

Fall 2022

# Recreator

City of  
Fort Collins



**Registration  
begins on  
August 11!**



## **Your Hometown Baseball Club Since 1961!**

*Fall Ball Registration is currently open.*

- Practices begin around September 1. Coaches choose times and locations.
- Games are played on Sunday afternoons in Fort Collins.
- Game Dates for 2022: September 11/18/25 and October 2/9/16.
- Register at [www.FortCollinsBaseballClub.org](http://www.FortCollinsBaseballClub.org)

*Right-priced Lessons and Clinics available.*

- Email [director@fcbcmail.org](mailto:director@fcbcmail.org) (Thad) for information.

**Thanks to all who enjoyed The Game with us in Spring/Summer 2022!**

**[www.FortCollinsBaseballClub.org](http://www.FortCollinsBaseballClub.org)**

**970.484.3368 | [office@fcbcmail.org](mailto:office@fcbcmail.org) (Liz)**





# *Winter*

**IS MORE FUN OUTSIDE**



**JAX**  
OUTDOOR GEAR

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# MARK YOUR CALENDARS!

## 2022 /2023 Registration Dates

### **Fall: August 11**

September-December programming

### **Winter/Spring: January 12, 2023**

### **Summer: April 13, 2023**



Cover image: Tina Chandler. Above: Dennis Edwards

## Program Areas

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Follow us @ParksandRecFC





## LETTER FROM THE DIRECTOR



While any season in Fort Collins is fantastic, fall happens to be my favorite. Once again, the City of Fort Collins is offering many opportunities to enjoy favorite activities, programs, parks, and trails as the colors change and the crisp air returns. Did you know that Fort Collins has over 45 miles of paved trails that connect our community, and more is being added each year? If you are like me, you can spend hours weaving through town on these trails – enjoying the sounds of nature, marveling at the beautiful tree canopy, smiling at families gathering in parks, and seeing the community delight in the beauty of this amazing place we call home.

More than ever, we are aware of the health benefits of spending time outdoors in beautiful parks, connecting with others, and pursuing recreational activities that refresh, educate, and energize. As a public

agency serving the Fort Collins community, the Parks and Recreation Departments are committed to providing accessible and affordable recreation experiences for our community. For those experiencing financial need, Recreation offers a Reduced Fee Program (learn more on page 6).

Our parks provide an incredible place for gathering, whether impromptu or planned. Look for the completion of the Bucking Horse neighborhood near the end of this year, which will add to the 966 acres of developed parks in town. Check out a full list of Fort Collins' 7 community parks and 43 neighborhood parks and their amenities starting on page 83.

We have some community favorite events happening this season! Join us in October for Treatsylvania at the Farm, the Magical World of Hogwarts Yule Ball at Northside Aztlan Center in January, the Holiday Village and Artisan Market at the Senior Center and my personal favorite, the Downtown Holiday Lighting Ceremony in November.

I hope to see you soon, enjoying everything we have to offer! Wishing you a happy and healthy Fall!

Be well,

*LeAnn Williams, Recreation Director*



## 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 Calhoun

#### Recreation Managers

Aaron Harris  
Marc Rademacher

#### Golf Manager

Scott Phelps

#### Forestry Manager

Kendra Boot

#### Parks Manager

Rob Crabb

#### Community Relations & Marketing

Emily Frare  
Valerie Van Ryn

#### Cover Design

Tina Chandler

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## Contact Information

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Recreation Department  
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P.O. Box 580  
Fort Collins, CO 80522

Registration & Programs  
970.221.6655

[recreation@fcgov.com](mailto:recreation@fcgov.com)

Advertising, Partnerships,  
& Sponsorships  
[recreator@fcgov.com](mailto:recreator@fcgov.com)

LeAnn Williams  
Recreation Director  
970.221.6354  
[lewilliams@fcgov.com](mailto:lewilliams@fcgov.com)

For subscription  
information, please  
visit [fcgov.com/recreator](http://fcgov.com/recreator).

## City of Fort Collins

### Vision

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

### Mission

Exceptional service for an exceptional community.



# BEAT THE BUZZ

WITH THE

## 4D's

1

Mosquitoes breed in water!  
Drain any standing water  
in your yard each week.



2

Keeping covered will do  
a lot to prevent biting.



3

Use an approved repellent  
according to its label.



4

Mosquitoes are most active  
dusk through dawn.



[fcgov.com/westnile](http://fcgov.com/westnile)

Auxiliary aids and services are available for persons with disabilities.

City of  
Fort Collins

18-19662





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[FCConnexion.com](http://FCConnexion.com) |    [@FoCoConnexion](https://www.instagram.com/FoCoConnexion)**

### REGISTERING FOR PROGRAMS

Registration is scheduled to begin at 7 a.m. on August 11. Early registration will be available for Senior Center Social Members at 7 a.m. on August 9.

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

### YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:

#### ONLINE



Visit [fcgov.com/recreator](http://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.

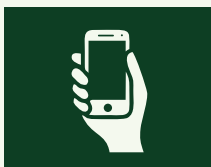
#### IN PERSON



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/reducedFee](http://fcgov.com/reducedFee).



## 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](http://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/Traducción e Interpretation

If you require assistance in another language, contact 970.221.6655, [recreation@fcgov.com](mailto:recreation@fcgov.com).

Esta información puede ser traducida, sin costo para usted.

**THE EVOLUTION OF FOOTBALL**

**NOCOFOOTBALL.COM**

PRE/K-12TH GRADE

5/5 NFL FLAG      7/7      9/9      11 TACKLE

## 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 <a href="http://fcgov.com/thefarm..">fcgov.com/thefarm..</a>

### SINGLE ADMISSION

(One-time Drop-In Rate)

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

### 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
<b>Other Drop-In Activities</b>		
Fitness Skate	\$7	
Drop-in Hockey Stick & Puck	\$6	

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

### THE FARM ADMISSION RATES

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

### DEFINITIONS

**Youth:** 2-17 years of age

**Adult:** 18-59 years of age

**60+:** 60 years & up

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

### PASSHOLDER ACCESS

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

### GROUP RATES

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](http://fcgov.com/recreation) or by calling the desired facility.

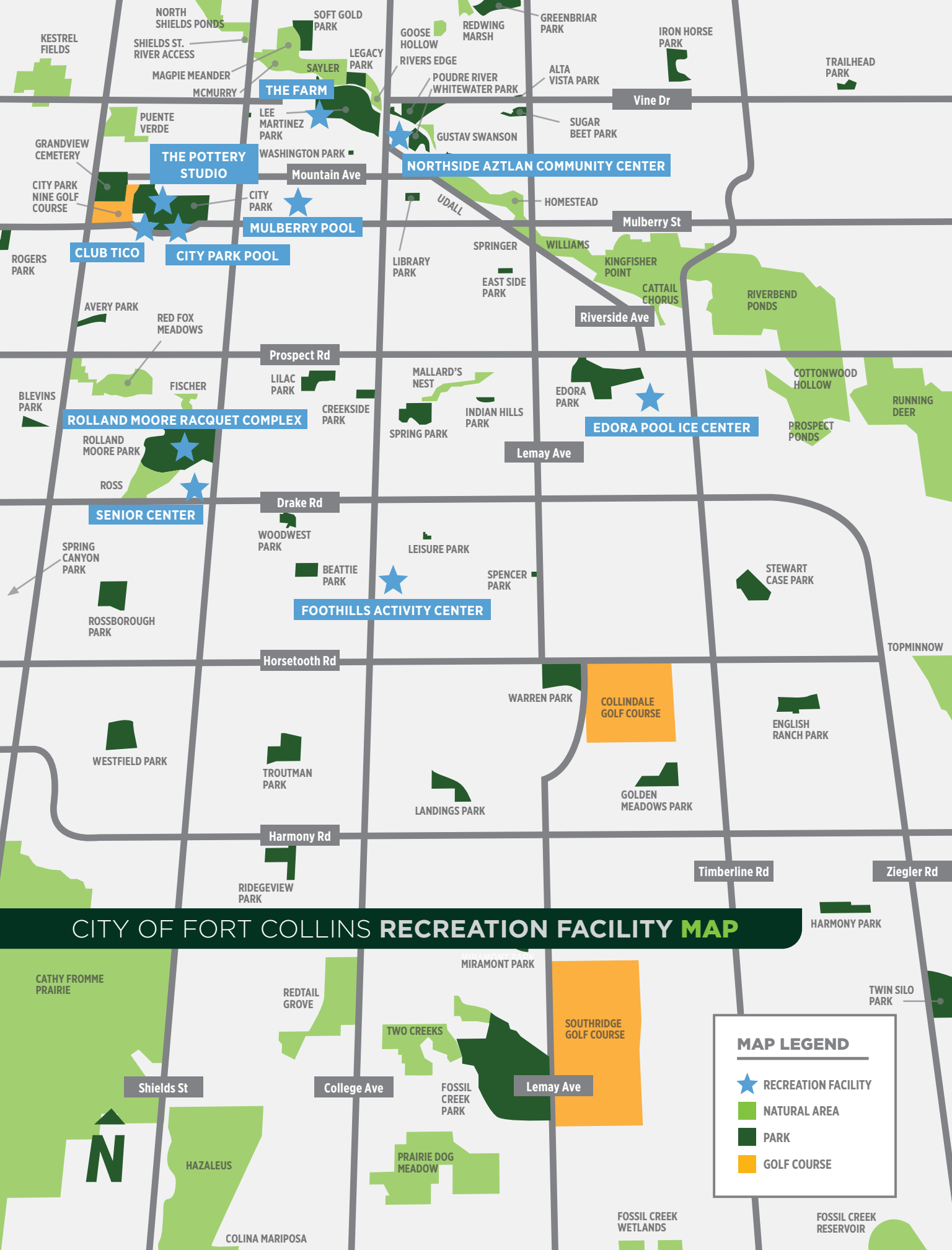
### RECREATION RESERVE FUND

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.





RECREATION 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		★	★	★	★	★
Museum				★		
Pickleball Courts					★	★
Pony Rides				★		
Pro Shop						★
Racquet Courts						
Skate Park			★			
Spectator Seating			★			
Stage		★				★
Studio Space						★
Swimming	★		★			★
Track						★
Wading Pool			★			
Weight/Cardio Equipment					★	★
WIFI			★		★	★



MULBERRY POOL	NORTHSIDE AZTLAN COMMUNITY CENTER	THE POTTERY STUDIO
★		
	★	
★		
★	★	
★	★	
	★	
	★	
		★
	★	
★	★	
	★	
★	★	
	★	
		★
★		
	★	
★		
	★	
★	★	

## CITY PARK POOL

1599 City Park Dr. • 970.224.6363 • [fcgov.com/cityparkpool](http://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](http://fcgov.com/clubtico)

Reservations required.

## EDORA POOL ICE CENTER

1801 Riverside Ave. • 970.221.6683 • [fcgov.com/epic](http://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](http://fcgov.com/thefarm)

Nov. 1–March 31

W–Sa 10 a.m.–4 PM Su Noon–4 PM

April 1–Oct. 31

W–Sa 10 AM– 5 PM Su Noon–5 PM

June–Aug.

also open on Tues. from 10 AM–5 PM

## FOOTHILLS ACTIVITY CENTER

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

241 E. Foothills Pkwy. • 970.416.4280 •

[fcgov.com/foothillsactivitycenter](http://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](http://fcgov.com/seniorcenter)

M–F 6 AM–9 PM Sa & Su 8 AM–5 PM

## MULBERRY POOL

424 Mulberry St. • 970.221.6657 • [fcgov.com/mulberrypool](http://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](http://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](http://fcgov.com/potterystudio)

## ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000 • [fcgov.com/racquet-complex](http://fcgov.com/racquet-complex)

For information about Pro Shop hours, visit [lewistennis.com](http://lewistennis.com).

Racquet courts adhere to park hours.

For the most current information about special hours and closures,  
visit [fcgov.com/recreation/facility-hours](http://fcgov.com/recreation/facility-hours).

Looking for golf? Visit [fcgov.com/golf](http://fcgov.com/golf)

# SPECIAL EVENTS FALL 2022

OCTOBER  
28-30



## Treatsylvania

At this non-spooky Halloween event, take a stroll through the barn and down Trick-or-Treat Street to knock on doors and collect candy. Note: Tickets only need to be purchased for each child attending the event.

Age: All

10/28	F	5:30-7:00 PM	\$7	408631-01
10/29	Sa	5:00-7:00 PM	\$7	408631-02
10/30	Su	1:00-3:00 PM	\$7	408631-03
10/30	Su	5:00-7:00 PM	\$7	408631-04

OCTOBER  
1



## Northern Colorado New Horizons Concert <sup>NW</sup>

Enjoy the opening season concert of the 60-member Northern Colorado New Horizons Concert Band, a local branch of the New Horizons International Music Association (NHIMA). Free tickets available at the front desk of the Fort

Collins Senior Center or by calling 970-221-6644. Note: Space limited to 200.

Age: All

Location: Senior Center

10/1	Sa	3:00 PM	No Fee	Ticketed Event
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NOVEMBER  
11



## Veterans Day Breakfast <sup>NW</sup>

Enjoy a morning of food, song, and patriotism to celebrate those who have honorably served our country. Presented by the Fort Collins Golden K Kiwanis Club and City of Fort Collins, Recreation Department. Posting of the colors begins at 8 a.m.; service songs to follow.

Age: All

Location: Senior Center

11/11	F	7:00-10:00 AM	No Fee	
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NOVEMBER  
25-26



## Holiday Artisan Market <sup>NW</sup>

Find uniquely crafted holiday gifts at this premier craft fair. More than 100 artisans and crafters gather to share handmade creations with visitors.

Age: All

Location: Senior Center

11/25 & 11/26	F,Sa	10:00 AM-4:00 PM	No Fee	
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DECEMBER  
9-10



## Winter SOAP Show

Be entertained this winter with SOAP (Slightly Older Adult Players) Troupe. Tickets available at the Fort Collins Senior Center or by calling 970.221.6644. Note: Space is limited to 200.

Age: All

Location: Senior Center

12/9	F	1:30 PM	\$6	Ticketed Event
12/9	F	7:00 PM	\$6	Ticketed Event
12/10	Sa	2:00 PM	\$6	Ticketed Event

DECEMBER  
5-31

## Holiday Village <sup>NW</sup>

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

Age: All

Location: Senior Center

12/5-12/31	M-F	6:00 AM-9:00 PM		
12/5-12/31	Sa,Su	8:00 AM-5:00 PM		

JANUARY  
7

## The Magical World of Hogwarts Yule Ball

Join us for a magical night of fun with music, Butter Beer, and of course, a Quidditch tournament! Walk through decorated hallways to visit enchanted rooms and dabble with Dobby the Elf to create potions, charms, and wands. Dress Robes are encouraged. Note: Participants 10 and under must be accompanied by an adult. \$10 per child.

Age: 5 years & up

Location: Northside Aztlan Center

1/7	Sa	4:00-7:00 PM		
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## 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 with reasonable accommodations. New to ARO? Visit [fcgov.com/aro](http://fcgov.com/aro) to complete a participant support form to begin the support request process. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date.

### Adaptive Programs

Designed to meet the unique needs of individuals with physical, intellectual, developmental, and/or emotional disabilities. Specialized Adaptive Programs include trained staff, modifications, and adaptive equipment to provide optimal participation and quality experiences. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

### Transition Support

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal Passport to Recreation Profile with discussion of your strengths, needs, and interests. Fill out your participant support form at [fcgov.com/aro](http://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](http://engage.fcgov.com/d/aro) or contact Brenda McDowell at [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com).

### Contact Information

For additional information about ARO programs, visit [fcgov.com/aro](http://fcgov.com/aro) or contact ARO staff:

Brenda McDowell, CTRS, 970.416.2024, [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com)  
Taylor Ingram, 970.224.6027, [tingram@fcgov.com](mailto: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

Adaptive techniques are applied in an individual or small group setting to teach and enhance swimming skills and water safety for individuals with disabilities.

Age: 3 year & up

Location: Mulberry Pool

9/10-10/8	Sa	10:00-10:30 AM	\$82	402326-03
9/10-10/8	Sa	10:35-11:05 AM	\$82	402326-04
9/10-10/8	Sa	11:10-11:40 AM	\$82	402326-05

Location: Mulberry Pool

9/7-10/5	W	4:00-4:30 PM	\$82	402326-01
9/7-10/5	W	4:35-5:05 PM	\$82	402326-02

## ART PROGRAMS

### Artistic Abilities Art Club

Creative expression for all! Use a variety of materials to make unique pieces of 2-D and 3-D art. All abilities welcome.

Age: 14 years & up

Location: CSU, Visual Arts #D-102

9/15-10/13	Th	4:30-6:00 PM	\$59	402990-01
10/20-11/17	Th	4:30-6:00 PM	\$59	402990-02



## EDUCATION PROGRAMS

### Adaptive Cooking

Learn how to cook tasty foods and gain positive eating habits. Small groups will cook together, set the table, then sit down to sample the finished product. Note: Bring a reusable container for a portion to go.

Age: 16 years & up

Location: Senior Center

Fancy Sandwiches

9/21	W	5:00-6:30 PM	\$16	402401-01
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Pizza Night

10/5	W	5:00-6:30 PM	\$16	402401-02
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Autumn Soups

10/19	W	5:00-6:30 PM	\$16	402401-03
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Oven Baked

11/9	W	5:00-6:30 PM	\$16	402401-04
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Holiday Treats

12/14	W	5:00-6:30 PM	\$17	102401-01
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Chili

1/18	W	5:00-6:30 PM	\$17	102401-02
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### 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

9/29-10/27	Th	6:30-7:30 PM	\$38	402525-01
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## FITNESS

### Work Out Partners

Over the course of 8 weeks, participants are assigned a Certified Personal Trainer/CTRS or a Movement Mentor to exercise with for one hour, once per week at one of the City Recreation facilities. Schedules are created amongst partners. Note: Work outs with a Personal Trainer will include specific fitness goals and plan with use of weight room if desired. Workouts with Movement Mentors will include leisurely exercise such as walks, bike rides or sports.

Age: 16 years & up

Location: Senior Center

Personal Trainer

9/26	M	5:30-6:30 PM	\$160	402585-01
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Movement Mentor

9/26	M	5:30-6:30 PM	\$65	402585-02
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## ICE

### Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement. Note: Class will not be held on 11/26.

Age: 8 years & up

9/10-10/22	Sa	9:45-10:15 AM	\$71	410356-01
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10/29-12/17	Sa	9:45-10:15 AM	\$71	410356-02
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1/14-2/18	Sa	9:45-10:15 AM	\$61	110356-01
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## OUTDOOR PROGRAMS

### Adaptive Climbing

Indoor rock climb at your comfort level with a group of friends. Staff and volunteers will belay participants. Note: Climbing fee and equipment included. Note: Class will not be held on 11/21.

Age: 8 years & up

Location: Whetstone Climbing, 220 Smokey St.

11/7-12/12	M	5:30-7:00 PM	\$144	402765-01
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### Cheley Cabin Campout

Spend a weekend at Cheley Camp in Estes Park with others from the Front Range region. Activities include hiking, fishing, climbing, and a themed dance. All lodging, meals, and activities included. Note: Designed for individuals who are independent in activities of daily living, or register a care attendant in section 1A. Registration deadline is 09/19/2022.

Age: 16 years & up

Location: Depart from Senior Center

Participant

10/7-10/9	F-Su	1:00- 12:30 PM	\$225	402925-01
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Attendant

10/7-10/9	F-Su	1:00-12:30 PM	\$65	402925-1A
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## PARALYMPIC SPORTS

### Adaptive Boccia

A Paralympic sport adapted for athletes who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration, and ability to strategize. Note: Class will not be held on 11/21 or 11/28.

Age: 14 years & up

Location: Senior Center

10/3-12/5	M	10:30 AM-Noon	\$36	402464-01
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### Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Note: Class will not be held on 11/22.

Age: 14 years & up

Location: Northside Aztlan Center

Season

9/27-12/6	Tu	6:00-8:00 PM	\$55	402560-01
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Drop In

9/27-12/6	Tu	6:00-8:00 PM	\$7	402560-02
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## SOCIAL PROGRAMS

### Bowling

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

Age: 16 years & up

Location: Chippers Lanes North, 830 N College Ave.

