn about healthy alternative foods, beverages and simple meal combinations that would replace UPFs in your diet.

1/20 Th 10:00-11:00 AM No Fee 12540	9-01
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#### Understanding Dementia Related Behaviors

Behavior is one primary way for people with dementia to communicate their needs and feelings, and some behaviors can present real challenges for caregivers. Learn to decode behavioral messages, identify common behavior triggers, and strategies to help intervene to the most common behavioral challenges of dementia.

5/10 Tu 10:00-11:00 AM No Fee 225408-0	o Fee 225408-01
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#### When Nobody Wants Your Stuff, What Do They Want?

Learn how to leave a legacy for your loved ones, writing an Ethical Will and creating a meaningful ending for yourself that lives on for generations.

3/22 Tu 10:00-11:30 AM No Fee 225404-01

#### Why We Have Funerals?

Discuss topics like what a "good" funeral might be like. Topics include: how can funerals be meaningful and personal, what are some of the most unusual funeral practices, and why is it important to plan your funeral ahead of time.

2/22	Tu	10:00-11:30 AM	No Fee	125413-01

#### **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

1/11, 1/27, 2/8, 2/24, 3/8, 3/24

# HOW YOU CAN SUPPORT YOUR

# LBGTQ CHILD

#### at home and at school

BY: JESSICA ENNIS, FOR UCHEALTH

Growing up is hard enough and if your child identifies as LGBTQ – which stands for lesbian, gay, bisexual, transgender and queer (or questioning) – they'll likely experience their own unique set of challenges. But LGBTQ youth need what every kid needs – unwavering parental and familial support.

"Tell your child you're there for them, you love them and want what's best for them, and celebrate them for all they are," says Dr. Janis Sethness, who practices internal medicine and pediatrics at UCHealth. "Embrace your child's sense of self and don't dismiss your child as going through a phase."

LGBTQ youth with parental support typically have greater self-esteem and better health status – less depression, substance abuse and suicidal ideation – afflictions for which the LGBTQ community is at higher risk.

Even though it can be challenging and sometimes uncomfortable keeping the lines of communication open, supporting your LGBTQ child requires regular conversation. By encouraging an open dialogue with your child every day, you will increase the chances that your child will come to you when an issue arises, Sethness says.

But don't force the subject, she says. Sometimes just watching shows or movies with your child featuring LGBTQ people could spark an opening for a conversation.

# ENCOURAGE A SAFE AND HEALTHY SCHOOL ENVIRONMENT

#### **Clubs and organizations**

Look into LGBTQ clubs or organizations that are offered at your child's school. For example, many schools have a Gay Straight Alliance, an organization that has helped LGBTQ youth have a more positive school experience and a decrease in psychological stress. If your school doesn't have any student organizations to support LGBTQ students, Sethness encourages parents to be a voice inspiring schools to start one.

#### **Counselors and the classroom**

Sethness says it may also be helpful to reach out to your school counselor to help provide support for your child. Many counselors receive training on LGBTQ issues. If your counselor has not received additional training, ask the school to provide it.

#### UNDERSTANDING YOUR CHILD'S SOCIAL LIFE, ONLINE AND OFF

#### Social media

Sethness says some parents have fears around social media and may want to prohibit or limit their child's use of Facebook, Instagram and Snapchat. Some LGBTQ youth may not feel like they've formed meaningful connections in school or in their peer group, and social media can provide a supportive network for them.



"Obviously, social media needs to be done in a safe way, and you should still monitor their accounts and what they are doing online if you have any concerns," Sethness says.

#### Bullying

Many parents of LGBTQ students fear their child will be a target for bullying. Be mindful of any major behavior changes at home, new discipline problems at school, declining or changing grades, unexpected absences from school, withdrawal from their regular friend group, or concern about substance abuse or risky behavior.

While it's important to watch for red flags, take care not to confuse a few instances of these behaviors as something more than the regular ups and downs of being a young person.

# FACTORING IN YOUR CHILD'S PHYSICAL HEALTH

It can be helpful for your child to be seen by a medical provider that is familiar with LGBTQ issues. Having a pediatrician who has experience with LGBTQ kids can be a great resource to help facilitate important health discussions, Sethness says.

"I think, historically, LGBTQ youth have been underserved in the medical community. You may come across providers who do care for these patients but don't always ask the right questions," she says. "We try to manage some of the risk factors related to substance use, sex, and general safety issues. We can be there for teens if they aren't comfortable talking to their parents."

#### **FILLING YOUR OWN BUCKET**

The role of parenting a LGBTQ child may be completely uncharted territory for you. There are a number of organizations, including PFLAG, offering support groups for parents and caregivers of LGBT youth.

"Parents don't have to feel like they're doing this alone," Sethness says. "It's important for parents to have a safe place where they can broach questions or share their concerns. Know your own limitations and ask for help when you need it."



# What do you want to be <del>when you</del> <del>grow up</del> now?

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### **Graduate Certificates**

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### **ICE SKATING**

#### Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program membership. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. Membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

#### **General Information**

All ice programs are held at EPIC unless otherwise noted.

Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.

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

The student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for classes is 5 students; class levels may be combined to meet this minimum.

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

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.

The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class.

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

- •Helmet (not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).
- •Gloves (thin, not ski mittens).
- •Fleece or light weight jacket.
- •Skating dresses with tights or leggings/pants that are easy to move in.
- •Loose or bulky clothing is not recommended.

#### **Public Skate**

Lace-up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/epic 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/Hot Flashes, wachhockey.com

#### **Youth Hockey**

Northern Colorado Youth Hockey, ncyh.org

#### **Figure Skating Club**

Fort Collins Figure Skating Club, fortcollinsfsc.org

#### **ADULT SKATING**

#### Beginner/Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1-4 for skills taught. Helmets are strongly recommended for beginners.

#### Age: 16 years & up

<u> </u>					
1/6-2/3	Th	6:15-6:45 PM	\$51	110349-01	
2/10-3/10	Th	6:15-6:45 PM	\$51	110349-02	
3/24-4/14	Th	6:15-6:45 PM	\$41	210349-01	

#### Advanced/Free Style Skate

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5-6 for skills taught.

#### Age: 16 years & up

<u> </u>				
1/6-2/3	Th	6:45-7:15 PM	\$56	110353-01
2/10-3/10	Th	6:45-7:15 PM	\$56	110353-02
3/24-4/14	Th	6:45-7:15 PM	\$45	210353-01

#### Fitness Skate 🖤

Intermediate to advanced skaters benefit from this aerobic exercise. Ages 16 & up. Not discountable. 10 or 20 Admission Passes available. Note: Sessions will not be held on 12/3, 1/14, 1/17, 2/11.

Age: 16 years & up 1/3-5/20 M-F

11:15 AM-1:00 PM

\$6

#### Senior Coffee Club 🖤

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

Age: 60 years & up

1/5-5/18 W 9:15-10:45 AM

#### HOCKEY

#### **Cub Hockey**

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, 3/24 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				
3/29-5/12	Tu,Th	4:15-5:00 PM	\$180	210372-01

AC	Classes in which adults are required to attend
----	------------------------------------------------

Denotes no web registration for program

M Denotes program/activity has special membership pricing

#### **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/recreation/epic. Note: Class will not be held on 2/2 & 3/16.

Age: 9-17 ye	ars			
1/5-5/18	W	5:30-6:15 PM	\$14	

#### **Drop-In Hockey**

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/recreation/epic. Not discountable. Goalies must call the front desk to reserve a spot. 970-221-6683.

Age: 16 years & up				
1/3-5/20	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/recreation/epic. Note: Sessions will not be held on 1/1, 1/15, 1/16, 3/19, 4/9, 4/10, 4/17, & 5/7.

