

WELCOME BACK, BASEBAL



IOIN OUR SOCIAL MEDIA COMMUNITY













FCBC TRAINING CENTER

FCBC Training Center, located inside Gojo Sports, is open for 1-on-1 lessons, team rentals and group clinics. Join our email list and keep an eye out for Saturday Sticks.

Email director@fcbcmail.org to join the mailing list.

FORCE BASEBALL TRYOUTS

Force Competitive Baseball Tryouts for the 2022-2023 season will take place in mid-July. Contact director@fcbcmail.org for information or to be added to a communication list.



SUMMER BASEBALL

Recreational, Intermediate, and Competitive Baseball seasons are now playing! Contact the FCBC Office for information about schedules and upcoming leagues.

WHAT ELSE?

FCBC facilitates a Fall Ball league and Indoor Baseball (winter) activities (lessons, Hitting League, and more).

FEEL FREE TO CONTACT US

(970) 484-3368 | office@fcbcmail.org | P.O. Box 1031 80522 fortcollinsbaseballclub.org



Fort Collins • Loveland • Lafayette
Broomfield • Cheyenne
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MARK YOUR CALENDARS!

The Recreator now has a publication cycle of three times per year. Your favorite programs will still continue to be offered year-round!

2022 Registration Dates

Summer: April 14

June-August programming including preschool and adult softball leagues

Fall/Winter: August 11

September-December programming including learn to swim and youth basketball



Cover image: Watson loves participating in Cub Hockey at EPIC. Above: Cub Hockey friends run drills at EPIC.

Program Areas

- 13 Adaptive Recreation Opportunities
- 16 Aqua Fitness
- 18 Aquatics
- 22 Arts & Crafts
- 24 Dance & Movement
- 29 Day Camps & School's Out Programs
- 33 Early Learning
- 37 Education

- 39 The Farm
- 42 Fitness & Wellness
- 50 Ice Skating
- 55 Outdoor Recreation & Education
- 58 Pottery
- 60 Sports
- 78 50+
- 80 50+ Trips & Travel

Cub Hockey & EPIC Adventures

p51

Even More Adventures with the new Youth PlayPass

73

General Information

- 3 From the Director
 - Registration Details
- 7 Recreation Information
- 9 Facility Map

- O Recreation Facilities
- 12 Special Events
- 46 Fitness Schedule
- 83 Parks Guide

LeAnn Williams' 1st Letter

as Recreation Director

р3

Follow us @ParksandRecFC









Meet LEANN WILLIAMS Recreation Director

With more than 20 years of experience working in the field of sports and recreation, LeAnn is a Certified Parks and Recreation Executive who is dedicated to making a positive impact in the community through reacreation. LeAnn began her role as the Fort Collins Recreation Director in February 2022.

"What I love most about Recreation is the opportunity we have every day to enrich people's lives through the programs and services we offer. I am passionate about helping people build community and live well."

Welcome to the Summer 2022 edition of the Recreator.

Our department offers a vast variety of recreational and leisure programs for all ages. With hundreds of programs, classes, and services at 10 different facilities, we have something for everyone.

Our team is proud of the positive impact we have on the Fort Collins Community. We have been there to support you, our community, as you have endured the impacts of the pandemic. We are still here and returning to a full slate of programs and services. There is no better time than now to reengage with us by jumping in and signing up - you won't regret it!

We strive daily to remove barriers of participation in programs and services. Whether that be an accommodation, specialized program through adaptive recreation, or the reduced fee program, we want you to feel a sense of belonging. Something new to get our youth and families out is the Youth PlayPass. Please visit page 73 to learn more. We are offering a limited number of passes this summer so buy yours today!

We feel a responsibility to inspire people to learn why a quality parks and recreation system is fundamental to youth development, active living, building community and economic development. Most of all, we want to inspire you to get out and enjoy the opportunities we offer.



Credits

City of Fort Collins Parks and Recreation Board

Catherine Carabetta, Ken Christensen, Bob Kingsbury, Michael Novell, Jesse Scaccia, Michael Tupa

Recreation Director

LeAnn Williams

Parks Director

Mike Calhoon

Recreation Managers

Aaron Harris

Marc Rademacher

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Scott Phelps

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Kenda Boot

Parks Manager

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Advertising, Partnerships, & Sponsorships recreator@fcgov.com

LeAnn Williams Recreation Director 970.416.2225 lewilliams@fcgov.com

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

City of Fort Collins

Vision

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

Mission

Exceptional service for an exceptional community.



Created in the early 90's and re-envisioned in 2018, the Recreation Reduced Fee Program is one the City's most durable and utilized programs available to low-income residents.

That's according to the City of Fort Collins' own Nina Bodenhamer, who administers the program. Bodenhamer provided answers to a few questions about the Reduced Fee Program and how the Recreation Department works to ensure the entire community has access to the amazing facilities and recreation opportunities.

What is your advice for someone who has never applied for reduced recreation fees before?

The Reduced Fee Recreation Pass is an incredible gateway to programs and classes across the City for financially insecure residents of all ages. Once a family and/or resident is approved and purchases a discounted pass, using it is as easy as registering for a class because all discounts are automatically applied. It's a simple, respectful process to encourage participation but not require unique documentation every time a participant wants to utilize the discount and sign up for a class.

How have you seen the Reduced Fee Program impact lives in Fort Collins in a positive way?

More than 80% of participants in the Reduced Fee program are families registering for programs including everything from after school care to swim lessons. An average of over 5,000 participants enroll each year. While I don't have any quotes or anecdotes, the

utilization tells a powerful story. Families are seeking financial support to ensure their children have robust opportunities to recreate!

Where is the best source of info about the program?

The best resource to learn about the Reduced Fee Program and the application process is online at fcgov.com/ReducedFee.

All it takes is an application and as little as one piece of supporting documentation, which can include a Poudre School District Free or Reduced lunch letter from the current school year, proof of current State or Federal Assistance, including but not limited to Medicaid, SNAP, and SSI.

Once you complete the application and gather your supporting documents, you will need to bring your application to one of these Recreation facilities: Edora Pool Ice Center (EPIC), Foothills Activity Center, Fort Collins Senior Center, Mulberry Pool, or Northside Aztlan Community Center.

Recreation staff will then check your application materials to ensure you have all of the proper information. Once your application has been submitted, processing will take approximately 7-10 business days.

Don't let financials get in the way of your fitness! The reduced fee program is here to help you and your family.



Your Community-Driven and Community-Owned Fiber Network!



Unmatched Speed and Reliability



Customer-First Policies



Affordable Home Phone and Internet

CONNECTING YOU TO WHAT MATTERS MOST

REGISTERING FOR PROGRAMS

Registration is scheduled to begin at 7 a.m. on April 14. Early registration will be available for Senior Center Social Members at 7 a.m. on April 12.

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

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:

ONLINE



Visit fcgov.com/recreator to register online.

Click on "Register Online"

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

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

IN PERSON



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

See page 11 for information on open hours.

OVER THE PHONE



Call **970.221.6655** to register.

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

Aquatics, Ice Skating & Sports Registration Policies

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

REFUND & CANCELLATION POLICIES

Withdrawals

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

Refund options include:

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

Transfers

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

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

Cancellations

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

Outdoor Recreation Cancellation/Refund Policy

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

REDUCED FEE PROGRAM

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

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

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

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

For more information visit fcgov.com/educedFee.

RECREATION FACILITY REGULATIONS

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

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

Pool Rules & Guidelines

A full list of pool rules are posted in the pool deck area of all recreation aquatic locations.

ADA Disclosure

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations.

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

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

Disability Resources

For more information contact Becca Heinze at 970.224.6125. Information on personal care attendants can be found on page 13.

Translation & Interpretation/Traduccion e Interpretation

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

Esta información puede ser traducían, sin costo para usted.



ADMISSION & PASS FEES

MULTI-FACILITY ADMISSION PASS

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

SINGLE ADMISSION (One-time Drop-In Rate)

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

ICE SKATING RATES & RENTALS

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

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

THE FARM ADMISSION RATES

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

DEFINITIONS

Youth: 2–17 years of age Adult: 18–59 years of age 60+: 60 years & up

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

PASSHOLDER ACCESS

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

GROUP RATES

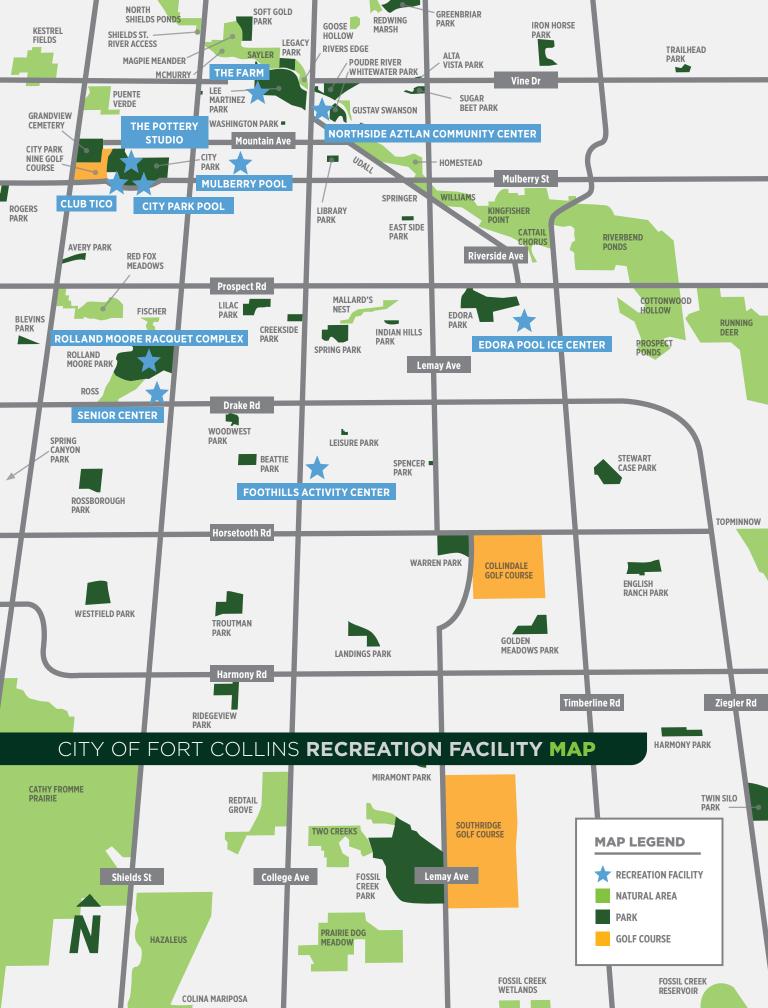
Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the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

RECREATION RESERVE FUND

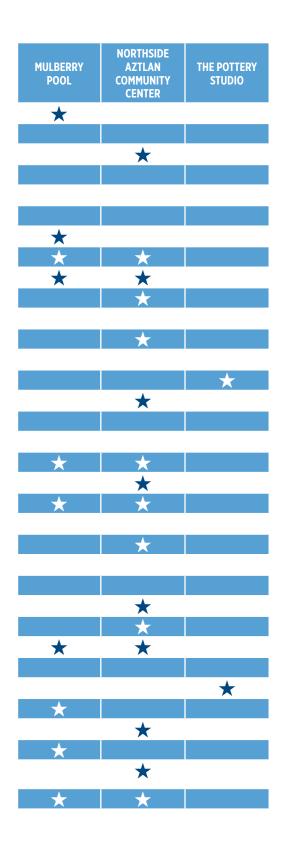
The Recreation Reserve Fund enables the City of Fort Collins to provide and sustain high quality recreation services and facilities. To ensure future needs are met, \$1 per program enrollment and \$2 per hour during facility room rentals are allocated to reserves for future Recreation use. These fees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

Reduced Fees

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



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



CITY PARK POOL

1599 City Park Dr. • 970.224.6363 • fcgov.com/cityparkpool

May 28 - Aug. 15

Su, **M**, **Th**, **F**, **Sa** 11 AM—6 PM **Tu**, **W** 11 AM-8 PM

Aug. 16 - Sept. 5

Su, Sa 11 AM—6 PM Tu 4:30—7:30 PM Th 11 AM—2 PM & 4:30—7:30 PM

CLUB TICO

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

EDORA POOL ICE CENTER

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

THE FARM

600 Sherwood St. • 970.221.6665 • fcgov.com/thefarm

Aug. - Dec.

W—Sa 10 AM—4 PM Su Noon—4 PM

FOOTHILLS ACTIVITY CENTER

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

241 E. Foothills Pkwy. • 970.416.4280 •

fcgov.com/foothillsactivitycenter

M—F 6 AM—8 PM Sa 8 AM—6 PM Su 11 AM-5 PM

FORT COLLINS SENIOR CENTER

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

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

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

MULBERRY POOL

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

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

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

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256 • fcgov.com/northside

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

THE POTTERY STUDIO

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

ROLLAND MOORE RACQUET COMPLEX

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

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

Looking for golf? Visit fcgov.com/golf

SPECIAL EVENTS SUMMER 2022

^{MAY} 21



GEAR UP TO GET OUT, GEAR SWAP

Soid weather outdoor activities as wapping up while warm weather activities are starting. It uses the tables as they sell/trade gently used to like equilibrium to be the end of oget out in the outdoors at order vices win role. Trees won required. Interested in hosting trables, selector as entity used outdoor gear? Contact us at unooned activities.

Location: Senior Cente

Shopper

Sa

10:00 AM-2:00 PM

No Fee

JULY





INDEPENDENCE DAY COMMUNITY CELEBRATION (10)

Celebrate Independence Day with a community celebration in Fort Collins. Learn about celebratory events and activities online at fcgov.com/july4th.

JULY

16



PEADING AND FEEDING

A book sale to be a limited to be a limited and book sale to be a

Support to Fold Base of Total County through the Front Range County & Felding and Fedling, and From 8 am to noon a large selection of broks with the analysis of purchase. \$1 for hardcovers, 50 cents for the broks, and specialty pricing for special books. From noon to 2:00 bring your own grocery base of till for \$5. All proceeds go directly to the Food Bank for Lammer County.

La Ladon: Senior Center

Sa

7/16

8:00am-2:00pm



ADAPTIVE RECREATION OPPORTUNITIES

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure to community members with disabilities. ARO offers healthy, fun, and educational experiences through three service areas: Inclusion Support, Specialized Adaptive Programs, and Transition Support.

Inclusion Support

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. New to ARO? Visit fcgov.com/aro to complete a New Participant Support Form to begin the 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 adaptive equipment to provide optimal participation and quality experiences. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

Transition Support

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional will discuss your strengths, needs, and interests. Fill out your participant support form 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

Adaptive Swim Lessons

Specialized instructors focus on functional swim instruction and water safety skills in a small group or individual setting. Designed for those with intellectual, developmental, physical or sensory related disabilities. One 30 minute lesson will be assigned within the listed time frame.

Age: 3 years & up Location: EPIC

6/21-7/28 Tu,Th 2:00-415 PM \$82 302229-02

Adaptive Aqua Fitness

Designed for those with neuromuscular disorders & multiple sclerosis. Trained staff offer exercise modifications and assistance. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility.

Age: 18 years & up Location: Mulberry Pool

6/7-7/14	Tu,Th	10:00-11:00 AM	\$66	302228-01
7/19-8/18	Tu,Th	10:00-11:00 AM	\$66	302228-02

ARTS PROGRAMS

Art & Nature

Let the beautiful outdoors inspire your creativity. Each week's art class will be held at a different park or Natural Area in Fort Collins. Participants' artwork will be displayed at the Poudre River Public Library in Old Town. Note: Program is a collaboration with the Poudre River Public Library. All materials provided. Class locations will be sent prior to start date.

Age: 14 years & up Location: TBA

7/14-8/11 Th 4:00-5:30 PM \$48 302524-01

EDUCATION PROGRAMS

Adaptive Cooking

Start in the garden then 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

BBQ						
6/8	W	4:15-6:30 PM	\$16	302401-01		
Summer Snacks						
6/22	W	4:15-6:30 PM	\$16	302401-02		
Summer Soup & Salads						
7/13	W	4:15-6:30 PM	\$16	302401-03		
On The Grill						
7/27	W	4:15-6:30 PM	\$16	302401-04		
Picnic Spread						
8/10	W	4:15-6:30 PM	\$16	302401-05		
Garden To Table						
8/31	W	4:15-6:30 PM	\$16	302401-06		

Adaptive Music

Jam out with friends! Engage in a mix of creative vocal and instrumental music activities facilitated by a certified Music Therapist. Work towards a casual performance at one of the monthly themed dances. Note: Bring your own instruments or borrow basic rhythm instruments.

Age: 16 years & up Location: Senior Center

6/9-7/7 Th 5:30-7:00 PM \$32 302525-01

ICE

Adaptive Skate

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

Age: 8 years & up Location: EPIC

6/22-7/20	W	5:30-6:00 PM	\$41	310356-01
7/27-8/10	W	5:30-6:00 PM	\$31	310356-02

OUTDOOR PROGRAMS

Hike Gould Loop

Hike Gould Loop, a moderate 6.1-mile round trip trail located in the Poudre Canyon, near the Moose Visitors Center. Note: Dress for the weather, bring water and enough food for the entire day.

Age: 16 years & up

Location: Depart from Senior Center

8/12 F 9:00 AM-5:00 PM \$55 302523-01

Horsetooth Reservoir Hang Out

Hang out at Horsetooth Reservoir's Southbay beach to play games, swim, picnic and hang out with friends. Note: Wear a bathing suit, and bring a towel, water, and lunch. Lifejackets provided.

Age: 16 years & up

Location: Depart from Senior Center

7/15 F 10:00 AM-4:00 PM \$42 302408-01

Park Games

Play in the park with corn hole, bocce, frisbee and more. In case of inclement weather, games are played inside. Note: Dress for the weather and bring a water bottle.

Age: 16 years & up Location: Senior Center

6/10-6/24 F 4:00-5:30 PM \$26 302318-01

Poudre Raft Trip

Travel down the Poudre River on a six-mile raft trip with Rocky Mountain Adventures. Designed for people with and without disabilities. Note: Registration deadline is 6/24.

Age: 16 years & up

Location: Rocky Mountain Adventures, 1117 US-287

7/8	F	7:45 AM-12:30 PM	\$115	302938-01
7/8	F	7:45 AM-12:30 PM	\$75	302938-1A



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

PARALYMPIC

Adaptive Cycling

Meet up to go on a group bike ride along the Poudre Trail. Adaptive cycles available or bring your own. Note: This is a program for individuals with physical disabilities. Class will not be held on 7/5.

Age: 14 years & up

Location: 215 N. Mason St.

6/21-8/16 Tu 5:30-7:30 PM \$75 302410-01

Adaptive Boccia

Played indoors on a smooth surface; boccia tests coordination, concentration, and ability to strategize. Note: Class will not be held on 7/4.

Age: 14 years & up Location: Senior Center

6/13-8/8 M 10:30 AM-Noon \$36 302464-01

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.

7/9-8/6 Sa 12:30-1:30 PM \$58 302906-01

Dinner & A Movie

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

Age: 16 years & up Location: Senior Center

Romantic Comedy

Normantic (conticuy			
6/15	W	4:00-6:30 PM	\$11	302404-01
Action				
7/20	W	4:00-6:30 PM	\$11	302404-02
Drama				
8/17	W	4:00-6:30 PM	\$11	302404-03

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

Red White & Blue

6/24	F	6:00-8:00 PM	\$4	302405-01
Beach Party	•			
7/29	F	6:00-8:00 PM	\$4	302405-02
Stary Night				
8/19	F	6:00-8:00 PM	\$4	302405-03

Summer Social

Kick off the summer with karaoke, games, pizza and hanging with friends.

Age: 16 years & up Location: Senior Center

6/2 Th 5:00-7:30 PM \$14 302422-01

UNIFIED SPORTS

Adult Unified Softball

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play, within time frame of program. Note: Program will not be held on 7/4.

Age: 16 years & up

Location: Beattie Park and Rolland Moore Park

6/6-8/1 M 5:00-10:00 PM \$33 202055-01

Baseball for All

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

Age: 8-15 years Location: Beattie Park

Single Child

6/23-7/28	Th	6:00-7:00 PM	\$33	302956-01
Multiple Children				
6/23-7/28	Th	6:00-7:00 PM	\$45	302956-02

Panther Adaptive Cheer & Dance

Experience cheer and dance together as one unified team in an all-abilities program. Additional performance dates throughout the Fort Collins area will be optional. Note: \$15 fee for team T-shirt. Class will not be held 6/21 or 7/5.

Age: 8 years & up Location: Club Tico

6/7-7/19	Tu	5:50-7:00 PM	\$43	302987-01	
7/26-8/30	Tu	5:50-7:00 PM	\$53	302987-02	

INCLUSION SUPPORT

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



AQUA FITNESS

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

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

Drop-In Policy

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

Note: Classes will not be held on 5/30 and 7/4.

LOW INTENSITY

Basic H2O

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

Location: Senior Center

6/1-7/1	M,W,F	8:00-9:00 AM	\$57	300412-01
7/6-7/29	M,W,F	8:00-9:00 AM	\$45	300412-02
8/1-8/26	M.W.F	8:00-9:00 AM	\$49	300412-03

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 3.5-4.5 feet.

Location: Senior Center

6/1-8/26	M,W,F	10:30-11:30 AM	Day pass required
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Twinges

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

Location: EPIC

6/1-7/1	M,W,F	8:30-9:30 AM	\$57	300314-01
7/6-7/29	M,W,F	8:30-9:30 AM	\$45	300314-02
8/1-8/26	M,W,F	8:30-9:30 AM	\$49	300314-03
6/1-7/1	M,W,F	7:30-8:30 AM	\$57	300314-07
7/6-7/29	M,W,F	7:30-8:30 AM	\$45	300314-08
8/1-8/26	M,W,F	7:30-8:30 AM	\$49	300314-09

Twinges Plus

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

Location: Senior Center

6/1-7/1	M,W,F	12:15-1:15 PM	\$57	300416-01
7/6-7/29	M,W,F	12:15-1:15 PM	\$45	300416-02
8/1-8/26	M,W,F	12:15-1:15 PM	\$49	300416-03
6/1-7/1	M,W,F	1:15-2:15 PM	\$57	300416-04
7/6-7/29	M,W,F	1:15-2:15 PM	\$45	300416-05
8/1-8/26	M,W,F	1:15-2:15 PM	\$49	300416-06

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.