9/10-10/15	Sa	12:30-1:30 PM	\$68	402906-01
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### Dinner & a Movie

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

Age: 16 years & up

Location: Senior Center

Comedy

9/28	W	4:00-6:30 PM	\$11	402904-01
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Classic

10/26	W	4:00-6:30 PM	\$11	402904-02
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Animation

11/2	W	4:00-6:30 PM	\$11	402904-03
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Holiday

12/7	W	4:00-6:30 PM	\$11	102404-01
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### Monthly Themed Dances

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

Age: 18 years & up

Location: Senior Center

Going Country

9/30	F	6:00-8:00 PM	\$4	402405-01
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Fright Night

10/28	F	6:00-8:00 PM	\$4	402405-02
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Giving Thanks

11/18	F	6:00-8:00 PM	\$4	402405-03
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Holiday Ball

12/16	F	6:00-8:00 PM	\$2	102405-01
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Snowy Night

1/27	F	6:00-8:00 PM	\$4	102405-02
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### Movie Night

See Hollywood's finest flicks while out on the town. Note: Bring money for your ticket, and additional money for a snack, if desired.

Age: 16 years & up

Location: Depart from Senior Center

1/25	W	5:00-9:00 PM	\$16	102403-01
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### Restaurant Night

Explore different restaurants in town with good company.

Note: Bring enough money for meal and tip.

Age: 16 years & up

Location: Depart from Senior Center

1/11	W	5:30-8:30 PM	\$14	102406-01
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## TRIPS & TRAVEL

### Denver Zoo

Spend the day observing all the animals the Denver Zoo has to offer. Note: Ticket included. Registration deadline is 9/5.

Age: 16 years & up

Location: Depart from Senior Center

9/16	F	9:00 AM-5:00 PM	\$66	402317-01
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Attendant

9/16	F	9:00 AM-5:00 PM	\$20	402317-1A
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### Holiday Lights & Dinner

Stroll through a twinkling winter wonderland at The Gardens on Spring Creek with the opportunity to visit with Santa, followed by dinner out on the town. Note: Bring money for dinner and tip.

Age: 16 years & up

Location: Depart from Senior Center

12/9	F	4:00-8:00 PM	\$32	102328-01
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Attendant

12/9	F	4:00-8:00 PM	\$10	102328-02
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### Movie Bistro Night

Watch a movie on the big screen with a group at a local theatre including dinner service and plush seating. Note: Bring money for dinner, or refreshments, if desired. Movie ticket included. Specific program time TBA based on show times.

Registration deadline is 9/28.

Age: 16 years & up

Location: Depart from Senior Center

10/12	W	5:00-9:00 PM	\$25	402323-01
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Attendant

10/12	W	5:00-9:00 PM	\$12	402323-1A
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## UNIFIED SPORTS

### Panthers Adaptive Cheer & Dance

Experience cheer and dance as one unified team in an all-abilities program. Additional performance dates throughout the season in the Fort Collins area. Note: Additional \$15 fee for team t-shirt. Class not held 11/22.

Age: 8 years & up

Location: Club Tico

9/13-10/18	Tu	5:50-7:00 PM	\$53	402987-04
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10/25-12/6	Tu	5:50-7:00 PM	\$53	402987-05
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## 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](https://fcgov.com/aro) for more details.

## Adult Unified Basketball

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

Age: 16 years & up

Location: Webber Middle School: 4201 Seneca St.

Competitive Division

1/7-3/11	Sa	3:30-7:30 PM	\$45	102951-01
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Recreational Division

1/7-3/11	Sa	3:30-7:30 PM	\$45	102951-02
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Skills

1/7-3/11	Sa	3:30-7:30 PM	\$45	102951-03
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## Adult Unified Flag Football

Modified techniques are used to teach the fundamentals of football and allow players of all abilities to participate fully during skills-based practices. Skills are implemented in scrimmages.

Age: 16 years & up

Location: City Park

Flag Football

9/5-10/24	M	5:30-6:30 PM	\$46	402157-01
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Skills

9/5-10/24	M	5:30-6:30 PM	\$46	402157-02
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## Junior Basketball

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

Age: 8 years & up

Location: TBA

Single Child

1/16-2/20	M	5:00-6:00 PM	\$35	102952-01
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Family

1/16-2/20	M	5:00-6:00 PM	\$52	102952-02
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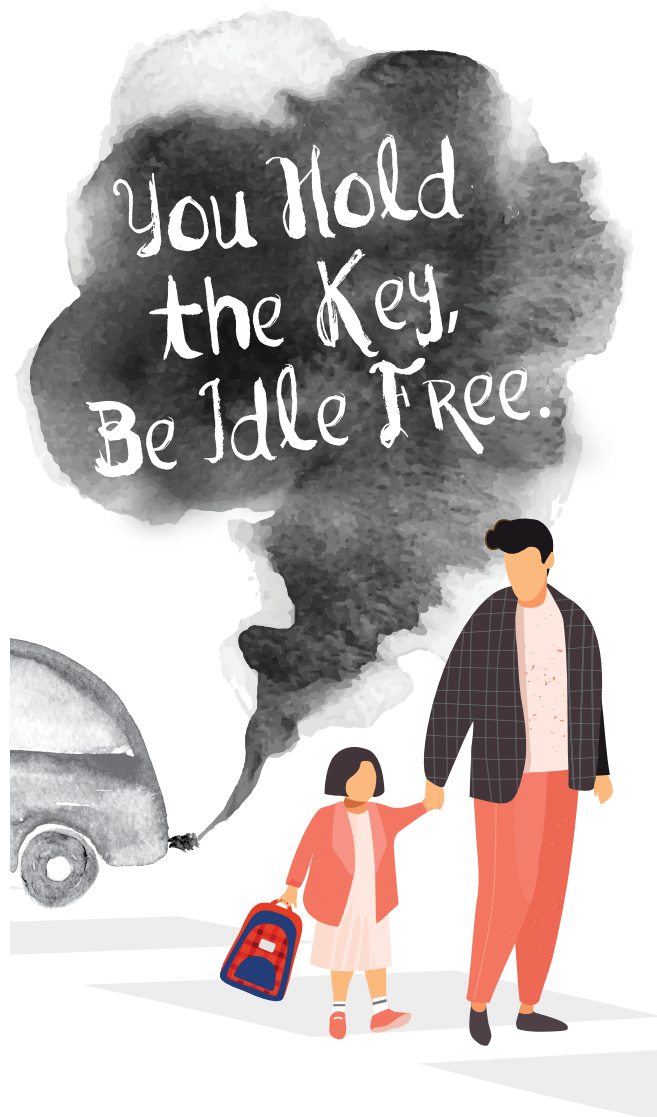
## Youth Unified Flag Football

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

Age: 8-15 years

Location: City Park

9/5-10/10	M	4:15-5:15 PM	\$41	402158-01
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# REDUCE IDLING

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

[fcgov.com/vehicleidling](https://www.fcgov.com/vehicleidling)







## AQUA FITNESS

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

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

### Drop-In Policy

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

Note: Classes will not be held on 1/2/23.

## 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

8/29-9/30	M,W,F	8:00-9:00 AM	\$61	400412-01
10/3-10/28	M,W,F	8:00-9:00 AM	\$49	400412-02
10/31-11/23	M,W,F	8:00-9:00 AM	\$45	400412-03
11/28-12/23	M,W,F	8:00-9:00 AM	\$49	400412-04
12/28-1/27	M,W,F	8:00-9:00 AM	\$53	100412-01

### Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3 -4 feet.

Location: Senior Center

8/29-12/23	M,W,F	10:00-11:00 AM	No Fee	400400-01
11/29-1/28	M,W,F	10:00-11:00 AM	No Fee	100400-01

## Twinges

Designed for those with arthritis. Move through gentle, low-impact movements which may help relieve pain and stiffness. The water's buoyancy and resistance provides support to help maintain joint flexibility.

Location: EPIC

8/29-9/30	M,W,F	7:30-8:30 AM	\$61	400314-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$49	400314-02
10/31-11/23	M,W,F	7:30-8:30 AM	\$45	400314-03
11/28-12/23	M,W,F	7:30-8:30 AM	\$49	400314-04
8/29-9/30	M,W,F	8:30-9:30 AM	\$61	400314-05
10/3-10/28	M,W,F	8:30-9:30 AM	\$49	400314-06
10/31-11/23	M,W,F	8:30-9:30 AM	\$45	400314-07
11/28-12/23	M,W,F	8:30-9:30 AM	\$49	400314-08
12/28-1/27	M,W,F	7:30-8:30 AM	\$53	100314-01
12/28-1/27	M,W,F	8:30-9:30 AM	\$57	100314-02

## 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

8/29-9/30	M,W,F	12:15-1:15 PM	\$57	400416-01
10/3-10/28	M,W,F	12:15-1:15 PM	\$49	400416-02
10/31-11/23	M,W,F	12:15-1:15 PM	\$45	400416-03
11/28-12/23	M,W,F	12:15-1:15 PM	\$49	400416-04
8/29-9/30	M,W,F	1:15-2:15 PM	\$57	400416-05
10/3-10/28	M,W,F	1:15-2:15 PM	\$49	400416-06
10/31-11/23	M,W,F	1:15-2:15 PM	\$45	400416-07
11/28-12/23	M,W,F	1:15-2:15 PM	\$49	400416-08
12/28-1/27	M,W,F	12:15-1:15 PM	\$53	100416-01
12/28-1/27	M,W,F	1:15-2:15 PM	\$53	100416-02

## 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

8/30-9/29	Tu,Th	4:00-5:00 PM	\$41	400402-01
10/4-10/27	Tu,Th	4:00-5:00 PM	\$33	400402-02
11/1-11/22	Tu,Th	4:00-5:00 PM	\$29	400402-03
11/29-12/22	Tu,Th	4:00-5:00 PM	\$33	400402-04
12/27-1/26	Tu,Th	4:00-5:00 PM	\$41	100402-01

## MEDIUM INTENSITY

**Advanced Water Fitness**

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

Location: EPIC

8/29-9/30	M,W,F	7:30-8:30 AM	\$57	400324-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$49	400324-02
10/31-11/23	M,W,F	7:30-8:30 AM	\$45	400324-03
11/28-12/23	M,W,F	7:30-8:30 AM	\$61	400324-04
12/28-1/27	M,W,F	7:30-8:30 AM	\$53	100324-01

Location: Senior Center

8/29-9/30	M,W,F	9:00-10:00 AM	\$57	400424-01
10/3-10/28	M,W,F	9:00-10:00 AM	\$49	400424-02
10/31-11/23	M,W,F	9:00-10:00 AM	\$45	400424-03
11/28-12/23	M,W,F	9:00-10:00 AM	\$49	400424-04
12/28-1/27	M,W,F	9:00-10:00 AM	\$53	100424-01

**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

8/29-9/30	M,W,F	6:00-7:00 AM	\$57	400422-01
10/3-10/28	M,W,F	6:00-7:00 AM	\$49	400422-02
10/31-11/23	M,W,F	6:00-7:00 AM	\$45	400422-03
11/28-12/23	M,W,F	6:00-7:00 AM	\$49	400422-04
8/29-9/30	M,W,F	5:00-6:00 PM	\$57	400422-05
10/3-10/28	M,W,F	5:00-6:00 PM	\$49	400422-06
10/31-11/23	M,W,F	5:00-6:00 PM	\$45	400422-07
11/28-12/23	M,W,F	5:00-6:00 PM	\$49	400422-08
8/30-9/29	Tu,Th	8:00-9:00 AM	\$41	400422-09
10/4-10/27	Tu,Th	8:00-9:00 AM	\$33	400422-10
11/1-11/22	Tu,Th	8:00-9:00 AM	\$29	400422-11
11/29-12/22	Tu,Th	8:00-9:00 AM	\$33	400422-12
8/30-9/29	Tu,Th	9:00-10:00 AM	\$41	400422-13
10/4-10/27	Tu,Th	9:00-10:00 AM	\$33	400422-14
11/1-11/22	Tu,Th	9:00-10:00 AM	\$29	400422-15
11/29-12/22	Tu,Th	9:00-10:00 AM	\$33	400422-16
8/30-9/29	Tu,Th	10:00-11:00 AM	\$41	400422-17
10/4-10/27	Tu,Th	10:00-11:00 AM	\$33	400422-18
11/1-11/22	Tu,Th	10:00-11:00 AM	\$29	400422-19
11/29-12/22	Tu,Th	10:00-11:00 AM	\$33	400422-20
8/30-9/29	Tu,Th	7:00-8:00 PM	\$41	400422-21
10/4-10/27	Tu,Th	7:00-8:00 PM	\$33	400422-22
11/1-11/22	Tu,Th	7:00-8:00 PM	\$29	400422-23
11/29-12/22	Tu,Th	7:00-8:00 PM	\$33	400422-24
12/28-1/27	M,W,F	6:00-7:00 AM	\$53	100422-01
12/28-1/27	M,W,F	5:00-6:00 PM	\$53	100422-02
12/27-1/26	Tu,Th	8:00-9:00 AM	\$41	100422-03

Classics continued

12/27-1/26	Tu,Th	9:00-10:00 AM	\$41	100422-04
12/27-1/26	Tu,Th	10:00-11:00 AM	\$41	100422-05
12/27-1/26	Tu,Th	7:00-8:00 PM	\$41	100422-06

**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

8/30-9/29	Tu,Th	5:00-6:00 PM	\$41	400418-01
10/4-10/27	Tu,Th	5:00-6:00 PM	\$33	400418-02
11/1-11/22	Tu,Th	5:00-6:00 PM	\$29	400418-03
11/29-12/22	Tu,Th	5:00-6:00 PM	\$33	400418-04
12/27-1/26	Tu,Th	5:00-6:00 PM	\$41	100418-01

**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

8/29-9/30	M,W,F	4:00-5:00 PM	\$57	400426-01
10/3-10/28	M,W,F	4:00-5:00 PM	\$49	400426-02
10/31-11/23	M,W,F	4:00-5:00 PM	\$45	400426-03
11/28-12/23	M,W,F	4:00-5:00 PM	\$49	400426-04
12/28-1/27	M,W,F	4:00-5:00 PM	\$53	100426-01

## HIGH INTENSITY

**Deep H2O**

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

Location: EPIC

8/29-9/30	M,W,F	12:15-1:00 PM	\$61	400330-01
10/3-10/28	M,W,F	12:15-1:00 PM	\$49	400330-02
10/31-11/23	M,W,F	12:15-1:00 PM	\$45	400330-03
11/28-12/23	M,W,F	12:15-1:00 PM	\$61	400330-04
12/28-1/27	M,W,F	12:15-1:00 PM	\$53	100330-01

LEGEND



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](http://fcgov.com/aro) for more details.



## AQUATICS

### Ratios

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

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

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

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

### Open Lap Lane Swimming

Current open swim and lap lane schedules are available online at [fcgov.com/recreation](http://fcgov.com/recreation). Please see the corresponding facility page for specific schedules. Schedules are available for EPIC, Mulberry Pool, and Senior Center.

### 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: 16.5 years & up

Location: EPIC

11/20	Su	8:00 AM-5:40 PM	\$119.36	401341-01
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#### 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

*Lifeguard Training continued*

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. Please add: Class fees will be waived for people that successfully pass the class and work for the City of Fort Collins as a lifeguard for 90 days. Please contact Krista at (970) 221-6335 or [khobbs@fcgov.com](mailto:khobbs@fcgov.com) for more information.

Age: 15 years & up

Location: EPIC

1/13	F	6:00-9:30 PM	\$600	101340-01
1/14	Sa	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

9/10	Sa	11:00-12:30 PM	\$36	401352-01
10/29	Sa	11:00-12:30 PM	\$36	401352-02
11/12	Sa	11:00-12:30 PM	\$36	401352-03
12/17	Sa	11:00-12:30 PM	\$36	101352-01
1/14	Sa	11:00-12:30 PM	\$36	101352-02

#### Discover Snorkeling

Learn tips and the proper technique for snorkeling.

Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear may be worn. Must 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

9/10	Sa	11:00-12:30 PM	\$26	401353-01
10/29	Sa	11:00-12:30 PM	\$26	401353-02
11/12	Sa	11:00-12:30 PM	\$26	401353-03
12/17	Sa	11:00-12:30 PM	\$26	101353-01
1/14	Sa	11:00-12:30 PM	\$26	101353-02



## Scuba Challenge

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

Age: 10 years & up

Location: EPIC

9/7	W	6:00-8:00 PM	\$22	401356-01
9/21	W	6:00-8:00 PM	\$22	401356-02
10/12	W	6:00-8:00 PM	\$22	401356-03
10/19	W	6:00-8:00 PM	\$22	401356-04
11/2	W	6:00-8:00 PM	\$22	401356-05
11/16	W	6:00-8:00 PM	\$22	401356-06
12/14	W	6:00-8:00 PM	\$22	101356-01
12/28	W	6:00-8:00 PM	\$22	101356-02
1/11	W	6:00-8:00 PM	\$22	101356-03
1/25	W	6:00-8:00 PM	\$22	101356-04

## LEARN TO SWIM

### 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.



## LEARN TO SWIM CLASS SCHEDULE

Senior Center				
Sunday Morning		Session 1	Session 2	Session 3
		9/18-10/16	10/23-11/20	1/22-2/19
Class	Fee:	\$37.25	\$37.25	\$37.25
Baby & Me	9:30 AM	401410.41A	401410.42A	101410.41A
	10:40 AM	401410.41B	401410.42B	101410.41B
	11:15 AM	401410.41C	401410.42C	101410.41C
Preschool 1	10:05 AM	401416.41A	401416.42A	101416.41A
	11:15 AM	401416.41B	401416.42B	101416.41B
Preschool 2	9:30 AM	401418.41A	401418.42A	101418.41A
	10:40 AM	401418.41B	401418.42B	101418.41B
Level 1	10:05 AM	401422.41A	401422.42A	101422.41A
	10:40 AM	401422.41B	401422.42B	101422.41B
Level 2	11:15 AM	401424.41A	401424.42A	101424.41A
Adult	9:30 AM	401438.41A	401438.42A	101438.41A
	10:05 AM	401438.41B	401438.42B	101438.41B

EPIC				
Monday/Wednesday Evening		Session 1	Session 2	Session 3
		9/12-10/12	10/17-11/16*	1/18-2/15
Class	Fee:	\$73.50	\$66.25	\$66.25
Baby & Me	4:45 PM	401310.11A	401310.12A	101310.11A
	5:20 PM	401310.11B	401310.12B	101310.11B
	5:55 PM	401310.11C	401310.12C	101310.11C
Preschool 1	4:45 PM	401316.11A	401316.12A	101316.11A
	5:20 PM	401316.11B	401316.12B	101316.11B
	6:30 PM	401316.11C	401316.12C	101316.11C
Preschool 2	5:20 PM	401318.11A	401318.12A	101318.11A
	5:55 PM	401318.11B	401318.12B	101318.11B
Level 1	5:55 PM	401322.11A	401322.12A	101322.11A
	6:30 PM	401322.11B	401322.12B	101322.11B
Level 2	4:45 PM	401324.11A	401324.12A	101324.11A
	5:55 PM	401324.11B	401324.12B	101324.11B
Level 3	6:30 PM	401326.11A	401326.12A	101326.11A
Level 4	4:45 PM	401328.11A	401328.12A	101328.11A
Level 5	5:20 PM	401330.11A	401330.12A	101330.11A
Adult	6:30 PM	401338.11A	401338.12A	401338.11A

\* Note: Class will not be held on 10/31.