Age: All				
1/2-5/22	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

2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110302-04
2/8-3/10	Tu,Th	9:30-10:00 AM	\$101	110302-05
2/12-3/12	Sa	10:30-11:00 AM	\$51	110302-06
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210302-01
3/22-4/14	Tu,Th	9:30-10:00 AM	\$81	210302-02

#### 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
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2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110304-04
2/8-3/10	Tu,Th	9:30-10:00 AM	\$101	110304-05
2/12-3/12	Sa	10:30-11:00 AM	\$51	110304-06
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210304-01
3/22-4/14	Tu,Th	9:30-10:00 AM	\$81	210304-02

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#### **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

1/24-3/7	М	4:00-4:30 PM	\$71	110306-04
1/24-3/7	М	4:30-5:00 PM	\$71	110306-05
2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110306-06
2/8-3/10	Tu,Th	10:00-10:30 AM	\$101	110306-07
2/12-3/12	Sa	10:30-11:00 AM	\$51	110306-08
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210306-01
3/22-4/14	Tu,Th	10:00-10:30 AM	\$81	210306-02
3/21-5/2	М	4:00-4:30 PM	\$71	210306-03
3/21-5/2	М	4:30-5:00 PM	\$71	210306-04

#### 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

1/24-3/7	М	4:00-4:30 PM	\$71	110310-04
1/24-3/7	М	4:30-5:00 PM	\$71	110310-05
2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110310-06
2/8-3/10	Tu,Th	10:00-10:30 AM	\$101	110310-07
2/12-3/12	Sa	10:30-11:00 AM	\$51	110310-08
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210310-01
3/22-4/14	Tu,Th	10:00-10:30 AM	\$81	210310-02
3/21-5/2	М	4:00-4:30 PM	\$71	210310-03
3/21-5/2	М	4:30-5:00 PM	\$71	210310-04

#### **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

2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110314-04
2/8-3/10	Tu,Th	10:30-11:00 AM	\$101	110314-05
2/12-3/12	Sa	11:15-11:45 AM	\$51	110314-06
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210314-01
3/22-4/14	Tu,Th	10:30-11:00 AM	\$81	210314-02

#### **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

5				
2/8-3/10	Tu,Th	4:45-5:15 PM	\$101	110316-04
2/8-3/10	Tu,Th	10:30-11:00 AM	\$101	110316-05
2/12-3/12	Sa	10:30-11:00 AM	\$51	110316-06
3/22-4/14	Tu,Th	4:45-5:15 PM	\$81	210316-01
3/22-4/14	Tu,Th	10:00-10:30 AM	\$81	210316-02

#### 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

5				
2/8-3/10	Tu,Th	5:30-6:00 PM	\$101	110318-03
2/12-3/12	Sa	11:15-11:45 AM	\$51	110318-04
3/22-4/14	Tu,Th	5:30-6:00 PM	\$81	210318-01

# PREMIER GYMNASTICS OF THE ROCKIES



#### **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

	-			
2/8-3/10	Tu,Th	5:30-6:00 PM	\$101	110322-03
2/12-3/12	Sa	11:15-11:45 AM	\$51	110322-04
3/22-4/14	Tu,Th	5:30-6:00 PM	\$81	210322-01

#### **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

Tu,Th	5:15-6:00 PM	\$166	110324-03
Sa	9:30-10:15 AM	\$84	110324-04
Tu,Th	5:15-6:00 PM	\$133	210324-01
	Tu,Th Sa	Tu,Th 5:15-6:00 PM   Sa 9:30-10:15 AM	Tu,Th 5:15-6:00 PM \$166   Sa 9:30-10:15 AM \$84

#### **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

2/8-3/8	Tu	6:15-6:45 PM	\$56	110330-02
3/22-4/12	Tu	6:15-6:45 PM	\$45	210330-01

#### 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

2/8-3/10	Tu,Th	5:15-6:00 PM	\$166	110332-03
2/12-3/12	Sa	9:30-10:15 AM	\$84	110332-04
3/22-4/14	Tu,Th	5:15-6:00 PM	\$133	210332-01



#### 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

2/8-3/10	Tu,Th	5:15-6:00 PM	\$166	110334-03
2/12-3/12	Sa	9:30-10:15 AM	\$84	110334-04
3/22-4/14	Tu,Th	5:15-6:00 PM	\$133	210334-01

#### 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

2/8-3/10	Tu,Th	5:15-6:00 PM	\$166	110336-03
2/12-3/12	Sa	9:30-10:15 AM	\$84	110336-04
3/22-4/14	Tu,Th	5:15-6:00 PM	\$133	210336-01

#### Introduction to Showcase

Introduction of acting talent while skating to music in an artistic way. Skaters will learn and practice a production number. Open to all Pre-Free Skate - Pre-Preliminary level skaters.

#### Ages: 5-15 years

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3/14-3/17	M-Th	4:45-5:45 PM	\$89	210338-01	

#### **Spring Ice Show Registration**

Skaters enrolled in Learn to Skate classes can participate in the 2022 spring ice performance that will be presented by the Fort Collins Figure Skating Club. Learn to Skate participants will need to register for section and join the Compete USA US Figure Skating membership through the Fort Collins Figure Skating Club for \$28 at fortcollinsfsc. org/memberships by 1/28. Section registration and membership are both required for participation.

Participants must attend a casting call on 2/2. Times listed below are for the on ice casting. Costume fees range from \$60-\$85. A \$60 deposit will be taken by the Fort Collins Figure Skating Club at time of measuring. Rehearsals begin in April. Show dates are the weekend of May 7, 2022. Event tickets will go on sale March 28, 2022.

2/2	W	5:00-5:15 PM	\$61	110358-01
Snowplow Sar	n 3&4			
2/2	W	5:00-5:15 PM	\$61	110358-02
Basic 1				
2/2	W	5:00-5:15 PM	\$61	110358-03
Basic 2				
2/2	W	5:00-5:15 PM	\$61	110358-04
Basic 3				
2/2	W	5:15-5:30 PM	\$61	110358-05
Basic 4				
2/2	W	5:15-5:30 PM	\$61	110358-06
Basic 5				
2/2	W	5:15-5:30 PM	\$61	110358-07
Basic 6				
2/2	W	5:15-5:30 PM	\$61	110358-08
Pre-Free Skate	<u>e</u>			
2/2	W	5:30-6:00 PM	\$100	110358-09
Free Skate 1 &	2			
2/2	W	5:30-6:00 PM	\$100	110358-10
Free Skate 3 &	4			
2/2	W	5:30-6:00 PM	\$100	110358-11
Free Skate 5 8	6			
2/2	W	5:30-6:00 PM	\$100	110358-12
Adult Beginne	r			
2/2	W	5:45-6:00 PM	\$61	110358-13
Adult Interme	diate			
2/2	W	5:45-6:00 PM	\$61	110358-14
Adult Advance	ed			
2/2	W	5:45-6:00 PM	\$61	110358-15

#### **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 0. For more information, see page 78.

#### **Cancellation/Refund Policy**

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

#### Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

#### **Return Times**

All return times are approximate. Please do not schedule appointments close to return times in case delays occur. Return times are impacted by turnaround times followed by instructors. Turnaround times are the times at which a group must turn around whether they have reached their destination or not. Turnaround times consider the pace of the group, departure time, estimated return time, safety, elevation, mileage, weather, and current trail conditions.

Classes in which adults are required to attend

W Denotes no web registration for program

M 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 discuss benefits and the registration process.

Location: Senior Center

3/7	М	2:15-3:00 PM	No Fee	211931-01	

#### **Quarterly BOOTS 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.

3/1-5/31	М	9:00-11:00 AM	\$40	211930-01

#### B.O.O.T.S. Education

Scheduled activity will be shared by the kickoff meeting.

Location: TBA

4/11	М	9:00-11:00 AM	No Fee	211933-01	

#### B.O.O.T.S. Hikes

On B.O.O.T.S. hikes, learn the importance of Leave No Trace Principles, watch for wildlife, and learn to identify native flora. Hike details emailed each Wednesday prior. Guide will meet hikers at the trail head. Starred\* hikes have a user fee associated.

#### Kingfisher Point

ranginen i o				
3/28	М	9:00-11:00 AM	No Fee	211932-01
McMurray/Sa	lyer			
4/4	М	9:00-11:00 AM	No Fee	211932-02
Devil's Backb	one			
4/18	М	9:00-11:00 AM	No Fee	211932-03
Bobcat Ridge	!			
4/25	М	9:00-11:00 AM	No Fee	211932-04
Eagle's Nest (	Open Space			
5/2	М	9:00-11:00 AM	No Fee	211932-05
Gateway Nati	ural Area*			
5/16	М	9:00-11:00 AM	No Fee	211932-06

#### B.O.O.T.S. Stewardship

Scheduled activity will be shared at the kickoff meeting.