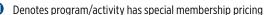
Location: Senior Center

5/31-6/30	Tu,Th	4:00-5:00 PM	\$41	300402-01
7/5-7/28	Tu,Th	4:00-5:00 PM	\$33	300402-02
8/2-8/25	Tu,Th	4:00-5:00 PM	\$33	300402-03









fcgov com/recreator

MEDIUM INTENSITY

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

6/1-7/1	M,W,F	6:00-7:00 AM	\$57	300422-01
7/6-7/29	M,W,F	6:00-7:00 AM	\$45	300422-02
8/1-8/26	M,W,F	6:00-7:00 AM	\$49	300422-03
6/1-7/1	M,W,F	5:00-6:00 PM	\$57	300422-04
7/6-7/29	M,W,F	5:00-6:00 PM	\$45	300422-05
8/1-8/26	M,W,F	5:00-6:00 PM	\$49	300422-06
5/31-6/30	Tu,Th	8:00-9:00 AM	\$41	300422-07
5/31-6/30	Tu,Th	8:00-9:00 AM	\$41	300422-08
8/2-8/25	Tu,Th	8:00-9:00 AM	\$33	300422-09
5/31-6/30	Tu,Th	9:00-10:00 AM	\$41	300422-10
7/5-7/28	Tu,Th	9:00-10:00 AM	\$33	300422-11
8/2-8/25	Tu,Th	9:00-10:00 AM	\$33	300422-12
5/31-6/30	Tu,Th	10:00-11:00 AM	\$41	300422-13
7/5-7/28	Tu,Th	10:00-11:00 AM	\$33	300422-14
8/2-8/25	Tu,Th	10:00-11:00 AM	\$33	300422-15
5/31-6/30	Tu,Th	6:00-7:00 PM	\$41	300422-16
7/5-7/28	Tu,Th	6:00-7:00 PM	\$33	300422-17
8/2-8/25	Tu,Th	6:00-7:00 PM	\$33	300422-18

Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Designed for people with back, hip, and knee injuries.

Location: EPIC

6/1-7/1	M,W,F	12:15-1:00 PM	\$57	300330-01
7/6-7/29	M,W,F	12:15-1:00 PM	\$45	300330-02
8/1-8/26	M,W,F	12:15-1:00 PM	\$49	300330-03

Prenatal

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

Location: Senior Center

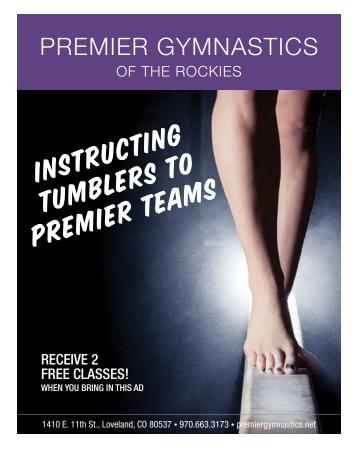
5/31-6/30	Tu,Th	5:00-6:00 PM	\$41	300418-01
7/5-7/28	Tu,Th	5:00-6:00 PM	\$33	300418-02
8/2-8/25	Tu,Th	5:00-6:00 PM	\$33	300418-03

Twist & Shout

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

Location: Senior Center

6/1-7/1	M,W,F	4:00-5:00 PM	\$57	300426-01
7/6-7/29	M,W,F	4:00-5:00 PM	\$45	300426-02
8/1-8/26	M,W,F	4:00-5:00 PM	\$49	300426-03



Aqua Power Walking

Power walking in the lazy river takes advantage of currents created by the pool jets, as well as by the participants in varying the resistance of the workout. Perfect for those interested in a basic workout that can offer varied and individual degrees of challenge.

Location: City Park Pool

6/1-7/1	M,W,F	9:30-10:30 AM	\$57	300132-01
7/6-7/29	M,W,F	9:30-10:30 AM	\$45	300132-02
8/1-8/12	M,W,F	9:30-10:30 AM	\$25	300132-03

Advanced Water Fitness

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

Location: EPIC

6/1-7/1	M,W,F	7:30-8:30 AM	\$57	300324-01
7/6-7/29	M,W,F	7:30-8:30 AM	\$45	300324-02
8/1-8/26	M,W,F	7:30-8:30 AM	\$49	300324-03

INCLUSION SUPPORT

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AQUATICS

Ratios for Groups

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 & un	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.

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. Lane sharing is required during open swim. If three or more swimmers are using a lane, circle swim is required.

Note: Classes will not be held 7/4.

ADULT PROGRAMS

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: 15 years & up Location: EPIC

7/24	Su	8:00 AM-5:00 PM	\$114	301341-01

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

6/3	F	5:30-9:00 PM	\$224	301340-01
6/4-6/5	Sa,Su	8:00 AM-5:00 PM		

FAMILY PROGRAMS

Discover Scuba Diving

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Note: Prior to class start call CSDA at 970.286.0072 to complete required additional paperwork.

Age: 10 years & up Location: EPIC

6/26	Su	Noon-1:30 PM	\$36	301352-01
7/9	Sa	11:00-12:30 PM	\$36	301352-02
8/27	Sa	11:00-12:30 PM	\$36	301352-03

Discover Snorkeling

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear may be worn. Must able to swim at least 25 yards using the front crawl. Note: Children under 8 years should be accompanied by a parent or guardian. Prior to class start call CSDA 970.286.0072 to complete required additional paperwork.

Age: 5 years & up Location: EPIC

6/26	Su	Noon-1:30 PM	\$26	301353-01
7/9	Sa	11:00-12:30 PM	\$26	301353-02
8/27	Sa	11:00-12:30 PM	\$26	301353-03

Scuba Challenge

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

Age: 10 years & up Location: EPIC

6/1	W	6:00-8:00 PM	\$22	301356-01
6/15	W	6:00-8:00 PM	\$22	301356-02
6/29	W	6:00-8:00 PM	\$22	301356-03
7/13	W	6:00-8:00 PM	\$22	301356-04
7/27	W	6:00-8:00 PM	\$22	301356-05
8/10	W	6:00-8:00 PM	\$22	301356-06
8/24	W	6:00-8:00 PM	\$22	301356-07

LEARN TO SWIM

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.

LEARN TO SWIM LEVELS

[BABY & ME]

Age: 6 months to 3 years

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

[PRESCHOOL LEVELS]

Age: 3-6 years

Preschool 1

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

Preschool 2

Kids build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work. Must be able to go underwater without hesitation and be comfortable floating on front and back with support.

[YOUTH LEVELS]

Age: 5-12 years

Level 1

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

Level 2

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

Level 3

Designed for the child who can perform five rotary (side) breaths with a kickboard, swim the length of a 25-yard pool (any stroke), jump into deep and shallow water and move to the side comfortably.

Level 4

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

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.

[TEEN SWIM INSTRUCTION]

Age: 13-17 years

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

[ADULT LEARN TO SWIM]

Age: 18 years & older

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

INCLUSION SUPPORT

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

LEARN TO SWIM CLASS SCHEDULE

	City Park Pool							
Monday-Thursday		Session 1	Session 2	Session 3	Session 4			
	Mornings		6/20-6/30	7/5-7/14*	7/18-7/28	8/1-8/11		
Class		Fee:	\$59	\$51.75	\$59	\$59		
Baby & Me	10:10 AM		301110.51A	301110.52A	301110.53A	301110.54A		
Droschool 1	9:35 AM		301116.51A	301116.52A	301116.53A	301116.54A		
Preschool 1	10:10 AM		301116.51B	301116.52B	301116.53B	301116.54B		
Preschool 2	9:00 AM		301118.51A	301118.52A	301118.53A	301118.54A		
Prescrioor 2	9:35 AM		301118.51B	301118.52B	301118.53B	301118.54B		
Level 1	9:00 AM		301122.51A	301122.52A	301122.53A	301122.54A		
Level 1	9:35 AM		301122.51B	301122.52B	301122.53B	301122.54B		
Lovel 2	9:00 AM		301124.51A	301124.52A	301124.53A	301124.54A		
Level 2	10:10 AM		301124.51B	301124.52B	301124.53B	301124.54B		

*Classes start on Tuesday, 7/5

Senior Center							
Sunday Morning		Session 1	Session 2				
		6/5-7/3	7/10-8/7				
Class	Fee:	\$37.25	\$37.25				
Pahy 9 Mo	9:30 AM	301410.41A	301410.42A				
Baby & Me	11:15 AM	301410.41B	301410.42B				
Preschool 1	10:05 AM	301416.41A	301416.42A				
	11:15 AM	301416.41B	301416.42B				
Preschool 2	9:30 AM	301418.41A	301418.42A				
Prescriour 2	10:40 AM	301418.41B	301418.42B				
Level 1	10:05 AM	301422.41A	301422.42A				
Level I	10:40 AM	301422.41B	301422.42B				
Level 2	10:40 AM	301424.41A	301424.42A				
Level 2	11:15 AM	301424.41B	301424.42B				
	9:30 AM	301438.41A	301438.42A				
Adult	10:05 AM	301438.41B	301438.42B				
	5:00 PM	301224.41C	301224.42C				

Mulberry Pool						
Cunday M	itarnaan —	Session 1	Session 2			
Sunday Af	iteriiooii	6/5-7/3	7/10-8/7			
Class	Fee:	\$37.25	\$37.25			
Preschool 1	3:15 PM	301216.41A	301216.42A			
	3:50 PM	301216.41B	301216.42B			
	4:25 PM	301216.41C	301216.42C			
	5:00 PM	301216.41D	301216.42D			
Preschool 2	3:15 PM	301218.41A	301218.42A			
	4:25 PM	301218.41B	301218.42B			
	5:00 PM	301218.41C	301218.42C			
	3:15 PM	301222.41A	301222.42A			
Level 1	3:50 PM	301222.41B	301222.42B			
	5:00 PM	301222.41C	301222.42C			
	3:15 PM	301224.41A	301224.42A			
Level 2	4:25 PM	301224.41B	301224.42B			
	5:00 PM	301224.41C	301224.42C			
	3:50 PM	301226.41A	301226.42A			
Level 3	4:25 PM	301226.41B	301226.42B			
	5:00 PM	301226.41C	301226.42C			
Level 4	3:50 PM	301228.41A	301228.42A			
Level 5	4:25 PM	301230.41A	301230.42A			
A dult	3:15 PM	301238.41A	301238.42A			
Adult	3:50 PM	301238.41B	301238.42B			

LEARN TO SWIM CLASS SCHEDULE

Mulberry Pool						
Tuesday/T	hursday	Session 1	Session 2			
Evening		6/7-7/7	7/12-8/11			
Class Fee:		\$73.50	\$73.50			
Preschool 1	4:45PM	301216.21A	301216.22A			
	5:20 PM	301216.21B	301216.22B			
	5:55 PM	301216.21C	301216.22C			
Preschool 2	4:45 PM	301218.21A	301218.22A			
	5:55 PM	301218.21B	301218.22B			
	6:30 PM	301218.21C	301218.22C			
	5:20 PM	301222.21A	301222.22A			
Level 1	5:55 PM	301222.21B	301222.22B			
	6:30 PM	301222.21C	301222.22C			
	4:45 PM	301224.21A	301224.22A			
Level 2	5:20 PM	301224.21B	301224.22B			
	6:30 PM	301224.21C	301224.22C			
Level 3	5:20 PM	301226.21A	301226.22A			
Level 5	6:30 PM	301226.21B	301226.22B			
Level 4	4:45 PM	301228.21A	301228.22A			
Level 5	5:55 PM	301230.21A	301230.22A			

EPIC						
Monday/Wednesday Morning		Session 1	Session 2			
		6/6-7/6*	7/11-8/10			
Class	Fee:	\$66.25	\$73.50			
Baby & Me	9:15 AM	301310.11A	301310.12A			
	9:50 AM	301310.11B	301310.12B			
Preschool 1	10:25 AM	301316.11A	301316.12A			
	11:00 AM	301316.11B	301316.12B			
D	9:15 AM	301318.11A	301318.12A			
Preschool 2	11:00 AM	301318.11B	301318.12B			
Level 1	9:50 AM	301322.11A	301322.12A			
Level I	11:00 AM	301322.11B	301322.12B			
Level 2	10:25 AM	301324.11A	301324.12A			
Level 3	9:50 AM	301326.11A	301326.12A			
Level 4	10:25 AM	301328.11A	301328.12A			
Level 5	9:15 AM	301330.11A	301330.12A			

*N	0 C	lass	on	Μ	lond	lay,	7/4	
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Mulberry Pool						
Saturday Session 1 Session						
Morni	ing	6/4-7/2	7/9-8/6			
Class	Fee:	\$37.25	\$37.25			
_	9:30 AM	301216.31A	301216.32A			
Preschool 1 -	10:05 AM	301216.31B	301216.32B			
Prescriouri	10:40 AM	301216.31C	301216.32C			
	11:15 AM	301216.31D	301216.32D			
_	9:30 AM	301218.31A	301218.32A			
Preschool 2	10:05 AM	301218.31B	301218.32B			
	10:40 AM	301218.31C	301218.32C			
	11:15 AM	301218.31D	301218.32D			
Level 1	9:30 AM	301222.31A	301222.32A			
	10:05 AM	301222.31B	301222.32B			
	10:40 AM	301222.31C	301222.32C			
Level 2	9:30 AM	301224.31A	301224.32A			
Level 2	10:40 AM	301224.31B	301224.32B			
Level 3	10:05 AM	301226.31A	301226.32A			
resel 2	11:15 AM	301226.31B	301226.32B			
Level 4	10:40 AM	301228.31A	301228.32A			
Level 5	9:30 AM	301230.31A	301230.32A			
readi 2	11:15 AM	301230.31B	301230.32B			
Teen	10:05 AM	301235.31A	301235.32A			

EPIC					
Monday/Wednesday Session 1 Session 2					
Even	ing	6/6-7/6*	7/11-8/10		
Class	Fee:	\$66.25	\$73.50		
	4:45 PM	301310.11C	301310.12C		
Baby & Me	5:20 PM	301310.11D	301310.12D		
	5:55 PM	301310.11E	301310.12E		
Preschool 1	5:20 PM	301316.11C	301316.12C		
Prescrioori	6:30 PM	301316.11D	301316.12D		
Preschool 2	5:20 PM	301318.11C	301318.12C		
Prescriour 2	5:55 PM	301318.11D	301318.12D		
Level 1	6:30 PM	301322.11C	301322.12C		
Level 2	6:30 PM	301324.11B	301324.12B		
Level 3	5:55 PM	301326.11B	301326.12B		
Level 4	4:45 PM	301328.11B	301328.12B		
Level 5	4:45 PM	301330.11B	301330.12B		

*No class on Monday, 7/4



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 ye	ears & up
0//40	

<u> </u>				
6/7-7/12	Tu	4:30-6:30 PM	\$65	303407-01
7/19-8/23	Tu	5:00-7:00 AM	\$65	303407-02

Doodling for Fun

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

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6/8-7/13	W	10:00 AM-Noon	\$65	303408-01

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. Class will not be held on 7/4.

6/6-8/1	М	5:30-8:00 PM	\$120	303479-01
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Drawing, Human Caricatures

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

Age: 14 years & up

7/11-8/15	М	1:00-3:30 PM	\$65	303406-01
7/13-8/17	W	4:30-6:30 PM	\$65	303406-02

Sketching Group W

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.

6/3-8/26 F 9:30 AM-12:30 PM No Fee 303495-01

[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.

6/2-8/25 Th 1:00-3:00 PM No Fee 303402-01

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.

6/1-8/31 W, F 1:00-3:00 PM No Fee 303496-01

Mosaic Address Plaque

Create a customized address plaque for your home. Glass, designs, and backboard are provided. No experience necessary. Note: Supply list provided at registration; approximate cost is \$20-35.

8/9-8/23 Tu 8:30 AM-Noon \$75 303452-01

Mosaic With Stained Glass

Learn basics to prep, apply and grout mosaics. Use various objects to create beautiful mosaics- vases, tabletops, wooden boxes, frames, and wood cut-outs all provide a base for creativity. No experience necessary. Note: Supply list available at registration; approximate cost is \$20-35.

6/7-6/21 Tu	9:00 AM-Noon	\$75	303433-
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[WOODWORKING]

Scroll Saw, Beginner

Learn scroll saw techniques to cut special designs with exercise patterns. Work on projects recommended by the instructor, such as jig saw puzzles, nesting creatures, and fret work. Learn about scroll saw setup, different blades, maintenance, and types of scroll saws. Each person will work on their own single machine. Note: All skill levels welcome. Must attend first class. Some supplies provided. Supply list available first day of class; approximate cost is \$25-40. Class will not be held on 7/6.

6/8-7/20 W	3:00-5:00 PM	\$107	303492-01
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Woodcarving, Beginner

An introduction to wood carving. Knives and woods discussed and provided first week. An egg and stylized bird are carved. Afterwards, additional projects are selected. Note: Some supplies provided. Supply list available first day of class; approximate, cost is \$25-\$40. All levels welcome. Class will not be held on 7/8.

6/10-7/22	F	3:00-5:00 PM	\$107	303493-01
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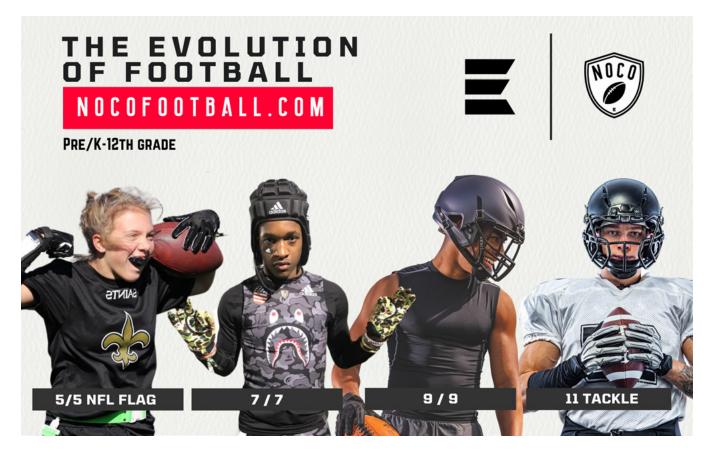
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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing



Old ways won't open new doors.

Create a new path forward.

Learn More at GrowWithCSU.com







DANCE & MOVEMENT

ADULT PROGRAMS

All adult dance programs are for those 18 years & up unless otherwise noted. Ages 13-17 welcome with instructor approval.

[BALLET]

Ballet, Beginner

An introduction to classical barre, positions, and steps.

Location: Empire Grange, 2306 W Mulberry St

6/7-6/28	Tu	5:30-6:30 PM	\$33	306402-01
7/12-8/2	Tu	5:30-6:30 PM	\$33	306402-03

Ballet, Continued

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

Location: Empire Grange, 2306 W Mulberry St

6/6-6/27	М	5:30-6:45 PM	\$41	306404-01
7/11-8/1	М	5:30-6:45 PM	\$41	306404-03

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/ toning warmup, which leads to release of stress and interactive enjoyment.

Location: Empire Grange, 2306 W Mulberry St

6/6-6/27	М	6:50-7:50 PM	\$33	306405-01
7/11-8/1	М	6:50-7:50 PM	\$33	306405-03

INCLUSION SUPPORT

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

[BELLY DANCE-BACK BY POPULAR DEMAND!]

Belly Dance, Beginner

Improvisational group style belly dance is a dance performed in a lead-and-follow format based on a shared vocabulary of movements and cues. Learn basic fast and slow movements, combos, and improvisational dance while improving balance, core strength, and flexibility. Wear yoga/exercise clothing and bring a scarf/sash to wear around your hips. Bare feet recommended. Note: Class will not be held on 8/23.

Location: Senior Center

6/7-6/28	Tu	7:00-8:00 PM	\$33	306406-01
7/5-7/26	Tu	7:00-8:00 PM	\$33	306406-02
8/2-8/30	Tu	7:00-8:00 PM	\$33	306406-03

Belly Dance, Continued

Focus on group improvisation and expand your vocabulary with more complex movements and formations. Use of props, Zambra Mora, and Bollywood-influenced movements will be explored. Wear yoga/exercise clothing and bring a scarf/sash for your hips. Bare feet recommended. Prerequisite: Two sessions of Belly Dance, Beginner or instructor approval. Note: Class will not be held on 8/23.

Location: Senior Center

6/7-6/28	Tu	8:00-9:00 PM	\$33	306407-01
7/5-7/26	Tu	8:00-9:00 PM	\$33	306407-02
8/2-8/30	Tu	8:00-9:00 PM	\$33	306407-03

[LINE DANCE]

Line Dance, Beginner

Designed for the beginner and/or novice dancer. This ongoing mixed-skill group supports all new dancers. 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. Note: Class will not be held on 8/23.

Location: Senior Center

6/7-6/28	Tu	12:30-1:30 PM	\$33	306436-01
7/5-7/26	Tu	12:30-1:30 PM	\$33	306436-02
8/2-8/30	Tu	12:30-1:30 PM	\$33	306436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex dance steps, sequences, and rhythms. Note: Class will not be held on 8/23.

Location: Senior Center

6/7-6/28	Tu	2:00-3:00 PM	\$33	306437-01
7/5-7/26	Tu	2:00-3:00 PM	\$33	306437-02
8/2-8/30	Tu	2:00-3:00 PM	\$33	306437-03

YOUTH PROGRAMS

[DANCE CAMPS]

Dance Workshops

Discover the world of dance through these themed workshops. Dancers will learn basic skills in ballet, tap, jazz, and hip-hop while engaging in fun, social-emotional activities such as crafts, games, and stories. At the end of the week, dancers will have a short performance.