# LEARN TO SWIM CLASS SCHEDULE

Mulberry Pool				
Tuesday/Thursday Evening		Session 1	Session 2	Session 3
		9/13-10/13	10/18-11/17	1/17-2/16
Class	Fee:	\$73.50	\$73.50	
Preschool 1	4:45PM	401216.21A	401216.22A	101216.21A
	5:55 PM	401216.21B	401216.22B	101216.21B
	6:30 PM	401216.21C	401216.22C	101216.21C
Preschool 2	4:45 PM	401218.21A	401218.22A	101218.21A
	5:20 PM	401218.21B	401218.22B	101218.21B
	5:55 PM	401218.21C	401218.22C	101218.21C
Level 1	4:45 PM	401222.21A	401222.22A	401222.21A
	5:20 PM	401222.21B	401222.22B	401222.21B
	6:30 PM	401222.21C	401222.22C	401222.21C
Level 2	5:20 PM	401224.21A	401224.22A	101224.21A
	5:55 PM	401224.21B	401224.22B	101224.21B
	6:30 PM	401224.21C	401224.22C	101224.21C
Level 3	4:45 PM	401226.21A	401226.22A	101226.21A
	5:55 PM	401226.21B	401226.22B	101226.21B
Level 4	5:20 PM	401228.21A	401228.22A	101228.21A
Level 5	6:30 PM	401230.21A	401230.22A	101230.21A

Mulberry Pool				
Sunday Afternoon		Session 1	Session 2	Session 3
		9/18-10/16	10/23-11/20	1/22-2/19
Class	Fee:	\$37.25	\$37.25	\$37.25
Preschool 1	3:15 PM	401216.41A	401216.42A	101216.41A
	4:25 PM	401216.41B	401216.42B	101216.41B
	5:00 PM	401216.41C	401216.42C	101216.41C
Preschool 2	3:15 PM	401218.41A	401218.42A	101218.41A
	4:25 PM	401218.41B	401218.42B	101218.41B
Level 1	3:15 PM	401222.41A	401222.42A	101222.41A
	3:50 PM	401222.41B	401222.42B	101222.41B
	5:00 PM	401222.41C	401222.42C	101222.41C
Level 2	4:25 PM	401224.41A	401224.42A	101224.41A
	5:00 PM	401224.41B	401224.42B	101224.41B
Level 3	3:50 PM	401226.41A	401226.42A	101226.41A
	5:00 PM	401226.41B	401226.42B	101226.41B
Level 4	3:50 PM	401228.41A	401228.42A	101228.41A
Level 5	4:25 PM	401230.41A	401230.42A	101230.41A
Teen	3:50 PM	401235.41A	401235.42A	101235.41A
Adult	3:15 PM	401238.41A	401238.42A	101238.41A

Mulberry Pool				
Saturday Morning		Session 1	Session 2	Session 3
		9/17-10/15	10/22-11/19	1/21-2/18
Class	Fee:	\$37.25	\$37.25	\$37.25
Preschool 1	9:30 AM	401216.31A	401216.32A	101216.31A
	10:05 AM	401216.31B	401216.32B	101216.31B
	10:40 AM	401216.31C	401216.32C	101216.31C
Preschool 2	9:30 AM	401218.31A	401218.32A	101218.31A
	10:40 AM	401218.31B	401218.32B	101218.31B
	11:15 AM	401218.31C	401218.32C	101218.31C
Level 1	9:30 AM	401222.31A	401222.32A	101222.31A
	10:05 AM	401222.31B	401222.32B	101222.31B
	11:15 AM	401222.31C	401222.32C	101222.31C
Level 2	10:05 AM	401224.31A	401224.32A	101224.31A
	10:40 AM	401224.31B	401224.32B	101224.31B
Level 3	10:05 AM	401226.31A	401226.32A	101226.31A
	11:15 AM	401226.31B	401226.32B	101226.31B
Level 4	10:40 AM	401228.31A	401228.32A	101228.31A
Level 5	9:30 AM	401230.31A	401230.32A	101230.31A
Teen	11:15 AM	401235.31A	401235.32A	101235.31A





## ARTS & CRAFTS

### ADULT PROGRAMS

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

#### DRAWING PROGRAMS

##### Comics Essentials

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

Age: 14 years & up

9/20-10/25	Tu	4:30-6:30 PM	\$65	403407-01
11/1-12/6	Tu	4:30-6:30 PM	\$65	403407-02
1/10-2/14	Tu	4:30-6:30 PM	\$65	103407-01

##### 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. Age: 14 years & up

1/11-2/15	W	10:00 AM-Noon	\$65	103408-01
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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

9/7-10/12	W	4:00-6:00 PM	\$65	403419-01
10/6-11/10	Th	3:30-5:30 PM	\$65	403419-02

##### Sketching Group

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

9/2-1/27	F	9:30 AM-12:30 PM	No Fee	403495-01
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#### 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.

9/1-11/17	Th	1:00-3:00 PM	No Fee	403402-01
12/1-2/23	Th	1:00-3:00 PM	No Fee	103402-01

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

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

Ages 18 years & up

9/7-11/23	W, F	1:00-3:00 PM	No Fee	403496-01
12/2-2/24	W, F	1:00-3:00PM	No Fee	103496-01

#### PAINTING

##### Acrylic Painting, Beginner

Learn the basics of acrylic painting: mixing colors, using acrylic mediums to create different effects with paint, how to stretch and gesso canvas and how to create pleasing compositions. Learn painting techniques through short exercises and completing paintings of various compositions. Note: Supply list available at registration, approximate cost is \$100.

9/10-10/15	Sa	10:00 AM-Noon	\$75	403446-01
10/22-11/19	Sa	10:00 AM-Noon	\$63	403446-02

##### Acrylic Painting, Beginner Part 2

Learn about mixing and using colors to create depth and rich colors in your paintings. Learn more about basic perspective techniques and creating a three-dimensional feel to your paintings. Supply list available at registration. Prerequisite: Acrylic Painting, Beginner.

9/10-10/14	Sa	1:00-3:00 PM	\$75	403447-01
10/22-11/19	Sa	1:00-3:00 PM	\$63	403447-02

##### Watercolor, Beginner

Learn basics of preparing paper and board for painting. Discover composition, painting techniques, special effects, setting up a palette, types of papers, color theory, design principles, and techniques for handling pigment. Supply list available at registration; approximate cost is \$65.

1/7-2/11	Sa	10:00 AM-12:00PM	\$75	103480-01
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## Watercolor, Beginner, Part 2

Learn more about mixing and using colors to create depth and rich colors in your paintings. Learn basic perspective techniques and how to create a 3-dimensional feel to painting. Supply list available at registration; approximate cost is \$40. Prerequisite: Watercolor, Beginner.

1/7-2/11	Sa	1:00 PM-3:00PM	\$40	103481-01
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## GLASS ARTS

### Stained Glass Candle Holder, Foil Method

Learn the basic of making 3-D items with stained glass, foil, and wire. Build votive candle holders that can decorate your holiday table. Note: Prerequisite: Basic foil glass skills required. Supply list available at registration; approximate cost is \$35.

9/19-9/26	M	1:00-4:00 PM	\$60	403466-01
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### Stained Glass, Foil Beginner

Create two or more suncatchers using the foil method of stained glass. Learn to cut glass, grind, foil, solder, and finish. Note: Some supplies provided. Supply list available at registration; approximate cost is \$40.

1/16-2/6	M	1:00 - 4:00 PM	\$75	103461-01
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### Holidays in Stained Glass, Foil Method

Enjoy beautiful stained glass holiday items throughout the season. Create holiday themed suncatchers, small panels and other items. Students may bring patterns or use those provided. Note: Prerequisite: Basic foil skills necessary. Supply list available at registration; approximate cost is \$45.

10/24-11/7	M	1:00-4:00 PM	\$75	403463-01
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## WOODWORKING

### Woodworking, Beginner

Create a project with use of woodworking power tools. Learn proper setup, safety, and maintenance skills. Gain knowledge of domestic wood, hand tools, and finishes. Some supplies provided. Supply list available at first class; approximate cost is \$30-40. Note: Must attend first class.

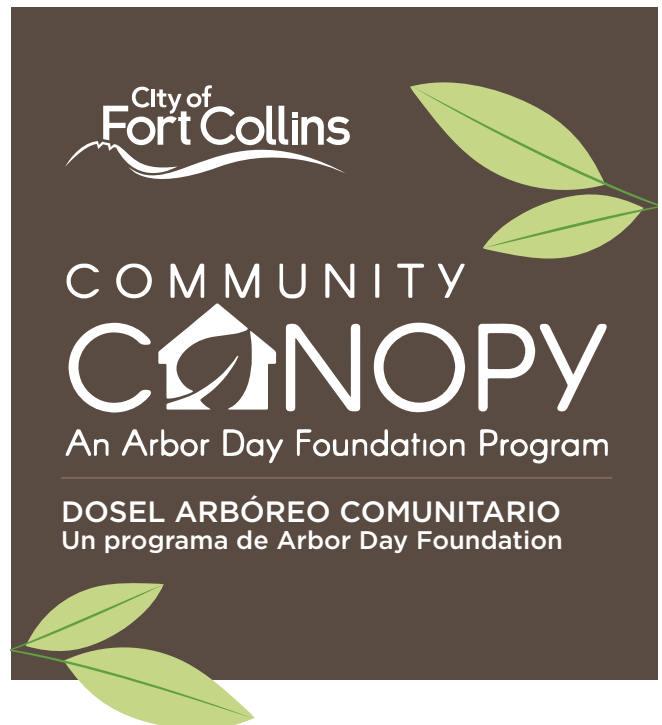
9/14-10/19	W	1:00-3:00 PM	\$107	403490-01
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1/11-2/15	W	3:00-5:00 PM	\$107	103490-01
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### Woodworking, Intermediate

Advanced techniques and concepts are taught. Further exploration into varied hand and power tools. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail, and rabbet. Prerequisite: Woodworking, Beginner. Some supplies provided. Supply list available first day of class; approximate cost is \$30-40. Note: Must attend first class. Class will not be held on 11/23.

11/2-12/14	W	1:00-3:00 PM	\$107	403491-01
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Trees available August 1

Arboles disponibles el 1 de agosto

[fcgov.com/forestry](http://fcgov.com/forestry)







## 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.

9/13-10/25	Tu	5:30-6:30 PM	\$57	406102-01
11/8-12/13	Tu	5:30-6:30 PM	\$49	406102-02

##### Ballet, Continued

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

Location: Empire Grange, 2306 W Mulberry St.

9/12-10/24	M	5:30-6:45 PM	\$71	406103-01
11/7-12/12	M	5:30-6:45 PM	\$61	406103-02

##### 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.

9/12-10/24	M	6:50-7:50 PM	\$33	406156-01
11/7-12/12	M	6:50-7:50 PM	\$49	406156-02

#### BELLY DANCE

##### 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

Location: Senior Center

9/6-9/27	Tu	7:00-8:00 PM	\$31	406426-01
10/4-10/25	Tu	7:00-8:00 PM	\$31	406426-02
11/1-11/22	Tu	7:00-8:00 PM	\$31	406426-03

##### 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

Location: Senior Center

9/6-9/27	Tu	8:00-9:00 PM	\$31	406427-01
10/4-10/25	Tu	8:00-9:00 PM	\$31	406427-02
11/1-11/22	Tu	8:00-9:00 PM	\$31	406427-03

#### LINE DANCE

##### Intro to Line Dance-New!

Curious about Line Dance? Join this one-time class to learn basic steps and practice simple combinations to music. This is a slow paced, simple class. Pre-registration \$7.00. Drop-in \$8.00

Location: Northside Aztlan Community Center

10/19	W	7:00-8:00 PM	\$7	406435-02
12/14	W	7:00-8:00 PM	\$7	406435-04

Location: Senior Center

9/14	W	7:00-8:00 PM	\$7	406435-01
11/9	W	7:00-8:00 PM	\$7	406435-03

##### 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.

Location: Senior Center

9/6-9/20	Tu	12:30-1:30 PM	\$25	406436-01
10/18-10/25	Tu	12:30-1:30 PM	\$17	406436-02
11/1-11/29	Tu	12:30-1:30 PM	\$41	406436-03

##### Line Dance, Continued

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

Location: Senior Center

9/6-9/20	Tu	2:00-3:00 PM	\$25	406437-01
10/18-10/25	Tu	2:00-3:00 PM	\$17	406437-02
11/1-11/29	Tu	2:00-3:00 PM	\$41	406437-03

## Line Dance Shindig

Join us this fall for a Line Dance Shindig. Learn some new dances and practice some familiar ones with dancers from around the region. All levels welcome. Note: Snacks provided. BYO lunch or visit surrounding restaurants doing mid-day break.

Location: Senior Center

9/10	Sa	10:00 AM-3:00 PM	\$10	406438-01
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## YOUTH PROGRAMS

### GENERAL PROGRAMS

## Tip Toes & Tutu's <sup>AC</sup>

Discover movement through classical dance styles to build gross motor skills and enjoy quality interactions between parent and child. Parents are required to participate. Children must be independently walking. Attire: Clothes that are easy to move and barefoot. Note: Class will not be held on 11/21.

Age: 1-3 years

Location: Northside Aztlan Center

9/12-9/26	M	9:30-10:00 AM	\$24	421501-01
10/3-10/24	M	9:30-10:00 AM	\$32	421501-02
10/31-12/12	M	9:30-10:00 AM	\$48	421501-03
1/9-1/30	M	9:30-10:00 AM	\$32	121501-01

## Moovin' & Groovin'

Explore the world of movement through story and songs. Each week will showcase a different story and theme. Attire: Clothes that are easy to move and barefoot. Note: Class will not be held on 11/26.

Age: 3-5 years

Location: Northside Aztlan Center

9/10-10/1	Sa	9:30-10:15 AM	\$48	421505-01
10/8-10/29	Sa	9:30-10:15 AM	\$48	421505-02
11/5-12/10	Sa	9:30-10:15 AM	\$60	421505-03
1/7-1/28	Sa	9:30-10:15 AM	\$48	121505-01

## Tiny Dancers

Discover the world of dance through basic ballet, tap, and jazz dance styles, and engage in fun, social interactions. Attire: Leotard and tights with ballet and tap shoes. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/21, 11/22

Age: 2-3 years

Location: Northside Aztlan Center

9/12-9/26	M	10:30-11:00 AM	\$24	421502-01
9/13-9/27	Tu	9:30-10:00 AM	\$24	421502-02
10/3-10/24	M	10:30-11:00 AM	\$32	421502-03
10/4-10/25	Tu	9:30-10:00 AM	\$32	421502-04
10/31-12/12	M	10:30-11:00 AM	\$48	421502-05
11/1-12/13	Tu	9:30-10:00 AM	\$48	421502-06
1/9-1/30	M	10:30-11:00 AM	\$32	121502-01
1/10-1/31	Tu	9:30-10:00 AM	\$32	121502-02

## Tip, Tap, Toe

Build and strengthen motor skills, social skills, and memory skills through ballet and tap styles. Attire: Leotard and tights with ballet and tap shoes. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/21, 11/23, 11/25.

Age: 3-5 years

Location: Northside Aztlan Center

9/14-9/28	W	9:30-10:15 AM	\$36	421503-01
9/16-9/30	F	9:30-10:15 AM	\$36	421503-02
10/5-10/26	W	9:30-10:15 AM	\$48	421503-03
10/7-10/28	F	9:30-10:15 AM	\$48	421503-04
11/2-12/14	W	9:30-10:15 AM	\$72	421503-05
11/4-12/16	F	9:30-10:15 AM	\$72	421503-06
1/11-2/1	W	9:30-10:15 AM	\$48	121503-01
1/13-1/27	F	9:30-10:15 AM	\$48	121503-02

Age: 6-10 years

Location: Mulberry Pool

9/12-10/24	M	4:30-5:30 PM	\$112	421203-01
10/31-12/12	M	4:30-5:30 PM	\$96	421203-02*
1/9-1/30	M	4:30-5:30 PM	\$64	121203-01

## Leaps & Beats

Learn the basics of ballet and jazz dance styles while exploring movement and discovering creativity and confidence that dance brings. Attire: Leotard and tights with ballet and tap shoes. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/22, 11/23, 11/25

Age: 3-5 years

Location: Northside Aztlan Center

9/14-9/28	W	10:30-11:15 AM	\$36	421504-01
9/16-9/30	F	10:30-11:15 AM	\$36	421504-02
10/5-10/26	W	10:30-11:15 AM	\$48	421504-03
10/7-10/28	F	10:30-11:15 AM	\$48	421504-04
11/2-12/14	W	10:30-11:15 AM	\$72	421504-05
11/4-12/16	F	10:30-11:15 AM	\$72	421504-06
1/11-2/1	W	10:30-11:15 AM	\$48	121504-01
1/13-2/3	F	10:30-11:15 AM	\$48	121504-02

Age: 6-10 years

Location: Mulberry Pool

9/13-10/25	T	4:30-5:30 PM	\$112	421203-01
11/1-12/13	T	4:30-5:30 PM	\$96	421504-02*
1/10-1/31	T	4:30-5:30 PM	\$64	121504-01

### 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](http://fcgov.com/aro) for more details.

## Hip, Hip, Hippity-Hop

Explore the world of hip-hop and gain social-emotional, creativity, and motor skills while having fun. Attire: clothing that is easy to move and tennis shoes. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/24.

Location: Club Tico

Age: 5-8 years

9/15-10/27	Th	4:30-5:30 PM	\$112	421107-01
11/3-12/15	Th	4:30-5:30 PM	\$96	421107-02
1/12-2/2	Th	4:30-5:30 PM	\$64	121107-01

Age: 9-12 years

9/15-10/27	Th	5:45-6:45 PM	\$112	421107-03
11/3-12/15	Th	5:45-6:45 PM	\$96	421107-04*
1/12-2/2	Th	5:45-6:45 PM	\$64	121107-02

## Inspired Movement

Express emotions through movement while learning aspects of lyrical and contemporary dance skills. Attire: clothing that is easy to move and tennis shoes. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/23.

Age: 11-17 years

Location: Mulberry Pool

9/14-10/26	W	4:30-5:30 PM	\$112	421206-01
11/2-12/14	W	4:30-5:30 PM	\$96	421206-02*
1/11-2/1	W	4:30-5:30 PM	\$64	121506-01



**Fees based on ability to pay  
Medicaid • CHP+**

**Medicaid dental benefit decreases next year.  
Use yours now!**

**Health District**  
FAMILY DENTAL CLINIC

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

[healthdistrict.org/dental](http://healthdistrict.org/dental)

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

## Rising Starz

Share the love of dance throughout the community. Dancers will have more opportunities to perform in various settings such as nursing homes, parades, and more. This program is for the devoted dancer who has developed a solid foundation in basic dance skills. Schedule for dance performances will be sent out one month prior to program start date. Attire: Dancers will have to purchase black dance pants and a performance top; price will be under \$30. Note: Class will not be held on 11/26.

Age: 5-12 years

Location: Northside Aztlan Center

9/10-12/17	Sa	10:30-11:30 AM	\$208	421510-01
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## STRUCTURED DANCE, TUMBLING, & COMBO CLASSES

### Roly Polys <sup>AC</sup>

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.

Parents are required to participate.

Location: Foothills Activity Center

Age: 2 years

8/31-9/21	W	10:30-11:15 AM	\$48	421701-01
9/27-10/18	Tu	11:00-11:45 AM	\$48	421701-02
9/28-10/19	W	10:30-11:15 AM	\$48	421701-03
10/26-11/16	W	10:30-11:15 AM	\$48	421701-04
11/29-12/13	Tu	11:00-11:45 AM	\$36	121701-01
11/30-12/14	W	10:30-11:15 AM	\$36	121701-02
1/11-2/1	W	10:30-11:15 AM	\$48	121701-03

Age: 3 years

8/30-9/20	Tu	11:00-11:45 AM	\$48	421701-05
8/31-9/21	W	9:30-10:15 AM	\$48	421701-06
9/28-10/19	W	9:30-10:15 AM	\$48	421701-07
10/25-11/15	Tu	11:00-11:45 AM	\$48	421701-08
10/26-11/16	W	9:30-10:15 AM	\$48	421701-09
11/30-12/14	W	9:30-10:15 AM	\$36	121701-04
1/10-1/31	Tu	11:00-11:45 AM	\$48	121701-05
1/11-2/1	W	9:30-10:15 AM	\$48	121701-06

### Dancin' Dumplins

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: 3-4 years

1/12-2/2	Th	11:00-11:45 AM	\$48	121704-01
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Age: 5-7 years

1/12-2/2	Th	4:30-5:30	\$64	121704-02
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### Tappin' Dumplins

Introduction to basic tap techniques and rhythms while building motor skills, social skills, and memory skills. Attire: Leotard and tights, or t-shirt and shorts. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/24.

