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

**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 M 4:00-5:30 PM $56 202593-05

ARO Art Reception & Theatre Acting Final Show - General Admission Tickets

5/2 M 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

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 Sammies

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 M 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

**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

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/Snowshoe

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 Transport 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 Sections

2/11 No Fee 102431-1A

2/27 No Fee 102431-2A

3/11 No Fee 102431-3A

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. Overland Trail

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

1/28 F 6:00-8:00 PM $4 102405-02

Sweetheart 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 Fling

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 Women’s Basketball Game

2/24 Th 5:15-8:30 PM $32 102927-01

Attendant

2/24 Th 5:15-8:30 PM $6 102927-1A

**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

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: Troutman Park

3/21-5/9 M 5:45-6:45 PM $33 202053-01

**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 M 4:15-5:15 PM $25.75 202054-01

Multiple Children

4/4-5/9 M 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 Children

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

**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

**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: Senior 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

**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

**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

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: Senior 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

**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: Senior 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

**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: Senior 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: EPIC

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: Senior 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: Senior 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

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

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

**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

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

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 M 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 M 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

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 M 5:30-6:45 PM $71 206404-01

3/21-4/25 M 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

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

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

**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

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

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 years

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 years

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 years

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

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 forty-five minutes of basic gymnastics skills and rotations.

Location: Foothills Activity Center

Age: 7-9 years

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

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

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

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.

Ages: 5-17 years

Th 5:00-9:00 PM 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

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 Breakfast

1/31-2/21 M 4:30-6:00 PM $70 215553-01

Loveable Lunch

2/28-3/28 M 4:30-6:00 PM $70 215553-02

Decadent Desserts

4/4-4/25 M 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 Biology

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 & Balance

4/5-4/26 Tu 4:30-6:00 PM $68 215554-03

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 social-emotional 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 M 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 M 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)

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

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

Marmot: Age 5-6, completed Kindergarten Spring 2022

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: Age 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

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

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 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: Age 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

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

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: 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

***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, bike-handling 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: Rolland Moore Park

6/6-6/10 M-F 8:30 AM-12:30 PM $175 315985-01

Location: Spring Canyon Park

6/20-6/24 M-F 8:30 AM-12:30 PM $175 315985-02

Age: 9-11 years

Location: Rolland Moore Park

6/13-6/17 M-F 8:30 AM-12:30 PM $175 315985-04

Location: Spring Canyon 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

7/18-7/25 M-F 8:30 AM-12:30 PM $175 315986-01

Age: 9-11 years

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 315987-01

Early Learning

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

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

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

Funtime Preschool Program

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

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

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

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 M 10:00-11:00 AM $21 217571-01

3/7 M 10:00-11:00 AM $21 217571-02

4/4 M 10:00-11:00 AM $21 217571-03

5/2 M 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 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

**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!

Age: 3-6 years

Location: Northside Aztlan Center

2/2-2/16 W 1:00-2:30 PM $54 217519-01

**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

4/13-4/27 W 1:00-2:30 PM $54 217545-01

**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

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

**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

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 Science

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

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

**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.

2/9 W 6:00 AM-8:30 PM $50 107429-01

**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 107430-01

**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 207423-01

**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 M 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 M 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.

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

**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

**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 207432-01

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, Sweet & Savory Crepes

2/7-2/14 M 6:30-7:30 PM $40 107433-01

Morocco, Chicken with Pork, Beef, Vegetables & Couscous

3/3-3/10 Th 6:30-7:30 PM $40 207433-01

The Mediterranean, Turkey Meatballs with Feta & Spinach

4/4-4/11 M 6:30-7:30 PM $40 207433-02

Greece, Chicken 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

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 years & 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

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: 16 years & up

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

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

2/3-2/24 Th 7:00-8:00 PM $5 107455-03

3/3-3/31 Th 7:00-8:00 PM $5 207455-01

4/7-4/28 Th 7:00-8:00 PM $5 207455-02

5/5-5/26 Th 7:00-8:00 PM $5 207455-03

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 M 11:00 AM-Noon $36 208609-01

4/12-4/26 Tu 11:00 AM-Noon $36 208609-02

4/25-5/9 M 11:00 AM-Noon $36 208609-03

**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

4/4-4/18 M 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 M 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