Location: Club Tico

Age: 6-8 years

Fun in the Sun

Fun in the Sun				
6/6-6/9	M-Th	10:30 AM-3:00 PM	\$160	321103-01
Fairytales				
6/20-6/23	M-Th	10:30 AM-3:00 PM	\$160	321103-02
Age: 8-11 years	;			
Vacation Vibes	;			
7/11-7/14	M-Th	10:30 AM-3:00 PM	\$160	321103-03
Breakin' the Fl	oor			
7/25-7/28	M-Th	10:30 AM-3:00 PM	\$160	321103-04
Location: Foot	hills Activity	y Center		
Age: 6-8 years	;			
So Long, Sumr	ner			
8/8-8/11	M-Th	9:00 AM-1:30 PM	\$160	321707-01

[

[GENERAL DANCE]

Tip Toes & Tutu's 🥸

Discover movement through dance to build gross motor skills and enjoy quality interactions.

Location: Northside Aztlan Community Center

Age: 2-4 years

rige. Z Tyca	1.5				
6/6-6/29	M,W	9:30-10:00 AM	\$64	321501-01	
7/11-8/3	M,W	9:30-10:00 AM	\$64	321501-02	

Tiny Dancers

Discover the world of dance through basic ballet, tap, and jazz dance styles, and engage in fun, social interactions.

Location: Northside Aztlan Community Center

Age: 3-4 years

rige. 5 Tyeu	15			
6/3-6/24	F	9:30-10:15 AM	\$48	321502-01
7/8-7/29	F	9:30-10:15 AM	\$48	321502-02
8/5-8/26	F	9:30-10:15 AM	\$48	321502-03
Age: 5-6 yea	rs			
6/4-6/25	Sa	9:30-10:15 AM	\$48	321502-04
7/9-7/30	Sa	9:30-10:15 AM	\$48	321502-05
8/6-8/27	Sa	9:30-10:15 AM	\$48	321502-06

Hip, Hip, Hippity Hop

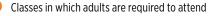
Explore the world of hip-hop and gain social-emotional, creativity, and motor skills while having fun.

Location: Northside Aztlan Community Center

Age: 5-7 years

6/4-6/25	Sa	10:30-11:15 AM	\$48	321503-01
7/9-7/30	Sa	10:30-11:15 AM	\$48	321503-02
8/6-8/27	Sa	10:30-11:15 AM	\$48	321503-03
Age: 8-11 yea	rs			
6/4-6/30	Sa	11:30 AM-12:15 PM	\$48	321503-04
7/9-7/30	Sa	11:30 AM-12:15 PM	\$48	321503-05
8/23-8/27	Sa	11:30 AM-12:15 PM	\$48	321503-06
Age: 12-17 ye	ars			
6/4-6/25	Sa	12:45-1:15 PM	\$48	321503-07
7/9-7/30	Sa	12:45-1:15 PM	\$48	321503-08
8/6-8/27	Sa	12:45-1:15 PM	\$48	321503-09

EGEND





Denotes no web registration for program



Denotes program/activity has special membership pricing

Leaps & Beats

Learn the basics of ballet and jazz dance styles while exploring movement and discovering creativity and confidence that dance brings.

Location: Club Tico

Age: 5-7 year	S				
6/23-6/30	Th	4:30-5:30 PM	\$32	321102-01	
7/28-8/4	Th	4:30-5:30 PM	\$32	321102-02	
8/25-9/1	Th	4:30-5:30 PM	\$32	321102-03	
Age: 8-11 years					
6/23-6/30	Th	5:45-6:45 PM	\$32	321102-04	
7/28-8/4	Th	5:45-6:45 PM	\$32	321102-05	
8/25-9/1	Th	5:45-6:45 PM	\$32	321102-06	
Age: 12-17 year	Age: 12-17 years				
6/23-6/30	Th	7:00-8:00 PM	\$32	321102-07	
7/28-8/4	Th	7:00-8:00 PM	\$32	321102-08	
8/25-9/1	Th	7:00-8:00 PM	\$32	321102-09	

Tip, Tap, Toe

Build and strengthen motor skills, social skills, and memory skills through ballet and tap styles.

Location: Club Tico

Age.	5-/	vears

Age. 5-7 years					
6/9-6/16	Th	4:30-5:30 PM	\$32	321101-01	
7/14-7/21	Th	4:30-5:30 PM	\$32	321101-02	
8/11-8/18	Th	4:30-5:30 PM	\$32	321101-03	
Age: 8-11 yea	ars				
6/9-6/16	Th	5:45-6:45 PM	\$32	321101-04	
7/14-7/21	Th	5:45-6:45 PM	\$32	321101-05	
8/11-8/18	Th	5:45-6:45 PM	\$32	321101-06	
Age: 12-17 years					
6/9-6/16	Th	7:00-8:00 PM	\$32	321101-07	
7/14-7/21	Th	7:00-8:00 PM	\$32	321101-08	
8/11-8/18	Th	7:00-8:00 PM	\$32	321101-09	

[STRUCTURED DANCE, TUMBLING, & COMBO CLASSES]

Roly Polys

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

Location: Foothills Activity Center

Age: 2 years				
6/1-6/22	W	10:30-11:15 AM	\$48	321701-01
6/7-6/21	Tu	11:00-11:45 AM	\$36	321701-02
6/29-7/13	W	10:30-11:15 AM	\$36	321701-03
7/19-8/2	Tu	11:00-11:45 AM	\$36	321701-04
7/20-8/3	W	10:30-11:15 AM	\$36	321701-05
Age: 3 years				
6/1-6/22	W	9:30-10:15 AM	\$48	321701-06
6/28-7/12	Tu	11:00-11:45 AM	\$36	321701-07
6/29-7/13	W	9:30-10:15 AM	\$36	321701-08
7/20-8/3	W	9:30-10:15 AM	\$36	321701-09

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

6/2-6/23	Th	11:00-11:45 AM	\$48	321704-01
6/30-7/14	Th	11:00-11:45 AM	\$36	321704-02
7/21-8/4	Th	11:00-11:45 AM	\$36	321704-03

INCLUSION SUPPORT

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



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

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Age. 4 J yel	Age. 4 5 years					
6/7-6/28	Tu	4:30-5:30 PM	\$64	321702-01		
7/5-8/2	Tu	4:30-5:30 PM	\$80	321702-02		
Age: 5-6 year	ars					
6/7-6/28	Tu	6:00-7:00 PM	\$64	321702-03		
7/5-8/2	Tu	6:00-7:00 PM	\$80	321702-04		
Age: 6-7 year	irs					
6/1-6/29	W	4:30-5:30 PM	\$80	321702-05		
7/6-8/3	W	4:30-5:30 PM	\$80	321702-06		

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: 5-7 years

6/2-6/30	Th	4:30-5:45 PM	\$100	321706-01
7/7-8/4	Th	4:30-5:45 PM	\$100	321706-02

Jazz Dance Gymnastics

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

Location: Foothills Activity Center

Age: 8-9 years

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-6	5/2-6/30	Th	6:15-7:30 PM	\$100	321705-01

Just Dance

Learn ballet, jazz, and gymnastics skills and engage in high-energy and fun social interactions.

Location: Foothills Activity Center

Age: 8-9 years

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7/7-8/4	Th	6:15-7:30 PM	\$100	321716-01

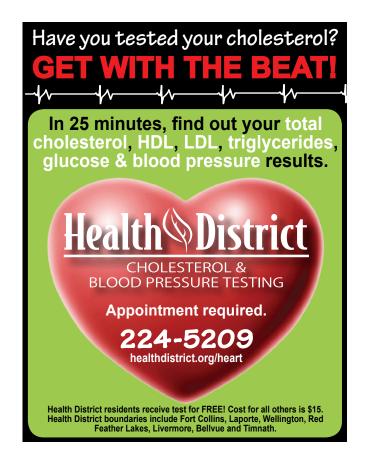
Just Tumbling

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

Location: Foothills Activity Center

Age: 8-9 years

6/1-6/29	W	6:00-7:15 PM	\$100	321703-01	
7/6-8/3	W	6:00-7:15 PM	\$100	321703-02	







Classes in which adults are required to attend





Denotes program/activity has special membership pricing



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.

Note: Registration for many day camp programs began in January. View the Spring Recreator for additional camps that may still accept participants. Enroll or join a waitlist today!

Questions?

Learn more at fcgov.com/youth-programs or call 970.221.6256.

CAMP FUNQUEST

Full-day, state-licensed childcare programs for children ages 5-15 years old, when school is out of session and over 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.

Enrollment Information

An emailed invitation to complete online health profiles through ePACT Emergency Network will be sent in April. 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 Community Center. All forms will need to be reconfirmed in May 2022 for summer camp programs.

[SPRING PROGRAMS]

School's Out Day

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

Location: Goin' Green/Environmental Learning Center

Ages: 5-11 years

5/16 M 7:30 AM-5:30 PM \$60 215550-03

Counselor in Training Course (CIT)

Learn how to be a positive role model and prepare for employment in summer camp programs. Skill-based trainings teach participants to handle responsibility and develop confidence in caring for and mentoring younger children. Participants complete a minimum of 15 virtual hours of Colorado state licensed child care trainings, 5 hours of volunteer work experience in Camp FunQuest child care programs, and 5 hours of in-person training on leadership, resume building, and interview skills. Virtual training hours will accommodate individuals schedules. Required on-site training held on 5/16 at Northside Aztlan Community Center. After completion, participants may apply and get hired to work in summer camp programs. Reimbursement of CIT training course fees are available based on average weekly hours and total number of days worked.

Ages: 15-17 years

5/16 F 10:00 AM-3:00 PM \$160 215560-01

INCLUSION SUPPORT

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

SUMMER CAMP

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

Foothills Activity Center (no camp offered June 1-3)

Camp Groups & Ages

Marmot: Age 5-6, entering 1st grade Fall 2022

Red Fox I & II*: Age 6-8**, entering grades 2-3 in Fall 2022

Big Horn: Age 9-11, entering grades 4-5 in Fall 2022

- * Red Fox II available at Northside Aztlan Community Center location only. 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.
- **Due to high demand, Red Fox ages now include 6 year old campers who are entering 1st grade.

Camp Schedule & 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

See the Spring Recreator for more information and Marmot, Red Fox, and Big Horn camp groups and activity numbers for registration.

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 are available for enrolled campers at both locations. Campers are transported in recreation vans from their camp location to the program location listed below. Parent/guardian pick-up will take place at the program location, no later than 5:30 p.m. Additional information will be provided during the Family Information Meeting and through email.

Learn to Swim

Ages: 5-11 years

Location: EPIC 6/6, 6/8 M,W 4:00-4:30pm

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6	5/13, 6/15	M,W	4:00-4:30pm	\$15.50
6	6/20, 6/22	M,W	4:00-4:30pm	\$15.50
6	5/27, 6/29	M,W	4:00-4:30pm	\$15.50
Lo	ocation: Mulb	erry Pool		
6	5/7, 6/9	T,Th	4:00-4:30pm	\$15.50
6	6/14, 6/16	T,Th	4:00-4:30pm	\$15.50
6	5/21, 6/23	T,Th	4:00-4:30pm	\$15.50
6	5/28, 6/30	T,Th	4:00-4:30pm	\$15.50

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Learn to Skate

Location: EPIC

Age: 5-7 years

Age. 5-7 years				
M,W	4:30-5:00pm	\$21		
M,W	4:30-5:00pm	\$21		
M,W	4:30-5:00pm	\$21		
S				
T,Th	4:30-5:00pm	\$21		
T,Th	4:30-5:00pm	\$21		
T,Th	4:30-5:00pm	\$21		
	M,W M,W M,W S T,Th T,Th	M,W 4:30-5:00pm M,W 4:30-5:00pm M,W 4:30-5:00pm S T,Th 4:30-5:00pm T,Th 4:30-5:00pm	M,W 4:30-5:00pm \$21 M,W 4:30-5:00pm \$21 M,W 4:30-5:00pm \$21 S T,Th 4:30-5:00pm \$21 T,Th 4:30-5:00pm \$21	

Weekly Enrollments, Deposits & Cancellations

A minimum deposit of \$20/week per child is due at the time of enrollment unless enrollment occurs past due dates listed below. All enrollments after due dates must be paid in full.

Monthly due dates:

June camp weeks due February 28

July camp weeks due March 31

August camp weeks due April 29

Note: Enrollments will be canceled if full payment is not received within 4 weeks past each due date. If your family is experiencing a financial hardship, reduced fee or scholarship options may be available. Call 970.221.6357 for more information. Camp week transfers can be made without penalty if space is available. Cancellation requests can be submitted by emailing your original purchase receipt to recreation@fcgov.com. Refer to page 6 for the full policy on Withdrawals, Transfers, and Cancellations.

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.

BLACK BEAR ADVENTURE CLUB

A camp experience designed for active teens with full days of skill development, leadership training, social fulfillment, and physical activity.

Camp Schedule & Themes

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 service area or occupation.

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

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

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

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

Location: Northside Aztlan Community Center

Ages:	12	-15
, 1900.		

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

INCLUSION SUPPORT

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

FUNTIME ADVENTURES PRE-K CAMP

Designed for younger children new to the camp experience. Half-day and full-day options available. Along with structured, themed camp activities, a weekly walking field trip to a local park and an optional daily quiet time (for full time campers only) will be incorporated into camp. Half-day option is from 7:30am-12:30 p.m. and includes time for lunch. For full-day 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 prior to 12:30 p.m.

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 the Northside Aztlan Community Center.

Age: 4-5 years

Location: Northside Aztlan Community Center

Week 1 | 6/1-6/3 | Welcome Week: Meet new friends and get to know your teachers.

Week 2 | 6/6-6/10 | Hide and Seek: find the hidden indoor and outdoor fun.

Week 3 | 6/13-6/17 | Little Chefs: Measure, stir, mix & eat your creations.

Week 4 | 6/20-6/24 | Superheroes Week: Play with favorites, create your own.

Week 5 | 6/27-7/1 | Mini Maker Week: Create, build, discover, and play.

Week 6 | 7/5-7/8 | Water Week: Slip-n-slide, sprinklers, and splash games.

Week 7 | 7/11-7/1 | Dinosaur Week: Learn about all things prehistoric.

Week 8 | 7/18-7/22 | Animal Week: Learn about different animals from around the world.

Week 9 | 7/25-7/29 | Mad Science: A week of ooey, gooey fun and hands on activities.

Week 10 | 8/1-8/5 | Pirate Week: Build a pirate ship, take to the seas and search for treasure.

Week 11 | 8/8-8/12 | Camp Rewind Week: Revisit all our favorite summer activities

View the Spring Recreator for more information including a daily activity schedule and weekly activity numbers for registration.

ADVENTURE, S.T.E.M. & EDUCATION CAMPS

LEGO Camps

Let your imagination run wild with thousands of LEGO parts.

Location: EPIC Age: 5-7 years

Adventures in	n STEM			
6/13-6/17	M-F	9:00 AM-Noon	\$194	315370-03
Minecraft Eng	gineering			
6/20-6/24	M-F	9:00 AM-Noon	\$194	315370-05
Pokemon Eng	gineering			
6/27-7/1	M-F	9:00 AM-Noon	\$194	315370-07
Unplugged G	aming			
7/11-7/15	M-F	9:00 AM-Noon	\$194	315370-09
Enchanted Er	ngineering			
7/18-7/22	M-F	9:00 AM-Noon	\$194	315370-11
Animal Adve	ntures			
7/25-7/29	M-F	9:00 AM-Noon	\$194	315270-13
Jedi Engineer	ring Strike	s Back		
8/1-8/5 M-F 9	9:00 AM-N	oon \$194 315370-01		

Age: 8-11 years
STEM Explorations

21 FLI LYBIOIG	ations			
6/13-6/17	M-F	1:00-4:00 PM	\$194	315370-04
Minecraft Ma	ster Engin	eering		
6/20-6/24	M-F	1:00-4:00 PM	\$194	315370-06
Pokemon Ma	ster Engin	eering		
6/27-7/1	M-F	1:00-4:00 PM	\$194	315370-08
Next Level G	aming			
7/11-7/15	M-F	1:00-4:00 PM	\$194	315370-10
${\sf MARVELous}$	Engineerir	ng		
7/18-7/22	M-F	1:00-4:00 PM	\$194	315370-12
Wizarding W	orld of En	gineering		
7/25-7/29	M-F	1:00-4:00 PM	\$194	315370-14

Survival in the Woods

8/1-8/5

Return of the Jedi Masters

M-F

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.

1:00-4:00 PM

\$194

315370-02

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	9:00 AM-3:00 PM	\$190	315935-02

See the Spring Recreator for more information and activity numbers for Bike Camps I and II registration.

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

Ultimate Babysitting Bootcamp

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, accident prevention, recognize and respond to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification from the American Safety and Health Institute. Note: Bring paper, pencil, and lunch.

Age: 11-16 years Location: Mulberry Pool

6/7	М	9:00 AM-3:00 PM	\$85	315275-01
6/21	М	9:00 AM-3:00 PM	\$85	315275-02
7/12	М	9:00 AM-3:00 PM	\$85	315275-03
7/26	М	9:00 AM-3:00 PM	\$85	315275-04

INCLUSION SUPPORT

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



EARLY LEARNING

Early Learning programs are tailored toward children ages 6 years & younger and are designed to enrich both their social and educational skills. Classes in which adults are required to attend are indicated with a . All other programs are child-only. All Early Learning programs are located at the Northside Aztlan Community Center unless otherwise noted.

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. Arts & Crafts: Youth Programs).

Questions? Visit fcgov.com/youth-programs or call 970.416.2528.

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.

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.

[FUNTIME ADVENTURES PRE-K CAMP]

Age: 4-5 years

View the Day Camps section on page 31 for more information and activity numbers for registration.

[FALL PRESCHOOL & PRE-K]

This school year-round preschool program follows the Poudre School District (PSD) calendar for most school days off and holiday breaks but does not follow PSD delays or closures due to inclement weather. Teacher conferences are held in October and opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year. Note: Class will not be held on 9/16, 10/13, 10/14, 11/11, 11/21, 11/22, 11/23, 11/24, 11/25.

Enrollment Information, Initial Registration & Monthly Tuition Fees

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

Funtime for Preschoolers

A play-based, child-directed, and teacher guided approach encourages self-regulation, critical thinking, and problem-solving skills. Must turn 3 years of age by 10/1/22 and cannot begin this program until the child turns 3. Monthly tuition payments are \$131.75.

Age: 3-4 yea	rs				
9/6-12/15	Tu,Th	9:00 AM-Noon	\$527	417501-01	

Funtime Pre-K

A comprehensive Kindergarten-readiness curriculum includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. Must turn 4 by 10/1/2022. Monthly tuition payments are \$180.50. An optional Lunch Bunch program is available for both morning and afternoon session participants and meets from 12 Noon-1:00 PM; \$6/day sign-ups provided after Pre-K program enrollment.

Age: 4	-5 years
	- ,

9/7-12/16	M,W,F	9:00 AM-Noon	\$722	417500-01
9/7-12/16	M,W,F	1:00-4:00 PM	\$722	417500-02

EXPERIENTIAL LEARNING & ENRICHMENT PROGRAMS

Play is an important part of children's learning and development. The 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. All programs are located at the Northside Aztlan Community Center unless otherwise noted.

Small Hands, Big Messy Art 🥸

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

Age: 1.5-2 yea	rs
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7/1-7/15 F 10:00-1	0:45 AM \$32 3	17585-01
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Adult & Tot Science 49



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

Age:	2-3	years
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6/10-6/24	F	10:00-11:00 AM	\$39	317560-01



Explore science, movement, arts and crafts, and music together with your young learner.

A	2	
Age:	Z	vears

7/22-8/5	F	10:00-11:00 AM	\$39	317561-01

Mother Hubbard's Cupboard 🐸



Find out what's in Mother Hubbard's Cupboard. Participate in themed arts and crafts and cooking activities.

Age: 2-4 years

Dai	ากล	kΔς

Pancakes					
6/10	F	9:30-10:30 AM	\$21	317571-01	
Yummy Snacks					
7/1	F	9:30-10:30 AM	\$21	317571-02	
Teddy Bear Treats					
7/22	F	9:30-10:30 AM	\$21	317571-03	

Preschool Discovery

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

Age: 2.5-4 years

6/6-6/15	M,W	9:30-11:00 AM	\$96	317503-01
6/20-6/29	M,W	9:30-11:00 AM	\$96	317503-02
7/6-7/13	M,W	9:30-11:00 AM	\$72	317503-03
7/18-7/27	M,W	9:30-11:00 AM	\$96	317503-04
8/1-8/10	M,W	9:30-11:00 AM	\$96	317503-05

Afternoon Adventures

Parents take the afternoon to themselves while kids are entertained with themed activities that may include arts and crafts, games, gym time, and outdoor play. Note: Bring a water bottle and apply sunscreen prior to class time. All children must be toilet trained. Previous class experience recommended.

Age: 3-6 years

, , , , , , , , , , , , , , , , , , , ,					
Science					
6/8	W	1:00-4:00 PM	\$40	317513-01	
Pirates					
6/15	W	1:00-4:00 PM	\$40	317513-02	
Favorite Boo	ks				
6/22	W	1:00-4:00 PM	\$40	317513-03	
Superheroes					
6/29	W	1:00-4:00 PM	\$40	317513-04	
Camping					
7/6	W	1:00-4:00 PM	\$40	317513-05	
Under the Se	ea				
7/13	W	1:00-4:00 PM	\$40	317513-06	
Animals					
7/20	W	1:00-4:00 PM	\$40	317513-07	
Art and Artis	sts				
7/27	W	1:00-4:00 PM	\$40	317513-08	
Favorite Cha	racters				
8/3	W	1:00-4:00 PM	\$40	317513-09	
Dinosaurs					
8/10	W	1:00-4:00 PM	\$40	317513-10	

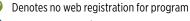
Art Discovery

Learn about and explore different kinds of art and art mediums.