#### Location: TBA

5/9 M 9:00-11:00 AM No Fee 211934-01
--------------------------------------

EGEND

#### LEVEL 2 ACTIVITIES 🖤

#### **Michigan Ditch Snowshoe**

Classic beginners trail in Cameron Pass area. Follow an old roadbed through remote and beautiful scenery across a mountain side. Mileage: 4-5 miles; Lowest Elevation: 10,255 feet; Highest Elevation: 10,320 feet. Class A.

2/16	W	7:00 AM-3:00 PM	\$75	211902-01

#### Lake Agnes Cabin Snowshoe

Trek up to the Lake Agnes Cabin while surrounded by the Never Summer Mountain Range. Mileage: 4-5 miles; Lowest Elevation: 9,600 feet; Highest Elevation: 10,200 feet. Class B.

3/26	Sa	7:00 AM-3:00 PM	\$75	211902-02

#### LEVEL 3 ACTIVITIES 🚳

#### **Sundance Trail Hike**

Follow the western shore of Carter Lake through forested pines and evergreen trees and explore sandy beaches. Mileage: 6-7 miles; Lowest Elevation: 5,711 feet; Highest Elevation: 5,825 feet. Class A.

4/13	W	6:00 AM-4:00 PM	\$80	211903-01

#### **Big South Trail Hike**

Travel along the south fork of the Cache La Poudre River as it rages with spring runoff. Enjoy the Big South Wilderness corridor. Mileage: 6-7 miles; Lowest Elevation: 8,455 feet; Highest Elevation: 9,333 feet. Class B.

5/28	Sa	6:00 AM-4:00 PM	\$80	211903-02	
See the Special Events section, page 12, to learn about the Gear up to					
Get Out, Gear	Swap.				

#### 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.

Age: 16 years & up

Spring	Migration
--------	-----------

2/18	F	9:00-11:00 AM	\$15	211980-01		
Spring Migration & Song ID						
3/18	F	9:00-11:00 AM	\$15	211980-02		
Nests						
4/8	F	9:00-11:00 AM	\$15	211980-03		
Duck identification						
5/20	F	9:00-11:00 AM	\$15	211980-04		

#### **Fly Tying**

This course will teach the basics of fly tying, history, and entomology behind each pattern presented. Basic skills will be taught and built upon to allow for the student to tie on their own. All materials provided with the option to purchase supplies or bring your own.

Age: 16 years & up

Location: Senior Center

2/1-3/8	Tu	6:00-8:00 PM	\$170	111972-01	

#### Native Plant Identification 🖤

Become familiar with many of the native trees, shrubs, and perennials in Fort Collins. After breaking the code for identifying plants, identify plants on your own. Indoor and outdoor class time provided.

Age: 16 years & up

Location: Senior Center

4/5-4/12	Tu	9:00-11:30 AM	\$20	211965-01

## ADDITIONAL CLASSES TO BE RELEASED ONLINE!

#### Fly Tying: 211971

Fly Fishing Trip: 211973

Rock Climbing: 211952, 211953, and 211954

#### **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.

# 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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#### 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.

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.

Spring pick-up dates are 5/22 & 6/26 from 11 a.m.-2 p.m.

#### **Pottery Lab**

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

Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. Staff is in attendance, but no formal instruction is provided. Lab fee includes 12 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler class.

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

T & Th 7:30-10:00 PM

2/7-3/31	M-Su	11:00 AM-2:00 PM	\$90	104899-02
3/21-4/24	M-Su	11:00 AM-2:00 PM	\$90	204899-01
4/25-5/29	M-Su	11:00 AM-2:00 PM	\$90	204899-02

#### **ADULT PROGRAMS**

All adult 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. Draw upon inspiration using exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

3/25-5/27	F	9:00-11:00 AM	\$180	204885-01

#### Handbuilding Expressions

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

3/24-5/26	Th	6:00-8:00 PM	\$180	204875-01

#### **Independent Study**

For experienced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. Learn and practice under the guidance of an instructor. For intermediate and advanced students. Class cost includes 12 lbs. of clay and lab.

2/10-3/10	Th	2:00-4:00 PM	\$90	104877-05
2/12-3/12	Sa	9:00-11:00 AM	\$90	104877-06
3/24-4/21	Th	2:00-4:00 PM	\$90	204877-01
3/26-4/23	Sa	9:00-11:00 AM	\$90	204877-02
4/28-5/26	Th	2:00-4:00 PM	\$90	204877-03
4/30-5/28	Sa	9:00-11:00 AM	\$90	204877-04

#### **Pottery Sampler**

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginning techniques of clay. Tool kits available for purchase; \$13.

#### Age: 16 years & up

2/13-3/13	Su	2:30-4:30 PM	\$70	104870-02
3/27-4/24	Su	2:30-4:30 PM	\$70	204870-01
5/1-5/29	Su	2:30-4:30 PM	\$70	204870-02

#### Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principals involved in pottery. Primary emphasis on creation with use of the potters wheel. Some handbuilding is covered. Tools not provided. Note: \$13 tool set available for purchase.

3/21-5/23	М	9:00-11:00 AM	\$180	204850-01
3/21-5/23	М	5:45-7:45 PM	\$180	204850-02
3/23-5/25	W	8:00-10:00 PM	\$180	204850-03
3/26-5/28	Sa	9:00 AM-11:00 AM	\$180	204850-04

#### Wheel & Handbuilding, Beginner Plus

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those who wish to hone skills before the intermediate level.

3/21-5/23	М	8:00-10:00 PM	\$180	204855-01
3/23-5/25	W	5:45-7:45 PM	\$180	204855-02
3/24-5/26	Th	9:00-11:00 AM	\$180	204855-03
3/27-5/29	Su	9:00-11:00 AM	\$180	204855-04

#### Wheel & Handbuilding, Intermediate

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

3/22-5/24	Tu	5:30-7:30 PM	\$180	204860-01
3/23-5/25	W	9:00-11:00 AM	\$180	204860-02

#### **FAMILY PROGRAMS**

#### Family Raku Workshop Paint & Fire 🥸

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

#### Age: 7 years & up

<u> </u>				
2/11	F	6:00-8:00 PM	\$85	104827-01
2/13	Su	2:00-6:00 PM		
3/11	F	6:00-8:00 PM	\$85	104827-02
3/13	Su	2:00-6:00 PM		
3/25	F	6:00-8:00 PM	\$85	204827-01
3/27	Su	2:00-6:00 PM		
5/6	F	6:00-8:00 PM	\$85	204827-02
5/8	Su	2:00-6:00 PM		
Additional	Person(s)			
2/11	F	6:00-8:00 PM	\$40	104827-01A
2/13	Su	2:00-6:00 PM		
3/11	F	6:00-8:00 PM	\$40	104827-02A
3/13	Su	2:00-6:00 PM		
3/25	F	6:00-8:00 PM	\$40	204827-01A
3/27	Su	2:00-6:00 PM		
5/6	F	6:00-8:00 PM	\$40	204827-02A
5/8	Su	2:00-6:00 PM		

#### 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: Registration cost includes 2 individuals. Each additional person is \$20.

## Age: 7 years & up

Bowls				
2/4	F	7:00-8:30 PM	\$40	104828-05
Mugs				
2/25	F	7:00-8:30 PM	\$40	204828-01
Gnomes				
4/1	F	7:00-8:30 PM	\$40	204828-02
Plant wall h	angers			
4/22	F	7:00-8:30 PM	\$40	204828-03
Spoon rests	s/soap hold	ers		
5/13	F	7:00-8:30 PM	\$40	204828-04
Fairy House	es			
5/27	F	7:00-8:30 PM	\$40	204828-05
Additional	Person(s)			
2/4	F	7:00-8:30 PM	\$20	104828-05A
2/25	F	7:00-8:30 PM	\$20	204828-01A
4/1	F	7:00-8:30 PM	\$20	204828-02A
4/22	F	7:00-8:30 PM	\$20	204828-03A
5/13	F	7:00-8:30 PM	\$20	204828-04A
5/27	F	7:00-8:30 PM	\$20	204828-05A

#### 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 potters wheel and handbuilding techniques. Note: Registration cost includes one adult and one child; must register each additional person for \$67.

Age: 10-17 ye	ars			
2/11-3/11	F	5:00-6:30 PM	\$135	104845-02
3/25-4/22	F	5:00-6:30 PM	\$135	204845-01
4/29-5/27	F	5:00-6:30 PM	\$135	204845-02
Additional Pe	erson(s)			
2/11-3/11	F	5:00-6:30 PM	\$67	104845-02A
3/25-4/22	F	5:00-6:30 PM	\$67	204845-01A
4/29-5/27	F	5:00-6:30 PM	\$67	204845-02A

Classes in which adults are required to attend

w Denotes no web registration for program

M Denotes program/activity has special membership pricing

EGEND

#### 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 classes as many times as you wish. Note: \$90 Registration fee cost includes one adult and one child. Additional individuals can be purchased for \$45.