Location: Foothills Activity Center

Age: 3-4 years

9/1-9/22	Th	11:00-11:45 AM	\$48	421707-01
9/29-10/20	Th	11:00-11:45 AM	\$48	421707-02
10/27-12/15	Th	11:00-11:45 AM	\$84	421707-03*

### Tumble Bumbles

Learn basic tumbling skills like somersaults, cartwheels, and push-up bridge along with use of various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Age-appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Age: 4-5 years

8/30-9/20	Tu	4:30-5:30 PM	\$64	421702-01
9/27-10/18	Tu	4:30-5:30 PM	\$64	421702-02
10/25-11/15	Tu	4:30-5:30 PM	\$64	421702-03
11/29-12/13	Tu	4:30-5:30 PM	\$48	121702-01
1/10-1/31	Tu	4:30-5:30 PM	\$64	121702-02

Age: 5-6 years

8/30-9/20	Tu	6:00-7:00 PM	\$64	421702-04
9/27-10/18	Tu	6:00-7:00 PM	\$64	421702-05
10/25-11/15	Tu	6:00-7:00 PM	\$64	421702-06
11/29-12/13	Tu	6:00-7:00 PM	\$48	121702-03
1/10-1/31	Tu	6:00-7:00 PM	\$64	121702-04

Age: 6-7 years

8/31-9/21	W	4:30-5:30 PM	\$64	421702-07
9/28-10/19	W	4:30-5:30 PM	\$64	421702-08
10/26-11/16	W	4:30-5:30 PM	\$64	421702-09
11/30-12/14	W	4:30-5:30 PM	\$48	121702-05
1/11-2/1	W	4:30-5:30 PM	\$64	121702-06

### Tappin' & Tumbling

45-minutes of basic tap techniques and rhythms followed by 45-minutes of basic gymnastics skills and rotations. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/24.

Location: Foothills Activity Center

Age: 5-7 years

9/1-9/22	Th	4:30-5:30 PM	\$64	421706-01
9/29-10/20	Th	4:30-5:30 PM	\$64	421706-02
10/27-12/15	Th	4:30-5:30 PM	\$112	421706-03*

### 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: 7-9 years

9/1-9/22	Th	6:00-7:15 PM	\$80	421705-01
9/29-10/20	Th	6:00-7:15 PM	\$80	421705-02
1/12-2/2	Th	6:00-7:15 PM	\$80	121705-01

### Just Dance

Learn ballet, jazz, and gymnastics skills and engage in high-energy and fun social interactions. \*Dancers enrolled in the November-December session will perform in a Winter Recital. Note: Class will not be held on 11/24.

Location: Foothills Activity Center

Age: 8-10 years

10/27-12/15	Th	6:00-7:15 PM	\$140	421711-01 *
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### 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

8/31-9/21	W	6:00-7:15 PM	\$80	421703-01
9/28-10/19	W	6:00-7:15 PM	\$80	421703-02
10/26-11/16	W	6:00-7:15 PM	\$80	421703-03
11/30-12/14	W	6:00-7:15 PM	\$60	121703-01
1/11-2/1	W	6:00-7:15 PM	\$80	121703-02

#### LEGEND



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](http://fcgov.com/aro) for more details.



## 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 encourage activity, learning, and discovery.. All programs are located at the Northside Aztlan Community Center unless otherwise noted.  
Questions? Learn more at [fcgov.com/youth-programs](http://fcgov.com/youth-programs) or call 970.221.6357.

### AFTER SCHOOL ENRICHMENT PROGRAMS

#### Kids Night In

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

Ages: 5-11 years

9/23	F	5:00-9:00 PM	\$25	415552-01
10/21	F	5:00-9:00 PM	\$25	415552-03
11/18	F	5:00-9:00 PM	\$25	415552-05
12/16	F	5:00-9:00 PM	\$25	115552-01
1/20	F	5:00-9:00 PM	\$25	115552-03

Sibling(s), ages 3-11 years

9/23	F	5:00-9:00 PM	\$15	415552-02
10/21	F	5:00-9:00 PM	\$15	415552-04
11/18	F	5:00-9:00 PM	\$15	415552-06
12/16	F	5:00-9:00 PM	\$15	115552-02
1/20	F	5:00-9:00 PM	\$15	115552-04

#### Youth Night

Youth drop-in to enjoy gym games, crafts, and activities at no charge. Structured supervision is not provided; facility staff or volunteers are available to assist as needed. Children under 10 must be accompanied by an older sibling or responsible adult. No registration is required. Drop-in fees are waived for youth ages 17 and under. Accompanying adults 18 and over must pay a \$5 daily drop-in fee or utilize a membership pass. Note: Scheduled activities begin 9/8 and run through 12/15. No activities scheduled 11/24.

Ages: 5-17 years

Th	4:00-9:00 PM	Free
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#### Eat the Rainbow

Create and eat a rainbow of foods by using hands on activities and easy receipts to explore a different color of food.

Age: 5-7 years

Radical Reds

9/10-10/1	S	9:00-10:00 AM	\$55	415556-01
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Blissful Blues

10/8-10/29	S	9:00-10:00 AM	\$55	415556-02
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Glamorous Green

11/5-11/19	S	9:00-10:00 AM	\$42	415556-03
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Purple Party

12/3-12/17	S	9:00-10:00 AM	\$42	115556-01
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Yummy Yellow

1/7-1/28	S	9:00-10:00 AM	\$55	115556-02
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#### Masterful Makers

This hands-on class will fuel your imagination! Learn new skills and express your creativity through creating and making fun crafts, inventions, and more. Note: Class will not be held on 11/22.

Age: 5-7 years

Painting

9/6-9/27	Tu	4:30-5:30 PM	\$55	415554-01
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Sculptures

10/4-10/25	Tu	4:30-5:30 PM	\$55	415554-02
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Sewing

11/1-11/29	Tu	4:30-5:30 PM	\$55	415554-03
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Printing

12/6-12/20	Tu	4:30-5:30 PM	\$42	115554-01
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Writing

1/10-1/31	Tu	4:30-5:30 PM	\$42	115554-02
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## Mystery Sciences

Find your inner scientist and discover the mysterious world of science by solving problems, creating new inventions, and engaging in science experiments and games. Note: Class will not be held on 11/23.

Age: 7-10 years

Earthy Science

9/7-9/28	W	4:30-5:30 PM	\$55	415555-01
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Bizarre Biology

10/5-10/26	W	4:30-5:30 PM	\$55	415555-02
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Flabbergasting Physics

11/2-11/23	W	4:30-5:30 PM	\$42	415555-03
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Crazy Chemistry

11/30-12/14	W	4:30-5:30 PM	\$42	115555-01
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All Things Science

1/11-2/1	W	4:30-5:30 PM	\$55	115555-02
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## Creative Chefs

Become creative and confident chefs by learning how to make healthy but tasty dishes while learning how to be safe in the kitchen. Chefs will make new friends, improve social skills, and expand their skills in math, science, and art. Note: Class will not be held on 11/21.

Age: 8-11 years

Interesting Italian

9/12-10/3	M	4:30-6:00 PM	\$70	415553-01
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Fantastic French

10/10-10/31	M	4:30-6:00 PM	\$70	415553-02
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Jovial Japanese

11/7-11/28	M	4:30-6:00 PM	\$53	415553-03
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Happy Hawaiian

12/5-12/19	M	4:30-6:00 PM	\$53	115553-01
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Tasty-Tex Mex

1/9-1/30	M	4:30-6:00 PM	\$70	115553-02
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## DAY CAMPS

### ENRICHMENT CAMPS & CLASSES

### LEGO CLASSES & CAMPS

If you can imagine it, we can build it. Let your imagination run wild with tens of thousands of LEGO® parts! All LEGO® classes and camps are taught by an experienced Play-Well instructor and are located at the Foothills Activity Center.

## Engineering Enrichments

Age: 6-10 years

Adventures in STEM: Build engineer-designed projects and use special pieces to create your own unique designs!

9/16	F	4:00-5:30 PM	\$30	415770-01
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## Minecraft Engineering

Build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world.

10/14	F	4:00-5:30 PM	\$30	415770-02
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## Jedi Engineering Strikes Back

Defend the Wookies on Kashyyyk, repair the Rebel shield generator on Hoth, and rescue Baby Yoda from Moff Gideon.

11/18	F	4:00-5:30 PM	\$30	415770-03
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## Winter Wonderland Engineering

Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips.

12/16	F	4:00-5:30 PM	\$30	415770-04
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## Thanksgiving Break

Adventures in STEM: Build engineer-designed projects and use special pieces to create your own unique designs!

Age: 5-7 years

11/21-11/23	M-W	9:00 AM-Noon	\$115	415771-01
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## Minecraft Master Engineering

Build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over!

Age: 7-12 years

11/21-11/23	M-W	1:00-4:00 PM	\$115	415771-02
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## Winter Break

STEM Explorations: Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects.

Age: 5-7 years

12/26-12/29	M-W	9:00 AM-Noon	\$115	415772-01
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Age: 7-12 years

12/26-12/29	M-W	1:00-4:00 PM	\$115	415772-02
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## Ultimate Babysitting Bootcamp

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding 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

9/16	F	9:00 AM-3:00 PM	\$85	315275-01
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10/14	F	9:00 AM-3:00 PM	\$85	315275-02
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11/11	F	9:00 AM-3:00 PM	\$85	315275-03
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## CAMP FUNQUEST

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

### Adaptive Recreation Opportunities in Camp FunQuest

Interested in participation support related to a disability? Requests must be received at least two weeks prior to program start date and will be processed in order of registration. Visit [fcgov.com/ARO](http://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](http://fcgov.com/youth-programs).

### Enrollment Information

An emailed invitation to complete online health profiles through ePACT Emergency Network will be sent after registration. All enrolled children must have a completed online health profile through ePACT Emergency Network before programs start. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records or exemption forms, and any required medication administration forms. Completed forms can either be uploaded into ePACT or hand-delivered to Northside Aztlan Community Center.

### School's Out Day – Elementary

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

Age: 5-11 years

Nutty Nature/Hike

9/16	F	7:30 AM-5:30 PM	\$60	415550-01
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Fabulous Fall/Pumpkin Patch

10/13-10/14	Th,F	7:30 AM-5:30 PM	\$114	415550-02
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Creative Cooking/Bakery

11/11	F	7:30 AM-5:30 PM	\$60	415550-03
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Popular Pastimes/Bowling

11/21-11/23	M-W	7:30 AM-5:30 PM	\$165	415550-04
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Cozy Place/Movie

12/22-12/23	Th,F	7:30 AM-5:30 PM	\$114	115550-01
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Adventurous Activities/Swimming

1/16	M	7:30 AM-5:30 PM	\$60	115550-02
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## Winter Break Camp

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

Winter Wonderland/Ice Skating

Marmot (5-6 years)

12/26-12/30	M-F	7:30 AM-5:30 PM	\$250	115551-01
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1/2-1/4	M-W	7:30 AM-5:30 PM	\$165	115551-02
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Red Fox (7-8 years)

12/26-12/30	M-F	7:30 AM-5:30 PM	\$250	115551-03
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1/2-1/4	M-W	7:30 AM-5:30 PM	\$165	115551-04
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Big Horn (9-11 years)

12/26-12/30	M-F	7:30 AM-5:30 PM	\$250	115551-04
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1/2-1/4	M-W	7:30 AM-5:30 PM	\$165	115551-05
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## Spring Break & Summer Camp Registration

Planning ahead? Set your alarm, registration for Spring Break and Summer Camp begins Thursday, January 12 at 7 a.m.



**HAVE A HEART. DRIVE SMART.  
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V/TDD 711 21-23543



## 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 **AC**. All other programs are child-only.

It is recommended that children enrolled in classes without an accompanying, responsible adult are fully toilet trained. Children not yet toilet trained are welcome to attend classes, however, an adult must be available to attend to toileting needs. City of Fort Collins staff are not permitted to assist with toileting or 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? Learn more at [fcgov.com/youth-programs](http://fcgov.com/youth-programs) or call 970.416.2528.

### FUNTIME PRESCHOOL PROGRAM

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

This school year-round preschool program follows the Poudre School District (PSD) calendar for most school days off and holiday breaks but does not follow PSD delays or closures due to inclement weather. Teacher conferences are held in April and opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year. Note: Fall classes will not be held on 9/16, 10/13, 10/14, 11/11, 11/21, 11/22, 11/23, 11/24, 11/25. Spring classes will not be held on 1/16, 2/20, 3/13, 3/14, 3/15, 3/16, 3/17, 4/21.

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

Fall 2022 session fees are based on \$19.50 per scheduled day of classes. Spring 2023 session fees are based on \$20.50 per scheduled day of classes. Full session fees are divided into monthly payments that are due prior to the 15th of each month, for the upcoming month's payment. Tuition may be prorated for mid-session enrollments.

### Emergency Contact & Student Health Information

An invitation to complete online member 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 current immunization records (or exemption waiver), a General Health Appraisal, and any necessary medication administration forms with required physician signature(s), can either be uploaded into ePACT profiles or hand-delivered to Northside Aztlan Community Center. Member profiles, including all health forms, must be resubmitted annually.

### Funtime Preschool

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.

Age: 3-4 years

Location: Northside Aztlan Center

9/6-12/15	Tu,Th	9:00 AM-Noon	\$527	417501-01
1/5-5/11	Tu,Th	9:00 AM-Noon	\$719	117501-01

### Funtime Pre-K & Lunch Bunch

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.

An optional Lunch Bunch program is available for both morning and afternoon session participants and meets from noon-1 p.m.; \$6/day sign-ups provided after Pre-K program enrollment.

Age: 4-5 years

Location: Northside Aztlan Center

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
1/6-5/12	M,W,F	9:00 AM-Noon	\$1005	117500-01
1/6-5/12	M,W,F	1:00-4:00 PM	\$1005	117500-02

## EXPERIENTIAL LEARNING & ENRICHMENT PROGRAMS

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

### Play Café – New! AC NW

Infants and toddlers up to 18 months attend with their caregivers for social and play time. Caregivers enjoy provided tea and coffee while connecting with other adults. Floor mats, soft toys, and other playthings are set up for the littles. Registration is not required; a \$4 drop-in fee per adult/child pair is paid upon arrival. Note: Program not held on the following local school-out days: 11/21, 11/23, 12/26, 12/28, 1/2, 1/16. Age: Newborn to 18 months

Location: Foothills Activity Center

9/12-1/30	M	10:00 AM-Noon
9/14-1/25	W	1:00-3:00 PM

### Tot Gym AC NW

Bring the little ones in for some fun gym time. Balls, blocks, a mini jump house, an obstacle course for plasma cars, and other activities are set up. All children must be accompanied and actively supervised by an adult. Registration is not required, a \$4 drop-in fee per participating child is paid upon arrival. Note: Program not held on the following local school-out days: 9/16, 10/13 10/14, 11/11, 11/21, 11/22, 11/23, 11/24, 11/25, 12/22, 12/23, 12/26, 12/27, 12/28, 12/29, 12/30, 1/2, 1/3, 1/4, 1/16.

Age: Walking – 5 years

Location: Northside Aztlan Center

9/12-1/31	M-F	10:00 AM-Noon
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### Adult and Tot Science AC

Explore the world of science by making and doing all kinds of fun science experiments. Note: Class will not be held on 11/11.

Age: 2-3 years

Location: Northside Aztlan Center

9/30-10/7	F	10:00-11:00 AM	\$26	417560-01
11/4-11/18	F	10:00-11:00 AM	\$26	417560-02
1/6-1/13	F	10:00-11:00 AM	\$26	117560-01

### Little Explorers AC

Explore science, movement, arts and crafts, and music together with your young learner. Note: Class will not be held on 9/16, 11/11, 11/25.

Age: 2 years

Location: Foothills Activity Center

9/7-9/28	W	10:00-11:00 AM	\$45	417761-01
9/9-9/30	F	10:00-11:00 AM	\$34	417761-02
10/5-10/26	W	10:00-11:00 AM	\$45	417761-03
10/7-11/4	F	10:00-11:00 AM	\$45	417761-04
11/2-11/16	W	10:00-11:00 AM	\$34	417761-05
11/18-12/16	F	10:00-11:00 AM	\$45	417761-06
11/30-12/14	W	10:00-11:00 AM	\$34	117561-01

### Mother Hubbard's Cupboard AC

Find out what is in Mother Hubbard's Cupboard. Themed arts and crafts and cooking activities.

Age: 2-4 years

Location: Northside Aztlan Center

9/12	M	10:00-11:00 AM	\$22	417571-01
10/10	M	10:00-11:00 AM	\$22	417571-02
11/7	M	10:00-11:00 AM	\$22	417571-03
11/14	M	10:00-11:00 AM	\$22	417571-04
12/19	M	10:00-11:00 AM	\$22	117571-01
1/9	M	10:00-11:00 AM	\$22	117571-02

### Small Hands, Big Messy Art AC

Get hands-on with paint, playdough, and shaving cream. Note: Class will not be held on 9/16.

Age: 1.5-2 years

Location: Northside Aztlan Center

9/16-9/23	F	10:00-10:45 AM	\$22	417585-01
10/21-10/28	F	10:00-10:45 AM	\$22	417585-02
12/2-12/9	F	10:00-10:45 AM	\$22	117585-01
1/20-1/27	F	10:00-10:45 AM	\$22	117585-02

### Curious Twos

Attention is directed to games, crafts, and stories, and provides a positive first step to independent learning.

Age: 2 years

Location: Northside Aztlan Center

Family & Friends

9/12-9/28	M,W	9:30-10:30 AM	\$79	417504-01
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Fall & Halloween

10/3-10/19	M,W	9:30-10:30 AM	\$79	417504-02
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Favorite Stories

10/31-11/16	M,W	9:30-10:30 AM	\$79	417504-03
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Snowmen & Snowflakes

11/28-12/14	M,W	9:30-10:30 AM	\$79	117504-01
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Animals in the Winter

1/16-2/1	M,W	9:30-10:30 AM	\$79	117504-02
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### Preschool Discovery

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

Previous class experience recommended.

Age: 2-3 years

Location: Northside Aztlan Center

Family & Friends

9/13-9/29	Tu,Th	9:30-11:00 AM	\$121	417503-01
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Fall & Halloween

10/11-10/27	Tu,Th	9:30-11:00 AM	\$121	417503-02
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Favorite Stories

11/1-11/17	Tu,Th	9:30-11:00 AM	\$121	417503-03
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Snowballs, Snowflakes, & Snowmen

11/29-12/15	Tu,Th	9:30-11:00 AM	\$121	117503-01
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Arctic Animals

1/10-1/26	Tu,Th	9:30-11:00 AM	\$121	117503-02
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### Fun & Fitness

Enjoy themed arts and crafts, social time, and story time along with featured fitness activities. Note: Class will not be held on 10/13.

Age: 3-4 years

Location: Foothills Activity Center

Football, Friends & Family

9/13-9/29	Tu,Th	9:30-11:30 AM	\$139	417758-01
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Yoga, Fall & Halloween

10/11-10/27	Tu,Th	9:30-11:30 AM	\$139	417758-02
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Healthy Foods & Gym Games

11/1-11/17	Tu,Th	9:30-11:30 AM	\$139	417758-03
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Woodland Creatures & Animal Yoga

11/29-12/15	Tu,Th	9:30-11:30 AM	\$139	117758-01
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Winter's Wonders & Indoor Sports

1/10-1/26	Tu,Th	9:30-11:30 AM	\$139	117758-02
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### A Pirates Life for Me

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

Age: 3-6 years

Location: Foothills Activity Center

10/18-10/20	Tu,Th	1:00-2:30 PM	\$39	417751-01
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12/6-12/8	Tu,Th	1:00-2:30 PM	\$39	117751-01
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### Art Discovery

Learn about and explore different kinds of art and art mediums. Note: Class will not be held on 11/22.