Age:	3-5	years
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Age. 3-3 years				
6/8-6/15 V	N	10:00-11:30 AM	\$36	317586-01
7/6-7/13 V	N	10:00-11:30 AM	\$36	317586-03
Age: 6-8 years				
6/22-6/29 V	N	10:00-11:30 AM	\$36	317586-02
7/20-7/27 V	N	10:00-11:30 AM	\$36	317586-04





Denotes program/activity has special membership pricing

I Want to Be a Scientist

Explore, learn, and discover what it is like to be a scientist by conducting hands-on investigations.

Age: 3-6 years

Oceanography				
6/7	Tu	9:30-11:00 AM	\$20	317507-01
6/9	Th	9:30-11:00 AM	\$20	317507-02
Entomology				
6/14	Tu	9:30-11:00 AM	\$20	317507-03
6/16	Th	9:30-11:00 AM	\$20	317507-04
Zoology				
6/21	Tu	9:30-11:00 AM	\$20	317507-05
6/23	Th	9:30-11:00 AM	\$20	317507-06
Vet Medicine				
6/28	Tu	9:30-11:00 AM	\$20	317507-07
6/30	Th	9:30-11:00 AM	\$20	317507-08
Flight				
7/5	Tu	9:30-11:00 AM	\$20	317507-09
7/7	Th	9:30-11:00 AM	\$20	317507-10
Reptiles				
7/12	Tu	9:30-11:00 AM	\$20	317507-11
7/14	Th	9:30-11:00 AM	\$20	317507-12
Astronomy				
7/19	Tu	9:30-11:00 AM	\$20	317507-13
7/20	Th	9:30-11:00 AM	\$20	317507-14
Magnets				
7/26	Tu	9:30-11:00 AM	\$20	317507-15
7/28	Th	9:30-11:00 AM	\$20	317507-16
Paleontology				
8/2	Tu	9:30-11:00 AM	\$20	317507-17
8/4	Th	9:30-11:00 AM	\$20	317507-18
Concoctions				
8/9	Tu	9:30-11:00 AM	\$20	317507-19
8/11	Th	9:30-11:00 AM	\$20	317507-20

Pretend with Friends

Foster imaginative theme-based play. Activities include interactive free play, arts and crafts, games, and more.

Age: 3-6 years

Age. 5 0 years				
Superheroes				
6/10	F	1:00-2:30 PM	\$20	317550-01
Firefighters				
6/24	F	1:00-2:30 PM	\$20	317550-02
Builders and Bu	ulldozers			
7/8	F	1:00-2:30 PM	\$20	317550-03
Pirates				
7/22	F	1:00-2:30 PM	\$20	317550-04
Outerspace				
8/5	F	1:00-2:30 PM	\$20	317550-05



Pretty Parties

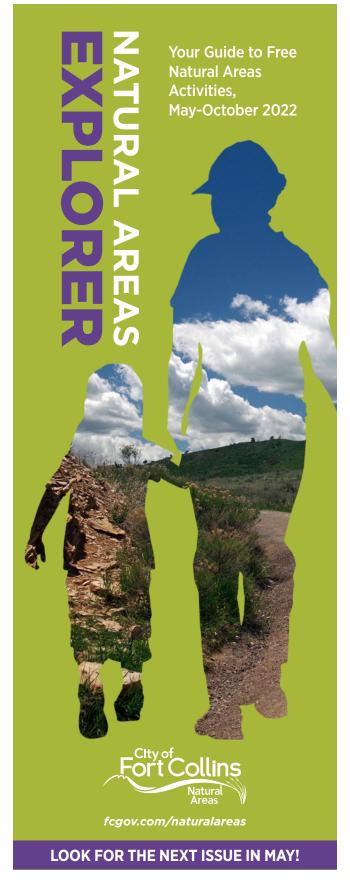
Come dressed in your favorite clothing or costume. Enjoy themed arts & crafts, games, and snacks.

Age: 3-6 years

Princess Party				
6/3	F	1:00-2:30 PM	\$20	317541-01
Mermaid Party				
6/17	F	1:00-2:30 PM	\$20	317541-02
Unicorn Party				
7/1	F	1:00-2:30 PM	\$20	317541-03
Fairy Party				
7/15	F	1:00-2:30 PM	\$20	317541-04
All Things Pink	Party			
7/29	F	1:00-2:30 PM	\$20	317541-05

INCLUSION SUPPORT

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



Summer Explorations

Join us for engaging, fun, classes designed to combat summer boredom. Children meet like-minded friends in these themed activities.

100. 2-6 Noars

Age: 3-6 yea	rs			
Little Chefs: (Get hands-o	on and creative in the	e Kitchen.	
6/7-6/9	Tu,Th	1:00-2:30 PM	\$40	317517-01
Fun with Play	ydough: Cre	eate a variety of fun	play dougl	ns.
6/14-6/16	Tu,Th	1:00-2:30 PM	\$36	317517-02
Art in the Aft	ernoon: Me	et new friends and g	get creativ	e.
6/21-6/23	Tu,Th	1:00-2:30 PM	\$36	317517-03
Cars, Trucks 8	& Ramps: Le	earn about things th	at go Vroo	m!
6/28-6/30	Tu,Th	1:00-2:30 PM	\$36	317517-04
Critter Condo	os: Create a	house for your favor	rite small s	tuffed
animals.				
7/5-7/7	Tu,Th	1:00-2:30 PM	\$36	317517-05
Preschool To	ols: Under o	close supervision hav	/e hands-c	n practice
with real too	ls.			
7/12-7/14	Tu,Th	1:00-2:30 PM	\$36	317517-06
Little Chefs: 0	Get hands-o	on and creative in the	e Kitchen.	
7/19-7/21	Tu,Th	1:00-2:30 PM	\$40	317517-07
Art in the Aft	ernoon: Me	et new friends and g	get creativ	e.
7/26-7/28	Tu,Th	1:00-2:30 PM	\$36	317517-08
Playful Pets:	Learn abou	t favorite pets and h	ow to care	for them.
8/2-8/4	Tu,Th	1:00-2:30 PM	\$36	317517-09
Amazing Din	osaurs: Lea	rn about favorite dir	osaurs.	

1:00-2:30 PM

\$36

317517-10

8/9-8/11

Classes in which adults are required to attend



Tu,Th

Denotes no web registration for program

Denotes program/activity has special membership pricing

INCLUSION SUPPORT

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



EDUCATION

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

COOKING

All cooking classes are designed for those ages 14 years & up and held at the Fort Collins Senior Center unless otherwise noted. Please bring an apron to each class. Please provide any food allergies or concerns at registration.

[TAUGHT BY SAPNA VON REICH]

Colorful Summer Wraps

Chill out this summer with gluten-free, vegan, light, and easy summer wraps. Menu: Fresh rice paper wraps with peanut sauce, samosa wraps with tamarind sauce, sushi with dipping sauce.

|--|

Super Summer Bowls

Vegetarian bowls are a summer staple to cover all nutritional bases. Use grains, greens, vegetables, proteins, and sauce. Menu: Mediterranean bowl. Indian Buddha bowl. Mexican bowl.

6/23	Th	6:00-8:30 PM	\$50	307423-01

Instant Pot Summer Curries

Learn how to use an instant pot to make delicious summer meals. This class will also give you lots of tips on how to cook more than one thing in your instant pot. Menu: Jackfruit coconut curry, aloogobhi (cauliflower and potato curry), kale and spinach saag.

-01

Plant-Based Cheese & Yogurt

Whether lactose-intolerant, fighting high cholesterol, or seeking healthful plant-based alternatives 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, cashew yogurt (mango) lassi.

7/7 Th 6:00-8:30 PM \$50 307424-

Magical Mystery Kebabs

Kebabs are a great food for any occasion. Explore endless possibilities of vegetarian kebabs and sliders. Menu: tandoori tikka kebabs, vegetable seekh kebabs with mint chutney, mung bean sprouts, zucchini sliders with tandoori chutney.

7/18	М	6:00-8:30 PM	\$50	307425-01
7/10	1.1	0.00 0.30111	420	30/423-01

[TAUGHT BY SHARMILA RAJOPADHYE]

Cooking Around the World

Would you like to visit a new country? What better way than to learn it's cuisine? The recipes are simple adaptations using locally available ingredients and designed for convenience. The complete meals should take about 30 minutes. Week 1 Menu is noted below. Week 2 Menu: An additional meal from the region. Note: List any food allergies upon registration.

Greek Meatballs with Tzatziki

6/13-6/20 M 6:30-7:30 PM \$50 307432-01 Indian Chicken Curry with Coconut Milk 7/12-7/19 Tu 6:30-7:30 PM \$50 307432-02 French Savory & Sweet Crepes 8/4-8/11 Th 6:30-7:30 PM \$50 307432-03	Oleek Meath	alis With	IZGIZIKI				
7/12-7/19 Tu 6:30-7:30 PM \$50 307432-02 French Savory & Sweet Crepes	6/13-6/20	М	6:30-7:30 PM	\$50	307432-01		
French Savory & Sweet Crepes	Indian Chick	en Curry v	with Coconut Milk				
· · · · · · · · · · · · · · · · · · ·	7/12-7/19	Tu	6:30-7:30 PM	\$50	307432-02		
8/4-8/11 Th 6:30-7:30 PM \$50 307432-03	French Savory & Sweet Crepes						
	8/4-8/11	Th	6:30-7:30 PM	\$50	307432-03		

[TAUGHT BY SIM SUINN]

It's Coconut Time

Coconut milk is found in many Thai dishes: from snacks and desserts to soups and even salads. For those who love coconut milk or coconuts in general. Menu: Thai coconut pancake, green bean salad, Tom Kha soup, green curry, and Thai jasmine rice.

6/7	Tu	6:00-8:30 PM	\$50	307436-01

Hawaiian Plate Lunch

A go-to meal for Hawaiians that consists of rice, meats, and vegetables. Find the Hawaiian plate lunch meal at roadside stands, drive-ins and restaurants all over Hawaii. Menu: lomi lomi salad, Hawaiian mac salad, coconut pudding, kalua pig and rice.

7/5	Tu	6:00-8:30 PM	\$50	307440-01

Easy Thai Food

Cooking Thai food isn't very complicated. Learn how to choose quality ingredients and different tips and tricks to make great tasting meals. Menu: Stir fry chicken with cashew nuts, pineapple curry, rice, fried banana, and sweet potato.

8/2
8/2

GENERAL INTEREST

Complete Your Will

Learn how and why to create a Last Will and Testament with a licensed attorney from Foco Legal Services. Plan to attend at least three classes to finish your will. There will be some homework after the first class.

6/10-8/19	F	10:00-11:30 AM	\$55	307902-01

Genealogy, Beginner

Explore personal family genealogy by using FamilySearch. Learn how to set up an account, enter known family history, connect to existing genealogies, and more. Limited computers available, use of personal devices encouraged. Enter building on the west side.

Location: 600 E. Swallow Street

6/2-6/30	Th	7:00-8:00 PM	\$6	307982-01
7/7-7/28	Th	7:00-8:00 PM	\$6	307982-02
8/4-8/25	Th	7:00-8:00 PM	\$6	307982-03

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

6/7-6/28	Tu	5:45-6:45 PM	\$80	307463-01
7/5-7/26	Tu	5:45-6:45 PM	\$80	307463-02
8/9-8/30	Tu	5:45-6:45 PM	\$80	307463-03

Intro to Computers

Basic computer assistance-instruction and troubleshooting for PC, Windows, laptops and smart phones. Basic hardware and software questions may be answered. Our IT professional will schedule 1 on 1 time for more complex issues.

6/1-8/17 W 10:00-11:30 AM No Fee 307462-01

Reliable Recall & Leash Walking

Dogs learn to come when called and walk on a loose leash throughout Fort Collins parks and in town. Distractions and challenges will gradually increase to ensure dog's mastery of these skills. Bring plenty of food rewards and a six-foot leash. No class on 8/9.

Location: TBA

Note: Instructor contacts participants prior to class with location.

7/12-8/16 Tu 6:30-7:30 PM \$100 307951-01





FARM

All programs are held at The Farm unless otherwise noted.

Adopt an Animal

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

It's easy to adopt! Choose your favorite Farm animal and adopt them for a year, by making a tax-deductible donation. A Farm parent receives an adoption certificate and their name listed at The Farm. Your adopted animal stays at The Farm where it is cared for by staff and welcomes your regular visits. 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 yester year'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. Rides will occur weather permitting.

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

FAMILY PROGRAMS

Farm Camp Out

Camp out in the pasture as a family! Bring your tent and sleeping bags for an evening of hayrides, singing around the "campfire," and s'mores. Hot dogs, chips, lemonade, and a light breakfast included. Fee includes up to 4 people. Additional people are \$5 at the door.

Age:	ΑII

6/17-6/18	F,Sa	6:30 PM-9:00 AM	\$60	308628-01
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Milk & Cookies Storytelling 49

Join us at The Farm for storytelling by local storytellers. The barnyard is a great setting for enjoying stories, sipping milk, and eating a cookie amongst the animals. Note: Admission to The Farm required.

Age: All

Agc. All				
6/17	F	10:30-11:00 AM	No Fee	308629-01
7/15	F	10:30-11:00 AM	No Fee	308629-02
8/5	F	10:30-11:00 AM	No Fee	308629-03

YOUTH PROGRAMS

[DAY CAMPS]

Registration for many day camp programs began in January. View the Spring Recreator for additional camps that may still accept participants. Enroll or join a waitlist today!

Li'l Dumplin' Farmers 🥸



Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and feeding animals. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch.

Age: .	2 years
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6/6-6/20	М	11:00 AM-Noon	\$36	308609-01
6/6-6/20	М	11:15 AM-12:15 PM	\$36	308609-02
6/27-7/18	М	11:00 AM-Noon	\$36	308609-03
6/27-7/18	М	11:15 AM-12:15 PM	\$36	308609-04
7/25-8/8	М	11:00 AM-Noon	\$36	308609-05
7/25-8/8	М	11:15 AM-12:15 PM	\$36	308609-06

Little Peepers

Explore the barnyard in each class by gathering eggs, feeding animals, and reading stories in the hayloft. Note: No class on 7/4.

Δα	JÞ.	3	vea	rς

6/6-6/20	М	9:00-10:00 AM	\$31	308610-01
6/6-6/20	М	9:15-10:15 AM	\$31	308610-02
6/27-7/18	М	9:00-10:00 AM	\$31	308610-03
6/27-7/18	М	9:15-10:15 AM	\$31	308610-04
7/25-8/8	М	9:00-10:00 AM	\$31	308610-05
7/25-8/8	М	9:15-10:15 AM	\$31	308610-06

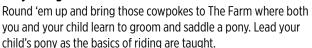
Pullet Surprise

"Farmers" will learn about the animals as they help take care of them. Gathering eggs, feeding animal, crafts, stories and going on a hayride are all part of the fun.

Αc	le:	3	vears	

6/28-7/1 Tu-F		9:00-10:00 AM	\$41	308611-01	
7/5-7/8	Tu-F	9:00-10:00 AM	\$41	308611-02	
7/26-7/29	Tu-F	9:00-10:00 AM	\$41	308611-03	

Pony Riding Lessons 😳



Age: 3-5 year

J				
6/6-6/9	M-Th	5:30-6:30 PM	\$65	308614-01
6/13-6/16	M-Th	5:30-6:30 PM	\$65	308614-02
7/26-7/29	Tu-F	9:00-10:00 AM	\$65	308614-03
7/31-8/21	Su	10:45-11:45 AM	\$65	308614-06
Age:6-7 years	S			
7/26-7/29	Tu-F	10:15-11:15 AM	\$65	308614-04
8/2-8/5	Tu-F	9:30-10:30 AM	\$65	308614-05

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Feed the animals, gather eggs, help make snacks, and ride the ponies.

Age 4-5 years

5/31-6/3	Tu-F	1:00-2:30 PM	\$51	308606-01
5/31-6/3	Tu-F	1:00-2:30 PM	\$51	308606-02
6/7-6/10	Tu-F	1:00-2:30 PM	\$51	308606-03
6/7-6/10	Tu-F	1:00-2:30 PM	\$51	308606-04
6/14-6/17	Tu-F	1:00-2:30 PM	\$51	308606-05
6/14-6/17	Tu-F	1:00-2:30 PM	\$51	308606-06
6/28-7/1	Tu-F	10:30 AM-Noon	\$51	308606-07
6/28-7/1	Tu-F	10:30 AM-Noon	\$51	308606-08
6/28-7/1	Tu-F	1:00-2:30 PM	\$51	308606-09
6/28-7/1	Tu-F	1:00-2:30 PM	\$51	308606-10
7/5-7/8	Tu-F	8:30-10:00 AM	\$51	308606-11
7/5-7/8	Tu-F	10:30 AM-Noon	\$51	308606-12
7/5-7/8	Tu-F	10:30 AM-Noon	\$51	308606-13
7/5-7/8	Tu-F	1:00-2:30 PM	\$51	308606-14
7/5-7/8	Tu-F	1:00-2:30 PM	\$51	308606-15
7/12-7/15	Tu-F	1:00-2:30 PM	\$51	308606-16
7/12-7/15	Tu-F	1:00-2:30 PM	\$51	308606-17

Green Thumbs

Explore the world of gardening at The Farm. Learn more about worm composting, bugs, and the importance of plants.

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$\neg \lor$	\c.	_	v	y	u	и.

8/2-8/5	Tu-F	10:30-11:30 AM	\$41	308603-01

Pony Experience

Learn about the ponies while working with a partner. Grooming and saddling will be taught with beginner riding skills.

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ΑU	е.	n-/	years

	. ,			
6/6-6/	'9 M-Th	9:30-11:30 AM	\$111	308625-01
6/13-6	/16 M-Th	9:30-11:30 AM	\$111	308625-02

Barnyard Experience

This class is designed for the kids who only have a little bit of time to experience life on a farm. We will explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride. Join us for some farm fun!

Age: 6-10 years

7/19	Tu	9:00-11:00 AM	\$20	308632-01
7/20	W	9:00-11:00 AM	\$20	308632-02
7/27	W	9:00-11:00 AM	\$20	308632-03
7/28	Th	9:00-11:00 AM	\$20	308632-04

INCLUSION SUPPORT

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





Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

STRANGERS SAVED HIS LIFE

BLOOD DONATIONS GIVE BACK.

"When you donate blood, you never know who you are going to help," said Dennis Borland, a blood donor and recipient. "It could be your best friend, or it could be you."

BY: KATI BLOCKER, UCHEALTH

Dennis Borland, 54, will proudly show you the video of his first time back on the ice, nine months after a motorcycle accident took his lower left leg. He shuffles onto the ice and down he goes. But he gets up again and again because not skating has never been an option.

Borland's story is one of determination and grit and how strangers saved his life. He has tremendous appreciation for his medical care team but if not for the quick action of a stranger who knew how to put on a tourniquet and the philanthropy of blood donors, he may not have lived. And he wouldn't be back on the ice, working hard to get up again.

THE DAY HE NEEDED HELP FROM STRANGERS

Borland didn't get into hockey until he was almost 30, but it's been his passion ever since. He started inline skating then joined the Fort Collins Pond Hockey League. The members are his second family. Before the accident, Borland hit the ice weekly to skate, or to drop in on other teams to see if they needed a goalie.

Borland doesn't remember much about hockey practice the morning of July 20, 2019, but after a scramble on the ice, he put on his motorcycle leathers and helmet, and rode his 2017 Heritage Softail toward Johnstown, to pick up Jennifer, his wife. It was a beautiful summer day and the couple planned to ride to Trail Ridge Road through Rocky Mountain National Park.

Borland was on Highway 60, near Interstate 25, when a vehicle struck his motorcycle on the left side. The impact crushed his hip, shattered his femur and tossed him 70 feet from his motorcycle. The first thing he remembers hearing is a stranger telling him he was going to put a tourniquet on his leg.

"I know what color pain is — it's white. All I could see was white," Borland said, as he recalled the accident more than two years later. "I remember thinking: 'I need to wake up."

When police arrived, they told Borland the stranger's actions had prevented fatal blood loss.

Borland was transported to UCHealth Medical Center of the Rockies. Just as he relied on the kindness of a stranger to stop his bleeding, at the hospital, he relied on blood donors who replenished the blood he'd lost.



Dennis Borland is a passionate hockey player that's back on the ice after a motorcycle accident thanks to blood donors and his health care team at UCHealth. Photo by Joel Blocker, for UCHealth.

TRAUMA PATIENTS AND BLOOD DONORS

Over the next two days, Borland received about seven units of blood (the body holds about 10.5 units). He had an hours-long surgery to set his hip and amputate his left leg below the knee.

Blood products needed for trauma patients in northern Colorado, including surgical patients and those with blood disorders or chronic illnesses, come from donors through UCHealth Garth Englund Blood Donation Center.

"When you donate blood, you never know who you are going to help," Borland said. "It could be your best friend, or it could be you."

GETTING BACK ON THE ICE WITH A PROSTHETIC

Borland spent six of his 10 days in the hospital in the ICU before he moved to an inpatient rehabilitation center. Within a week, he was ready to go home. Then, he received in-home rehabilitation care two to three times a week.

"I was determined to be back playing hockey by Christmas," Borland said. "Little did I know I wouldn't even walk again until Thanksgiving."

He learned how to navigate in a wheelchair and on Tuesday before Thanksgiving, he got his first prosthetic leg. After the holidays, resolute in his desire to return to the ice, Borland strapped on his skates and stood on the ice for about two seconds.

"I fell — but I got right back up," he said.

He worked in the gym and eventually grew stronger standing on the ice.

RECOVERY IS HARD AND CHALLENGING

Borland has always enjoyed physical labor and outside activity. His new limitations are frustrating, but he credits his friends and family for getting him through and helping him keep his positive attitude.