#### Age: 3-6 years

5				
2/7-3/7	М	2:30-3:30 PM	\$90	104801-04
2/12-3/12	Sa	12:30-1:30 PM	\$90	104801-06
3/21-4/18	М	2:30-3:30 PM	\$90	204801-01
3/26-4/23	Sa	12:30-1:30 PM	\$90	204801-02
4/25-5/23	М	2:30-3:30 PM	\$90	204801-03
4/30-5/28	Sa	12:30-1:30 PM	\$90	204801-04
Additional Pe	erson(s)			
2/7-3/7	М	2:30-3:30 PM	\$45	104801-04A
2/12-3/12	Sa	12:30-1:30 PM	\$45	104801-06A
3/21-4/18	М	2:30-3:30 PM	\$45	204801-01A
3/26-4/23	Sa	12:30-1:30 PM	\$45	204801-02A
4/25-5/23	М	2:30-3:30 PM	\$45	204801-03A
4/30-5/28	Sa	12:30-1:30 PM	\$45	204801-04A

#### Thrown Together 🕓

Explore basics of wheel forming techniques while working on the 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.				
2/10-3/10	Th	4:15-5:45 PM	\$135	104825-04
2/10-3/10	Th	6:00-7:30 PM	\$135	104825-05
2/12-3/12	Sa	2:30-4:00 PM	\$135	104825-06
3/24-4/21	Th	4:15-5:45 PM	\$135	204825-01
3/24-4/21	Th	6:00-7:30 PM	\$135	204825-02
3/26-4/23	Sa	2:30-4:00 PM	\$135	204825-03
4/28-5/26	Th	4:15-5:45 PM	\$135	204825-04
4/28-5/26	Th	6:00-7:30 PM	\$135	204825-05
4/30-5/28	Sa	2:30-4:00 PM	\$135	204825-06

#### **YOUTH PROGRAMS**

#### **Child Handbuilding**

Create unique clay projects and learn various methods of forming and glazing. New projects introduced each session.

Age: 6-9 years

2/7-3/7	М	4:00-5:30 PM	\$70	104805-02
3/21-4/18	М	4:00-5:30 PM	\$70	204805-01
4/25-5/23	М	4:00-5:30 PM	\$70	204805-02

#### **Homeschool Clay**

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

#### Age: 5-14 years

2/8-3/8	Tu	2:45-4:00 PM	\$70	104812-03
2/9-3/9	W	2:45-4:00 PM	\$70	104812-02
3/22-4/19	Tu	2:45-4:00 PM	\$70	204812-01
3/23-4/20	W	2:45-4:00 PM	\$70	204812-02
4/26-5/24	Tu	2:45-4:00 PM	\$70	204812-03
4/27-5/25	W	2:45-4:00 PM	\$70	204812-04

#### Youth Wheel & Handbuilding

Learn basic pottery wheel skills. Handbuilding, as well as other skills and techniques are taught.

#### Age: 9-13 years

<u> </u>				
2/9-3/9	W	4:30-6:00 PM	\$70	104810-03
2/10-3/10	Th	4:15-5:45 PM	\$70	104810-04
3/23-4/20	W	4:30-6:30 PM	\$70	204810-01
4/27-5/25	W	4:30-6:30 PM	\$70	204810-02

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

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

#### Age: 13-17 years

2/8-3/8	Tu	4:30-6:00 PM	\$70	104815-02
3/22-4/19	Tu	4:30-6:00 PM	\$70	204815-01
4/26-5/24	Tu	4:30-6:00 PM	\$70	204815-02

#### **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.

#### **SPORTS**

#### **Online Sports Schedules & League Rules**

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

#### **ADULT SPORTS**

#### [ BASKETBALL ]

#### Spring Adult Men's Basketball

Teams sign up for their level preference on a first come basis. 8 games scheduled. Registration ends 3/13 or when leagues fill. Leagues begin on 3/25.

Location: Northside Aztlan Center

Cost: \$459

Friday Competitive	213901-01
Friday Recreational	213901-02

#### [ FLAG FOOTBALL ]

#### **Spring Adult Flag Football**

8-on-8 non-contact. 6 games scheduled. Registration ends 3/13 or when leagues fill. League begins on 3/21.

Location: Rolland Moore Park

Cost: \$330

Monday Recreational 213011-01

#### [ KICKBALL ]

#### **Spring Coed Kickball**

Have fun playing an American classic invented on the playground. 6 games scheduled. Registration ends 3/13 or when league fills. League begins week of 3/21.

Location: Rolland Moore Park

Cost: \$210

Monday Coed Competitive	213061-01
Monday Coed Recreational	213061-02
Friday Coed Competitive	213061-03
Friday Coed Recreational	213061-04

#### **Kickball 90's Tournament**

Dress for the 90's, enjoy music favorites, and have fun on the playground. 3 games guaranteed. Prize given to best dressed team. Registration ends 5/8 or when league fills. Tournament will be played 5/14 & 5/15.

Location: Rolland Moore Park

Cost: \$105

Coed Recreational 213062-01

#### [SOFTBALL]

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

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

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

#### **Spring Adult Softball**

Knock the rust off before the summer leagues begin. Coed leagues play with men hitting 12" softballs and women hitting 11" softballs. 6 games scheduled. Registration ends 3/13 or when league fills. League begins week of Monday 3/21.

Location: Rolland Moore Park

Cost: \$355

Men's	
Sunday IV	213021-01
Monday III	213021-02
Monday IV	213021-03
Tuesday III	213021-04
Tuesday IV	213021-05
Wednesday II	213021-06
Wednesday III	213021-07
Wednesday IV	213021-08
Thursday III	213021-09
Friday IV	213021-10
Women's	
Thursday III	213022-01
Coed	
Sunday Competitive	213023-01
Sunday Recreational	213023-02
Tuesday Competitive	213023-03
Tuesday Recreational	213023-04
Wednesday Competitive	213023-05
Wednesday Recreational	213023-06
Thursday Recreational	213023-07



Classes in which adults are required to attend

W Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

#### [ VOLLEYBALL ]

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

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

#### Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Registration ends 3/13 or when leagues fill. Leagues begin 3/21; 8 games scheduled.

Age: 16 years & up Location: TBA

Cost: \$290

#### Women's

Wonnenis		
Sunday B	213942-01	
Wednesday A	213942-02	
Wednesday BB	213942-03	
Coed		
Monday BB	213943-01	
Monday B	213943-02	
Tuesday A	213943-03	
Tuesday BB	213943-04	
Friday B	213943-05	

#### **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 will contact teams directly to establish practice dates and times after the coaches' meeting.

End of season tournaments are only offered for middle school divisions.

Teams practice 1-2 times per week based on availability. 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.

In the event of gym cancelations, teams may practice in locations that differ from registration site.

All youth participants will receive a team jersey as part of the registration fee.

#### **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 66 for more information.

# Thinking of QUITTING?

We can help you quit tobacco through free\* in-person, phone or video counseling. Free nicotine replacement included.

- 6 FREE one-on-one counseling sessions\*
- Free nicotine, patches, and gum for 3 months
- Positive, supportive philosophy using proven techniques
- Specially trained, experienced staff

\*Free for residents of the Health District

970-224-5209 healthdistrict.org/guitsmoking Health District

#### [FOOTBALL]

#### **Junior Rams Spring Flag Football**

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

#### Cost: \$90

#### Dates: 3/21-5/14

#### Grade: Kindergarten-1

ordae. Hinder guitterr i	
City Park	214012-01
Edora Park	214012-03
English Ranch Park	214012-05
Fossil Creek Park	214012-07
Greenbriar Park	214012-09
Harmony Park	214012-11
Spring Canyon Park	214012-13
Troutman Park	214012-15
Warren Park	214012-17
Grade: 2-3	
Beattie Park	214013-01
Blevins Park	214013-03
City Park	214013-05
Edora Park	214013-07
English Ranch	214013-09
Fossil Creek	214013-11
Greenbriar Park	214013-13
Harmony Park	214013-15
Rolland Moore Park	214013-17
Spring Canyon Park	214013-19
Stew Case Park	214013-21
Troutman Park	214013-23
Warren Park	214013-25
Grade: 4-5	
Blevins Park	214014-01
City Park	214014-03
Edora Park	214014-05
English Ranch	214014-07
Fossil Creek Park	214014-09
Greenbriar Park	214014-11
Harmony Park	214014-13
Rolland Moore Park	214014-15
Spring Canyon Park	214014-17
Troutman Park	214014-19
Warren Park	214014-21

Grade: 6-8	
Blevins	214015-01
Boltz	214015-03
CLP	214015-05
Heritage	214015-07
Kinard	214015-09
Lesher	214015-11
Lincoln	214015-13
Mountain Sage	214015-15
Preston	214015-17
Webber	214015-19
Wellington	214015-21

#### [ VOLLEYBALL ]

#### Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some weeknights. Practices days and times vary. You will hear from the coach by 3/16.