Age: 3-5 years

Location: Northside Aztlan Center

9/6-9/20	Tu	10:00-11:30 AM	\$59	417586-01
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9/27-10/11	Tu	10:00-11:30 AM	\$59	417586-02
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10/18-11/1	Tu	10:00-11:30 AM	\$59	417586-03
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11/8-11/29	Tu	10:00-11:30 AM	\$59	417586-04
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12/6-12/20	Tu	10:00-11:30 AM	\$59	117586-01
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1/10-1/24	Tu	10:00-11:30 AM	\$59	117586-02
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### Art in the Afternoon

Meet new friends and get creative. New projects featured each week. Note: Class will not be held on 11/22.

Age: 3-6 years

Location: Northside Aztlan Center

9/6-9/20	Tu	1:00-2:30 PM	\$59	416508-01
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9/27-10/11	Tu	1:00-2:30 PM	\$59	416508-02
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10/18-11/1	Tu	1:00-2:30 PM	\$59	416508-03
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11/8-11/22	Tu	1:00-2:30 PM	\$59	416508-04
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12/6-12/20	Tu	1:00-2:30 PM	\$59	116508-01
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1/10-1/24	Tu	1:00-2:30 PM	\$59	116508-02
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### Builders & Bulldozers

Discover the world of work machines. Curriculum includes art and crafts and dramatic play.

Age: 3-6 years

Location: Foothills Activity Center

11/15-11/17	Tu,Th	1:00-2:30 PM	\$39	417753-01
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1/17-1/19	Tu,Th	1:00-2:30 PM	\$39	117753-01
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### Cars, Trucks, & Ramps

Learn about cars and trucks and things that go vroom!

Age: 3-6 years

Location: Northside Aztlan Center

9/28-10/12	W	1:00-2:30 PM	\$59	417519-01
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### Homemade Gifts

Craft special gifts for friends and family.

Age: 3-6 years

Location: Northside Aztlan Center

12/7-12/21	W	1:00-2:30 PM	\$66	116553-01
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### Hospital Helpers

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

Age: 3-6 years

Location: Northside Aztlan Center

9/7-9/21	W	1:00-2:30 PM	\$59	417545-01
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1/11-1/25	W	1:00-2:30 PM	\$59	117545-01
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### Little Chefs

Get creative in the kitchen. These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience. Note: Class will not be held on 9/16, 11/11.

Age: 3-6 years

Location: Northside Aztlan Center

Breakfast & Lunch

9/9-9/23	F	10:00-11:30 AM	\$45	417520-01
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Healthy Snacks

9/30-10/7	F	10:00-11:30 AM	\$45	417520-02
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Mini Pies

10/21-10/28	F	10:00-11:30 AM	\$45	417520-03
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Noodles

11/4-11/18	F	10:00-11:30 AM	\$45	417520-04
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Cookies

12/2-12/9	F	10:00-11:30 AM	\$45	117520-01
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Yummy Desserts

1/6-1/13	F	10:00-11:30 AM	\$45	117520-02
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Pizza, Pizza

1/20-1/27	F	10:00-11:30 AM	\$45	117520-03
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### Playdough World

Create a variety of scented and edible play doughs

Age 3-6 years

Location: Northside Aztlan Center

10/19-11/2	W	1:00-2:30 PM	\$59	417547-01
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## Playful Pets

From bunnies to lizards, kittens to puppies, learn about favorite pets and how to care for them. Note: Class will not be held on 11/23.

Age: 3-6 years

Location: Northside Aztlan Center

11/9-11/30	W	1:00-2:30 PM	\$59	417518-01
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## Preschool Tools

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

Age: 3-6 years

Location: Foothills Activity Center

9/20-9/22	Tu,Th	1:00-2:00 PM	\$26	417756-01
11/1-11/3	Tu,Th	1:00-2:00 PM	\$26	417756-02

## Pretend with Friends

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

Age: 3-6 years

Location: Foothills Activity Center

Pizzeria

9/27	Tu	1:00-2:30 PM	\$20	417750-01
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Camping

11/8	Tu	1:00-2:30 PM	\$20	417750-02
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Firefighters

12/13	Tu	1:00-2:30 PM	\$20	117750-01
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## Pretty Parties

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

Age: 3-6 years

Location: Foothills Activity Center

Unicorn Party

9/29	Th	1:00-2:30 PM	\$20	117741-01
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Princess Party

11/10	Th	1:00-2:30 PM	\$20	117741-02
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Fairy Party

12/15	Th	1:00-2:30 PM	\$20	417741-01
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## Science Explorers

Explore the world of science. Themed sessions will explore different scientific interests. Note: Class will not be held on 11/23.

Age: 3-6 years

Location: Northside Aztlan Center

9/7-9/21	W	10:00-11:30 AM	\$59	417595-01
9/28-10/12	W	10:00-11:30 AM	\$59	417595-02
10/19-11/2	W	10:00-11:30 AM	\$59	417595-03
11/9-11/30	W	10:00-11:30 AM	\$59	417595-04
12/7-12/21	W	10:00-11:30 AM	\$59	117595-01
1/11-1/25	W	10:00-11:30 AM	\$59	117595-02

## Superheroes

Create superheroes, then dress up and play like legendary superheroes.

Age: 3-6 years

Location: Foothills Activity Center

10/4-10/6	Tu,Th	1:00-2:30 PM	\$39	417748-01
11/29-12/1	Tu,Th	1:00-2:30 PM	\$39	117748-01
1/24-1/26	Tu,Th	1:00-2:30 PM	\$39	117748-02

## Those Amazing Dinosaurs

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

Age: 3-6 years

Location: Foothills Activity Center

9/13-9/15	Tu,Th	1:00-2:30 PM	\$39	417508-01
1/10-1/12	Tu,Th	1:00-2:30 PM	\$39	118508-01

## Ultimate Fort Making

Construct a fort with blankets, towels, parachutes, boxes, hula hoops, floor mats, and any found objects.

Age: 3-6 years

Location: Foothills Activity Center

10/11	Tu	1:00-2:30 PM	\$15	417739-01
1/5	Tu	1:00-2:30 PM	\$15	117739-01

# Thinking of QUITTING?

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

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

\*Free for residents of the Health District

**970-224-5209**  
healthdistrict.org/quitsmoking

**Health District**  
QUIT TOBACCO PROGRAM



## 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.

#### THE FOLLOWING CLASSES ARE TAUGHT BY SAPNA VON REICH

##### Dal 101-Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals.

9/14	W	6:00-8:30 PM	\$50	407429-01
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##### Ethiopian Made Easy

Lean to make a delicious Ethiopian meal that is easy to prepare and good for you. We will cook with all the colors of the rainbow. All recipes are gluten-free and vegan-vegetarian friendly. Menu: Key Sir Alich (Beets stew), kik Alich (yellow split peas), Swiss Chard Gomen, Instant Teff Flour Crepes.

9/26	M	6:00-8:30 PM	\$50	407427-01
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##### Curry in a Snap

Speedy preparation! Easy recipes! Join us to make some quick curries. It will be a tasty meal that goes from your stove to your stomach in just 20 minutes! All recipes are gluten-free and vegan-vegetarian friendly. Menu: a quick Chana masala, spicy potato curry, a tikka masala sauce in which you can add any protein to make a quick curry.

10/6	Th	6:00-8:30 PM	\$50	407431-01
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##### Indian Breakfast 101

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

10/17	M	6:00-8:30 PM	\$50	407447-01
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##### Slow Cooker Curries

Make authentic Indian Curry in a slow cooker that is easy, delicious, gluten-free, and vegan-vegetarian friendly. Menu: Spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

11/2	W	6:00-8:30 PM	\$50	407425-01
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##### Christmas Curries

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

12/13	Tu	6:00-8:30 PM	\$50	107423-01
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12/9	M	6:00-8:30 PM	\$50	107423-02
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#### THE FOLLOWING CLASSES ARE TAUGHT BY SHARMILA RJOPADHYE

##### 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.

Easy Italian Chicken with capers & sour cream with green salad

9/8-9/15	Th	6:30-7:30 PM	\$50	407436-01
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Twice cooked chicken Chinese style with vegetables & jasmine sauce

10/7-10/14	F	6:30-7:30 PM	\$50	407436-02
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Mediterranean meatballs with feta cheese & spinach with pita bread

11/8-11/15	Tu	6:30-7:30 PM	\$50	407436-03
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## THE FOLLOWING CLASSES ARE TAUGHT BY SIM SUINN

### Thai Street Food

Thailand is one of the best places to find delicious, quick, inexpensive food at any time of the day. Balance spicy, sour, salty, sweet and creamy flavors with fresh ingredients. Menu: Crispy spring rolls with sweet chili sauce, Tod mon moo (pork patty with curry paste), cucumber salad, Tom Yum fried rice and Thai dipping sauce.

9/27	Tu	6:00-8:30 PM	\$50	407435-01
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### Lunch time in Bangkok

Learn the secrets for combining aromatic herbs and spices with authentic ingredients to create the flavors that make Thai cuisine uniquely delicious. Menu: Instant noodle salad, Spicy noodle, Stir fry green curry with beef, Jasmine rice and Thai dipping sauce

10/18	Tu	6:00-8:30 PM	\$50	407437-01
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### Lunch time in Vietnam

Learn how to make Banh Mi, a classic Vietnamese sandwich made of crispy warm baguette, filled with grilled pork, cilantro, and pickled Asian vegetables. Menu includes: Bahn Mi, Dry noodle bowl with grilled pork and fresh rolls with sweet chili sauce.

11/1	Tu	6:00-8:30 PM	\$50	407430-01
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## GENERAL INTEREST

### College Admissions

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

Age: 14 years & up

College Admissions, Beginner

9/6	Tu	6:00-8:00 PM	\$20	407444-01
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College Admissions, Advanced

9/20	Tu	6:00-8:00 PM	\$20	407444-02
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### 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. Large, touch screen computers available or use your own device.

Location: 600. E Swallow St., enter building on the west side

9/1-9/29	Th	7:00-8:00 PM	\$6	407455-01
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10/6-10/27	Th	7:00-8:00 PM	\$6	407455-02
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11/3-11/17	Th	7:00-8:00 PM	\$6	407455-03
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### Good Dogs Out on the Town

Take your dog to a new level of obedience and attention while exploring Fort Collins parks, shops, and cafes. Your dog will learn advanced skills necessary for focus during shopping and calmness while you dine using dog-friendly positive reinforcement techniques. Prerequisite: Basic Obedience.

Note: Instructor contacts participants prior to class with meeting location.

9/13-10/11	Tu	5:30-6:30 PM	\$100	407452-01
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### Guitar I

Learn the 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

9/6-9/27	Tu	5:45-6:45 PM	\$80	407466-01
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10/4-10/25	Tu	5:45-6:45 PM	\$80	407466-02
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### Mindful Birding

Engaging with and enjoying the birds and around you are very healing processes. With instruction from a mindful practitioner of meditation and other mindfulness practices as well as 15 years of teaching ornithology, learn the principles of mindfulness and discover the beauty of birds in these workshops.

9/6-9/13	Tu	9:00-11:00 AM	\$30	407416-01
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1/24-1/31	Tu	9:00-11:00 AM	\$30	407416-02
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## LEGEND



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](http://fcgov.com/aro) for more details.





## FARM

All classes in The Farm section take place at The Farm at Lee Martinez Park.

### Adopt an Animal

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

It's easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and a poster. Your adopted animal stays at The Farm where it is cared for by Farm staff and welcome your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

For more information and to fill out an adoption form, visit [fcgov.com/thefarm](http://fcgov.com/thefarm).

### The Farm Store

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

### The Farm Museum

Take a walk through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used. Test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Visit The Ross Proving-Up House and learn about homesteading in early Fort Collins.

### Volunteer

Help keep The Farm grounds and animal pens looking great. You could also help with programs and special events. 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](http://engage.fcgov.com).

### Pony Rides

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

Note: Pony rides are available weather permitting.

4/2-10/22	Sa	11:00 AM – 3:00 PM
4/3-10/23	Su	Noon–3:00 PM

## FAMILY PROGRAMS

### Farm Chores Family

Have you ever wondered what a morning on a farm is like? Join the farmer for a round of chores which include feeding the animals. Note: This is a family activity; one registration includes up to four people.

Age: All

9/11	Su	8:30-9:30 AM	\$31	408615-01
9/18	Su	8:30-9:30 AM	\$31	408615-02

## YOUTH PROGRAMS

### Li'l Dumplin' Farmers <sup>AC</sup>

Meet the animals in this class and join in farm chores like gathering eggs. Learn about life on a farm and then enjoy a picnic with the animals. Note: Bring a sack lunch.

Age: 2 years

9/12-9/26	M	11:00 AM-Noon	\$36	408609-01
10/3-10/17	M	11:00 AM-Noon	\$36	408609-02

### Li'l Dumplin's & Beyond <sup>AC</sup>

This Dumplin' class brings all the favorite chores from Li'l Dumplin's plus a few added touches. Along with farm chores, you'll ride a pony and create a mini-scrapbook using pictures taken during class. Each Dumplin' receives a souvenir t-shirt.

Age: 2 years

9/12-9/26	M	9:30-10:30 AM	\$50	408624-01
10/3-10/17	M	9:30-10:30 AM	\$50	408624-02

### Little Peepers

Explore the barnyard by gathering eggs, learning about cow's milk, and reading stories in the hayloft.

Age: 3 years

10/4-10/18	Tu	9:00-10:00 AM	\$31	408610-04
10/4-10/18	Tu	10:15-11:15 AM	\$31	408610-06

### Pony Riding Lessons AC

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

Age: 3-5 years

9/10-10/1	Sa	9:30-10:30 AM	\$65	408614-03
9/11-10/2	Su	10:30-11:30 AM	\$65	408614-05

### Pee Wee Farmer

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Take a hayride, gather eggs, crafts, learn about the barnyard animals, and ride the ponies.

Age: 4-5 years

9/6-9/27	Tu	1:30-3:00 PM	\$51	408606-01
9/7-9/28	W	9:30-11:00 AM	\$51	408606-02
9/8-9/29	Th	1:30-3:00 PM	\$51	408606-04
9/9-9/30	F	9:30-11:00 AM	\$51	408606-05
9/9-9/30	F	1:30-3:00 PM	\$51	408606-06

### After School Farmers

Experience life on a farm by participating in farm activities hands on learning about the animals, taking a hayride, feeding the animals and some surprises too!

Age: 6-10 years

9/7-9/28	W	4:00-5:30 PM	\$51	408601-01
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### SPECIAL EVENTS

#### The Great Pumpkin

All things pumpkin Charlie Brown style! Join us in the barn for a story, snacks and making of a Classic Peanuts costume. We might even find the Great Pumpkin!

Age: 4-6 years

10/1	Sa	9:00-10:00 AM	\$15	408635-01
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#### Breakfast with Santa AC

Join Santa for muffins, milk and memories! All the boys and girls on his list will join him for a hayride followed by a special gift from Santa himself. Bring your camera, you will want to capture these moments! Note: One registration includes one child and one adult.

Age: 2-5 years

12/10	Sa	9:00-10:00 AM	\$21	108622-01
12/11	Su	9:00-10:00 AM	\$21	108622-02

### Stuffies Sleepover

The adventure begins the minute you drop your favorite stuffed animal off for a sleepover at The Farm. Imagine all the fun they will have, what could happen on a night away? A picture book will tell the whole story and be ready for you at pick-up.

Age: All

12/19-12/20	M,Tu	9:00 AM-Noon	\$10	108655-01
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#### LEGEND

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

#### INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, 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](http://fcgov.com/aro) for more details.



# MEMORY LOSS

## IS A COMMON CONCERN

*What to do if you notice changes.*

TYLER SMITH, FOR UCHEALTH

Memory loss is often far more than a mild annoyance. It can make performing everyday activities harder and decrease quality of life. It can be a symptom of broader, more serious cognitive problems, such as Alzheimer's disease and other types of dementia. The fallout can be devastating, emotionally and financially, particularly in an aging population.

A 2021 report from the Department of Health and Human Services summed it up: "The possibility of developing cognitive impairment is among the most consequential risks older adults and their families face."

The links between memory loss, cognitive decline and psychiatric problems such as depression can be difficult to untangle. For help, we spoke with Dr. Samantha Holden, who practices at UCHealth Neurology Clinic – Central Park and is assistant professor of Neurology at the University of Colorado School of Medicine and medical director of the University of Colorado Memory Disorders Clinic.

### DEFINE 'NORMAL' MEMORY. WHEN SHOULD WE BE CONCERNED ABOUT MEMORY LOSS?

The short answer is it depends on the individual. Misplacing keys or fumbling for a name or word are not automatically reasons for panic.

"It's important for me when I'm trying to understand the person I'm seeing in the clinic to find out where they are coming from," Holden said. "What is their baseline? Has there been a change or decline in their thinking and memory? Not that there has always been a deficit – like a learning disability – but that a person was previously doing well and now they're not."

### SHOULD MEMORY AND THINKING BE THOUGHT OF SEPARATELY?

Yes, and no. Thinking, or cognition, "broadly includes all those neurological processes that include not only memory, but also language, planning, multitasking, attention, decision making, and visual and spatial functioning," Holden said. "Memory is a very defined subset of cognition."

"For a long time, brain anatomy has been simplified to say, this part of your brain does this and that part of your brain does that, but it's really much more integrated," Holden said. "It's a network. It takes a lot of detective work to sort out where problems are coming from."

### I FEEL I AM HAVING TROUBLE THINKING. IS THAT DEMENTIA?

It is important to define terms, Holden said. "Dementia is a decline in cognition that progresses and over time affects a person's daily functioning, like paying bills, taking medications and driving," she said. The deterioration can gradually affect "more basic things, like dressing, bathing and grooming," she added. Memory loss doesn't define dementia, but it is a common symptom.



### CAN DEPRESSION AND ANXIETY AFFECT MEMORY AND COGNITION?

Yes. "Psychiatry and neurology are much more closely entwined than we make them out to be," Holden said.

A good example is Parkinson's disease, a progressive movement disorder that frequently leads to memory loss and other cognitive changes in patients, as well as psychiatric challenges, such as depression, anxiety and apathy.

She added that other emotional factors, including grief and adjustment after the diagnosis of a chronic disorder, as well as sleep problems and pain, can affect thinking and memory. "We need to broaden our perspective of how we think about the brain overall. We can't just pick and choose the little pieces that we focus on. We have to think about it more holistically and consider the person and their experience and their overall well-being in terms of the changes in their brain."

### IF TESTS SHOW MEMORY AND/OR COGNITION ISSUES, ARE TREATMENTS AVAILABLE?

One important point is that people should not simply chalk up the decline to a part of aging, Holden said. "A lot of us have conceptualized that as something to be expected, but there are people who live into their 90s sharp as a tack," she said. "There is also a misconception that there is no 'cure,' so why bother? But we can manage the symptoms."

Holden said treatments tailored to each patient include medications like Aricept, which "allow brain cells to communicate better." They don't restore memory but may modestly slow the loss.

Some patients may benefit from anti-depressants to treat mood disorders. "Sometimes depression is the only cause of the stress on their brain, but often there is a complex interplay," Holden said. "But even if it is not the only cause, we are still treating the depression."

Other patients may need help with sleep problems. In those cases, Holden said, sleep medicine specialists can provide help with sleep hygiene techniques without resorting to sleep medications that often have unwanted side effects on memory.

*Read the full article, including ways to prevent and help loved ones with memory loss, at*

[uchealth.org/today/concerns-about-memory-loss-what-to-do-if-you-notice-changes/](https://uchealth.org/today/concerns-about-memory-loss-what-to-do-if-you-notice-changes/)





## 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 online at [fcgov.com/fitness](http://fcgov.com/fitness). The schedule is updated regularly to reflect class cancellations for each month 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

Participants may register for one or more fitness classes starting on or after the registration date and can register by individual day(s) for most 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 OnePass, 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.

Questions? Contact the front desk staff at any facility or email [recreation@fcgov.com](mailto:recreation@fcgov.com) with any questions about fitness classes or registration.

### EXAMPLE PRICE CHART

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

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

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

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

SilverSneakers 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](http://fcgov.com/fitness).

### 30 Minute Session Packages

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

### 1 Hour Session Packages

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

### 2-Person hour long Single Session

PT 2-Person	1	\$60
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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

Session-based classes are scheduled for a certain length of time and are not available for drop-in or selecting specific days.