"They tell me I'm an inspiration, but it was them — my friends who were pulling me forward," Borland said. "I can't change this; I have to deal with it. I've got to go forward, but friends help you so much in that way."

Become a blood donor today by calling the Garth Englund Blood Donation Center at 970.495.8965 or fill out the form at bit.ly/Garth-Englund.



FITNESS & WELLNESS

General Information

Get fit with recreation! Join certified trainers and instructors at City of Fort Collins Recreation Facilities for engaging workouts. The most up to date class schedule is available at the front desk of the Fort Collins Senior Center, Foothills Activity Center, Northside Aztlan Community Center and can also be found online at fcgov.com/fitness. The schedule is updated regularly, and the City of Fort Collins reserves the right to cancel or change classes at any time. Fort Collins Senior Center offers fitness classes to those ages 18 years & older, unless otherwise noted.

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

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

Registration for Fitness Classes - NEW!

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

Sign up for four or more days within a transaction and get a lower price of \$4 per 60-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	Price	Administrative	Total	
(per transaction)	per day	Fee	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

50 i illiate 5e55ion i ackages			
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

The following classes are formatted as sessions, skills and activities build from one class to the next and drop-ins are not allowed.

Barnyard Bootcamp

Location: The Farm at Lee Martinez Park

6/7-6/30	Tu,Th	7:00-8:00 AM	\$33	309600-01
7/5-7/28	Tu,Th	7:00-8:00 AM	\$33	309600-02
8/2-8/25	Tu,Th	7:00-8:00 AM	\$33	309600-03

T'ai Chi Chih, Beginner I

Location: Senior Center

5/3 ² 6/21	T _'	12:30-1:45 PM	\$21	309431-01
7/1:-9/2	Tu	12:30-1:45 PM	\$21	309431-02
8-4-R/20/F	Tr	12:30-1.45	\$21	309431-03
Thi Chi Chik	Room	HANGI	CONTRACTOR OF THE PARTY OF THE	
I CIIII	i, begiiii	"TANA.		
Location: 36	: Center	. "IAG	FN!	
5/31-6/21	Tu	2.00 3:15 PM	\$21	309431-04
7/12-8/2	Tu	2:00-3:15 PM	\$2	309431-05
8/9-8/30	Tu	2:00-3:15 PM	\$21	309431-06

Tai Chi & Qigong

Location: Foothills Activity Center

6/4-6/25	Sa	11:00 AM-Noon	\$17	309706-01
7/2-7/30	Sa	11:00 AM-Noon	\$21	309706-02
8/6-8/27	Sa	11:00 AM-Noon	\$17	309706-03

FITNESS CLASS DESCRIPTIONS

Barnyard Bootcamp

All fitness levels welcome to this whole body, morning workout at The Farm. Improve cardio and strength with the use of body weight exercises, resistance equipment, and hay bales.

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.

Kinstretch®

Gain strength and control over your body at the limits of its range of motion in this highly-specialized form of strength training. A movement enhancement system that develops body control, joint hygiene, mobility, and expands controllable ranges of motion. All bodies welcome and be ready to work hard.

Morning Spin

Start your day off with a 45-minute low to moderate intensity ride with fun energizing music. A perfect opportunity to build cardiovascular strength & endurance, while also burning fat. Designed for all ages and fitness levels.



Oula

A high-intensity cardio dance with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. Every class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

Intro to Oula

A breakdown of the moves, the music, and the mindfulness behind the magic of Oula, a high-intensity cardio dance experience focusing on how you feel rather than how you look. Come as you are and find community connection through movement.

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. The gentle movements improve balance, increase flexibility and strength, and cultivate an inner sense of peace and well-being. They 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.



Checking the Weather? Check the AQI, too.

Local air quality can affect our daily lives. Like the weather, it can change from day to day. EPA developed the Air Quality Index, or AQI, to make information available about the health effects of the five most common air pollutants, and how to avoid those effects.

HOW TO PROTECT YOURSELF ON BAD AIR DAYS

- Check the Air Quality Index to find out if the air quality is healthy or unhealthy.
- If the air quality is considered 'unhealthy' or worse, limit your outdoor activities.
- On bad air days close windows and doors and set air conditioning to recirculate.



TIPS TO IMPROVE OUTDOOR AIR

- Use public transportation or carpool whenever possible.
- Avoid idling your car, especially when waiting for a train or picking up kids from school.
- Replace gas-powered lawn and garden equipment with electric alternatives.

Learn more at fcgov.com/AirQuality

Auxiliary aids and services are available for persons with disabilities. 22-23989

FITNESS SCHEDULE

FACILITIES

FORT COLLINS SENIOR CENTER

1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER

241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E .Willow Sttreet

CLUB TICO

1599 City Park Drive

THE FARM AT LEE MARTINEZ PARK

600 N. Sherwood

FITNESS CLASS SCHEDULE KEY

Title of Class

Begin & End Time | Activity Number

Session-based classes build from one class to the next and are not available for drop-in. See page 43 for dates, pricing & activity number.

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

Fitness classes for the Summer Recreator are offered from June 1 to August 31.

Note: Fitness classes will not be held on July 4.

Note: Fitness classes are now set up as pay per class, meaning you will need to select each day you'd like to attend class during registration, unless otherwise noted. See info on page 42 for more information.

Monday

FORT COLLINS SENIOR CENTER

Circuit SilverSneakers

10-10:45 AM | 309424-01*

Chair Pilates

11 AM-12 PM | 309403-01*

Yoga, Advanced Beginner

4:30-5:30 PM | 309413-01

Zumba

5:30-6:30 PM | 309404-01

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga

2:30-3:30 PM | 309707-01

Core Performance

5:30-6:30 PM | 309701-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 309502-01

Restorative Yoga

12-1 PM | 309523-01

CrossTrain

12:30-1:30 PM | 309502-02

Slow Flow Hatha Yoga

4-5 PM | 309520-01*

Vinyasa Flow Yoga

5:15-6:15 PM | 309521-01*

Spin & Tone

5:30-6:30 PM | 309503-01

CLUB TICO

Zumba

9-10 AM | 309112-01*

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Blast

8-9 AM | 309414-01*

Functional Strength

9:30-10:15 AM | 309401-01

Classic SilverSneakers

10:30-11:15 AM | 309423-01*

Yoga SilverSneakers

11:30am-12:15 PM | 309427-01*

T'ai Chi Chih Beginner I

12:30-1:45 PM | Session

T'ai Chi Chih Beginner II

2-3:15 PM | Session

Yoga, Beginner

2:45-3:45 PM | 309412-01*

Yoga, Beginner

5:15-6:15 PM | 309412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion

9-10 AM | 309702-01*

Oula

5:30-6:30 PM | 309704-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Morning Spin

6:30-7:30 AM | 309504-01

Yoga & Meditation

9-10 AM | 309522-01

Pilates Fusion

12-1 PM | 309505-01

Slow Flow Hatha Yoga

5-6 PM | 309520-02*

TRX Body Blast

5:30-6:30 PM | 309511-01

Zumba

6:15-7:15 PM | 309512-01

THE FARM AT LEE MARTINEZ PARK

Barnyard Bootcamp

7-8 AM | Session

Wednesday

FORT COLLINS SENIOR CENTER

Zumba Gold

9:00-9:45 AM | 309430-01

Circuit SilverSneakers

10-10:45 AM | 309424-01*

T'ai Chi Chih Advanced

10-11:15 AM | 309433-01

T'ai Chi Chih Intermediate

11:30 AM-12:45 PM | 309432-01

Yoga, Beginner

Noon-1:00 PM | 309412-03

Pilates Mat, Beginner/Intermediate

3-4 PM | 309402-01*

Yoga, Advanced Beginner

4:30-5:30 PM | 309413-01

Zumba

5:30-6:30 PM | 309404-01

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga

2:30-3:30 PM | 309707-01

Core Performance

5:30-6:30 PM | 309701-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 309502-01

Restorative Yoga

12-1 PM | 309523-01

CrossTrain

12:30-1:30 PM | 309502-02

Slow Flow Hatha Yoga

4-5 PM | 309520-01*

Spin & Tone

5:30-6:30 PM | 309503-01

Zumba

6-7 PM | 309512-02

CLUB TICO

Zumba

9-10 AM | 309112-01*

Thursday

FORT COLLINS SENIOR CENTER

Boomer Blast

8-9 AM | 309414-01*

Functional Strength

9:30-10:15 AM | 309401-01

Classic SilverSneakers

10:30-11:15 AM | 309423-01*

Yoga SilverSneakers

11:30am-12:15 PM | 309427-01*

Focus on Balance

1:30-2:30 PM | 309415-01*

Yoga, Beginner

2:45-3:45 PM | 309412-01*

Swiss Theraball

3:00-4:00 PM | 309416-01

Yoga, Beginner

5:15-6:15 PM | 309412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion

9-10 AM | 309702-01*

NORTHSIDE AZTLAN COMMUNITY CENTER

Morning Spin

6:30-7:30 AM | 309504-01

Yoga & Meditation

9-10 AM | 309522-01

Pilates Fusion

12-1 PM | 309505-01

Slow Flow Hatha Yoga

5-6 PM | 309520-02*

TRX Body Blast

5:30-6:30 PM | 309511-01

Zumba

6:15-7:15 PM | 309512-01

THE FARM AT LEE MARTINEZ PARK

Barnvard Bootcamp

7-8 AM | Session

Friday

FORT COLLINS SENIOR CENTER

Zumba Gold

9:00-9:45 AM | 309430-01

Pilates Mat, Beginner

3-4 PM | 309402-02*

FOOTHILLS ACTIVITY CENTER

Kinstretch®

8-9 AM | 309708-01

NORTHSIDE AZTLAN COMMUNITY CENTER

CrossTrain

6:15-7:15 AM | 309502-01

CrossTrain

12:30-1:30 PM | 309502-02

CLUB TICO

Zumba

9-10 AM | 309112-01*

Saturday

FORT COLLINS SENIOR CENTER

Zumba

9-10 AM | 309404-02*

FOOTHILLS ACTIVITY CENTER

Intro to Oula

9-10am | 309704-02

Tai Chi & Qigong

11am-Noon | Session

NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga

8:15-9:15 AM | 309521-02*

TRX Body Blast

8:15-9:15 AM | 309511-02

WELLNESS PROGRAMS

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

Healthy Eating for Successful Living

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

7/28-9/1 Th Noon-2:00 PM No Fee 325403-01

Living with Alzheimer's: For Those With Early Stage Dementia & their Care Partners.

In the Early Stage of dementia, families face new questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? Hear from those directly affected and learn what you can do to cope with the changes that come with an early stage diagnosis. A 3-part series.

6/8-6/22 W 4:00-5:00 PM No Fee 325405-01

Living with Alzheimer's: For the Middle Stage Caregiver

In the Middle Stages of Alzheimer's Disease, those who are care partners now become hands-on caregivers. Join us and hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the middle stages. A 3-part series.

7/13-7/27 W 12:30-2:00 PM No Fee 325406-01

A child's health and well-being start with ensuring their basic needs are met, like having healthy food.

Look around—1 out of every 3 children in our community is food insecure, meaning they don't have access to enough healthy foods. This impacts their brain development, growth, and ability to thrive long-term. Food is fuel for our youngest learners.







Resiliency: A Steadying Inner Resource

Ever felt beaten down by repeated disheartening news? In this class engage in five practices to build your resilience or ability to have inner strength, optimism and flexibility in the face of adversity and disappointment. Taught by a UCHealth Registered Dietitian and Mindfulness Practitioner.

6/29 W 10:00-11:00 AM No Fee 325401-01

Senior Living Options

The options and cost for home care, home health and senior housing is discussed. Learn about a variety of Senior Housing options for 55 plus, Independent/Assisted Living and Memory Care.

6/15 W 10:00-11:00 AM No Fee 325407-01

Staying Healthy In A Viral World

The coronavirus worldwide pandemic has dramatically impacted our concern for our own personal health. Learn 7 important lifestyle factors for staying healthy and optimizing your immune system.

6/24 F 2:00-3:00 PM No Fee 325408-01

The AB 'ZZZZZ's of Sleep

To improve your quality of sleep, it's important to understand the underlying causes of your sleep problems. A UCHealth Community Health RN will share sleep management tips to help you identify and overcome age-related sleep problems, get a good night's rest and improve the quality of your waking life.

7/28 Th 2:00-3:00 PM No Fee 325402-01

The Dr. in the Mirror

The health advocate you need most is You! Don't let your health situation take control of you, take control of your health. It's time to age with more vitality. Join UCHealth Community Health RN Julie Knighton and discuss ways to improve your health as you age.

8/15 M 2:00-3:00 PM No Fee 325404-01

Ultra-Processed Foods: A Negative Impact on Health

Discover what ultra-processed foods are & why they have been shown to adversely impact health. Learn about healthy alternative foods and beverages, as well as simple meal combinations, to replace UPFs in your diet. Presented by Laura Young, Registered Dietitian and Certified Diabetes Care and Education Specialist.

6/10 F 10:00-11:00 AM No Fee 325400-01

SERVICES

Cholesterol, Blood Pressure & Glucose Testing

Meet one-on-one with a registered nurse for a 20-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. Call the Health District of Northern Larimer County at 970-224-5209 to schedule an appointment. Note: Free for Health District Residents, \$15 for non-residents

6/14, 6/23, 7/12, 7/28, 8/9, 8/25

8:30-11:00 AM



SEASON TICKETS STARTING AT \$200

GREATEST VALUE TO SEE COLORADO STATE FOOTBALL VARIETY OF PAYMENT PLANS AVAILABLE FIRST PRIORITY TO PURCHASE AWAY TICKETS BEST SEAT LOCATIONS

TO PURCHASE TICKETS VISIT CSURAMS.COM/TICKETS

PROUD PARTNERS J





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, FortCollinsFCS.org

ADULT PROGRAMS

Adult Skate, Beginner & Intermediate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1-4 for skills taught. Note: Helmets are strongly recommended for beginners. Class will not be held on 7/6.

Age: 16 years &up

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6/22-	-7/20	W	5:30-6:00 PM	\$41	310349-01
7/27-	8/10	W	5:30-6:00 PM	\$31	310349-02

Adult Skate, Advanced & Free Skate

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5-6 for skills taught. Note: Class will not be held on 7/6.

Age: 16 years & up

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6/22-7/20	W	5:30-6:00 PM	\$45	310353-01
7/27-8/10	W	5:30-6:00 PM	\$34	310353-02

Adult Theatre on Ice

Theatre on Ice (TOI) combines the grace of figure skating with the excitement of theatre and dance. TOI teams bring skaters together to tell a story while developing skating and performance skills. Prerequisite: Adult Pre and above. Note: Class will not be held on 7/6.

Age: 16 years & up

6/22-7/20	W	6:15-7:15 PM	\$89	310361-01
7/27-8/10	W	6:15-7:15 PM	\$67	310361-02

Fitness Skate w

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes available. Note: Class will not be held on 7/1. 7/4. 7/8.

Age: 16 years & up

5 ,				
6/1-8/14	M,W,F	11:15 AM-12:45 PM	\$7	

Senior Coffee Club w

Designed for older adults interested in social skating. Drop-in fees apply. Note: Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. Class will not be held on 6/29.

Age: 60 years & up

6/3-8/12 W 9:15-11:15 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, 6/16 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. Class will not be held on 7/5, 7/7.

Age: 5-8 years

6/21-8/4 Tu,Th 5:00-5:45 PM \$154 310372-01

Drop-in Hockey

All drop-in hockey program schedules can be found online at fcgov.com/recreation/epic. Registration begins at 7 a.m. the day of each session.

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.

Age: 9-17 years Cost: \$17

Drop-In Hockey

Pick-up hockey game. Full equipment required. Not discountable. Goalies must call the front desk to reserve a spot. 970.221.6683

Age: 16 years & up Cost: \$6

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.

Age: All Cost: \$6

INCLUSION SUPPORT

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

YOUTH PROGRAMS

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 7/5, 7/7.

4ae: 4	-5 years
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6/21-7/21	Tu,Th	4:30-5:00 PM	\$81	310302-02
7/26-8/11	Tu,Th	4:30-5:00 PM	\$61	310302-04

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 7/5, 7/7.

Age: 4-5 years

6/21-7/21	Tu,Th	4:30-5:00 PM	\$81	310304-02
7/26-8/11	Tu,Th	4:30-5:00 PM	\$61	310304-04

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Class will not be held on 7/4, 7/6.

Age:	5-1	۱5 ا	vears
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6/20-7/20	M,W	4:30-5:15 PM	\$121	310306-01
7/25-8/10	M,W	4:30-5:15 PM	\$91	310306-03

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated. Note: Class will not be held on 7/4, 7/6.

Age: 5	-15 years
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6/20-7/20	M,W	4:30-5:15 PM	\$121	310310-01
7/25-8/10	M,W	4:30-5:15 PM	\$91	310310-02

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 7/4, 7/6.

Age: 5-15 years

6/20-7/20	M,W	4:30-5:15 PM	\$121	310314-01
7/25-8/10	M,W	4:30-5:15 PM	\$91	310314-02

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. Note: Class will not be held on 7/4, 7/6.

Age: 5-15 years

6/20-7/20	M,W	4:30-5:15 PM	\$121	310316-01	
7/25-8/10	M,W	4:30-5:15 PM	\$91	310316-02	

Basic 5 & 6 Skate

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight-line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 7/4, 7/6.

Age:	5-1	15	years
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6/20-7/20	M,W	4:30-5:15 PM	\$121	310320-01
7/25-8/10	M,W	4:30-5:15 PM	\$91	310320-02

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns. Note: Class will not be held on 7/6.

	Αg	e:	5-	15	year
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6/22-7/20	W	5:30-6:00 PM	\$45	310330-01
7/27-8/10	W	5:30-6:00 PM	\$34	310330-02

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 7/5, 7/7.

Age: 5-15 years

6/21-7/21	Tu,Th	4:30-5:15 PM	\$133	310326-01
7/26-8/11	Tu,Th	4:30-5:15 PM	\$100	310326-02

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 7/5, 7/7.

Age: 5-15 years

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6/21-7/21	Tu,Th	4:30-5:15 PM	\$133	310332-01	
7/26-8/11	Tu,Th	4:30-5:15 PM	\$100	310332-02	

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 7/5, 7/7.

Age: 5	-15 years
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6/21-7/21	Tu,Th	4:30-5:15 PM	\$133	310334-01	
7/26-8/11	Tu,Th	4:30-5:15 PM	\$100	310334-02	

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Class will not be held on 7/5, 7/7.

Age:	5-1	۱5 ا	/ears
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6/21-7/21	Tu,Th	4:30-5:15 PM	\$133	310336-01
7/26-8/11	Tu,Th	4:30-5:15 PM	\$100	310336-02

SPECIALTY PROGRAMS

Ice Dance

Learn preliminary and Pre-Bronze ice dance steps and patterns. Learn how to skate with a partner prepare the skater to take one or more dance tests. Must be USFS member to test. Prerequisite: Pre-Free Skate. Note: Class will not be held on 7/4.

Age:	Я١	rear	′ና ጸ	un
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6/20-7/18	М	5:45-6:45 PM	\$89	310346-01
7/25-8/8	М	5:45-6:45 PM	\$67	310346-02

Introduction to Showcase

Introduction of acting talent while skating to music in an artistic way. Participation in both sessions is required. Prerequisite: Pre-Free Skate. Note: Class will not be held on 7/5.

Δc	le:	8-	ا 15	vears

6/21-7/19	Tu	1:00-2:00 PM	\$89	310360-01
7/26-8/9	Tu	1:00-2:00 PM	\$67	310360-02

Introduction to Theatre on Ice

Theatre on Ice (TOI) combines the grace of figure skating with the excitement of theatre and dance. TOI teams bring skaters together to tell a story while developing skating and performance skills. Prerequisite: Pre-Free Skate – Pre-Preliminary. Note: Class will not be held on 7/7.

Age: 5-15 years

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6/23-7/21	Th	1:00-2:00 PM	\$89	310362-01
7/28-8/11	Th	1:00-2:00 PM	\$67	310362-02

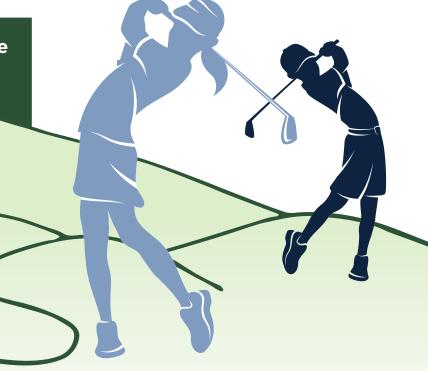


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OUTDOOR EDUCATION & RECREATION

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.

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 Kick off Meeting

Learn about the City of Fort Collins hiking club, B.O.O.T.S (Building on Outdoor Trails and Stewardship). The club hosts a combination of hiking, stewardship, and education opportunities each quarter. The kickoff meeting discusses the benefits and registration.

Location: Senior Center

6/13 M 2:30-3:00 PM No Fee 311931-01

Quarterly B.O.O.T.S. Membership

Once registered, participants choose hikes, stewardship, and education events to attend (listed on page 56). After registration, the B.O.O.T.S. Coordinator will contact club members to welcome them to the group.

6/13-8/29	М	7:00-9:00 AM	\$40	311930-01



Starting May 1 of 2022, plastic bags will no longer be available at grocery check-outs and customers will be charged a small fee per paper bag. Below are some tips to help get your household ready!

Get your bags ready - Dust off your reusable bags or stock up - find them at your local grocery store, thrift store, or from online groups that share items for free. Most households need 5-10 reusable bags.

Wash your bags - Reusable bags require regular cleaning just like any item that comes into contact with food. Give your reusable bags a wash after each use.

Stash them strategically - Place reusable bags in your car, bike trailer, purse, or backpack so you always have them when you need them.

Get going - Start using your reusable bags each time you shop.