-					
Location: Foothills Activity Center					
214944-01					
214944-03					
214944-05					
214944-07					
214944-08					
214944-09					
214944-11					
214944-13					
214944-15					
214944-17					
	214944-01 214944-03 214944-05 214944-07 214944-08 214944-09 214944-10 214944-13 214944-15				

Classes in which adults are required to attend

Denotes no web registration for program

M Denotes program/activity has special membership pricing

EGEND

#### [ MARTIAL ARTS ]

#### Shotokan Karate, Beginner

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

Age: 7 years & up

#### Location: Club Tico

1/10-2/2	M,W	5:00-6:00 PM	\$45	222122-01
2/7-3/9	M,W	5:00-6:00 PM	\$56	222122-02
3/21-4/20	M,W	5:00-6:00 PM	\$56	222122-03
4/25-5/25	M,W	5:00-6:00 PM	\$56	222122-04
Location: Foo	thills Activ	vity Center		
1/10-2/2	M,W	5:00-6:00 PM	\$45	222722-01
2/7-3/9	M,W	5:00-6:00 PM	\$56	222722-02
3/21-4/20	M,W	5:00-6:00 PM	\$56	222722-03
4/25-5/25	M,W	5:00-6:00 PM	\$56	222722-04

#### Shotokan Karate, Intermediate

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

Age: 7 years & up

Location: Club Tico

1/10-2/2	M,W	6:00-7:00 PM	\$45	222123-01
2/7-3/9	M,W	6:00-7:00 PM	\$56	222123-02
3/21-4/20	M,W	6:00-7:00 PM	\$56	222123-03
4/25-5/25	M,W	6:00-7:00 PM	\$56	222123-04
Location: Foo	thills Activ	vity Center		
1/10-2/2	M,W	6:00-7:00 PM	\$45	222723-01
2/7-3/9	M,W	6:00-7:00 PM	\$56	222723-02
3/21-4/20	M,W	6:00-7:00 PM	\$56	222723-03
4/25-5/25	M,W	6:00-7:00 PM	\$56	222723-04

#### Shotokan Karate, Advanced

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques.

Ag	e: 7	ye	ars	&	up	
			~		<b>T</b> •	

Location: Club Tico

1/10-2/2	M,W	7:00-8:00 PM	\$45	222124-01
2/7-3/9	M,W	7:00-8:00 PM	\$56	222124-02
3/21-4/20	M,W	7:00-8:00 PM	\$56	222124-03
4/25-5/25	M,W	7:00-8:00 PM	\$56	222124-04
Location: Foo	othills Activ	rity Center		
1/10-2/2	M,W	7:00-8:00 PM	\$45	222724-01
2/7-3/9	M,W	7:00-8:00 PM	\$56	222724-02
3/21-4/20	M,W	7:00-8:00 PM	\$56	222724-03

7:00-8:00 PM

\$56

222724-04

#### [ CHEERLEADING ]

M.W

4/25-5/25

#### **Cheer Central Recreational Performance Team**

This high energy recreational cheerleading team is designed to help you learn jumps, motions, stunts, dance and tumbling through sportsmanship and teamwork. Each session our cheer team will be performing in house or at a community event. Poms provided. Note: No class 3/14, 3/15.

Age: 5-11 years

Location: Foothills Activity Center

1/10-2/14	М	5:15-6:10 PM	\$99	214737-01
2/21-4/4	М	5:15-6:10 PM	\$99	214737-02
4/11-5/16	М	5:15-6:10 PM	\$99	214737-03
1/10-2/14	М	6:15-7:10 PM	\$99	214737-04
2/21-4/4	М	6:15-7:10 PM	\$99	214737-05
4/11-5/16	М	6:15-7:10 PM	\$99	214737-06
Location: Clu	lb Tico			
1/4-2/8	Tu	4:50-5:45 PM	\$99	214137-01
2/15-3/29	Tu	4:50-5:45 PM	\$99	214137-02
4/5-5/10	Tu	4:50-5:45 PM	\$99	214137-03

#### **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.

#### [ SKYHAWKS SUMMER SPORTS CAMPS ]

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit skyhawks.com/Colorado.

#### SUPERTOTS CAMP

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp 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.

Age: 2-2.5 year	S			
Soccer Tots				
Location: Fossil	Creek Park			
6/13-6/17	M-F	9:15 AM-9:45 AM	\$54	314071-31
Basketball Tots				
Location: North	iside Aztlan	Center		
6/27-7/1	M-F	9:15 AM-9:45 AM	\$54	314071-35
Baseball Tots				
Location: Rollar	nd Moore Pa	rk		
7/5-7/8	T-F	9:15 AM-9:45 AM	\$43	314071-33
Age: 2.5-3.5 ye	ars			
Soccer Tots				
Location: Fossil	Creek Park			
6/13-6/17	M-F	10:00 AM-10:45 AM	\$79	314071-32
Basketball Tots				
Location: North	iside Aztlan	Center		
6/27-7/1	M-F	10:00 AM-10:45 AM	\$79	314071-36
Baseball Tots				
Location: Rollar	nd Moore Pa	rk		
7/5-7/8	T-F	10:00 AM-10:45 AM	\$63	314071-34
Age: 3.5-4.5 ye	ars			
Soccer Tots				
Location: Fossil	Creek Park			
6/13-6/17	M-F	11:00 AM-11:45 AM	\$79	314071-37
Basketball Tots				
Location: North	iside Aztlan	Center		
6/27-7/1	M-F	11:00 AM-11:45 AM	\$79	314071-38
Baseball Tots				
Location: Rollar	nd Moore Pa	rk		
7/5-7/8	T-F	11:00 AM-11:45 AM	\$63	314071-39

#### SKYHAWKS CAMPS

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For more information, visit skyhawks.com/colorado.

#### Mini-Hawk

Multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-6 years

Location: Overland Park

6/6-6/10	M-F	9:00 AM-Noon	\$150	314071-03
Location: Gre	enbriar Pa	ark		
C/20 C/24	M F		¢150	714071.04
6/20-6/24	M-F	9:00 AM-Noon	\$150	314071-24
Location: Fos	sil Creek F	Park		
7/11-7/15	M-F	9:00 AM-Noon	\$150	314071-07
Location: Spr	ing Canyo	n Park		
7/25-7/29	M-F	9:00 AM-Noon	\$150	314071-16
8/8-8/12	M-F	9:00 AM-Noon	\$150	314071-29

#### Flag Football Fueled by USA Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, de-flagging, and defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Age: 6-12 years

Location: Warren Park

6/6-6/10	M-F	9:00 AM-Noon	\$150	314071-02
Location: Tv	vin Silo			
8/1-8/5	M-F	9:00 AM-Noon	\$150	314071-17

4	C	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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#### Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5-9 years Location: Fossil Creek Park

6/13-6/17	M-F	9:00 AM-Noon	\$150	314071-01

#### Multi-Sport Camp

Designed to introduce young athletes to a variety of sports, this multi-sport camp combines multiple sports into one fun-filled week. Athletes will learn the rules & essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 8-14 years

Flag Football/Soccer

Location: Greenbriar Park

6/20-6/23	M-Th	9:00 AM-3:00 PM	\$200	314071-04
Flag Footbal	I/Basketball			
Location: Fo	ssil Creek Pa	ırk		
7/11-7/15	M-Th	9:00 AM-3:00 PM	\$200	314071-15
Location: Sp	ring Canyon	Park		
7/25-7/28	M-Th	9:00 AM-3:00 PM	\$200	314071-12
Basketball/V	olleyball			
Location: Sp	ring Canyon	Park		
8/8-8/11	M-Th	9:00 AM-3:00 PM	\$200	314071-13

#### Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games.