### T'ai Chi Chih, Beginner I

Location: Senior Center

9/6-9/27	Tu	12:30-1:45 PM	\$21	409431-01
10/4-10/25	Tu	12:30-1:45 PM	\$21	409431-02
11/1-11/22	Tu	12:30-1:45 PM	\$21	409431-03
11/29-12/20	Tu	12:30-1:45 PM	\$21	409431-04
1/10-1/31	Tu	12:30-1:45 PM	\$21	409431-05

### T'ai Chi Chih, Beginner II

Location: Senior Center

9/6-9/27	Tu	2:00-3:15 PM	\$21	409431-06
10/4-10/25	Tu	2:00-3:15 PM	\$21	409431-07
11/1-11/22	Tu	2:00-3:15 PM	\$21	409431-08
11/29-12/20	Tu	2:00-3:15 PM	\$21	409431-09
1/10-1/31	Tu	2:00-3:15 PM	\$21	409431-10

## Tai Chi & Qigong

Location: Foothills Activity Center

9/3-9/24	Sa	11:00 AM-Noon	\$17	409706-01
10/1-10/22	Sa	11:00 AM-Noon	\$17	409706-02
10/29-11/19	Sa	11:00 AM-Noon	\$17	409706-03
12/3-12/31	Sa	11:00 AM-Noon	\$17	409706-04
1/7-1/28	Sa	11:00 AM-Noon	\$17	409706-05

## FITNESS CLASS DESCRIPTIONS

### Boomer Blast

A full body workout that includes, strength, flexibility, balance, and reaction time with low impact cardio.

### Chair Pilates

Learn Pilates fundamentals, with the support of a chair, to activate abdominals and increase flexibility and body awareness.

### Core Performance

Develop a well-conditioned core with stability, strength, power, and isometric exercises in order to improve postural control and performance.

### CrossTrain

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo-boxes, and ropes to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak.

### Focus on Balance

Work on exercises, tips, & techniques to enhance equilibrium, posture, strength, and coordination that improve stability.

### Functional Strength

Train for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting.

### Hatha Flow Yoga

A beginner- intermediate hatha flow. Includes Sun Salutations, balance, hips, twists, hamstrings, and relaxation.

### 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.

### Meditation

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques, that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.

### Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio.

### **Morning Spin**

Start your day off with a challenging 60-minute ride with fun energizing music. It's the perfect opportunity to build cardiovascular strength and endurance. 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. Gain better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age or physical condition.

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

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

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

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

### **Tai Chi & Qigong**

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

### **TRX Body Blast**

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

### **Viniyoga**

Brought from India as therapy for body and mind, it addresses the entire person. The tools of gentle movement and breath are modified to meet the individual's needs and capacities of each person. Viniyoga supports Health, can promote healing, and transformation.



**COLORADO STATE UNIVERSITY**

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for kindergarten through high school.**

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[k12summerprograms.colostate.edu](http://k12summerprograms.colostate.edu)

— K-12 PROGRAMS —

### 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 CLASSES

#### 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.



Share your favorite parks and recreation moments with us at [@ParksandRecFC](https://www.instagram.com/ParksandRecFC).



## 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 Fall Recreator are offered from September 1 to January 31, 2023.

Note: Fitness classes will not be held on September 5, November 24 & 25, December 24, 25 & 26, and January 1, 2023.

For more information or the most up to date monthly schedules visit [fcgov.com/fitness](https://fcgov.com/fitness)

### Monday

#### FORT COLLINS SENIOR CENTER

##### Circuit SilverSneakers

10-10:45 AM | 409424-01\*

##### Chair Pilates

11 AM-12 PM | 409403-01\*

##### Yoga, Advanced Beginner

4:30-5:30 PM | 409413-01

##### Zumba

5:30-6:30 PM | 409404-01

#### FOOTHILLS ACTIVITY CENTER

##### Hatha Flow Yoga

2:30-3:30 PM | 409707-01

##### Core Performance

5:30-6:30 PM | 409701-01\*

#### NORTHSIDE AZTLAN COMMUNITY CENTER

##### CrossTrain

6:15-7:15 AM | 409502-01

##### Restorative Yoga

12-1 PM | 409523-01

##### CrossTrain

12:30-1:30 PM | 409502-02

##### Slow Flow Hatha Yoga

4-5 PM | 409520-01\*

##### Vinyasa Flow Yoga

5:15-6:15 PM | 409521-01\*

##### Spin & Tone

5:30-6:30 PM | 409503-01

#### CLUB TICO

##### Zumba

9-10 AM | 409112-01\*

### Tuesday

#### FORT COLLINS SENIOR CENTER

##### Boomer Blast

8-9 AM | 409414-01

##### Functional Strength

9:30-10:15 AM | 409401-01

##### Classic SilverSneakers

10:30-11:15 AM | 409423-01\*

##### Yoga SilverSneakers

11:30am-12:15 PM | 409427-01\*

##### T'ai Chi Chih Beginner I

12:30-1:45 PM | Session

##### T'ai Chi Chih Beginner II

2-3:15 PM | Session

##### Yoga & Meditation

1:30-2:30 PM | 409411-01

##### Yoga, Beginner

2:45-3:45 PM | 409412-01

##### Yoga, Beginner

5:15-6:15 PM | 409412-02

#### FOOTHILLS ACTIVITY CENTER

##### Pilates Fusion

9-10 AM | 409702-01\*

##### Oula

5:30-6:30 PM | 409704-01

#### NORTHSIDE AZTLAN COMMUNITY CENTER

##### Morning Spin

6:30-7:30 AM | 409504-01

##### Yoga & Meditation

9-10 AM | 409522-01

##### Pilates Fusion

12-1 PM | 409505-01

##### Slow Flow Hatha Yoga

5-6 PM | 409520-02\*

##### TRX Body Blast

5:30-6:30 PM | 409511-01

##### Zumba

6:15-7:15 PM | 409512-01



**Wednesday**
**FORT COLLINS SENIOR CENTER**
**Zumba Gold**

9:00-9:45 AM | 409430-01

**Circuit SilverSneakers**

10-10:45 AM | 409424-01\*

**T'ai Chi Chih Advanced**

10-11:15 AM | 409433-01

**T'ai Chi Chih Intermediate**

11:30 AM-12:45 PM | 409432-01

**Yoga, Beginner**

Noon-1:00 PM | 409412-03

**Pilates Mat, Beginner/Intermediate**

3-4 PM | 409402-01\*

**Yoga, Advanced Beginner**

4:30-5:30 PM | 409413-01

**Zumba**

5:30-6:30 PM | 409404-01

**FOOTHILLS ACTIVITY CENTER**
**Hatha Flow Yoga**

2:30-3:30 PM | 409707-01

**Core Performance**

5:30-6:30 PM | 409701-01\*

**NORTHSIDE AZTLAN COMMUNITY CENTER**
**CrossTrain**

6:15-7:15 AM | 409502-01

**Restorative Yoga**

12-1 PM | 409523-01

**CrossTrain**

12:30-1:30 PM | 409502-02

**Slow Flow Hatha Yoga**

4-5 PM | 409520-01\*

**Spin & Tone**

5:30-6:30 PM | 409503-01

**Zumba**

6-7 PM | 409512-02

**CLUB TICO**
**Zumba**

9-10 AM | 409112-01\*

**Thursday**
**FORT COLLINS SENIOR CENTER**
**Boomer Blast**

8-9 AM | 409414-01

**Functional Strength**

9:30-10:15 AM | 409401-01

**Classic SilverSneakers**

10:30-11:15 AM | 409423-01\*

**Yoga SilverSneakers**

11:30am-12:15 PM | 409427-01\*

**Focus on Balance**

1:30-2:30 PM | 409415-01

**Yoga, Beginner**

2:45-3:45 PM | 409412-01

**Swiss Theraball**

3:00-4:00 PM | 409416-01

**Yoga, Beginner**

5:15-6:15 PM | 409412-02

**FOOTHILLS ACTIVITY CENTER**
**Pilates Fusion**

9-10 AM | 409702-01\*

**NORTHSIDE AZTLAN COMMUNITY CENTER**
**Morning Spin**

6:30-7:30 AM | 409504-01

**Yoga & Meditation**

9-10 AM | 409522-01

**Pilates Fusion**

12-1 PM | 409505-01

**Slow Flow Hatha Yoga**

5-6 PM | 409520-02\*

**TRX Body Blast**

5:30-6:30 PM | 409511-01

**Zumba**

6:15-7:15 PM | 409512-01

**Friday**
**FORT COLLINS SENIOR CENTER**
**Zumba Gold**

9:00-9:45 AM | 409430-01

**Pilates Mat, Beginner**

3-4 PM | 409402-02\*

**FOOTHILLS ACTIVITY CENTER**
**Kinstretch®**

8-9 AM | 409708-01

**NORTHSIDE AZTLAN COMMUNITY CENTER**
**CrossTrain**

6:15-7:15 AM | 409502-01

**Viniyoga**

12-1 PM | 409517-01

**CrossTrain**

12:30-1:30 PM | 409502-02

**CLUB TICO**
**Zumba**

9-10 AM | 409112-01\*

**Saturday**
**FORT COLLINS SENIOR CENTER**
**Zumba**

9-10 AM | 409404-02\*

**FOOTHILLS ACTIVITY CENTER**
**Intro to Oula**

9-10am | 409704-02

**Tai Chi & Qigong**

11am-Noon | Session

**NORTHSIDE AZTLAN COMMUNITY CENTER**
**Vinyasa Flow Yoga**

8:15-9:15 AM | 409521-02\*

**TRX Body Blast**

8:15-9:15 AM | 409511-02

**Sunday (Northside Aztlan)**
**Mindfulness Yoga**

10-11 AM | 409518-01

**Meditation**

11:15am-12:15 PM | 409519-01

## WELLNESS PROGRAMS

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

### Bossy Bladder

Do you have a bossy bladder or bowel? Join Covell Care for a lecture on understanding your bladder or bowel issues, what a healthy bladder or bowel looks like, and walk away with tools or next steps to help you take back control.

Location: Fort Collins Senior Center

9/27	Tu	10:30-11:30 AM	No Fee	425411-01
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Location: Foothills Activity Center

10/19	W	11:00 AM-Noon	No Fee	425411-02
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Location: Northside Aztlan Center

1/26	Th	2:00-3:00 PM	No Fee	425411-03
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### Creating Your Wellbeing Formula

In this 4-part series, learn how to set solid goals that lead to long-term behavior change; how our physical, emotional, mental, social, environmental, and spiritual influences and stresses factor into our goals and desired changes; how to address barriers and create a wellbeing formula. Note: Class will not be held on 11/22.

11/1-11/29	Tu	10:00-11:00 AM	No Fee	425406-01
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### Dementia Conversations

Gain tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

11/15	Tu	10:30-11:30 AM	No Fee	425409-01
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### Fitness at Home

Interested in learning what exercises you can do at home, safely to keep you active, strong, and mobile? Covell Care's interactive presentation provides take home simple exercises you can implement right away.

Location: Northside Aztlan Center

9/8	Th	2:00-3:00 PM	No Fee	425413-01
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Location: Foothills Activity Center

11/9	W	11:00 AM-Noon	No Fee	425413-02
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Location: Fort Collins Senior Center

1/10	Tu	10:30-11:30 AM	No Fee	425413-03
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### Healthy Living for Your Brain and Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement to promote healthy aging and decrease your risk for dementia.

1/17	Tu	10:30-11:30 AM	No Fee	425410-01
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## 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](http://fcgov.com/aro) for more details.

## Home Safety/Fall Prevention

More than one third of the senior population falls each year and you don't want to be part of that statistic. Covell Care will teach you how you can keep yourself or a loved one safe at home and in the community.

Location: Northside Aztlan Center

10/6	Th	2:00-3:00 PM	No Fee	425412-01
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Location: Fort Collins Senior Center

11/29	Tu	10:30-11:30 AM	No Fee	425412-02
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Location: Foothills Activity Center

1/18	W	Noon-1:00 PM	No Fee	425412-03
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## Laughter Wellness

Did you know that laughter contributes to our mental and physical well-being? Learn how to easily add more laughter and playfulness to your life and in doing so experience more joy and relaxation as well as develop greater resilience to life's ups and downs.

Location: Foothills Activity Center

9/1	Th	8:15-9:00 AM	No Fee	425710-01
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10/6	Th	8:15-9:00 AM	No Fee	425710-02
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11/3	Th	8:15-9:00 AM	No Fee	425710-03
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12/1	Th	8:15-9:00 AM	No Fee	425710-04
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1/5	Th	8:15-9:00 AM	No Fee	425710-05
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## Mind-Body Connections Class

"There is nothing good or bad, but thinking makes it so"

~Hemlet. Learn to take charge of your thoughts and improve your life, health, and satisfaction. The tools learned in this class are well researched and proven to help when applied in a consistent daily manner.

9/19-10/24	M	6:30-8:00 PM	\$25	425401-01
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## Mindfulness As We Age

Mindfulness provides a way to settle into our mind and body to discover purpose and meaning in our lives. Discuss and practice mindfulness on bringing wisdom fully present in our lives and appreciating the aging process. Facilitated by a UHealth registered dietitian and mindfulness practitioner.

11/15	Tu	2:00-3:00 PM	No Fee	425404-01
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## Mindfulness: Learning to Relax in a Stressful World

Tap into the power of the breath to create a sense of peace and a calm in the body and mind. Learn resources to help be aware of your body's stress signals and ways to re-pattern your response to stress. Facilitated by a UHealth registered dietitian and mindfulness practitioner.

9/20	Tu	10:00-11:00 AM	No Fee	425400-01
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## LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

## No One Ever Told Me: Lessons from a Dementia Caregiver

Join Linda L. Osmundson, teacher, art docent, speaker, author, and former caregiver, to learn different types of dementia; when and where to get help; and tips to relieve caregiver stress. This class will help you go into caregiving more prepared, learning from Linda's experience.

11/3 Th 2:00-3:00 PM No Fee 425403-01

## Nutrition for Bone Health, Osteopenia and Osteoporosis

There is much you can do to maintain and improve bone health. Review nutrition and lifestyle must-haves every day to keep your bones strong and healthy. Facilitated by a UCHHealth registered dietitian and mindfulness practitioner.

10/11 Tu 2:00-3:00 PM No Fee 425402-01

## Nutrition Workshop with CSU Extension

Explore nutrition topics in this 3-part series. Topics are: Nutrition for Older Adults, Mediterranean Diet, & Preserving Food with Confidence. Learn tools to maintain your independence as you age, the many benefits of adopting a Mediterranean diet, and smart and practical ways to reduce food waste through preservation.

9/6-9/20 Tu 2:00-3:30 PM No Fee 425405-01

## The 10 Warning Signs of Dementia

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interferes with daily life. Learn about the 10 common warning signs, how to approach someone about memory concerns, early detection, and the benefits of a diagnosis.

9/13 Tu 10:30-11:30 AM No Fee 425407-01

## Understanding Alzheimer's & Dementia

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research, and treatments.

10/11 Tu 10:30-11:30 AM No Fee 425408-01

## WELLNESS 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

9/13, 9/22, 10/11, 10/27, 11/8, 12/13, 1/10, 1/26 8:30-10:30 AM

### Life After Stroke Support Group

For stroke survivors and their caregivers to unite with others. Find positive solutions to create meaningful and fulfilling lives after experiencing a stroke. For more information contact UCHHealth at 970.624.2109.

9/8, 10/13, 11/10, 12/8 12:30-2:00 PM



**FAST**

## 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](http://fortcollinsareaswimteam.org)  
[mike@fortcollinsareaswimteam.org](mailto:mike@fortcollinsareaswimteam.org)  
 Member of USA Swimming and Colorado Swimming





## 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](http://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 lessons 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.

### General Information continued

There are no make-up lessons for missed skating classes. If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

### Proper Attire Includes:

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

### Public Skate

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit [fcgov.com/iceskating](http://fcgov.com/iceskating) for a current schedule. See page 8 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

### Freestyle

Interested in learning more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

### Conditioning for Skaters

See the Conditioning Information Center posted in the Green Ice Rink Lobby.

### Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970.221.6683 or fill out a private lesson request at the front desk.

### Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off service available.



## TEAM & CLUB CONTACTS

### Adult Hockey

Fort Collins Hockey League, fchl.org

### College Hockey

Colorado State University, csuhockey.com

### High School Hockey

High Plains Hockey, highplainshockey.com

### Women's Hockey

Flames/Phoenix/Comets/Hot Flashes, wachhockey.com

### Youth Hockey

Northern Colorado Youth Hockey, ncyh.org

### Figure Skating Club

Fort Collins Figure Skating Club, fortcollinsfsc.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. Note: Class will not be held on 11/24.

Age: 16 years & up

8/25-9/15	Th	6:15-6:45 PM	\$41	410349-01
9/22-10/13	Th	6:15-6:45 PM	\$41	410349-02
10/20-11/10	Th	6:15-6:45 PM	\$41	410349-03
11/17-12/15	Th	6:15-6:45 PM	\$41	410349-04
1/12-2/2	Th	6:15-6:45 PM	\$41	110349-01

### Adult Skate, Advanced & Free-Skate

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 56 for skills taught. Note: Class will not be held on 11/24.

Age: 16 years & up

8/25-9/15	Th	6:45-7:15 PM	\$45	410353-01
9/22-10/13	Th	6:45-7:15 PM	\$45	410353-02
10/20-11/10	Th	6:45-7:15 PM	\$45	410353-03
11/17-12/15	Th	6:45-7:15 PM	\$45	410353-04
1/12-2/2	Th	6:45-7:15 PM	\$45	110353-01

### Fitness Skate <sup>NW</sup>

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes are available. To view schedule and closures, visit fcgov.com/recreation/epic.

Age: 16 years & up Cost: \$7

### Senior Coffee Club <sup>NW</sup>

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

Age: 60 years & up

8/17-1/25	W	9:15-10:45 AM
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## 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

*Cub Hockey info continued*

Basic 1 Skate. Note: Equipment handout is Thursday, 9/8 for September session and Thursday, 1/12 for January session from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following last game of the session.

Age: 5-8 years

9/13-11/17	Tu,Th	4:15-5:00 PM	\$256	410372-01
1/17-3/9	Tu,Th	4:15-5:00 PM	\$205	110372-01

### Drop-In Hockey

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

Age: 16 years & up Cost: \$6

### Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/recreation/epic. Note: Class will not be held on 11/23.

Age: 9-17 years Cost: \$17

### Stick and Puck Drop-In

Open session for working on hockey skills. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Pucks not provided, games and drills not allowed. Not discountable. Rules are posted in each arena. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/recreation/epic.

Age: All Cost: \$6

## 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 11/22, 11/24, 11/26.

Age: 4-5 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410302-01
8/23-9/15	Tu,Th	9:30-10:00 AM	\$81	410302-02
9/10-10/22	Sa	10:30-11:00 AM	\$71	410302-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410302-04
9/20-10/13	Tu,Th	9:30-10:00 AM	\$81	410302-05
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410302-06
10/18-11/10	Tu,Th	9:30-10:00 AM	\$81	410302-07
10/29-12/17	Sa	10:30-11:00 AM	\$71	410302-08
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410302-09
11/15-12/15	Tu,Th	9:30-10:00 AM	\$81	410302-10
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110302-01

*continued on next page*

## ICE SKATING

### Snowplow Sam 1 & 2 continued

1/10-2/2	Tu,Th	9:30-10:00 AM	\$81	110302-02
1/14-2/18	Sa	10:30-11:00 AM	\$61	110302-03

### Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 4-5 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410304-01
8/23-9/15	Tu,Th	9:30-10:00 AM	\$81	410304-02
9/10-10/22	Sa	10:30-11:00 AM	\$71	410304-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410304-04
9/20-10/13	Tu,Th	9:30-10:00 AM	\$81	410304-05
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410304-06
10/18-11/10	Tu,Th	9:30-10:00 AM	\$81	410304-07
10/29-12/17	Sa	10:30-11:00 AM	\$71	410304-08
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410304-09
11/15-12/15	Tu,Th	9:30-10:00 AM	\$81	410304-10
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110304-01
1/10-2/2	Tu,Th	9:30-10:00 AM	\$81	110304-02
1/14-2/18	Sa	10:30-11:00 AM	\$61	110304-03

### Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide.

Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410306-01
8/23-9/15	Tu,Th	10:00-10:30 AM	\$81	410306-02
9/10-10/22	Sa	10:30-11:00 AM	\$71	410306-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410306-06
9/20-10/13	Tu,Th	10:00-10:30 AM	\$81	410306-07
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410306-08
10/18-11/10	Tu,Th	10:00-10:30 AM	\$81	410306-09
10/29-12/17	Sa	10:30-11:00 AM	\$71	410306-10
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410306-13
11/15-12/15	Tu,Th	10:00-10:30 AM	\$81	410306-14
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110306-01
1/10-2/2	Tu,Th	10:00-10:30 AM	\$81	110306-02
1/14-2/18	Sa	10:30-11:00 AM	\$61	110306-03

### Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410310-01
8/23-9/15	Tu,Th	10:00-10:30 AM	\$81	410310-02
9/10-10/22	Sa	10:30-11:00 AM	\$71	410310-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410310-06

### Basic 2 Skate info continued

9/20-10/13	Tu,Th	10:00-10:30 AM	\$81	410310-07
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410310-08
10/18-11/10	Tu,Th	10:00-10:30 AM	\$81	410310-09
10/29-12/17	Sa	10:30-11:00 AM	\$71	410310-10
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410310-13
11/15-12/15	Tu,Th	10:00-10:30 AM	\$81	410310-14
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110310-01
1/10-2/2	Tu,Th	10:00-10:30 AM	\$81	110310-02
1/14-2/18	Sa	10:30-11:00 AM	\$61	110310-03

### Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410314-01
8/23-9/15	Tu,Th	10:30-11:00 AM	\$81	410314-02
9/10-10/22	Sa	11:15-11:45 AM	\$71	410314-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410314-04
9/20-10/13	Tu,Th	10:30-11:00 AM	\$81	410314-05
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410314-06
10/18-11/10	Tu,Th	10:30-11:00 AM	\$81	410314-07
10/29-12/17	Sa	11:15-11:45 AM	\$71	410314-08
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410314-09
11/15-12/15	Tu,Th	10:30-11:00 AM	\$81	410314-10
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110314-01
1/10-2/2	Tu,Th	10:30-11:00 AM	\$81	110314-02
1/14-2/18	Sa	11:15-11:45 AM	\$61	110314-03

### Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	4:45-5:15 PM	\$81	410316-01
8/23-9/15	Tu,Th	10:30-11:00 AM	\$81	410316-02
9/10-10/22	Sa	10:30-11:00 AM	\$71	410316-03
9/20-10/13	Tu,Th	4:45-5:15 PM	\$81	410316-04
9/20-10/13	Tu,Th	10:30-11:00 AM	\$81	410316-05
10/18-11/10	Tu,Th	4:45-5:15 PM	\$81	410316-06
10/18-11/10	Tu,Th	10:30-11:00 AM	\$81	410316-07
10/29-12/17	Sa	10:30-11:00 AM	\$71	410316-08
11/15-12/15	Tu,Th	4:45-5:15 PM	\$81	410316-09
11/15-12/15	Tu,Th	10:30-11:00 AM	\$81	410316-10
1/10-2/2	Tu,Th	4:45-5:15 PM	\$81	110316-01
1/10-2/2	Tu,Th	10:30-11:00 AM	\$81	110316-02
1/14-2/18	Sa	10:30-11:00 AM	\$61	110316-03

### Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three-turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/22,

continued on next page

*Basic 5 Skate continued*

11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:30-6:00 PM	\$81	410318-01
9/10-10/22	Sa	11:15-11:45 AM	\$71	410318-02
9/20-10/13	Tu,Th	5:30-6:00 PM	\$81	410318-03
10/18-11/10	Tu,Th	5:30-6:00 PM	\$81	410318-04
10/29-12/17	Sa	11:15-11:45 AM	\$71	410318-05
11/15-12/15	Tu,Th	5:30-6:00 PM	\$81	410318-06
1/10-2/2	Tu,Th	5:30-6:00 PM	\$81	110318-01
1/14-2/18	Sa	11:15-11:45 AM	\$61	110318-02
2/8-3/10	Tu,Th	5:30-6:00 PM	\$101	110318-03

**Basic 6 Skate**

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight-line spiral, and begin one foot spin.

Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:30-6:00 PM	\$81	410322-01
9/10-10/22	Sa	11:15-11:45 AM	\$71	410322-02
9/20-10/13	Tu,Th	5:30-6:00 PM	\$81	410322-03
10/18-11/10	Tu,Th	5:30-6:00 PM	\$81	410322-04
10/29-12/17	Sa	11:15-11:45 AM	\$71	410322-05
11/15-12/15	Tu,Th	5:30-6:00 PM	\$81	410322-06
1/10-2/2	Tu,Th	5:30-6:00 PM	\$81	110322-01
1/14-2/18	Sa	11:15-11:45 AM	\$61	110322-02

**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 11/22.

Ages: 5-15 years

8/23-9/13	Tu	6:15-6:45 PM	\$45	410330-01
9/20-10/11	Tu	6:15-6:45 PM	\$45	410330-02
10/18-11/8	Tu	6:15-6:45 PM	\$45	410330-03
11/15-12/13	Tu	6:15-6:45 PM	\$45	410330-04
1/10-1/31	Tu	6:15-6:45 PM	\$45	110330-01

**Pre-Free Skate**

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:15-6:00 PM	\$133	410326-01
9/10-10/22	Sa	9:30-10:15 AM	\$117	410326-02
9/20-10/13	Tu,Th	5:15-6:00 PM	\$133	410326-03
10/18-11/10	Tu,Th	5:15-6:00 PM	\$133	410326-04
10/29-12/17	Sa	9:30-10:15 AM	\$117	410326-05

*Pre-Free Skate continued*

11/15-12/15	Tu,Th	5:15-6:00 PM	\$133	410326-06
1/10-2/2	Tu,Th	5:15-6:00 PM	\$133	110324-01
1/14-2/18	Sa	9:30-10:15 AM	\$100	110324-02

**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 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:15-6:00 PM	\$133	410332-01
9/10-10/22	Sa	9:30-10:15 AM	\$117	410332-02
9/20-10/13	Tu,Th	5:15-6:00 PM	\$133	410332-03
10/18-11/10	Tu,Th	5:15-6:00 PM	\$133	410332-04
10/29-12/17	Sa	9:30-10:15 AM	\$117	410332-05
11/15-12/15	Tu,Th	5:15-6:00 PM	\$133	410332-06
1/10-2/2	Tu,Th	5:15-6:00 PM	\$133	110332-01
1/14-2/18	Sa	9:30-10:15 AM	\$100	110332-02

**Free Skate 3 & 4**

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:15-6:00 PM	\$133	410334-01
9/10-10/22	Sa	9:30-10:15 AM	\$117	410334-02
9/20-10/13	Tu,Th	5:15-6:00 PM	\$133	410334-03
10/18-11/10	Tu,Th	5:15-6:00 PM	\$133	410334-04
10/29-12/17	Sa	9:30-10:15 AM	\$117	410334-05
11/15-12/15	Tu,Th	5:15-6:00 PM	\$133	410334-06
1/10-2/2	Tu,Th	5:15-6:00 PM	\$133	110334-01
1/14-2/18	Sa	9:30-10:15 AM	\$100	110334-02

**Free Skate 5 & 6**

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board. Note: Class will not be held on 11/22, 11/24, 11/26.

Age: 5-15 years

8/23-9/15	Tu,Th	5:15-6:00 PM	\$133	410336-01
9/10-10/22	Sa	9:30-10:15 AM	\$117	410336-02
9/20-10/13	Tu,Th	5:15-6:00 PM	\$133	410336-03
10/18-11/10	Tu,Th	5:15-6:00 PM	\$133	410336-04
10/29-12/17	Sa	9:30-10:15 AM	\$117	410336-05
11/15-12/15	Tu,Th	5:15-6:00 PM	\$133	410336-06
1/10-2/2	Tu,Th	5:15-6:00 PM	\$133	110336-01
1/14-2/18	Sa	9:30-10:15 AM	\$100	110336-02



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## OUTDOOR RECREATION & EDUCATION

Designed for adults 18 years & up, unless otherwise noted, who wish to get into the outdoors with experienced guides. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified. All participants must follow guide instructions while on the trail. Vans depart and return to the Fort Collins Senior Center and are equipped with AEDs. Participants are required to provide their own equipment, water, food, and park entrance costs (\$25 for RMNP or a park pass). All participants are encouraged to use trekking poles which can be provided upon request. Participants must be in good health and capable of moderate physical activity and meet the distance and elevation requirement associated with each outing. Each participant is also required to provide an emergency contact. Please note that destination of outings and turnaround times may change due to weather, trail conditions, or other factors at the discretion of the program coordinator prior to the program or day of at the discretion of the guides.

### 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.

### 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](https://fcgov.com/aro) for more details.

### 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](https://fcgov.com/OutdoorRecreation).

### B.O.O.T.S. Quarterly Kickoff Meeting

Learn about the City of Fort Collins hiking club, B.O.O.T.S. (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

9/12	M	2:00-3:00 PM	No Fee	411931-01
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### Quarterly B.O.O.T.S. Membership

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

9/1-11/30	M	9:00-11:00 AM	\$40	411930-01
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LEGEND

AC

Classes in which adults are required to attend

NW

Denotes no web registration for program

M

Denotes program/activity has special membership pricing

## 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.

Riverbend Ponds

9/26	M	9:00-11:00 AM	No Fee	411932-01
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Cathy Fromme

10/3	M	9:00-11:00 AM	No Fee	411932-02
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Arapahoe Bend

10/10	M	9:00-9:00 AM	No Fee	411932-03
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Fossil Creek Reservoir

10/17	M	9:00-11:00 AM	No Fee	411932-04
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Eagle's Nest Open Space

10/24	M	9:00-11:00 AM	No Fee	411932-05
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Bobcat Ridge

11/7	M	9:00-11:00 AM	No Fee	411932-06
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## B.O.O.T.S. Education

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

Location: TBD

10/31	M	9:00-11:00 AM	No Fee	411933-01
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## B.O.O.T.S. Stewardship

Scheduled activity will be shared by kickoff meeting.

11/14	M	9:00-11:00 AM	No Fee	411934-01
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## ACTIVITY CLASSIFICATION

Please carefully read through our new outing descriptions and contact [outdoor@fcgov.com](mailto: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
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## OUTDOOR EDUCATION

### Feather & Flight Fridays

Learn about birds, their behaviors, distinguishing characteristics, bird songs, and more. Meet at the Senior Center and walk around Rolland Moore Park with a Colorado Audubon Society enthusiast to discover the fascinating world of birds.

Fall Migration

9/23	F	9:00-11:00 AM	\$15	407409-01
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Fabulous Owls

10/21	F	9:00-11:00 AM	\$15	407409-02
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Winter Bird ID

11/11	F	9:00-11:00 AM	\$15	407409-03
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## OUTDOOR RECREATION

### Adventure in the Mountains

Challenge your scrambling skills in this precursor to rock climbing. Experience a Tyrolean Traverse with an experienced guide, learn basic safety with climbing, and enjoy local climbing areas. Location: Arthur's Rock parking lot. Detailed directions will be provided prior to class.

Age: 16 years & up

9/25	Su	10:30 AM-4:00 PM	\$165	411954-01
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10/16	Su	10:30 AM-4:00 PM	\$165	411954-02
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11/20	Su	10:30 AM-4:00 PM	\$165	411954-03
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### 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 the knowledge to the test in an overnight trip with experienced guides. Backpacking equipment is required. Optional rental equipment for an additional cost. Tents sleep two individuals.

Age: 10 years & up

Location: Senior Center

Gear 101 & Packing

9/15	Th	6:00-8:00 PM	\$240	411956-01
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Cooking & Food Safety

9/22	Th	6:00-8:00 PM		
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Planning & Mapping

9/29	Th	6:00-8:00 PM		
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Overnight Experience

10/7-10/8	F-Sa	5:00 PM-10:00 AM		
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## 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](http://fcgov.com/aro) for more details.

## Family Crag Climbing Day

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

Age: 6 years & up

9/24	Sa	10:30 AM-4:00 PM	\$150	411953-01
10/15	Sa	10:30 AM-4:00 PM	\$150	411953-02
11/19	Sa	10:30 AM-4:00 PM	\$150	411953-03

## Fly Fishing, Beginner

Prepare to hit the water with confidence in this waterless fly-fishing class. Learn various fly types, fish eating habits, rods, fly lines, hands on knot tying, and fishing etiquette. At the end, practice casting. Cost is per person.

Location: City Park, corner of W. Mulberry and Jackson Ave.

Age: 10 years & up

9/3	Sa	10:00 AM-Noon	\$40	411971-01
9/10	Sa	10:00 AM-Noon	\$40	411971-02
10/1	Sa	10:00 AM-Noon	\$40	411971-03
10/8	Sa	10:00 AM-Noon	\$40	411971-04

## Fly Fishing Outing

Hit the water flyfishing, targeting trout on the Poudre River. All equipment provided. Prerequisite: Must have current CO fishing license. Day passes can be purchased online at CPWShop.com.

Location: Meet at Senior Center and follow instructor to location

Age: 10 years & up

9/17	Sa	9:00 AM-1:00 PM	\$99	411972-01
9/24	Sa	9:00 AM-1:00 PM	\$99	411972-02
10/15	Sa	9:00 AM-1:00 PM	\$99	411972-03
10/22	Sa	9:00 AM-1:00 PM	\$99	411972-04

## Gym to Crag Climbing Clinic

Dive into the sport of rock climbing with a two-day program geared towards education and experience. Participants will feel comfortable with indoor climbing techniques and top rope belaying and experience outdoor climbing firsthand. Learn to climb in a controlled environment. Learn the basics of movement, techniques, and rope management skills. Practice drills, skill assessment and climbing tactics. Test skills climbing outside on day two.

Location: Arthurs Rock parking lot

Age: 16 years & up

9/3-9/10	Sa	10:30 AM-4:00 PM	\$280	411955-01
10/1-10/8	Sa	10:30 AM-4:00 PM	\$280	411955-02
11/5-11/12	Sa	10:30 AM-4:00 PM	\$280	411955-03

## LEVEL 2 ACTIVITIES

### Lake Agnes

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

9/7	W	7:00 AM-3:00 PM	\$75	411902-01
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### Calypso Cascades

Experience these beautiful, cascading waterfalls in a fairly remote area of Rocky Mountain National Park. Mileage: 4-6 miles; Lowest elevation 8,500 feet; Highest elevation 9,200 feet. Class B.

9/24	Sa	7:00 AM-3:00 PM	\$75	411902-02
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## LEVEL 3 ACTIVITIES

### Bent Rock, K-Lynn and Cameron Loop Hike

Hike a unique natural setting featuring washes, broad vistas, fascinating cultural and geologic history, and an abundance of wildlife. Mileage: 6-8 miles; Lowest elevation 6269 feet; Highest elevation 6757 feet. Class A.

10/5	W	6:00 AM-4:00 PM	\$80	411903-03
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### Best of Bear Lake Loop

A splendid loop highlighting the natural beauty of surrounding lakes and a stunning set of cascades. Mileage: 5-7 miles, Lowest elevation 9273 feet. Highest elevation: 10,194 feet. Class C.

10/14	F	6:00 AM-4:00 PM	\$80	411903-04
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## INCLUSION SUPPORT

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## LEGEND

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





## 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 purchased for \$13 at the Pottery Studio or purchased on your own and brought in. Shared tools are not provided for this session. Glazes, slips, stains, and underglazes are provided. Specialty tools and higher end hand tools are also available for purchase.

All work must be accomplished at the Pottery Studio.

All programs are held at the Pottery Studio unless otherwise noted.

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

Rentals are available. For more information, contact Sarah Olear at [solear@fcgov.com](mailto:solear@fcgov.com).

The Pottery Studio will only hold on to finished pieces for one session after a completed program. Any remaining pieces will be disposed of.

Fall pick-up dates are 11/ 26 & 12/ 10 from 11 a.m. -2 p.m.

Winter pick-up dates are 3/11 from 11 a.m. -2 p.m.

### NEW this season – Mini Sessions!

Join us for 5-week sessions rather than the usual 10 to try something new.

#### 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.

M-Sa	11:00 AM-2:00 PM
T&Th	7:30-10:00 PM

#### Pottery Lab continued

9/6-10/ 9	\$90	404899-01
10/11-11/14	\$90	404899-02
1/3-2/5	\$90	104899-01
Mini Session		
M-Sa	11:00 AM-2:00 PM	
T&Th	6:00-9:00 PM	
11/19-12/20	\$90	404889-03

### ADULT PROGRAMS

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

#### Coffee & Clay

Grab a cup of coffee and join other older adults as they experience the world of clay. Improve hand strength and brain functioning as while learning how to shape clay with various tools, molds, and hands. Techniques explored include coil pots, hollow forms, and clay slab to make different types of vessels and sculptures

Location: Senior Center

9/11-10/9	Su	10:00 AM-Noon	\$70	404876-01
10/16-11/13	Su	10:00 AM-Noon	\$70	404876-02

#### Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian.

Draw upon inspiration using some of the more exotic tools like extruders and slab rollers and incorporate various textures for rich surfaces. All levels welcome.

9/9-11/11	F	9:00-11:00 AM	\$180	404885-01
1/6-3/10	F	9:00-11:00 AM	\$180	104885-01

Mini Session

11/15-12/13	Tu	11:00 AM-2:00 PM	\$135	404885-02
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#### 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.

Location: Senior Center

9/7-10/5	W	11:30 AM-1:30 PM	\$70	404873-01
10/12-11/9	W	11:30 AM-1:30 PM	\$70	404873-02



## Handbuilding Expressions

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

9/8-11/10	Th	6:00-8:00 PM	\$180	404875-01
1/5-3/9	Th	6:00-8:00 PM	\$180	104875-01

## Independent Study

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

9/6-10/4	Tu	2:00-4:00 PM	\$90	404877-01
9/8-10/6	Th	2:00-4:00 PM	\$90	404877-02
1/5-2/2	Th	2:00-4:00 PM	\$90	104877-02

## Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning the techniques of clay. No lab is offered with this class. All materials and tools provided.

9/11-10/9	Su	2:30-4:30 PM	\$70	404870-01
10/16-11/13	Su	2:30-4:30 PM	\$70	404870-03
1/8-2/5	Su	2:30-4:30 PM	\$70	104870-01

### Mini Session

11/20-12/18	Su	2:30-4:30 PM	\$70	404870-04
11/21-12/19	M	9:00-11:00 AM	\$70	404870-05
11/21-12/19	M	6:00-8:00 PM	\$70	404870-06

## Wheel & Handbuilding, Beginner

Designed for beginners. Learn about clay, tools, and glazing. Learn the basic skills, techniques, and principles involved in pottery. Note: Optional tool kit available for \$13 purchase.

9/7-11/9	W	8:00-10:00 PM	\$180	404850-01
9/6-11/8	Tu	2:00-4:00 PM	\$180	404850-05
9/10-11/12	Sa	9:00-11:00 AM	\$180	404850-02
9/12-11/14	M	9:00-11:00 AM	\$180	404850-03
9/12-11/14	M	5:45-7:45 PM	\$180	404850-04
1/2-3/6	M	5:45-7:45 PM	\$180	104850-01
1/2-3/6	M	9:00-11:00 AM	\$180	104850-02
1/4-3/8	W	8:00-10:00 PM	\$180	104850-03
1/7-3/11	Sa	9:00-11:00 AM	\$180	104850-04

## Wheel & Handbuilding, Beginner +

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those that are not comfortable with the clay and wish to hone skills before progressing to intermediate. Prerequisite: Wheel & Handbuilding, Beginner.

9/7-11/9	W	5:45-7:45 PM	\$180	404855-01
9/8-11/10	Th	9:00-11:00 AM	\$180	404855-02
9/12-11/14	M	8:00-10:00 PM	\$180	404855-03
1/2-3/6	M	8:00-10:00 PM	\$180	104855-01
1/4-3/8	W	5:45-7:45 PM	\$180	104855-02
1/5-3/9	Th	9:00-11:00 AM	\$180	104855-03

## Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Experience working with clay and knowledge of wheel principles required. Prerequisite: Beginning Wheel, Plus, or equivalent.