Get creative - Already in the checkout line, but forgot your bags? Often a purse or backpack can cover smaller purchases. Most stores will pack your purchases back into your cart and you can then transfer them directly to your car or bike trailer.

Spread the word - Help friends and family create their own BAG PLAN by sharing this list with them!

Want to learn more about how and why to create a Bag Plan? Learn more at **ourcity.fcgov.com/plastics**



Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 \mid 22-23940

[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 trailhead. Starred* hikes have a user fee associated. Note: B.O.O.T.S. membership required for hikes, education and stewardship programs, see page 55.

Cathy Fro	mme to Red	Itail Grove	
6/20	М	7:00-9:00 AM	311932-01
Red Fox M	leadows		
6/27	М	7:00-9:00 AM	311932-02
Pineridge	Natural Are	ea	
7/18	М	7:00-9:00 AM	311932-03
Wells Gul	ch*		
7/25	М	7:00-9:00 AM	311932-04
North Foo	thills to No	rth Loop	
8/8	М	7:00-9:00 AM	311932-05
Reservoir	Ridge from	West Trailhead	
8/15	М	7:00-9:00 AM	311932-06

B.O.O.T.S. End of Season Potluck

Celebrate the end of the season with a group potluck on the Senior Center Patio while enjoying the Habitat Hero Garden.

8/29	М	Noon-2:00 PM	311935-01

B.O.O.T.S. Education

Scheduled activity will be shared by the kickoff meeting.

Location: TBD

8/1	М	8:00-10:00 AM	311933-01

B.O.O.T.S. Stewardship

Scheduled activity will be shared by kickoff meeting.

Location: TBD

7/14	М	8:00 am-10:00 am	311934-01
// 17	1.1	0.00 um 10.00 um	311337 01

OUTDOOR EDUCATION

Feather & Flight Fridays M

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 & older Location: Senior Center

Feather & Flight Fridays: Nests					
6/24	F	9:00-11:00 AM	\$15	311980-01	
Feather 8	Flight Fridays				
7/22	F	9:00-11:00 AM	\$15	311980-02	

311980-03

Feather & Flight Fridays: Migration

8/19 F 9:00-11:00 AM

ACTIVITY CLASSIFICATION

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

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

EXAMPLE

[DAY HIKES: LEVEL 2]

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

Zimmerman Lake 💶

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

Example	Tu	7:00 AM-4:00 PM	\$40	Example
Liample	Tu	7.00 AM-4.00 FM	₽40	Liample

OUTDOOR RECREATION

Backpacking 101

Participate in educational classes that prepare safety focused individuals for overnights in the outdoors. Learn about gear, packing, cooking, planning, and maps. Put your knowledge to the test in an overnight trip with experienced guides. Backpacking equipment is required. Optional rental equipment for an additional cost.

Age: 10 years & up Location: Senior Center

Gear 101 & Packing	6/16	Th	6:00-8:00 PM
Cooking & Food Safety	6/23	Th	6:00-8:00 PM
Planning & Mapping	6/30	Th	6:00-8:00 PM
Overnight Experience	7/9-7/10	Sa-Su	5:00 PM-10:00 AM
Registration for all	\$170	311954-	01

[LEVEL 2 ACTIVITIES **M**]

Lake Haiyaha 💵

Explore Chaos Creek on the way to a lesser-known lake, Lake Haiyaha, from the Bear Lake trailhead. Mileage: 4-5; Lowest Elevation: 9,848 feet; Highest Elevation: 10,197 feet.

6/9 Th 7:00 AM-3:00 PM \$75 311902-01

Mt. Margaret

Descend through open ponderosa pine forest and stands of quaking aspen before arriving at the base of Mt. Margaret. Excellent views of the forest and surrounding granite rock towers can be seen beyond.

Mileage: 4-6; Lowest Elevation; 9,900 feet; Highest Elevation: 10,500 feet.

6/26 Su 7:00 AM-3:00 PM \$75 311902-02

[LEVEL 3 ACTIVITIES **W**]

Little Beaver Creek

Hike through open forest and enter Comanche Peak wilderness with potential views of active beavers along the stream. Mileage: 8-10 miles; Lowest Elevation: 7,930 feet; Highest Elevation: 8,443 feet.

7/6 6:00 AM-4:00 PM \$80 311903-01

Cirque Meadow ...

Hike to the scenic Cirque Meadows along an old jeep trail. Enjoy the views of the Mummy Range and CSU's rustic mountain campus. Mileage: 6-8 miles; Lowest Elevation: 9,000feet; Highest Elevation: 10,000 feet.

7/29 F 6:00 AM-4:00 PM \$80 311903-02

Blue Lake

Take a trek into the Rawah Wilderness. Challenge yourself to climb to Blue Lake and bask in the beauty of this pristine high alpine basin. Mileage: 7-10 miles; Lowest Elevation: 9,350 feet; Highest Elevation: 11,050 feet.

8/10 W 6:00 AM-4:00 PM \$80 311903-04

Chasm Lake - I

Hike beyond treeline to this high alpine lake basin in the shadow of Mt. Meeker and The Diamond of Longs Peak. Views to the east look back on the summit of Estes Cone and Twin Sisters. The front range looms vast on the horizon. Mileage: 8-10 miles; Lowest Elevation: 9,400 feet; Highest Elevation: 11,800 feet.

8/27 6:00 AM-4:00 PM Sa \$80 311903-05

INCLUSION SUPPORT

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





Classes in which adults are required to attend



Denotes no web registration for program





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. Completed pieces can be picked up during any open lab times or during pottery pick up dates listed below.

Spring pick-up dates are 5/21 & 6/25 from 11 a.m.-2 p.m. Summer pick-up dates are 9/24 from 11 a.m.-2 p.m.

Pottery Lab

Lab is included for adults 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. Note: Lab will not be held on 7/4.

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

T & Th 7:30-10:00 PM

6/6-7/9	M-Sa	11:00 AM-1:00 PM	\$90	304899-01
7/11-8/13	M-Sa	11:00 AM-1:00 PM	\$90	304899-02

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 that are not necessarily utilitarian. Draw upon inspiration using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

6/10-8/12	F	9:00-11:00 AM	\$180	304885-01

Exploring Handbuilding

Come delve into the wonders of handbuilding with clay, using some basic techniques to create pieces from your imagination. Learn while having fun trying something new or expanding on previous skills. All levels welcome. Lab not included. All tools provided and 12 lbs. of clay included.

Age: 16 years & older Location: Senior Center

6/8-7/6	W	11:30 AM-1:30 PM	\$70	304873-01
7/13-8/10	W	11:30 AM-1:30 PM	\$70	304873-02

Handbuilding Expressions

Explore various handbuilding techniques to create functional pieces. Use the slab roller, extruder, and other handbuilding tools to construct pieces by hand. All levels welcome.

6/9-8/11 IN 6:00-8:00 PM \$180 3048/5-01	6/9-8/11	Th	6:00-8:00 PM	\$180	304875-01
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Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create and learn beginner techniques of clay. All materials and tools provided. Lab not included. Note: Class will not be held on 7/4.

6/9-7/7	Th	2:15-4:15 PM	\$70	304870-01
6/12-7/10	Su	2:30-4:30 PM	\$70	304870-02
7/14-8/11	Th	2:15-4:15 PM	\$70	304870-03
7/17-8/14	Su	2:30-4:30 PM	\$70	304870-04

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques and principals involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. Tools not provided. \$13 tool sets available for purchase. Note: Class will not be held on 7/4.

6/6-8/15	М	9:00-11:00 AM	\$180	304850-01
6/6-8/15	М	5:45-7:45 PM	\$180	304850-02
6/8-8/10	W	8:00-10:00 PM	\$180	304850-03
6/11-8/13	Sa	9:00-11:00 AM	\$180	304850-04

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. Prerequisite: Wheel & Handbuilding Beginner or Wheel & Handbuilding, Beginner Plus. Note: Class will not be held on 7/4.

6/6-8/15	М	8:00-10:00 PM	\$180	304855-01
6/8-8/10	W	5:45-7:45 PM	\$180	304855-02
6/9-8/11	Th	9:00-11:00 AM	\$180	304855-03

Wheel & Handbuilding, Intermediate

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

6/7-8/9	Tu	5:30-7:30 PM	\$180	304860-01
6/8-8/10	W	9:00-11:00 AM	\$180	304860-02

FAMILY PROGRAMS

Parent & Teen/Youth Wheel & Handbuilding 49



Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Registration cost includes one adult and one child; must register each additional person for \$67.

Age: 10-17 ye	ars			
6/10-7/8	F	6:30-8:30 PM	\$135	304845-01
7/15-8/12	F	6:30-8:30 PM	\$135	304845-02
Additional Po	erson(s)			
6/10-7/8	F	6:30-8:30 PM	\$67	304845-01A
7/15-8/12	F	6:30-8:30 PM	\$67	304845-02A





Denotes no web registration for program



Denotes program/activity has special membership pricing

Parent & Tot Mud, Handbuilding 🜕



Adult 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. Registration cost includes one adult and one child; each additional person is \$45. Note: Class will not be held on 7/4.

Age: 3-6 yea	rs			
6/6-7/11	М	2:30-3:30 PM	\$90	304801-01
6/11-7/9	Sa	12:30-1:30 PM	\$90	304801-02
7/18-8/15	М	2:30-3:30 PM	\$90	304801-03
7/16-8/13	Sa	12:30-1:30 PM	\$90	304801-04
Additional Pe	erson(s)			
6/6-7/11	М	2:30-3:30 PM	\$45	304801-01A
6/11-7/9	Sa	12:30-1:30 PM	\$45	304801-02A
7/18-8/15	М	2:30-3:30 PM	\$45	304801-03A
7/16-8/13	Sa	12:30-1:30 PM	\$45	304801-04A

Thrown Together 🥨

Explore the basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery while learning the basics of wedging, centering, throwing, trimming, surface decorating and glazing. Note: Registration cost includes one adult and one child. No additional persons available.

Age: 7-17 yea	ars			
6/9-7/7	Th	4:15-5:45 PM	\$135	304825-01
6/9-7/7	Th	6:00-7:00 PM	\$135	304825-02
6/11-7/9	Sa	2:30-4:00 PM	\$135	304825-03
7/14-8/11	Th	4:15-5:45 PM	\$135	304825-04
7/14-8/11	Th	6:00-7:00 PM	\$135	304825-05
7/16-8/13	Sa	2:30-4:00 PM	\$135	304825-06

YOUTH PROGRAMS

Child Handbuilding

Create interesting clay projects while learning various methods of forming and glazing clay. New projects introduced each session. Note: Class will not be held on 7/4.

Age: 6-9 yea	ars			
6/6-7/11	М	4:00-5:30 PM	\$70	304805-01
7/18-8/15	М	4:00-5:30 PM	\$70	304805-02

Youth Wheel & Handbuilding

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

Age: 9-13 ye	ars			
6/8-7/6	W	2:30-4:00 PM	\$70	304810-01
7/13-8/10	W	2:30-4:00 PM	\$70	304810-02

Teen Wheel & Handbuilding

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

Age: 13-17 ye	ears			
6/7-7/5	Tu	2:30-4:00 PM	\$70	304815-01
7/12-8/9	Tu	2:30-4:00 PM	\$70	304815-02



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

Programs are for ages 16 years & up unless otherwise noted.

In an effort to welcome and affirm all gender identities, leagues that were formerly labeled as coed are now referred to as "mixed."

Note: Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

[BASKETBALL]

Summer Adult Basketball

Teams sign-up for their level preference on a first come basis. Registration ends 6/3 or when leagues fill. Rosters are unlimited. 8 games scheduled.

Location: Northside Aztlan Community Center

Cost: \$459 Date: 6/10-8/5

Friday Men's Competitive	313001-01
Friday Men's Recreational	313001-02

Fall Adult Basketball

Teams sign-up for their level preference on a first come basis. Registration ends 9/2 or when leagues fill. Rosters are unlimited. 8 games scheduled.

Cost: \$459 Date: 9/12–11/7

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

[FLAG FOOTBALL]

Summer Adult Flag Football

8-on-8 non-contact league. Games can be played with any combination of gender on the field. Registration ends 5/6 or when leagues fill. 8 games scheduled. League begins week of 5/16.

Location: Rolland Moore Park

Cost \$445

Thursday Recreational 313011-01

Fall Adult Flag Football

8-on-8 non-contact league. Games can be played with any combination of gender on the field. Registration ends 8/12 or when league fills. 8 games scheduled. League begins week of 8/22.

Location: Rolland Moore Park

Cost: \$445

Monday Recreational	413011-01	
Tuesday Recreational	413011-02	

[KICKBALL]

Summer Mixed Kickball

Have fun playing an American classic invented on the playground. Registration ends 5/6 or when league fills. 8 games scheduled. League begins week of 5/16.

Location: Rolland Moore Park

Cost: \$280

Friday Mixed Competitive	313061-01
Friday Mixed Recreational	313061-02

Fall Mixed Kickball

Have fun playing an American classic invented on the playground. Registration ends 8/12 or when league fills. 8 games scheduled. League begins week of 8/22.

Location: Rolland Moore Park

Cost: \$280

Friday Mixed Competitive	413061-01	
Friday Mixed Recreational	413061-02	

[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 Mixed leagues.

Summer Adult Softball

Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Mixed leagues play with men hitting 12" softballs and all others having the option to hit 11" softballs. Registration ends 5/6 or when leagues fill. Rosters are unlimited. 10 games scheduled. League begins week of 5/16.

Age: 16 years & up

Location: Fossil Creek, Lee Martinez, and Rolland Moore Parks, Twin

Silo Cost: \$605

Men's Softball	
Sunday III	313021-01
Sunday IV	313021-02
Monday III	313021-03
Monday IV	313021-04
Tuesday II	313021-05
Tuesday III	313021-06
Tuesday IV	313021-07
Wednesday II	313021-08
Wednesday III	313021-09
Wednesday IV	313021-10
Thursday III	313021-11
Thursday IV	313021-12
Friday IV	313021-13
Women's Softball	
Monday Recreational	313022-01
Mixed Softball	
Sunday Competitive	313023-01
Sunday Recreational	313023-02
Tuesday Competitive	313023-03
Tuesday Recreational	313023-04
Wednesday Competitive	313023-05
Wednesday Recreational	313023-06
Thursday Competitive	313023-07
Thursday Recreational	313023-08
Friday Recreational	313023-09

Fall Adult Softball

Opportunity to continue playing softball after the summer leagues conclude. Registration ends 8/12 or when leagues fill. 8 games scheduled. League begins week of 8/22.

Location: Fossil Creek, Lee Martinez, and Rolland Moore Parks, Twin Silo

Cost: \$520

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TICITS	
Sunday IV	413021-01
Monday III	413021-02
Monday IV	413021-03
Tuesday III	413021-04
Tuesday IV	413021-05
Wednesday III	413021-06
Wednesday IV	413021-07
Thursday III	413021-08
Women's	
Monday Recreational	413022-01
Mixed	
Sunday Mixed Competitive	413023-01
Sunday Mixed Recreational	413023-02
Tuesday Mixed Recreational	413023-04
Wednesday Mixed Competitive	413023-05
Wednesday Mixed Recreational	413023-06
Thursday Mixed Competitive	413023-07
Thursday Mixed Recreational	413023-08



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

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

*Free for residents of the Health District

970-224-5209

healthdistrict.org/quitsmoking



[VOLLEYBALL]

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

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

Summer Outdoor Adult Grass Volleyball

Self-officiated outdoor grass league with three matches per night. Registration ends 6/3 or when leagues fill. The season is approximately 8 weeks long. League begins the week of 6/13

Location: Spring Canyon Park

Cost: \$55-\$110

М	en	'n

1.1011.3		
Thursday BB Doubles	313041-01	
Women's		
Tuesday A Doubles	313042-02	
Tuesday BB Doubles	313042-01	
Mixed		
Monday A Doubles	313043-01	
Monday BB Doubles	313043-02	
Wednesday A Fours	313043-03	
Wednesday BB Fours	313043-04	
Thursday B Fours	313043-05	

Fall Adult Volleyball

Mixed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis. Registration ends 8/19, or when leagues fill. Leagues begin the week of 8/29. 8 games scheduled.

Location: TBD Cost: \$300

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Women's		
Sunday B	413542-03	
Wednesday A	413542-01	
Wednesday BB	413542-02	
Mixed		
Monday BB	413543-01	
Monday B	413543-02	
Tuesday A	413543-03	
Tuesday BB	413543-04	
Friday B	413543-05	

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 week before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Post-season tournaments are only played in the middle school divisions for all leagues.

Outdoor leagues practice on a first-come-first served basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. Teams practice 1-2 times per week based on availability. In the event of gym cancelations, teams may practice in locations that differ from registration site.

In an effort to welcome and affirm all gender identities, leagues that were formerly labeled as coed are now referred to as "mixed."

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.

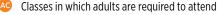
All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for 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 60 for more information.







Denotes program/activity has special membership pricing

[SUMMER SPORTS]

BASKETBALL

Summer Boys and Girls Basketball

Teams formed by park practice location and 2021-2022 school year grade. Each team will hold 1-2 practices outside per week. NBA replica jerseys are provided. Games scheduled in the evenings on various weeknights with 6 total games scheduled.

Cost: \$89 Dates: 6/1-7/25

haxiM	Grade	Kinderd	ıarten-1

Mixed Grade Kindergarten-I					
Foothills Activity Center 314700-01					
Boys Grade 2/3					
City Park	314001-01				
Fossil Creek Park	314001-10				
Lee Martinez Park	314001-15				
Rogers Park	314001-02				
Rolland Moore Park	314001-20				
Spring Canyon Park	314001-05				
Stewart Case Park	314001-31				
Troutman Park	314001-25				
Boys Grade 4/5					
City Park	314002-01				
Fossil Creek Park	314002-11				
Lee Martinez Park	314002-15				
Rolland Moore Park	314002-20				
Spring Canyon Park	314002-06				
Troutman Park	314002-25				
Warren Park	314002-30				
Boys Grade 6/7/8					
City Park	314003-01				
Fossil Creek Park	314003-11				
Landings Park	314003-25				
Lee Martinez Park	314003-15				
Rolland Moore Park	314003-20				
Spring Canyon Park	314003-06				
Warren Park	314003-26				
Girls Grade 2/3					
City Park	314004-01				
Fossil Creek Park	314004-10				
Lee Martinez Park	314004-15				
Rogers Park	314004-02				
Rolland Moore Park	314004-20				
Spring Canyon Park	314004-05				
Stewart Case Park	314004-31				
Troutman Park	314004-25				

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City Park	314005-01	
Fossil Creek Park	314005-10	
Lee Martinez Park	314005-15	
Rolland Moore Park	314005-20	
Spring Canyon Park	314005-05	
Troutman Park	314005-25	
Warren Park	314005-30	
Girls Grade 6/7/8		
Girls Grade 6/7/8 City Park	314006-01	
	314006-01 314006-10	
City Park		
City Park Fossil Creek Park	314006-10	
City Park Fossil Creek Park Landings Park	314006-10 314006-25	

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 for use. No class 6/20, 6/21, 7/4, & 7/5.

Age:5-11 years

Location: Foothills Activity Center

6/6-7/25	М	5:15-6:10 PM	\$99	314737-01
8/1-8/29	М	5:15-6:10 PM	\$83	314737-02
6/6-7/25	М	6:15-7:10 PM	\$99	314737-03
8/1-8/29	М	6:15-7:10 PM	\$83	314737-04
Location: Clu	ub Tico			
6/7-7/26	Tu	4:50-5:45 PM	\$99	314137-01
8/2-8/30	Tu	4:50-5:45 PM	\$83	314137-02

INCLUSION SUPPORT

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

MARTIAL ARTS

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children.

Age: 7 years & up Location: Club Tico

6/6-6/29	M,W	5:00-6:00 PM	\$45	322122-01
7/11-8/3	M,W	5:00-6:00 PM	\$45	322122-02
8/8-8/31	M,W	5:00-6:00 PM	\$45	322122-03

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Minimum completion of yellow belt exam.

Age: 7 years & up Location: Club Tico

6/6-6/29	M,W	6:00-7:00 PM	\$45	322123-01
7/11-8/3	M,W	6:00-7:00 PM	\$45	322123-02
8/8-8/31	M,W	6:00-7:00 PM	\$45	322123-03

Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques. Prerequisite: Minimum completion of brown belt exam.

Age: 7 years & up Location: Club Tico

6/6-6/29	M,W	7:00-8:00 PM	\$45	322124-01
7/11-8/3	M,W	7:00-8:00 PM	\$45	322124-02
8/8-8/31	M.W	7:00-8:00 PM	\$45	322124-03

SOFTBALL

Mixed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, on Tuesday evenings. Based on 2021-2022 school year grade level. Team shirts included.6 games scheduled.

Age: 5-6 years Cost: \$45 Date: 6/7-7/19

Spring Canyon Park 314020-03

Summer Girls Softball

Learn and improve your slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBA). Grades 2-3 play coach pitch style softball. Grades 4-5 are player pitch. Grades 6-8 play fast pitch. Based on 2021-2022 school year grade level. Games played Tuesdays and/or Thursdays. 6 games scheduled.

Cost: \$89 Date: 5/31-7/21 Grade 2-3

Grade 2-3		
City Park	314021-16	
Fossil Creek	314021-17	
Beattie	314021-18	
Rolland Moore	314021-19	
Spring Canyon	314021-20	
Grade 4-5		
City Park	314022-16	
Fossil Creek	314022-17	
Beattie	314022-18	
Spring Canyon	314022-19	
Rolland Moore	314022-20	
Fossil Creek	314022-21	
Grade 6-8		
Blevins	314023-20	
Boltz	314023-21	
CLP	314023-22	
Kinard	314023-23	
Lesher	314023-24	
Lincoln	314023-25	
Preston	314023-26	
Webber	314023-27	
Wellington	314023-28	

DISCOVER DESCUBRE



WONDER SORPRÉNDETE



LEARN APRENDE



ENGAGE INTERACTÚA







EXPLORE EXPLORA



RUNNING

C.A.R.A. Track

Basic techniques of track are taught. Participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules are given out at the first practice. Fee includes team shirt and fees for track meets.