Age: 8-14 years

Location: Spring Canyon Park

7/18-7/22	M-F	9:00 AM-12:00 PM	\$150	314071-06
Age: 6-12 yea	ars			
Location: No	rthside Azt	lan Center		
6/13-6/17	M-F	1:00 PM-4:00 PM	\$150	314071-18
6/27-7/1	M-F	9:00 AM-12:00 PM	\$150	314071-14

#### Soccer

Skyhawks was founded as a soccer club in 1979. Designed for beginner and intermediate players, our progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

#### Age: 6-12 years Location: Fossil Creek Park

Location. 103	SSII CIEEK FO	אוג		
6/13-6/17	M-F	9:00 AM-Noon	\$150	314071-05
Location: Ha	rmony Park			
7/18-7/22	M-F	9:00 AM-Noon	\$150	314071-19

#### Sport Mix

This one-of-a-kind Skyhawks camp is a mix of games including kickball, dodgeball, ultimate, capture the flag and more! Kids and coaches work together to create new sports/games like Football-Baseball or Soccer-Golf. A chance for everyone to get outside, burn some energy and have a great time while playing with friends. No specific sport skills will be taught in this camp.

#### Age: 6-12 years

Location. Orec				
7/11-7/15	M-F	9:00 AM-Noon	\$150	314071-21

#### Volleyball

Designed for the beginner and intermediate player to learn all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

#### Age: 8-14 years

Location: Northside Aztlan Center

6/6-6/10	M-F	1:00 PM-4:00 PM	\$150	314071-08
6/27-7/1	M-F	1:00 PM-4:00 PM	\$150	314071-20
Location: Wa	rren Park			
7/25-7/29	M-F	9:00 AM-Noon	\$150	314071-30

#### **Baseball & Softball**

Designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6-12 years

Baseball

Location: Rolland Moore Park

7/5-7/9	T-F	9:00 AM-Noon	\$120	314071-11
Softball				
Location: Re	olland Moor	e Park		
7/5-7/9	T-F	9:00 AM-Noon	\$120	314071-25

#### **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.

Don't forget about the Parks and Recreation hiring fair on April 9!

# Join us.

### Come be a part of the Recreation family!





Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 21-23727

#### Golf, Beginner

Entry-level players will gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. Using Short Golf® equipment, instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-9 years Location: Twin Silo Park

200000000000000000000000000000000000000				
6/6-6/10	M-F	9:00 AM-Noon	\$150	314071-10
Location: Cot	tonwood G	ilen Park		
6/20-6/24	M-F	9:00 AM-Noon	\$150	314071-22
Location: Wa	rren Park			
7/25-7/29	M-F	9:00 AM-Noon	\$150	314071-26

#### Lacrosse

Learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline. Skyhawks ensures athletes will gain a deep understanding of the game and its traditions. All equipment is provided.

Age: 6-12 years

Location: English Ranch Park

7/5-7/9	T-F	9:00 AM-Noon	\$120	314071-09

#### Pickleball

Find out why Pickleball is the fastest growing sport in the US! Players will learn the rules of the game, develop hand/eye coordination, and proper technique. All equipment is provided.

Age: 6-12 years

Location: Cottonwood Glen Park					
6/20-6/24	M-F	9:00 AM-Noon	\$150	314071-42	

#### **Track & Field**

Prepare for a future in cross country, track and field events, distance running, while inspiring a love for running and being active. Learn fundamentals of body positioning, stride, proper stretching and cooldown techniques.

Age: 6-12 years

Location: Harmony Park

7/18-7/22	M-F	9:00 AM-Noon	\$150	314071-23
Location: W	estfield Park	(		
8/1-8/5	M-F	9:00 AM-Noon	\$150	314071-28

#### [ SKYHAWKS SUMMER S.T.E.M. SPORTS CAMPS ]

STEM Sports<sup>®</sup> and Skyhawks have partnered to combine traditional Skyhawks skill-based instruction with STEM Sports<sup>®</sup> lessons in an exciting week-long camp format.

Age: 11-14 years

#### STEM Soccer

The STEM Sports<sup>®</sup> soccer curriculum gives participants the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles, goal-line technology, and more!

Location: Spring Canyon Park

6/27-7/1	M-F	9:00 AM-Noon	\$165	314072-01	

#### STEM Volleyball

The STEM Sports<sup>®</sup> Volleyball curriculum enables participants to get behind the sport they love with lessons built around calculating contact time, optimal serving, speed and the science behind serving.

Location: Northside Aztlan Community Center

7/11-7/14	M-TH	9:00 AM-3:00 PM	\$225	314072-03	-
.,,			<b>4</b> -20	011072 00	

#### **STEM Flag Football**

The STEM Sports<sup>®</sup> flag football curriculum educates participants on receiver glove technology, throwing arm strength, football properties, calculating distances and other subjects.

Location: Spring Canyon Park

7/18-7/22 M-F 9:00 AM-Noon \$165	314072-05
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#### STEM Basketball

The STEM Sports<sup>®</sup> basketball curriculum educates participants on subjects including velocity and acceleration, basketball shoe design, tracking with technology and much, much more!

#### Location: Northside Aztlan Community Center

8/1-8/4	M-TH	9:00 AM-3:00 PM	\$225	314072-07
0/10/4	FT 111	5.00 API 5.00 PPI	ΨΖΖϽ	J14072 07

#### **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.

#### [ YOUNGSTERS ]

#### SuperTots Sports

Preschool/Toddler classes that incorporates physical activity and fun in a safe, non-competitive environment. Classes are 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.

Note: Class will not be held on 3/16, 3/17

Age: 2-3 years				
2/23-4/6	W	9:30 AM-10:20 AM	\$89	114770-09
2/24-4/7	Th	9:30 AM-10:20 AM	\$89	114770-11
Age: 3-5 years				
2/23-4/6	W	10:30 AM-11:20 AM	\$89	114770-10
2/24-4/7	Th	10:30 AM-11:20 AM	\$89	114770-12
Baseball Tots				
Age: 2-3 years				
4/13-5/18	W	9:30 AM-10:20 AM	\$89	114770-13
4/14-5/19	Th	9:30 AM-10:20 AM	\$89	114770-14
Age: 3-5 years				
4/13-5/18	W	10:30 AM-11:20 AM	\$89	114770-15
4/14-5/19	Th	10:30 AM-11:20 AM	\$89	114770-16

#### **Sporties for Shorties**

Come play ball and explore the world of sports in this fun-filled class. 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

2/16-3/2	W	10:00-10:45 AM	\$29	214776-04
3/23-4/6	W	10:00-10:45 AM	\$29	214776-05
4/13-4/27	W	10:00-10:45 AM	\$29	214776-06

#### **Basketball for Shorties**

Learn the basketball basics and work on large and small motor skills as they relate to shooting, dribbling, and passing. Note: Parents/ guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

Age: 4-6 years	
Location: Foothills Activity Center	

2/8-2/22 Tu 10:00-10:45 AM \$29 214777	01
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#### S.N.A.G. Golf for Shorties

Explore S.N.A.G. (Starting New At Golf) by working on the fundamentals of golf. All equipment provided.

#### Age: 4-5 years

Location: City Park

5/3-5/17	Tu	10:00-10:45 AM	\$33	314092-01
5/4-5/18	W	10:00-10:45 AM	\$33	314092-02

#### TENNIS

#### **General Information**

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

#### **Rolland Moore Pro Shop**

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

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

For court availability visit lewistennis.com or call 970.493.7000.

#### Registration & Pricing – NEW!

Registration for all Tennis programs should be made through Recreation, online, over the phone, or in-person.

Two prices are listed for each activity section. The first price listed is an early bird price in effect from the Recreator Registration Day until 30 days prior to the first class of the session. The second price listed is the regular rate which will be charged starting 29 days ahead of the program start date.

#### EXAMPLE:

#### **Beginner Tennis**

Learn the correct way to hit forehands, backhands, volleys, overheads, and serves as well as basic rules and strategies as you start competition.