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 years

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 years

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

**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

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

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 & 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 transaction) Price per day Administrative Fee Total Price**

60 min class – 1 day $6.50 $1 $7.50

60 min class – 3 days $6.50 $1 $20.50

60 min class – 4 days $4 $1 $17

45 min class – 5 days $3 $1 $16

60 min class – 10 days $4 $1 $41

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

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

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

**SilverSneakers**

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

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

**Personal Training**

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

**30 Minute Session Packages**

PT Single 1 $30

PT Bronze 4 $115

PT Silver 8 $220

PT Gold 12 $300

PT Platinum 24 $540

**1 Hour Session Packages**

PT Single 1 $40

PT Bronze 4 $150

PT Silver 8 $290

PT Gold 12 $420

PT Platinum 24 $780

**2-Person hour long Single Session**

PT 2-Person 1 $60

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

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

**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.

**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

**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

**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

**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.

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 M 5:30-7:00 PM No Fee 225400-01

**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.

3/15 Tu 2:00-3:30 PM No Fee 225402-01

**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

**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 125409-01

**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 225408-01

**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 8:00-11:00 AM

Ice Skating

**Learn to Skate USA**

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

**General Information**

All ice programs are held at EPIC unless otherwise noted.

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

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

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

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

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

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

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

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

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

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

Proper Attire Includes:

•
Helmet (not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).

•Gloves (thin, not ski mittens).

•Fleece or light weight jacket.

•Skating dresses with tights or leggings/pants that are easy to move in.

•Loose or bulky clothing is not recommended.

**Public Skate**

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

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

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

**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 years

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

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

**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 M 4:00-4:30 PM $71 110306-04

1/24-3/7 M 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 M 4:00-4:30 PM $71 210306-03

3/21-5/2 M 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 M 4:00-4:30 PM $71 110310-04

1/24-3/7 M 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 M 4:00-4:30 PM $71 210310-03

3/21-5/2 M 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

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

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

**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

2/8-3/10 Tu,Th 5:15-6:00 PM $166 110324-03

2/12-3/12 Sa 9:30-10:15 AM $84 110324-04

3/22-4/14 Tu,Th 5:15-6:00 PM $133 210324-01

**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 Learn-to-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

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.

Snowplow Sam 1&2

2/2 W 5:00-5:15 PM $61 110358-01

Snowplow Sam 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

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 & 6

2/2 W 5:30-6:00 PM $100 110358-12

Adult Beginner

2/2 W 5:45-6:00 PM $61 110358-13

Adult Intermediate

2/2 W 5:45-6:00 PM $61 110358-14

Adult Advanced

2/2 W 5:45-6:00 PM $61 110358-15

Outdoor Recreation & Education

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

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

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

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 M 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 M 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 M 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

3/28 M 9:00-11:00 AM No Fee 211932-01

McMurray/Salyer

4/4 M 9:00-11:00 AM No Fee 211932-02

Devil’s Backbone

4/18 M 9:00-11:00 AM No Fee 211932-03

Bobcat Ridge

4/25 M 9:00-11:00 AM No Fee 211932-04

Eagle’s Nest Open Space

5/2 M 9:00-11:00 AM No Fee 211932-05

Gateway Natural Area\*

5/16 M 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

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

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 M 9:00-11:00 AM $180 204850-01

3/21-5/23 M 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 M 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

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 hangers

4/22 F 7:00-8:30 PM $40 204828-03

Spoon rests/soap holders

5/13 F 7:00-8:30 PM $40 204828-04

Fairy Houses

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 years

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 Person(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

**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

2/7-3/7 M 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 M 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 M 2:30-3:30 PM $90 204801-03

4/30-5/28 Sa 12:30-1:30 PM $90 204801-04

Additional Person(s)

2/7-3/7 M 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 M 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 M 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

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 M 4:00-5:30 PM $70 104805-02

3/21-4/18 M 4:00-5:30 PM $70 204805-01

4/25-5/23 M 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

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

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

Volleyball ]

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

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.

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

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.