Location: Fort Collins High School

Αa	е:	3	5-	8	vears

, tgc. 5.5 C j	cars			
6/6-7/16	M,W,F	9:00-10:15 AM	\$90	314031-01
Age: 9-16 ye	ears			
	M,W,F	10:30-11:45 AM	\$90	314031-02

Junior Rams - C.A.R.A. Cross Country

Recreational cross-country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities on Saturday or Sunday each weekend. Fee includes Junior Rams jersey and fees for cross country meets.

Location: Varies

Age: 6-14 years

8/22-10/8	Sa,Su	5:30-6:45 PM\$75	414033-01

YOUNGSTERS

SNAG Scramble 45



Teams play a 9-hole scramble. Never played golf before, no problem. Explore Starting New at Golf (SNAG) and work on the fundamentals of the game. All equipment provided.

Location: City Park

Grade: 1-2				
7/27	W	5:30-7:00 PM	\$20	314093-01
Grade: 3-5				
7/27	W	6:30-8:00 PM	\$20	314093-02
Grade: 6-8				
7/27	W	7:00-8:00 PM	\$20	314093-03

SKYHAWKS SUMMER SPORTS CAMPS

[SUPERTOTS CAMPS]

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. For more information, visit SuperTotSports.com/colorado.

Age: 2-2.5 years

Soccer Tots

Location: Fossil Creek Park

6/13-6/17	M-F	9:15AM-9:45AM	\$54	314071-31	
Hoopster To	ts				
Location: No	rthside Azt	lan Community Cente	r		
6/27-7/1	M-F	9:15AM-9:45AM	\$54	314071-35	

Baseball Tots

Location: Rolland Moore Park

7/5-7/8 Tu-F 9:15AM-9:45AM \$4	3 314071-33
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Age: 2.5-3.5 years

Soccer Tots

Location: Fossil Creek Park

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

Hoopster Tots

Location: Northside Aztlan Community Center

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

Location: Rolland Moore Park

7/5-7/8	Tu-F	10:00AM-10:45AM	\$67	314071-34
1/3-1/0	IU-F	10.00A11-10.43A11	JUJ	3140/1-34

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

Hoopster Tots

Location: Northside Aztlan Community Center

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Baseball Tots

Location: Rolland Moore Park

7/5 7/0	T -	11:00 AM 11:45 AM	AC7	714071 70
//5-//8	III-F	11:00 AM-11:45 AM	365	514071-59

Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

INCLUSION SUPPORT

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

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[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. 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

This baseball, basketball, and soccer program gives children a positive first step into athletics with lots of encouragement and a big focus on fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Age: 4-6 years

Location: Overland Park

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

Cheerleading

Skyhawks cheerleading teaches the essential skills to lead crowds and support the home team! Each camper learns cheers, proper hand and body movements, and jumping techniques. There is no stunting, just a big focus on fun. The week concludes with a choreographed performance.

Age: 5-9 years

Location: Fossil Creek Park

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

Golf, Beginner

Learn the fundamentals of swinging, putting, and body positioning. Using oversized golf clubs and golf balls that are weighted like real golf equipment, simplified instruction helps young players make an effective transition onto the golf course. All equipment is provided. Please do not bring clubs from home.

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	_		



Baseball & Softball

This camp is 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

7/5 7/0

Location: Rolland Moore Park

1/5-1/8	Iu-F	9.00 AM-NOOH	\$120	3140/1-11	
Softball					
Location: Ro	olland Moore	Park			
7/5-7/8	Tu-F	9:00 AM-Noon	\$120	314071-25	_

OLOO AM Noor

Flag Football - Fueled by USA Football

Campers learn skills on both sides of the ball including the core components of passing, catching, and defense. Using a curriculum developed by Skyhawks and USA Football®, athletes will also develop and refine their movement ABCs – agility, balance, coordination, strength, and speed. The week will end with the Skyhawks Super Bowl!

Age: 6-12 years Location: Warren Park

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

Lacrosse

Lacrosse combines basic skills used in soccer, basketball, and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. We use so training balls and provide lacrosse sticks, but you can bring your own! We do not use helmets or gloves. Please do not bring helmets or gloves from home.

Age: 6-12 years

Location: English Ranch Park

7/5-7/9 Tu-F 9:00 AM-Noon	\$120	314071-09
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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. Pickleball paddles will be provided, but we encourage you to bring your own! Programs will quickly due to limited court space.

Age: 6-12 years

Location: Cottonwood Glen Park

6/20-6/24 M-F 9:00 AM-Noon \$15	0 314071-42
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Soccer

Campers gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players. Camp focuses on 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: Ha	rmony Park			
7/18-7/22	M-F	9:00 AM-Noon	\$150	314071-19

Sport Mix

This one-of-a-kind Skyhawks camp is a mix of games including kickball, dodgeball, ultimate, capture the flag, and more! Kids and coaches work together to create new sports and games like football-baseball or soccer-golf. A chance for everyone to get outside, burn some energy and have a great me 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	314071-05

INCLUSION SUPPORT

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Track & Field

Skyhawks track and field camps combine technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching, and cool-down techniques. Some track and field camps are held at a park instead of an actual track.

Age: 6-12 years

Location: Harmony Park

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

Multi-Sport

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 and 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

//11-//15	M-Th	9:00 AM-3:00 PM	\$200	3140/1-15	

Location: Spring Canyon Park

7/25-7/28 M-Th	9:00 AM-3:00 PM	\$200	314071-12
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Basketball/Volleyball Location: Spring Canyon Park

	8/8-8/11	M-Th	9:00 AM-3:00 PM	\$200	314071-13
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Basketball

This mixed program is designed for beginner and intermediate players. An active week of dribbling, passing, shooting, and rebounding makes this one of our most popular programs. Participants will engage in different drills and practice games each day to help them learn and improve their game from day one. Scrimmages will be played as time allows each day.

Age: 6-12 years

Location: Northside Aztlan Community 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

Age: 8-14 years

Location: Spring Canyon Park

7/18-7/22	МГ	9:00 AM-12:00 PM	¢1E A	714071 06
// ۱۸-////	IYI−F	9:00 AM-17:00 PM	\$150	314071-06

Volleyball

This mixed program is designed for the beginning and intermediate players. The fundamental skills of volleyball are taught through game-speed drills and practice games that focus on passing, serving, hitting and serving. Participants will learn new skills and improve their game from day one. Scrimmages will be played as time allows each day.

Age: 8-14 years

Location: Northside Aztlan Community Center

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

[SKYHAWKS SUMMER STEM 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

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

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

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

_ / /				
7/10 7/22	ME	OLOO AM Maan	G165	711077 OF
7/18-7/22	M-F	9:00 AM-Noon	\$165	314072-05

Basketball

The STEM Sports® basketball curriculum educates participants on subjects including velocity and acceleration, basketball shoe design, tracking with technology, and much more!

Location: Northside Aztlan Community Center

8/1-8/4	M-Th	9:00 AM-3:00 PM	\$225	314072-07
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[FALL SPORTS]

FLAG FOOTBALL

Fall Junior Rams Flag Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. All players will receive a Junior Rams jersey. 6 games scheduled.

Cost: \$89 Date: 8/29–10/15

Grade: Kindergarten-1

Grade. Killdergarten-i	
City Park	414010-01
Edora Park	414010-04
Fossil Creek Park	414010-07
Rolland Moore Park	414010-10
Spring Canyon Park	414010-13
Troutman Park	414010-16
Warren Park	414010-19
Windsor Park	414010-22
Grade: 2–3	
City Park	414011-01
Edora Park	414011-04
English Ranch Park	414011-07
Fossil Creek Park	414011-10
Greenbriar Park	414011-13
Harmony Park	414011-16
Spring Canyon Park	414011-19
Troutman Park	414011-22
Twin Silo	414011-25
Warren Park	414011-28
Grade: 4–5	
Blevins Park	414012-01
City Park	414012-04
Edora Park	414012-07
Fossil Creek Park	414012-10
Greenbriar Park	414012-13
Harmony Park	414012-16
Rolland Moore Park	414012-19
Spring Canyon Park	414012-22
Troutman Park	414012-25
Twin Silo	414012-28
Warren Park	414012-31
Grade: 6-8	
City Park	414013-01
English Ranch Park	414013-01 414013-04
English Ranch Park	414013-04
English Ranch Park Fossil Creek Park	414013-04 414013-07 414013-10 414013-13
English Ranch Park Fossil Creek Park Greenbriar Park	414013-04 414013-07 414013-10

VOLLEYBALL

Fall Junior Rams Volleyball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1–2 times per week, matches are Saturday mornings and weeknights. Practice days and times vary. 6 games scheduled. All Junior Ram players receive a reversible Junior Rams jersey and two tickets to 1 pre-selected CSU Volleyball game.

Cost: \$89

Date: 8/29-10/15

Grade 2–3	414941-01
Grade 4-5	414942-01

Fall Middle School Volleyball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week. Matches are Saturday mornings and occasional weeknights. Practice days and times vary. 6 games scheduled.

Cost: \$89

Date: 8/29-10/15

Grade 6-8

Blevins	414943-01
Boltz	414943-03
CLP	414943-05
Kinard	414943-07
Lesher	414943-09
Lincoln	414943-11
Preston	414943-13
Webber	414943-17
Wellington	414943-19

Mountain Sage 414943-21

INCLUSION SUPPORT

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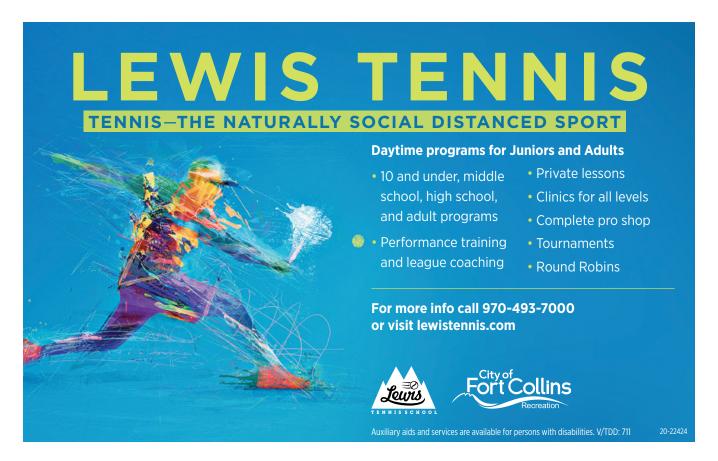
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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity ha

Denotes program/activity has special membership pricing



TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more 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.

Lewis Tennis School takes seriously the importance of providing a safe environment for its players and staff. "Tennis – The Naturally Social Distance Sport."

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. Summer hours are 8 a.m.-6 p.m. Monday thru Friday and 10 a.m.-4 p.m. Saturday.

Registration & Pricing

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

Two prices are listed for each activity section. The first price listed is an early bird price, which begins on Recreator registration day until 30 days prior to the first class of the session. The second price listed is the regular rate, which begins 29 days ahead of the program start date.

EXAMPLE

Beginner Tennis

Learn the correct way to hit forehands, backhands, volleys, overheads, and serves as well as basic rules and strategies as you start competition.

			Early Bird	Regular Rate	
1/31-2/23	M,W	6:30-8:00 PM	\$181	\$201	123005-02
2/28-3/23	M,W	6:30-8:00 PM	\$181	\$201	123005-03
3/28-4/20	M,W	6:30-8:00 PM	\$181	\$201	223005-01
4/25-5/18	M,W	6:30-8:00 PM	\$181	\$201	223005-02

[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.

Location: Rolland Moore

			Early	Regular	
			Bird	Rate	
5/30-6/8	M,W	6:00-7:30 PM	\$92	\$102	323005-01
6/13-6/22	M,W	6:00-7:30 PM	\$92	\$102	323005-02
6/27-7/6	M,W	6:00-7:30 PM	\$92	\$102	323005-03
7/11-7/20	M,W	6:00-7:30 PM	\$92	\$102	323005-04
7/25-8/3	M,W	6:00-7:30 PM	\$92	\$102	323005-05
8/8-8/10	M,W	6:00-7:30 PM	\$46	\$51	323005-06

Intermediate

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.

Location: Rolland Moore

			Early	Regular	
			Bird	Rate	
5/30-6/8	M,W	7:30-9:00 PM	\$92	\$102	323006-01
6/13-6/22	M,W	7:30-9:00 PM	\$92	\$102	323006-02
6/27-7/6	M,W	7:30-9:00 PM	\$92	\$102	323006-03
7/11-7/20	M,W	7:30-9:00 PM	\$92	\$102	323006-04
7/25-8/3	M,W	7:30-9:00 PM	\$92	\$102	323006-05
8/8-8/10	M,W	7:30-9:00 PM	\$46	\$51	323006-06

[YOUTH PROGRAMS]

10 & 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. Weekly tournaments available this season!

Little Lobbers

Young players develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 years

Location: Fossil Creek Park

			Early	Regular	
			Bird	Rate	
5/30-6/8	M,W	8:00-8:45 AM	\$51	\$54	323015-01
6/13-6/22	M,W	8:00-8:45 AM	\$51	\$54	323015-02
6/27-7/6	M,W	8:00-8:45 AM	\$51	\$54	323015-03
7/11-7/20	M,W	8:00-8:45 AM	\$51	\$54	323015-04
7/25-8/3	M,W	8:00-8:45 AM	\$51	\$54	323015-05
8/8-8/10	M,W	8:00-8:45 AM	\$25	\$27	323015-06
5/31-6/9	Tu,Th	8:00-8:45 AM	\$51	\$54	323015-07
6/14-6/23	Tu,Th	8:00-8:45 AM	\$51	\$54	323015-08
6/28-7/7	Tu,Th	8:00-8:45 AM	\$51	\$54	323015-09
7/12-7/21	Tu,Th	8:00-8:45 AM	\$51	\$54	323015-10
7/26-8/4	Tu,Th	8:00-8:45 AM	\$51	\$54	323015-11
8/9-8/11	Tu,Th	8:00-8:45 AM	\$25	\$27	323015-12
5/28-6/18	Sa	8:00-8:45 AM	\$51	\$54	323015-13
6/25-7/16	Sa	8:00-8:45 AM	\$51	\$54	323015-14
7/23-8/13	Sa	8:00-8:45 AM	\$51	\$54	323015-15

Location:		

			Early	Regular	
			Bird	Rate	
5/30-6/8	M,W	8:00-8:45 AM	\$51	\$54	323035-01
6/13-6/22	M,W	8:00-8:45 AM	\$51	\$54	323035-02
6/27-7/6	M,W	8:00-8:45 AM	\$51	\$54	323035-03
7/11-7/20	M,W	8:00-8:45 AM	\$51	\$54	323035-04
7/25-8/3	M,W	8:00-8:45 AM	\$51	\$54	323035-05
8/8-8/10	M,W	8:00-8:45 AM	\$25	\$54	323035-06
5/31-6/9	Tu,Th	8:00-8:45 AM	\$51	\$54	323035-07
6/14-6/23	Tu,Th	8:00-8:45 AM	\$51	\$54	323035-08
6/28-7/7	Tu,Th	8:00-8:45 AM	\$51	\$54	323035-09
7/12-7/21	Tu,Th	8:00-8:45 AM	\$51	\$54	323035-10
7/26-8/4	Tu,Th	8:00-8:45 AM	\$51	\$54	323035-11
8/9-8/11	Tu,Th	8:00-8:45 AM	\$25	\$27	323035-12

Location: Rolland Moore Racquet Complex

			Early Bird	Regular Rate	
5/30-6/8	M,W	8:00-8:45 AM	\$48	\$54	323055-01
6/13-6/22	M,W	8:00-8:45 AM	\$48	\$54	323055-02
6/27-7/6	M,W	8:00-8:45 AM	\$48	\$54	323055-03
7/11-7/20	M,W	8:00-8:45 AM	\$48	\$54	323055-04
7/25-8/3	M,W	8:00-8:45 AM	\$48	\$54	323055-05
8/8-8/10	M,W	8:00-8:45 AM	\$25	\$27	323055-06
5/31-6/9	Tu,Th	8:00-8:45 AM	\$48	\$54	323055-07
6/14-6/23	Tu,Th	8:00-8:45 AM	\$48	\$54	323055-08
6/28-7/7	Tu,Th	8:00-8:45 AM	\$48	\$54	323055-09
7/12-7/21	Tu,Th	8:00-8:45 AM	\$48	\$54	323055-10
7/26-8/4	Tu,Th	8:00-8:45 AM	\$48	\$54	323055-11
8/9-8/11	Tu,Th	8:00-8:45 AM	\$25	\$27	323055-12

Future Stars

Learn basic stroking fundamentals, rules, and play fun games to develop skills. Players learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized.

Age: 7-8 years

Location: Fossil Creek Park

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323013-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323013-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323013-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323013-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323013-05
8/8-8/12	M-F	8:50-10:20 AM	\$89	\$99	323013-06
5/28-6/8	Sa	8:50-10:20 AM	\$75	\$81	323013-07
6/25-7/16	Sa	8:50-10:20 AM	\$75	\$81	323013-08
7/23-8/13	Sa	8:50-10:20 AM	\$75	\$81	323013-09

Location: Fossil Ridge High School

			Early Bird	Regular Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323033-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323033-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323033-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323033-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323033-05
8/8-8/12	M-F	8:50-10:20 AM	\$89	\$99	323033-06

Location: Rolland Moore Racquet Complex

			Early Bird	Regular Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323053-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323053-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323053-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323053-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323053-05
8/8-8/12	M-F	8:50-10:20 AM	\$89	\$99	323053-06

















Youth PlayPass





Discover MORE. Pay LESS!

Scan for full details.

On sale at select Recreation facilities starting April 4!

Play your way this summer with the Youth PlayPass! With one card, access pools, cultural facilities, and recreation amenities throughout Fort Collins all summer long. Benefits of the Youth PlayPass include free/discounted entry to the following facilities:

- City Park Pool
- Gardens on Spring Creek
- · Recreation Facilities
- Driving Ranges at City Golf Courses
- Fort Collins Museum of Discovery (FCMoD is a collaboration between the City of Fort Collins and Fort Collins Museum of Discovery Nonprofit Partner.)

Youth PlayPass Details

Youth PlayPass cards are non-transferable. Valid for drop in admission, or as outlined at fcgov.com/playpass. 2022 PlayPasses valid Memorial Day through Labor Day.















Climb the silo at Twin Silo Park	Go to the driving range at any City golf course	Test your strength at Rossborough Park's fitness course	Shoot hoops at Foothills Activity Center on Sunday for \$1	Bike from Spring Canyon Park to Spring Park on Spring Creek Trail		
Swim at City Park Pool	Test your bike skills at the Traverse Park pump track	Play at the playground at Lee Martinez Park	Ride the Long View Trail to Loveland	Take the notable tree tour at City Park		
Learn about pollinator gardens at Sugar Beet Park	Go ice skating at EPIC	Purchase a City of Fort Collins Youth PlayPass	Stroll around the ponds at Fossil Creek Park	Visit Milk House at Spencer Park		
Visit the ponies at The Farm	Make a splash at Oak Street Plaza	Run the bases at Rolland Moore	Join the fun at Youth Night held every Thursday	Ride on the slide at Crescent Park		
Try a new program with Recreation	Visit a dog park	Cross the bridge at Poudre River Whitewater Park	Use the Parks Guide to discover a park new to you	Splash around in the interactive play area at Mulberry Pool		
Complete at least 10 of these activities throughout the summer and turn in your completed adventure card to Northside Aztlan Community Center by Monday, August 15, 2022 for a chance to win a prize!						
Name	Email		Phone #	 		



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

8/8-8/12

M-F

8:50-10:20 AM

\$89

\$99

323050-06

Location: Fossil Creek Park

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323010-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323010-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323010-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323010-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323010-05
8/8-8/12	M-F	8:50-10:20 AM	\$89	\$99	323010-06
5/28-6/18	Sa	8:50-10:20 AM	\$75	\$81	323010-07
6/25-7/16	Sa	8:50-10:20 AM	\$75	\$81	323010-08
7/23-8/13	Sa	8:50-10:20 AM	\$75	\$81	323010-09
Location: Fo	ossil Rid	ge High School			
			Early Bird	Regular Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323030-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323030-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323030-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323030-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323030-05
8/8-8/12	M-F	8:50-10:20 AM	\$89	\$99	323030-06
Location: R	olland M	loore Racquet Con	nplex		
			Early Bird	Regular Rate	
5/30-6/10	M-F	8:50-10:20 AM	\$179	\$199	323050-01
6/13-6/24	M-F	8:50-10:20 AM	\$179	\$199	323050-02
6/27-7/8	M-F	8:50-10:20 AM	\$179	\$199	323050-03
7/11-7/22	M-F	8:50-10:20 AM	\$179	\$199	323050-04
7/25-8/5	M-F	8:50-10:20 AM	\$179	\$199	323050-05
0/0 0/10	N4 E	0 50 10 00 414	400	*^^	707050 06

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

Location: Fossil Creek Park

			Early Bird	Regular Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323011-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323011-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323011-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323011-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323011-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323011-06
5/28-6/18	Sa	10:30 AM-12:30 PM	\$96	\$106	323011-07
6/25-7/16	Sa	10:30 AM-12:30 PM	\$96	\$106	323011-08
7/23-8/13	Sa	10:30 AM-12:30 PM	\$96	\$106	323011-09

Location: Fossil Ridge High School

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323031-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323031-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323031-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323031-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323031-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323031-06

Location: Rolland Moore Racquet Complex

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323051-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323051-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323051-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323051-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323051-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323051-06

INCLUSION SUPPORT

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

Competitive

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

Age: 11-13 years

Location: Fossil Creek Park

			Early Bird	Regular Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323012-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323012-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323012-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323012-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323012-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323012-06
5/28-6/18	Sa	10:30 AM-12:30 PM	\$96	\$106	323012-07
6/25-7/16	Sa	10:30 AM-12:30 PM	\$96	\$106	323012-08
7/23-8/13	Sa	10:30 AM-12:30 PM	\$96	\$106	323012-09

Location: Fossil Ridge High School

			Early Bird	Regular Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323032-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323032-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323032-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323032-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323032-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323032-06

Location: Rolland Moore Racquet Complex

			Early Bird	Regular Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323052-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323052-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323052-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323052-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323052-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323052-06

Wimbledon

New players will learn the foundation of proper techniques to build a lifetime of tennis. Players will also play games, learn scoring, and rules

Age: 14-18 years

Location: Fossil Creek Park

			Early Bird	Regular Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323016-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323016-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323016-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323016-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323016-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323016-06
5/28-6/18	Sa	10:30 AM-12:30 PM	\$96	\$106	323016-07
6/25-7/16	Sa	10:30 AM-12:30 PM	\$96	\$106	323016-08
7/23-8/13	Sa	10:30 AM-12:30 PM	\$96	\$106	323016-09

Location: Fossil Ridge High School

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323036-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323036-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323036-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323036-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323036-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323036-06

Location: Rolland Moore Racquet Complex

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323056-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323056-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323056-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323056-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323056-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323056-06

AC NW





Denotes no web registration for program



Denotes program/activity has special membership pricing

EGEND

Grand Slam

Intermediate to advanced players will develop advanced stroking skills, learn doubles and singles strategy, and learn how to compete effectively on their high school teams and in tournaments.