			Early Bird	Regular Rate	
1/31-2/23	M,W	6:30-8:00 PM	\$181	\$201	123005-02
2/28-3/23	M,W	6:30-8:00 PM	\$181	\$201	123005-03
3/28-4/20	M,W	6:30-8:00 PM	\$181	\$201	223005-01
4/25-5/18	M,W	6:30-8:00 PM	\$181	\$201	223005-02

Discounts available for additional family members and reduce fee program.

#### 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.

#### 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 competition.

			Early Bird	Regular Rate	
1/31-2/23	M,W	6:30-8:00 PM	\$181	\$201	123005-02
2/28-3/23	M,W	6:30-8:00 PM	\$181	\$201	123005-03
3/28-4/20	M,W	6:30-8:00 PM	\$181	\$201	223005-01
4/25-5/18	M,W	6:30-8:00 PM	\$181	\$201	223005-02

#### Intermediate

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

			Early	Regular	
			Bird	Rate	
2/1-2/24	Tu,Th	6:30-8:00 PM	\$181	\$201	123006-02
3/1-3/24	Tu,Th	6:30-8:00 PM	\$181	\$201	123006-03
3/29-4/21	Tu,Th	6:30-8:00 PM	\$181	\$201	223006-01
4/26-5/19	Tu,Th	6:30-8:00 PM	\$181	\$201	223006-02

#### [ YOUTH PROGRAMS ]

#### 10 YEARS & UNDER

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

#### Little Lobber

Young players will develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 years

			Early	Regular	
			Bird	Rate	
2/5-2/26	Sa	10:00-10:45 AM	\$46	\$51	123015-02
3/5-3/26	Sa	10:00-10:45 AM	\$46	\$51	123015-03
4/2-4/23	Sa	10:00-10:45 AM	\$46	\$51	223015-01
4/30-5/21	Sa	10:00-10:45 AM	\$46	\$51	223015-02

## LEWIS TENNIS-TENNIS-THE NATURALLY SOCIAL DISTANCED SPORT



#### **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
- 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

D: 711 20-

#### **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

			Early	Regular	
			Bird	Rate	
1/31-2/23	M,W	4:00-5:30 PM	\$138	\$153	123053-02
2/28-3/23	M,W	4:00-5:30 PM	\$138	\$153	123053-03
3/28-4/20	M,W	4:00-5:30 PM	\$138	\$153	223053-01
4/25-5/18	M,W	4:00-5:30 PM	\$138	\$153	223053-02
2/5-2/26	Sa	11:00 AM-12:30 PM	\$70	\$77	123053-05
3/5-3/26	Sa	11:00 AM-12:30 PM	\$70	\$77	123053-06
4/2-4/23	Sa	11:00 AM-12:30 PM	\$70	\$77	223053-03
4/30-5/21	Sa	11:00 AM-12:30 PM	\$70	\$77	223053-04

#### 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

			Early Bird	Regular Rate	
1/31-2/23	M,W	4:00-5:30 PM	\$138	\$153	123050-02
2/28-3/23	M,W	4:00-5:30 PM	\$138	\$153	123050-03
3/28-4/20	M,W	4:00-5:30 PM	\$138	\$153	223050-01
4/25-5/18	M,W	4:00-5:30 PM	\$138	\$153	223050-02
2/5-2/26	Sa	11:00 AM-12:30 PM	\$70	\$77	123050-05
3/5-3/26	Sa	11:00 AM-12:30 PM	\$70	\$77	123050-06
4/2-4/23	Sa	11:00 AM-12:30 PM	\$70	\$77	223050-03
4/30-5/21	Sa	11:00 AM-12:30 PM	\$70	\$77	223050-04

#### MIDDLE SCHOOL

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

#### Challenger

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

Age: 11-13 years

			Early Bird	Regular Rate	
2/1-2/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123051-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123051-03
3/29-4/21	Tu,Th	4:30-6:30 PM	\$181	\$201	223051-01
4/26-5/19	Tu,Th	4:30-6:30 PM	\$181	\$201	223051-02
2/5-2/26	Sa	1:00-3:00 PM	\$ 91	\$101	123051-05
3/5-3/26	Sa	1:00-3:00 PM	\$ 91	\$101	123051-06
4/2-4/23	Sa	1:00-3:00 PM	\$91	\$101	223051-03
4/30-5/21	Sa	1:00-3:00 PM	\$91	\$101	223051-04

#### Competitive

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

#### Age: 11-13 years

			Early	Regular	
			Bird	Rate	
2/1-2/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123052-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123052-03
3/29-4/21	Tu,Th	4:30-6:30 PM	\$181	\$201	223052-01
4/26-5/19	Tu,Th	4:30-6:30 PM	\$181	\$201	223052-02
2/5-2/26	Sa	1:00-3:00 PM	\$91	\$101	123052-05
3/5-3/26	Sa	1:00-3:00 PM	\$91	\$101	123052-06
4/2-4/23	Sa	1:00-3:00 PM	\$91	\$101	223052-03
4/30-5/21	Sa	1:00-3:00 PM	\$91	\$101	223052-04

Classes in which adults are required to attend

w Denotes no web registration for program

Denotes program/activity has special membership pricing

EGEND

#### HIGH SCHOOL

#### 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.

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Age: 14-18 years

			Early	Regular	
			Bird	Rate	
2/1-2/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123056-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123056-03
3/29-4/21	Tu,Th	4:30-6:30 PM	\$181	\$201	223056-01
4/26-5/19	Tu,Th	4:30-6:30 PM	\$181	\$201	223056-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	223056-03
2/5-2/26	Sa	1:00-3:00 PM	\$91	\$101	123056-05
3/5-3/26	Sa	1:00-3:00 PM	\$91	\$101	123056-06
4/2-4/23	Sa	1:00-3:00 PM	\$91	\$101	223056-04
4/30-5/21	Sa	1:00-3:00 PM	\$91	\$101	223056-05

#### **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

			Early	Regular	
			Bird	Rate	
2/1-2/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123054-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	123054-03
3/29-4/21	Tu,Th	4:30-6:30 PM	\$181	\$201	223054-01
4/26-5/19	Tu,Th	4:30-6:30 PM	\$181	\$201	223054-02
3/1-3/24	Tu,Th	4:30-6:30 PM	\$181	\$201	223054-03
2/5-2/26	Sa	1:00-3:00 PM	\$91	\$101	123054-05
3/5-3/26	Sa	1:00-3:00 PM	\$91	\$101	123054-06
4/2-4/23	Sa	1:00-3:00 PM	\$91	\$101	223054-04
4/30-5/21	Sa	1:00-3:00 PM	\$91	\$101	223054-05

#### **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

<u> </u>			Early Bird	Regular Rate	
1/31-2/23	M,W	4:30-6:30 PM	\$239	\$259	123058-02
2/28-3/23	M,W	4:30-6:30 PM	\$239	\$259	123058-03
3/28-4/20	M,W	4:30-6:30 PM	\$239	\$259	223058-01
4/25-5/18	M,W	4:30-6:30 PM	\$239	\$259	223058-02

#### **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.

#### 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. Social programs with no fee still require attendees to pay the drop in facility use fee, use a pass, or be a 50+ member.

#### Membership 50+

Membership 50+ is \$30 annually. Scholarships for membership available. Programs with special membership pricing are noted throughout the Recreator with **W**. 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, Library & Media Center, 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 60.

Birthday and anniversary celebrations.

Notary service.

#### **CARDS & GAMES**

Age: 18 years & up

All Games				
1/17-5/23	М	Noon-3:00 PM	No Fee	212400-01
Pinochle, Mał	njong			
1/18-5/31	Tu	12:30-4:00 PM	No Fee	212400-02
Party Bridge				
1/18-5/31	Tu	1:30-4:30 PM	No Fee	212400-03
All Games				
1/26-5/25	W	12:30-4:00 PM	No Fee	212400-04
Pinochle				
1/21-5/27	F	1:30-4:30 PM	No Fee	212400-05
Bridge				
1/20-5/26	Th	5:00 -8:00 PM	No Fee	212400-06

#### Bridge R2, Bidding

Learn the language of bidding with a partner to use in a competitive action against opponents to determine a final contract. Focus on Suit and Notrump opening bids, overcalls, responses, rebids, and Staymen convention. Prerequisite: Bridge R1 or instructor approval. Note: Class will not be held on 3/23, 4/27.

3/16-5/11	W	Noon-3:00 PM	\$110	212466-01
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#### **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. Please visit frontrangeforum.org for more information.