Cost: $90

Location: Foothills Activity Center

Dates: 3/21–5/7

Grade: 4-5

214942-01

Grade: 6-8

Blevins 214944-01

Boltz 214944-03

CLP 214944-05

Kinard 214944-07

Liberty Common 214944-08

Lesher 214944-09

Lincoln 214944-11

Preston 214944-13

Webber 214944-15

Wellington 214944-17

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: Foothills Activity 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: Foothills Activity 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.

Age: 7 years & up

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: Foothills Activity 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

4/25-5/25 M,W 7:00-8:00 PM $56 222724-04

Cheerleading ]

**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 M 5:15-6:10 PM $99 214737-01

2/21-4/4 M 5:15-6:10 PM $99 214737-02

4/11-5/16 M 5:15-6:10 PM $99 214737-03

1/10-2/14 M 6:15-7:10 PM $99 214737-04

2/21-4/4 M 6:15-7:10 PM $99 214737-05

4/11-5/16 M 6:15-7:10 PM $99 214737-06

Location: Club 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

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 years

Soccer Tots

Location: Fossil Creek Park

6/13-6/17 M-F 9:15 AM-9:45 AM $54 314071-31

Basketball Tots

Location: Northside Aztlan Center

6/27-7/1 M-F 9:15 AM-9:45 AM $54 314071-35

Baseball Tots

Location: Rolland Moore Park

7/5-7/8 T-F 9:15 AM-9:45 AM $43 314071-33

Age: 2.5-3.5 years

Soccer Tots

Location: Fossil Creek Park

6/13-6/17 M-F 10:00 AM-10:45 AM $79 314071-32

Basketball Tots

Location: Northside Aztlan Center

6/27-7/1 M-F 10:00 AM-10:45 AM $79 314071-36

Baseball Tots

Location: Rolland Moore Park

7/5-7/8 T-F 10:00 AM-10:45 AM $63 314071-34

Age: 3.5-4.5 years

Soccer Tots

Location: Fossil Creek Park

6/13-6/17 M-F 11:00 AM-11:45 AM $79 314071-37

Basketball Tots

Location: Northside Aztlan Center

6/27-7/1 M-F 11:00 AM-11:45 AM $79 314071-38

Baseball Tots

Location: Rolland Moore Park

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: Greenbriar Park

6/20-6/24 M-F 9:00 AM-Noon $150 314071-24

Location: Fossil Creek Park

7/11-7/15 M-F 9:00 AM-Noon $150 314071-07

Location: Spring Canyon 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: Twin Silo

8/1-8/5 M-F 9:00 AM-Noon $150 314071-17

**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 Football/Basketball

Location: Fossil Creek Park

7/11-7/15 M-Th 9:00 AM-3:00 PM $200 314071-15

Location: Spring Canyon Park

7/25-7/28 M-Th 9:00 AM-3:00 PM $200 314071-12

Basketball/Volleyball

Location: Spring 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 years

Location: Northside Aztlan 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

6/13-6/17 M-F 9:00 AM-Noon $150 314071-05

Location: Harmony 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: Greenbriar Park

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: Warren 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: Rolland Moore Park

7/5-7/9 T-F 9:00 AM-Noon $120 314071-25

**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

6/6-6/10 M-F 9:00 AM-Noon $150 314071-10

Location: Cottonwood Glen Park

6/20-6/24 M-F 9:00 AM-Noon $150 314071-22

Location: Warren 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 cool-down techniques.

Age: 6-12 years

Location: Harmony Park

7/18-7/22 M-F 9:00 AM-Noon $150 314071-23

Location: Westfield Park

8/1-8/5 M-F 9:00 AM-Noon $150 314071-28

Skyhawks Summer S.T.E.M. Sports Camps ]

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

Age: 11-14 years

**STEM Soccer**

The STEM Sports® 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® 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

**STEM Flag Football**

The STEM Sports® 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

**STEM Basketball**

The STEM Sports® 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

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

**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 Regular
 Bird 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 Regular
 Bird 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

**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 Regular
 Bird 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 Regular
 Bird 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

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.

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

 Early Regular
 Bird 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

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 . 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 M Noon-3:00 PM No Fee 212400-01

Pinochle, Mahjong

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

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 M 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 U Wonder**

Discuss current subjects and related personal experiences. Matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes.

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.

**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.

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 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 5:30-9:30 PM $90 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

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 M 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.

4/7 Th 11:00 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 205933-01

**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

**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

**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