Age: 14-18 years

Location: Fossil Creek Park

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323014-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323014-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323014-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323014-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323014-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323014-06
5/28-6/18	Sa	10:30 AM-12:30 PM	\$96	\$106	323014-07
6/25-7/16	Sa	10:30 AM-12:30 PM	\$96	\$106	323014-08
7/23-8/13	Sa	10:30 AM-12:30 PM	\$96	\$106	323014-09

Location: Fossil Ridge High School

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323034-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323034-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323034-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323034-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323034-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323034-06

Location: Rolland Moore Racquet Complex

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	10:30 AM-12:30 PM	\$246	\$263	323054-01
6/16-6/24	M-F	10:30 AM-12:30 PM	\$246	\$263	323054-02
6/27-7/8	M-F	10:30 AM-12:30 PM	\$246	\$263	323054-03
7/11-7/22	M-F	10:30 AM-12:30 PM	\$246	\$263	323054-04
7/25-8/5	M-F	10:30 AM-12:30 PM	\$246	\$263	323054-05
8/8-8/12	M-F	10:30 AM-12:30 PM	\$123	\$131	323054-06

Performance Training

This program is for the devoted junior plater 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

Performance Tier 1&2

Age: 12-18 years

Location: Rolland Moore Racquet Complex

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-F	1:00-3:00 PM	\$246	\$263	323058-01
6/13-6/24	M-F	1:00-3:00 PM	\$246	\$263	323058-02
6/27-7/8	M-F	1:00-3:00 PM	\$246	\$263	323058-03
7/11-7/22	M-F	1:00-3:00 PM	\$246	\$263	323058-04
7/25-8/5	M-F	1:00-3:00 PM	\$246	\$263	323058-05
8/8-8/12	M-F	1:00-3:00 PM	\$123	\$131	323058-06

Performance Tier 3

Age: 12-18 years

Location: Rolland Moore Racquet Complex

			Early	Regular	
			Bird	Rate	
5/30-6/10	M-Th	3:00-5:00 PM	\$246	\$263	323059-01
6/13-6/24	M-Th	3:00-5:00 PM	\$246	\$263	323059-02
6/27-7/8	M-Th	3:00-5:00 PM	\$246	\$263	323059-03
7/11-7/22	M-Th	3:00-5:00 PM	\$246	\$263	323059-04
7/25-8/5	M-Th	3:00-5:00 PM	\$246	\$263	323059-05
8/8-8/12	M-Th	3:00-5:00 PM	\$123	\$131	323059-06

INCLUSION SUPPORT

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



50+

All 50+ programs are for ages 50 years and 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 sign up to be a 50+ Member.

Membership 50+

Membership 50+ is \$30 annually. 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, Bingo, and Cards & Games at the Senior Center.
- · 2-day advance registration to Recreator programs.
- Member discounts on select services and activities.
- Discounts in some outdoor recreation programs. For more information see page 55
- · Notary service.

CARDS & GAMES

Note: Games will not be held on 7/4.

All Games In	ncludes cai	rds, dominoes, mahjon	ıg, chess, d	checkers, etc.
6/6-8/29	М	12:30-4:00 PM	No Fee	312404-01
Pinochle, Ma	ahjong			
6/7-8/30	Tu	12:30-4:00 PM	No Fee	312404-02
Party Bridge	e			
6/7-8/30	Tu	12:30-4:00 PM	No Fee	312404-03
All Games				
6/1-8/31	W	12:30-8:00 PM	No Fee	312404-04
Pinochle				
6/3-8/26	F	12:30-4:00 PM	No Fee	312404-05
Bridge				
6/2-8/25	Th	12:30-4:00 PM	No Fee	312404-06

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.

6/01-8	/31	\$33	307410-0

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 on6/13, 7/4, 8/22.

6/6-8/29	М	9:30-11:00 AM	No Fee	312413-01

SOCIAL PROGRAMS

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.

112 ∩1	312412	No Eoo	10:00-11:00 ΔΜ		6/3-8/26
ı	517	No Fee	1(1,(1)(1=11,(1)(1 ΔΙΜ	-	h/5-X//h

Older Gay Lesbian Bisexual Transgender Meet-up Group (O.G.L.B.T.) 🕅 쨃

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





Classes in which adults are required to attend



M Denotes program/activity has special membership pricing

Sing Along/Jam Session

Guitar, banjo, uke players, and singers meet for fun, enjoyment, and education. All levels welcome. Songs, song sheets, and basic chord and strumming suggestions provided.

6/16	Th	3:00-5:00 PM	No Fee	312464-01	
7/21	Th	3:00-5:00 PM	No Fee	312464-02	
8/18	Th	3:00-5:00 PM	No Fee	312464-03	

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. Note: In addition to monthly meetings, there may be additional workshops, script writing, show planning as organized by the group.

6/28, 7/26 & 8/2	7 Tu	1:00-3:00 PM	\$16	312421-01
0/20, //20 0 0/2	.J IU	1.00 3.00 1 11	Ψ10	J12721 U1

Winter of My Life

For those 80 years and up and anyone who is in the 'winter' of their life. Share both serious discussions about the lives we live, how we got here, and growing older. Occasional guest speakers will guide some discussions. Note: Class will not be held on 6/20, 7/4, 7/18, 8/1, 8/15.

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.

0/1 0/30 Tu 3.30 ATT 110011 110 TCC 303433 01	6/7-8/30	Tu	9:30 AM-Noon	No Fee	303499-01
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RESOURCES

Pool Room

The pool room has four 8-ball tables and one snooker table. Non-members pay a daily rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

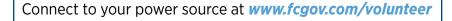
Volunteers

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/ or contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.



YOU HAVE THE POWER...

... and unique talents. The City of Fort Collins wants to connect with you! Whether you have an hour, a day, or more, there is a way to give back to the community you love through volunteering. The City of Fort Collins runs on the power of volunteers.









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

Departure

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

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

Accommodations

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

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

Door-to-Door Transportation

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

Waitlist

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

Trips & Travel Exertion Scale

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

- = Walk short distances. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. Distance: Less than 20 yards.
- = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

the exertion rating. Distances are approximate.

- ◆ = 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 are on your feet for most of the outing. Distance: 1-5 miles.





Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

Rockies Games **W** ◆

Enjoy the game at Denver's Coors Field. Note: Fee includes ticket. Non-refundable 4 weeks prior to game date.

vs. Miami Marlins

6/1	W	10:30 AM-6:00 PM	\$50	305901-01
vs. San Die	ego Padres			
7/14	Th	10:30 AM-6:00 PM	\$50	305901-02
vs. San Fra	ancisco Giants			
8/21	Su	10:30 AM-6:00 PM	\$50	305901-03

OUT TO LUNCH W

Dushanbe Tea House, Boulder

Given as a gift to the City of Boulder from their sister-city, Dushanbe, Tajikistan, the Teahouse now stands for global friendship and cultural exchange. Premium tea selections and food available.

6/16	Th	10:30 AM-3:30 PM	\$25	305930-01
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The Mishawaka, Bellvue

A complete restaurant with a wide variety of delicious casual fare for everyone's enjoyment, including vegetarian friendly options. Enjoy a meal on the expansive deck and watch the big horn sheep grazing on the canyon hillside or enjoy indoor seating with large bay windows which offer river views.

	7/26	Tu	11:00 AM-2:30 PM	\$25	305930-02
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Georgia Boys, Longmont

Enjoy slow cooked BBQ and southern hospitality.

8/3	W.	10:30 AM-2:30 PM	\$25	305930-03

SPECIALTY TRIPS

Scandinavian Midsummer Festival M 🔺



Be inspired by the rich cultural heritage of Scandinavia. Over 80 artisans, organizations, and performers share cultural heritage through food, crafts, demonstrations, and entertainment. Don't miss the Scandinavian Classic Car Show with the Rocky Mountain Volvo Club.

0/20 30 3.00 ATT 3.30 TTT \$30 303332 0	6/26	Su	9:00 AM-3:30 PM	\$30	305932-0
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All tours and feast locations subject to change due to County health guidelines. Individuals are responsible for purchasing their own meals.

Colorado Model Railroad Museum 🖤 🔺



Stroll the museum's 15-acre railyard with over 100 locomotives, passenger and freight cars, cabooses, and even a G-scale garden railway! Then feast at Bob's Atomic Burgers.

7/5	Tu	10.00 AM-4.00 PM	¢10	705077 02



Fort Collins Area Swim Team

- Year round competitive swim program for local, state and national levels
- Pre-competitive program
- High School prep group
- · Masters team

Specializing in developmental and 10 & Under Age Group Swimming

FAST practices at EPIC, 1801 Riverside, Ft. Collins fortcollinsareaswimteam.org mike@fortcollinsareaswimteam.org Member of USA Swimming and Colorado Swimming

Meow Wolf W 🔺



A new permanent art installation in Denver, Meow Wolf's mission is to inspire creativity through art, exploration and play so that imagination will transform the world. Feast at the Buckhorn Exchange afterwards. Note: Non-refundable after 7/1

10:00 AM-4:00 PM \$70 7/21 Th 305933-01

Rodz & Bodz Movie Cars & More W



Home to Colorado's premier movie car museum! The first of its kind in Colorado history, Rodz and Bodz has access to over 100 vehicles. From vintage dream cars, to incredible movie cars, unique movie memorabilia, one of a kind customs, and hot rods, Rodz and Bodz is sure to deliver an astonishing experience. Lunch at California Pizza Kitchen prior to tour.

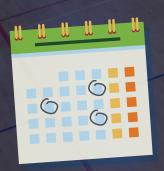
8/18	Th	10:00 AM-4:00 PM	\$40	305933-03

INCLUSION SUPPORT

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



FITNESS THAT FITS YOUR SCHEDULE



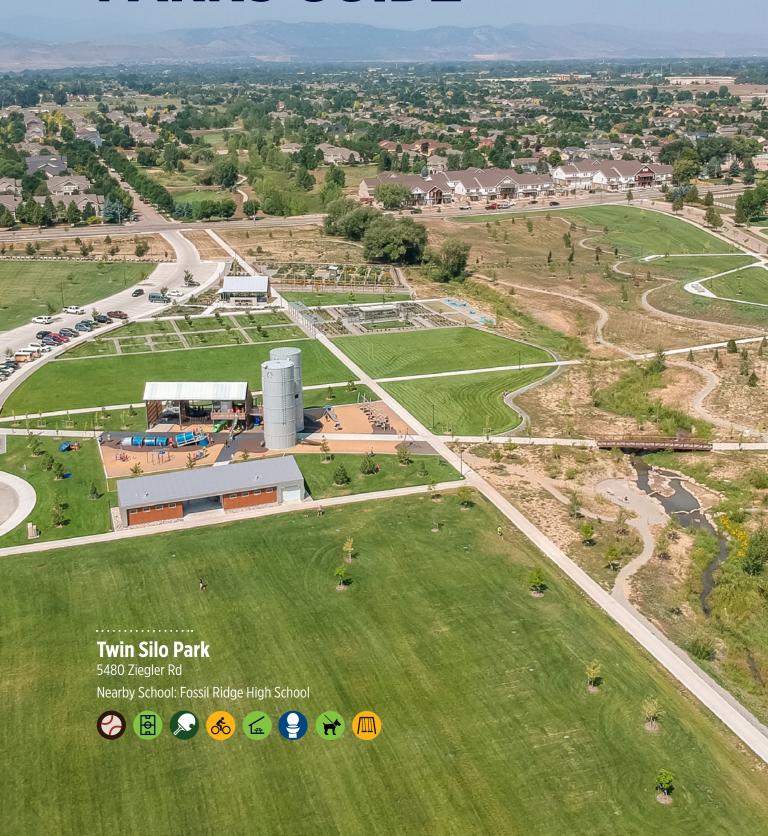
All fitness classes are now set up as pay per class, so you only sign up for the days of the week that fit your schedule.

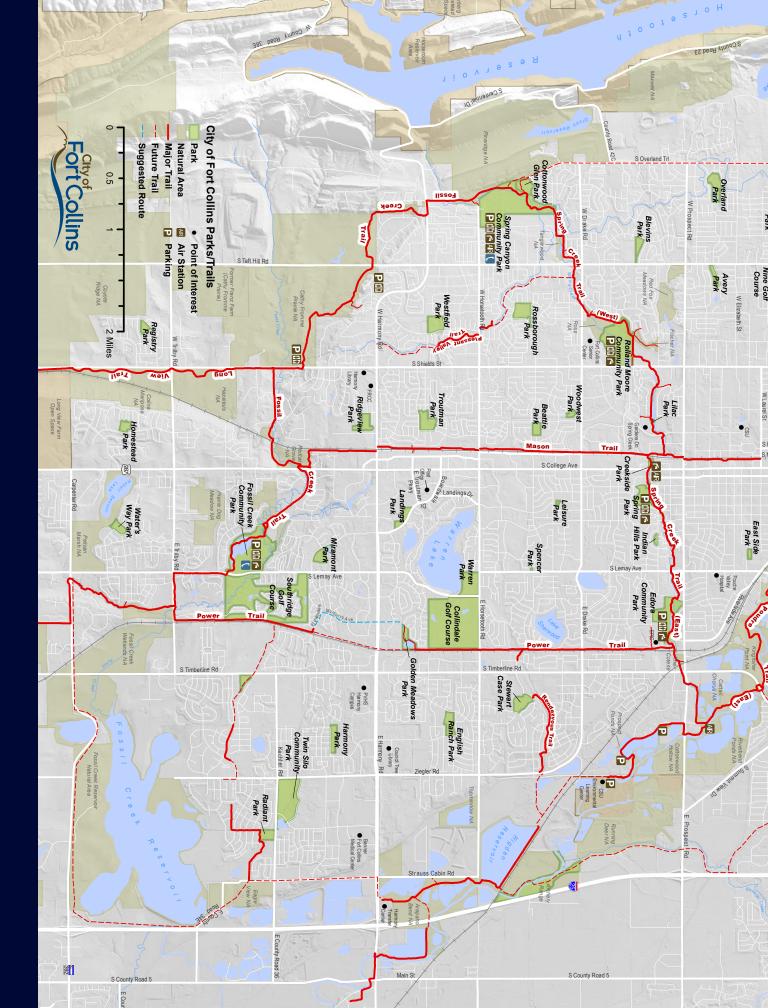
Visit fcgov.com/fitness for more info.

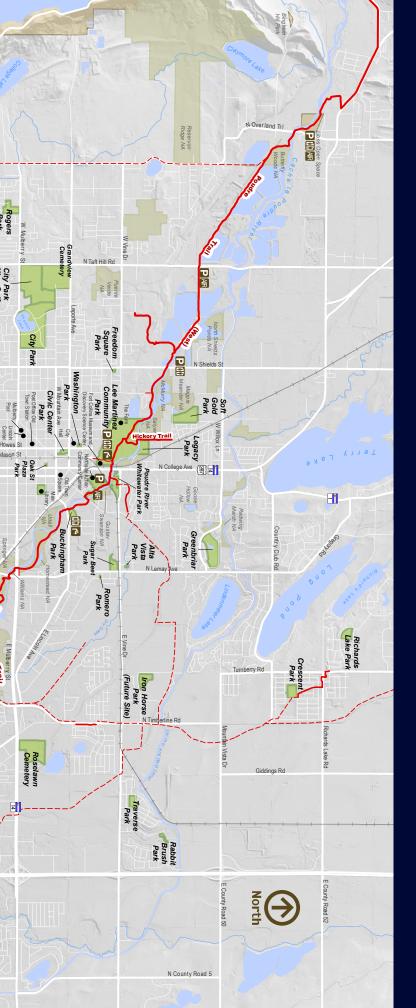




PARKS GUIDE







PARKS GUIDE

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

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

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

COMMUNITY PARKS

City Park

1500 W. Mulberry St.











Edora Park

1420 E. Stuart St.

Nearby School: Riffenburg Elementary





















5821 S. Lemay Ave.















Lee Martinez Park

600 N. Sherwood St.









2201 S. Shields St.













Spring Canyon Park

2626 W. Horsetooth Rd.

Nearby School: Olander Elementary















Twin Silo Park

5480 Ziegler Rd

Nearby School: Fossil Ridge High School













NEIGHBORHOOD PARKS

Avery Park

101 1st St.

1101 Castlerock Dr.

Buckingham Park

Cottonwood Glen Park

3074 S. Overland Trl.

Crescent Park 2401 Bar Harbor Dr.

Creekside Park 200 Johnson Dr

Greenbriar Park

Homestead Park 7045 Avondale Rd.

Iron Horse Park 769 Ouzel Dr.

Landings Park 4351 Boardwalk Dr.

Legacy Park 300 Woodlawn Dr.

Library Park

207 Peterson St.

Miramont Park

5138 S. Boardwalk Dr.

730 Willox Ln.







Overland Park

2930 Virginia Dale Dr.









Rabbit Brush Park

1114 Elgin Ct.



Registry Park

6820 Ranger Dr.









Richards Lake Park

2945 Parkside Dr.





Rogers Park

2515 W. Mulberry St.









520 Hickory St.









Spring Park

2100 Matthews St.















Traverse Park

Trail Head Neighborhood









Warren Park

1101 E. Horsetooth Rd.











Washington Park

301 Maple St.







Old Fort Collins Heritage Park

112 E. Willow St.

















SCHOOLSIDE PARKS

Bacon Park

5830 S. Timberline Rd.



Nearby School: Bacon Elementary

Beattie Park

500 W. Swallow Rd.

Nearby School: Beattie Elementary









Blevins Park

2012 Hampshire Rd.



Nearby School: Blevins Middle School

Eastside Park

1000 E. Locust





Nearby School: Laurel Elementary

English Ranch Park

3825 Kingsley Dr.

LEGEND

Ball Fields

Pickleball

Basketball

Skate Park

Shelters

Splash Pad

Dog Park

Playground

Undeveloped

Bike Facilities

Reservable Shelters

Year-round Restroom

Multi-use Sport Courts

Tennis





Nearby School: Linton Elementary

Golden Meadows Park

4324 McMurray Ave.

Nearby School: Kruse Elementary







Harmony Park

5015 Corbett Dr.







Nearby School: Preston Middle School

Huidekoper Park

1808 W. Lancer Dr.



Nearby School: Lincoln Middle School

Radiant Park

3651 Kechter Rd.





Nearby School: Zach Elementary

Ridgeview Park

4700 Hinsdale Dr.

Nearby School: McGraw Elementary









Rossborough Park

1630 Casa Grande Blvd.

Nearby School: Rocky Mountain High School











Stew Case Park

2351 Pinecone Cr.

Nearby School: Fort Collins High School









Troutman Park

500 W. Troutman Pkwy.

Nearby School: Lopez Elementary











Westfield Park

4075 Seneca St.

Nearby School: Webber Middle School & Johnson Elementary











Woodwest Park

618 Powderhorn Dr.



Nearby School: Beattie Elementary

Turf Sports Fields

MINI PARKS

Alta Vista Park 724 Alta Vista St.







Freedom Square Park

600 N. Shields





Indian Hills Park

801 E. Stuart St.

Leisure Park





2800 Leisure Dr.



Romero Park

421 10th St.



Spencer Park

1035 E. Swallow Rd.

URBAN PARKS

Civic Center Park

225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park

120 W. Oak St.



SPECIAL USE PARKS

Archery Range

2825 SW Frontage Rd.

Poudre River Whitewater Park 201 E. Vine Dr.



87





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

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







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





More Than A Youth Clinic We're Your Medical Home

Caring For Our Future Generations Since 1969

At The Youth Clinic, our providers are specially trained in caring for kids, like yours, so that they can grow up to live happy and healthy lives.



Well Care Visits for Kids & Teens



Phone Nurse Triage Available



Online Appointment Scheduling



4 Convenient Northern Colorado Locations

Call 970-482-2515 to Schedule Your Appointment or Schedule an Appointment Online at YouthClinic.com



970-494-2626 www.pucnc.com Here When You Need Us Most, 365 Days a Year

Walk-Ins Welcome

Mon - Fri : 8am-8pm | Sat & Sun: 10am-4pm 4845 Weitzel St., Ste. 101 | Timnath, CO 80547



Gymnastics | Dance | Day Camp | Swimming | Preschool | Birthday Parties | Ninja Zone

mountain-kids.com | (970) 482-3118 419 E. STUART STREET FORT COLLINS, CO 80525