12/1-5/31	\$33	107410-01

#### 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 2/21, 3/21, 4/18, 5/16.

1/24-5/23	М	9:30-11:00 AM	No Fee	212413-01

#### 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 lunch, arts and crafts, light physical activities, and engage with community guest speakers. Ancianos runs in conjunction with the VOA Senior Nutrition Program. Discount available for those enrolled in the City of Fort Collins Recreation Reduced Fee Program. Note: Participation in Ancianos is not required to participate in VOA Senior Nutrition Program.

Age: 60 years & up Location: Northside Aztlan Center

3/1-5/31	Tu	11:00 AM-1:00 PM	\$75	212500-01
Donut Make	e U Wonde	er ໜ		

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.

1/21-5/27 F 10:00-11:00 AM No Fee 212412-01

#### Older Gay Lesbian Bisexual Transgender (OGLBT) 🖤 🖤

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities. For more information contact Ashley Ruffer at 970.224.603, aruffer@fcgov.com.

Classes in which adults are required to attend NW

EGEND

- Denotes no web registration for program
- Denotes program/activity has special membership pricing

#### 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

2/17	Th	3:00-5:00 PM	No Fee	212444-01
3/17	Th	3:00-5:00 PM	No Fee	212444-02
4/21	Th	3:00-5:00 PM	No Fee	212444-03
5/19	Th	3:00-5:00 PM	No Fee	212444-04

#### **SOAP Troupe Acting**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, and dance. Whether an experienced performer or a beginner, talent can be used for each show. Meetings are held monthly.

3/1-5/31	Tu	1:00-2:00 PM	\$16	212410-01	

#### 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

2/1-5/31	Tu	9:30 AM-Noon	No Fee	203499-01

#### 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.



# THE RADON RISK

2nd leading cause of lung cancer

•

Colorado homes are at higher risk for radon

₿

Buy a radon test kit today at the Fort Collins Senior Center, 1200 Raintree Dr.



Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 Esta información puede ser traducida, sin costo para usted. 09/20 20-22695

# FOOTBALL SEASON TICKETS

## SEASON TICKETS STARTNG AT \$200

GREATEST VALUE TO SEE COLORADO STATE FOOTBALL VARIETY OF PAYMENT PLANS AVAILABLE FIRST PRIORITY TO PURCHASE AWAY TICKETS BEST SEAT LOCATIONS

TO PURCHASE TICKETS VISIT CSURAMS.COM/TICKETS

PROUD PARTNERS J



#### **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.

#### Departure

All trips leave from the Fort Collins Senior Center unless otherwise noted. Please 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 the 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 **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.

#### DINNER THEATRE 🚳 👄

#### **The Dinner Detective, Fort Collins**

At The Dinner Detective Murder Mystery Dinner Show, tackle a challenging crime while you feast on a fantastic dinner. Just beware! The criminal is lurking somewhere in the room, and participants may find themselves as a Prime Suspect before they know it! Note: Non-refundable after 1/3/22.

2/12 Sa \$90 5:30-9:30 PM 205925-01

#### Singing in the Rain, Candlelight

Based on one of the most loved and celebrated movies of all time, Singin' in the Rain is the story of the first Hollywood movie musical. This MGM classic has been faithfully adapted by Broadway legends Betty Comden and Adolph Green from their original award-winning screenplay. Hilarious situations, snappy dialogue, and a hit-parade score of Hollywood standards make Singin' in the Rain the perfect entertainment for any fan of the golden age of movie musicals. Note: Non-refundable after 4/18/22.

5/21	Sa	11:00 AM-5:00 PM	\$90	205925-02

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

#### OUT TO LUNCH 🖤 🗖

Individuals responsible for purchasing their own meals.

#### The Bent Fork, Loveland

Locally owned restaurant, which serves a diverse offering of fresh and flavorful dishes in an environment of casual sophistication.

2/24	Th	11:00 AM-2:30 PM	\$25	205930-01

#### Mike O'Shays, Longmont

Celebrate St. Patrick's Day at Mike O'Shays. Traditional St. Patrick's Day fare will be on the menu; including corned beef and cabbage, shepherd's pie, fish and chips, and more. All made with the freshest ingredients possible.

3/14	М	11:00 AM-3:30 PM	\$25	205930-02		
Nordy's BBQ, Loveland						
Popular BBQ restaurant with all the fixins. Enjoy brisket, ribs, pulled						

pork, chicken and more.

4//	Ih	II:00 AM-2:30 PM	\$25	205930-03

#### Dim Sum, Broomfield

A modern interpretation of classic dishes using high quality fresh ingredients.

5/12	Th	10:30 AM-3:30 PM	\$25	205930-04

#### ROCKIES GAMES 🛯 🔶

Enjoy the game at Denver's Coors Field. Note: Fee includes ticket. Non-refundable 4 weeks prior to game date.

#### vs. The Kansas City Royals

5/15	Su	10:30 AM-6:30 PM	\$50	205901-01

#### TOUR & FEAST 🖤 🔶

All tours and feast locations subject to change due to County health guidelines. Individuals are responsible for purchasing their own meals.

#### Hearts & Horses, Loveland

Feast at Hogfish Seafood & Smokehouse. Then tour this unique facility where they make a difference every day, through therapy riding for all ages and diverse backgrounds.

2/18 F 10:30 AM-4:00 PM \$30 2059	3-01
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#### Hover Home, Longmont

Tour the historic home of Charles and Katherine Hover. Established in 1902, now on the National Registry of Historical places. the house still contains its original furnishings from 1913-14. Feast at Smokin Dave's BBQ.

3/23	W	9:00 AM-4:00 PM	\$30	205933-02
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#### Walmart Distribution Center, Loveland

A behind the scenes look at the popular Walmart distribution center. See how packages and goods are distributed throughout our community on a daily basis. Feast at Palomino Mexican.

3/29 Tu 9:00 AM-4:00 PM \$30	205933-03
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#### Art Castings of CO, Loveland

A trusted choice of artists around the country with the reputation as one of the cleanest, most efficient bronze art foundries in North America. Feast at Canton Palace.

4/13	W	8:30 AM-3:30 PM	\$30	205933-04

#### Left Hand Brewery, Longmont

Located on the banks of the mighty St. Vrain for over 26 years, visit Longmont's Living Room. Located in Longmont since 1993, the Left Hand Brewery offers tours about the history the facility and how growing roots in one space aids efforts to positively impact the great town of Longmont. Feast at Cheese Importers.

4/19	Tu	9:00 AM-3:30 PM	\$30	205933-05

#### Pacific Ocean Marketplace, Broomfield

A unique shopping experience where they are known for authentic items from China, Vietnam, Japan, Korea, Thailand, Indonesia, India, the Philippines and beyond. Feast at Big Mac & Little Lu Seafood.

5/25	W	10:00 AM-4:00 PM	\$30	205933-06
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#### **INCLUSION SUPPORT**

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

Classes in which adults are required to attend

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

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** 2515 W. Mulberry St. Soft Gold Park 520 Hickory St. ĕ Spring Park 2100 Matthews St. **H** R Sugar Beet Park 524 San Cristo St. **Traverse Park** Trail Head Neighborhood 1<sub>æ</sub> Ś Warren Park 1101 E. Horsetooth Rd. (~) 🖪 🔊 Washington Park 301 Maple St. Waters Way Park (†† 715 Fairbourne Way

#### SCHOOLSIDE PARKS

Bacon Park 5830 S. Timberline Rd. Nearby School: Bacon Elementary Beattie Park 500 W. Swallow Rd. Nearby School: Beattie Elementary **Blevins Park** 2012 Hampshire Rd. Nearby School: Blevins Middle School **Eastside Park** 1000 E. Locust Nearby School: Laurel Elementary **English Ranch Park** 3825 Kingsley Dr. LEGEND **Ball Fields Turf Sports Fields** Pickleball Tennis

**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.

**Golden Meadows Park** Nearby School: Kruse Elementary

Harmony Park 5015 Corbett Dr.

4324 McMurray Ave.

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Nearby School: Preston Middle School

Huidekoper Park 1808 W. Lancer Dr.

Nearby School: Lincoln Middle School

**Radiant Park** 



3651 Kechter Rd.

Nearby School: Zach Elementary

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

#### **Rossborough Park**

1630 Casa Grande Blvd.

Nearby School: Rocky Mountain High School



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

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**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#

Nearby School: Linton Elementary



Playground

Undeveloped





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