9/6-11/8	Tu	5:30-7:30 PM	\$180	404860-01
9/7-11/9	W	9:00-11:00 AM	\$180	404860-02
1/3-3/7	Tu	5:30-7:30 PM	\$180	104860-01
1/4-3/8	W	9:00-11:00 AM	\$180	104860-02
1/5-3/9	Th	9:00-11:00 AM	\$180	104860-03

### Mini Session

11/23-12/21	W	9:00 AM-Noon	\$135	404860-04
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## FAMILY PROGRAMS

### Family Raku Workshop Paint & Fire

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

Age: 7 years & up

9/25	Su	11:00 AM-2:00 PM	\$85	404827-01
10/30	Su	11:00 AM-2:00 PM	\$85	404827-02
12/4	Su	11:00 AM-2:00 PM	\$85	404827-03
1/29	Su	11:00 AM-2:00 PM	\$85	104827-01

### Additional Person(s)

9/25	Su	11:00 AM-2:00 PM	\$40	404827-01A
10/30	Su	11:00 AM-2:00 PM	\$40	404827-02A
12/4	Su	11:00 AM-2:00 PM	\$40	404827-03A
1/29	Su	11:00 AM-2:00 PM	\$40	104827-01A

## INCLUSION SUPPORT

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## Fun Night Out <sup>AC</sup>

Have a fun night out on the town as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be done by the whole family. Note: \$40 Registration costs includes 2 individuals. Each additional person is \$20.

Age: 7 years & up

Gnomes

9/9	F	7:00-8:30 PM	\$40	404828-01
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Fish

9/23	F	7:00-8:30 PM	\$40	404828-02
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Dragons

10/7	F	7:00-8:30 PM	\$40	404828-03
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Pumpkins

10/21	F	7:00-8:30 PM	\$40	404828-04
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Turkeys

11/4	F	7:00-8:30 PM	\$40	404828-05
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Pencil Holder

1/13	F	7:00-8:30 PM	\$40	104828-02
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Spoon Rest

1/27	F	7:00-8:30 PM	\$40	104828-04
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Additional Person(s)

9/9	F	7:00-8:30 PM	\$20	404828-01A
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9/23	F	7:00-8:30 PM	\$20	404828-02A
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10/7	F	7:00-8:30 PM	\$20	404828-03A
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10/21	F	7:00-8:30 PM	\$20	404828-04A
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11/4	F	7:00-8:30 PM	\$20	404828-05A
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1/13	F	7:00-8:30 PM	\$20	104828-02A
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1/27	F	7:00-8:30 PM	\$20	104828-04A
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## Parent, Teen & Youth Wheel & Handbuilding <sup>AC</sup>

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

Age: 10-17 years

9/9-10/7	F	5:00-6:30 PM	\$135	404845-01
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10/14-11/11	F	5:00-6:30 PM	\$135	404845-02
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1/6-2/3	F	5:00-6:30 PM	\$135	104845-01
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Additional Person(s)

9/9-10/7	F	5:00-6:30 PM	\$67	404845-01A
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10/14-11/11	F	5:00-6:30 PM	\$67	404845-02A
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1/6-2/3	F	5:00-6:30 PM	\$67	104845-01A
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Mini Session

11/22-12/20	Tu	4:30-6:00 PM	\$135	404825-07
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## Parent & Teen Handbuilding and Sculpture

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potters wheel and handbuilding techniques.

Location: Senior Center

Age: 13-17 years

9/11-10/9	Su	1:00-2:30 PM	\$134	404846-01
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10/16-11/3	Su	1:00-2:30 PM	\$134	404846-02
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## Parent & Tot Mud, Handbuilding <sup>AC</sup>

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for multiple classes. Note: \$90 Registration fee includes one adult and one child. Additional individuals can be purchased for \$45.

Age: 3-6 years

9/6-10/4	Tu	9:30-10:30 AM	\$90	404801-01
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9/10-10/8	Sa	12:30-1:30 PM	\$90	404801-02
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9/12-10/10	M	2:30-3:30 PM	\$90	404801-03
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10/11-11/8	Tu	9:30-10:30 AM	\$90	404801-04
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10/15-11/12	Sa	12:30-1:30 PM	\$90	404801-05
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10/17-11/14	M	2:30-3:30 PM	\$90	404801-06
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1/2-1/30	M	2:30-3:30 PM	\$90	104801-01
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1/3-1/31	Tu	9:30-10:30 AM	\$90	104801-02
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1/7-2/4	Sa	12:30-1:30 PM	\$90	104801-03
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Additional Person(s)

9/6-10/4	Tu	9:30-10:30 AM	\$45	404801-01A
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9/10-10/8	Sa	12:30-1:30 PM	\$45	404801-02A
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9/12-10/10	M	2:30-3:30 PM	\$45	404801-03A
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10/11-11/8	Tu	9:30-10:30 AM	\$45	404801-04A
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10/15-11/12	Sa	12:30-1:30 PM	\$45	404801-05A
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10/17-11/14	M	2:30-3:30 PM	\$45	404801-06A
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1/2-1/30	M	2:30-3:30 PM	\$45	104801-01A
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1/3-1/31	Tu	9:30-10:30 AM	\$45	104801-02A
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1/8-2/5	Sa	12:30-1:30 PM	\$45	104801-03A
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Mini Session

11/19-12/17	Sa	12:30-1:30 PM	\$90	404801-07
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11/21-12/19	Tu	2:30-3:30 PM	\$90	404801-08
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Additional Person(s)

11/19-12/17	Sa	12:30-1:30 PM	\$45	404801-07A
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11/21-12/19	Tu	2:30-3:30 PM	\$45	404801-08A
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## 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](http://fcgov.com/aro) for more details.

## LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing



**COLORADO STATE**  
MEN'S & WOMEN'S BASKETBALL

# PICK-N-ROLL FLEX PASS

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

**X TICKET PACKS REDEEMABLE FOR GAMES OF YOUR CHOICE**  
[SOME RESTRICTIONS APPLY]

**X UPPER LEVEL SEATING WITH UPGRADE OPTIONS TO THE LOWER**  
[SOME RESTRICTIONS APPLY]

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

**X PASSES AVAILABLE IN 5-, 10-, AND 20-PACK OPTIONS. THE MORE YOU BUY, THE MORE YOU SAVE!**

**PURCHASE YOUR FLEX PASS AT [CSURAMS.COM/TICKETS](https://csurams.com/tickets)**

## Thrown Together <sup>AC</sup>

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Registration cost includes one adult and one child. Note: No Additional persons available. Adult and child must remain the same for the 5 week class.

Age: 7 years & up

9/8-10/6	Th	6:00-7:30 PM	\$135	404825-02
9/10-10/8	Sa	2:30-4:00 PM	\$135	404825-03

10/15-11/12	Sa	2:30-4:00 PM	\$135	404825-06
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1/7-2/4	Sa	2:30-4:00 PM	\$135	104825-03
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Mini Session

11/19-12/17	Sa	2:30-4:00 PM	\$135	404825-07
11/21-12/19	M	2:30-4:00 PM	\$135	404825-08

## Thrown Together More

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Registration cost includes one adult and one child. No Additional persons available. Adult must remain the same for entire 10 week session.

Age: 7 years & up

9/8-11/10	Th	4:15-5:45 PM	\$240	404824-01
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## YOUTH PROGRAMS

### Child Handbuilding

Create interesting clay projects while learning various methods of forming and glazing. New projects introduced each session.

Age: 6-9 years

9/12-10/10	M	4:00-5:30 PM	\$70	404805-01
10/17-11/14	M	4:00-5:30 PM	\$70	404805-02
1/2-1/30	M	4:00-5:30 PM	\$70	104805-01

### Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided.

Age: 5-14 years

9/6-10/4	Tu	2:45-4:00 PM	\$70	404812-01
9/7-10/5	W	2:45-4:00 PM	\$70	404812-02
10/11-11/8	Tu	2:45-4:00 PM	\$70	404812-03
10/12-11/9	W	2:45-4:00 PM	\$70	404812-04
1/4-2/1	W	2:45-4:00 PM	\$70	104812-01

## Teen Wheel and Handbuilding

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

Age: 13-17 years

9/6-10/4	Tu	4:30-6:00 PM	\$70	404815-01
10/11-11/8	Tu	4:30-6:00 PM	\$70	404815-02
1/3-1/31	Tu	4:30-6:00 PM	\$70	104815-01

## Youth Fun Night Out

Have a fun night out on the town while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be done by the whole family.

Age: 8-17 years

Fall Leaf Shallow Dish

9/16	F	7:00-8:30 PM	\$19	404829-01
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Hollow Squirrel

9/30	F	7:00-8:30 PM	\$19	404829-02
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2D Owl

10/14	F	7:00-8:30 PM	\$19	404829-03
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Coil Pumpkin

10/28	F	7:00-8:30 PM	\$19	404829-04
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Turkeys

11/4	F	7:00-8:30 PM	\$19	404829-05
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Winter Inspired Shallow Dish

11/18	F	7:00-8:30 PM	\$19	404829-06
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## Mini Session

Hollow Penguin

12/2	F	7:00-8:30 PM	\$19	104829-01
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Pinch Pot Snowman

12/16	F	7:00-8:30 PM	\$19	104829-02
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## Youth Wheel & Handbuilding

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

Age: 9-13 years

9/7-10/5	W	4:30-6:00 PM	\$70	404810-01
10/12-11/9	W	4:30-6:00 PM	\$70	404810-03
1/4-2/1	W	4:30-6:00 PM	\$70	104810-01

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing



## WINTER

JANUARY - MARCH

registration begins with

**FALL RECREATOR**

### YOUTH SPORTS

### GRADES

### ADULT SPORTS

Girls Basketball	K-8
Intermediate Boys Basketball	4-8
High School Basketball	9-12
Wrestling	K-5

Basketball
Volleyball

## SPRING

MARCH - MAY

registration begins with

**WINTER RECREATOR**

### YOUTH SPORTS

### GRADES

### ADULT SPORTS

Flag Football	K-8
Volleyball	4-8

Basketball
Kickball
Softball
Volleyball

## SUMMER

MAY - JULY

registration begins with

**SPRING RECREATOR**

### YOUTH SPORTS

### GRADES

### ADULT SPORTS

Boys & Girls Basketball	K-8
SNAG Golf	1-8
Softball	K-8
Tee Ball	5-6 yrs
CARA Track	3.5-16 yrs

Basketball
Kickball
Softball
Outdoor Volleyball

## EARLY FALL

AUGUST - OCTOBER

registration begins with

**SUMMER AND FALL RECREATOR**

### YOUTH SPORTS

### GRADES

### ADULT SPORTS

CARA Cross Country	6-14 yrs
Flag Football	K-8
High School Flag Football	9-12
Volleyball	2-8

Basketball
Kickball
Softball
Volleyball

## LATE FALL

OCTOBER - DECEMBER

registration begins with

**FALL RECREATOR**

### YOUTH SPORTS

### GRADES

### ADULT SPORTS

Boys Basketball	K-8
Girls Intermediate Basketball	4-8
Thanksgiving Week Multi-Sport Clinic	K-8
Wrestling Academy	K-5

Basketball (cont.)
Volleyball Tournament



# 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](https://teamsideline.com/fortcollins) for current game schedules, league updates, game cancelations, and weather updates.

### Inclusion

The City of Fort Collins Sports is committed to creating a welcoming and inclusive sport environment. We invite individuals to participate in accordance with their asserted gender identity.

### ADULT SPORTS

Programs are for ages 16 years & up unless otherwise noted. 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. All adult rosters are unlimited. Teams sign up for their level preference on a first-come, first-served basis. Mixed leagues were formally “coed” and require a gender ratio during competition – check specific sport rules for each sport’s requirements. Open leagues mean teams can be made up of any combination of players and is not specifically Men’s or Mixed. Registration for Adult Sports Leagues began in April, some leagues may be full.

## BASKETBALL

### Fall Adult Basketball

8 games guaranteed.  
Cost: \$459  
Reg. Ends: 9/4  
Season Begins: 9/12

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

### Winter Adult Basketball

8 games guaranteed.

*Winter Adult Basketball continued*

Cost: \$500  
Reg. Ends: 1/8  
Season Begins: 1/16

Monday Men’s Recreational	113901-01
Wednesday Mixed Recreational	113901-02

## FLAG FOOTBALL

### Fall Adult Flag Football

8-on-8 non-contact league. 8 games guaranteed.  
Location: Rolland Moore Park  
Cost: \$445  
Reg. Ends: 8/14  
Season Begins: 8/22

Monday Open Recreational	413011-01
Tuesday Open Recreational	413011-02

## KICKBALL

### Fall Adult Mixed Kickball

8 games guaranteed.  
Location: Rolland Moore Park  
Cost: \$280  
Reg. Ends: 8/14  
Season Begins: 8/22

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

## SOFTBALL

Levels of Play: II–Competitive, III–Intermediate, IV–Recreational  
Note: The levels of play listed above do not apply to the Mixed leagues.

### Fall Adult Softball

Opportunity to continue playing softball after the summer leagues conclude. 8 games guaranteed.  
Location: Fossil Creek, Lee Martinez, Rolland Moore, and Twin Silo Parks  
Cost: \$520  
Reg. Ends: 8/14  
Season Begins: 8/22  
Men’s League

*continued on next page*

*Fall Adult Softball continued*

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 League	
Monday Recreational	413022-01
Mixed League	
Sunday Competitive	413023-01
Sunday Recreational	413023-02
Tuesday Recreational	413023-04
Wednesday Competitive	413023-05
Wednesday Recreational	413023-06
Thursday Competitive	413023-07
Thursday Recreational	413023-08

**VOLLEYBALL**

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

**Fall Adult Volleyball**

8 games guaranteed.

Location: Northside Aztlan Center

Cost: \$300

Reg. Ends: 8/14

Season Begins: 8/29

Women's League

Wednesday A	413542-01
Wednesday BB	413542-02
Mixed League	
Monday BB	413543-01
Monday B	413543-02
Tuesday A	413543-03
Tuesday BB	413543-04

**Adult Volleyball Tournament**

6 person teams compete in a pool play format ending in a seeded, single elimination tournament. 4 games guaranteed, plus additional earned tournament games.

Location: Northside Aztlan Center

Cost: \$185

Reg. Ends: 10/23

Season Begins: 10/31

Mixed League

Monday B	413544-01
Tuesday A	413544-02
Tuesday BB	413544-03
Women's League	
Wednesday A	413544-04
Wednesday BB	413544-05

**YOUTH SPORTS****Youth Sports Philosophy**

The leagues offered by the Recreation Department are intended to be developmental in nature where learning the skills of the sport and having fun are paramount and winning is secondary. We ask that all adults involved, coaches, parents/guardians, and other fans keep this in mind when attending practices and games.

**Youth Sports General Information**

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues as well as intermediate leagues.

Teams practice 1-2 times per week based on availability. Two weeks of practice will be held prior to the first game.

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

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. In the event of gym cancelations, teams may practice at locations that differ from registration site.

## PREMIER GYMNASTICS OF THE ROCKIES

INSTRUCTING  
TUMBLERS TO  
PREMIER TEAMS

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FREE CLASSES!  
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## 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 policies of the City of Fort Collins Recreation Department. For more information about coaching, contact 970.416.4280.

## EARLY FALL SPORTS

Note: Registration for the early fall sports opened in April, some teams may be full.

### FOOTBALL

#### Junior Rams Flag Football

Games on Saturday mornings; 6 games guaranteed. Junior Rams jersey included. Note: Middle school leagues receive a post season tournament on top of 5 regular season games. Cost: \$89

Reg. Ends: 8/18

Season Begins: 8/29

Grade Kindergarten-1

City Park	414010-01
Edora Park	414010-04
Fossil Creek Park	414010-07
Rolland Moore Park	414010-12
Spring Canyon Park	414010-15
Troutman Park	414010-18
Warren Park	414010-20
Windsor Park	414010-23
Grade 2-3	
City Park	414011-01
Edora Park	414011-03
English Ranch Park	414011-05
Fossil Creek Park	414011-07
Greenbriar Park	414011-11
Harmony Park	414011-13
Spring Canyon Park	414011-15

#### Junior Rams Flag Football continued

Troutman Park	414011-17
Warren Park	414011-19
Windsor Park	414011-21
Grade 4-5	
Blevins Park	414012-25
City Park	414012-01
Edora Park	414012-03
Fossil Creek Park	414012-05
Greenbriar Park	414012-07
Harmony Park	414012-09
Rolland Moore Park	414012-12
Spring Canyon Park	414012-15
Troutman Park	414012-17
Warren Park	414012-19
Grade 6-8	
City Park	414013-01
English Ranch Park	414013-03
Fossil Creek Park	414013-05
Greenbriar Park	414013-07
Rolland Moore Park	414013-09
Spring Canyon Park	414013-11

## High School Flag Football

Want to continue your football career but tackle isn't for you!? Join the inaugural Northern Colorado Flag Football League representing the City of Fort Collins! Some travel required. Games played on weekends throughout Northern Colorado. 5 regular season games plus an end of season tournament. A jersey will be provided to each player. Note: Participants in this league may not also be on their high school football team. Cost: \$125

Reg. Ends: 8/28

Season Begins: 9/5

Boys Grades 9-12	414014-01
Girls Grades 9-12	414015-01

### RUNNING

#### 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.

Age: 6-14 years

Reg. Ends: 8/11

Location: Varies

8/22-10/9	M,W,Sa,Sun	5:30-6:45 PM	\$75	414033-01
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## VOLLEYBALL

**Junior Rams Volleyball**

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Volleyball game. Matches are held on Saturdays; 6 games guaranteed.

Cost: \$89

Reg. Ends: 8/18

Season Begins: 8/29

Grade 2-3	414941-01
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Grade 4-5	414942-01
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**Middle School Volleyball**

Matches are held on Saturday mornings and occasional weeknights; 5 games guaranteed plus post season tournament.

Cost: \$89

Reg. Ends: 8/18

Season Begins: 8/29

Grade 6-8

Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Leshner	414943-09	Mountain Sage	414943-21

## LATE FALL SPORTS

## BASKETBALL

**Junior Rams Basketball**

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

Boy's Junior Rams Basketball

Games held on Saturdays; 6 games guaranteed. Note:

Practices and games will not be held on the week of 11/21.

Cost: \$94

Reg. Ends: 10/13

Season Begins: 10/24

Grade: Kindergarten-1

Foothills Activity Center	414906-15
Northside Aztlan Center	414906-01

Grade: 2-3

Bacon	414907-01	Johnson	414907-21
Bauder	414907-03	Kruse	414907-24
Beattie	414907-05	Laurel	414907-25
Bennett	414907-07	Liberty Common	414907-60
Bethke	414907-09	Linton	414907-27
CLP	414907-11	Lopez	414907-29
Dunn	414907-13	McGraw	414907-31
Eyestone	414907-15	O'dea	414907-33
Harris	414907-17	Olander	414907-35
Irish	414907-19	Polaris	414907-36

*Junior Rams Basketball continued*

Putnam	414907-37	Timnath	414907-47
Rice	414907-39	Traut	414907-49
Riffenburgh	414907-41	Werner	414907-51
Shepardson	414907-43	Zach	414907-53
Tavelli	414907-45		

Grade: 4-5

Bacon	414908-01	Lopez	414908-29
Bauder	414908-03	McGraw	414908-31
Beattie	414908-05	O'dea	414908-33
Bennett	414908-06	Olander	414908-35
Bethke	414908-09	Putnam	414908-37
CLP	414908-11	Rice	414908-39
Dunn	414908-13	Riffenburgh	414908-41
Eyestone	414908-15	Shepardson	414908-43
Harris	414908-17	Tavelli	414908-45
Irish	414908-19	Polaris	414908-62
Johnson	414908-20	Timnath	414908-47
Kruse	414908-22	Traut	414908-49
Laurel	414908-25	Werner	414908-51
Liberty Common	414908-26	Zach	414908-53
Linton	414908-27		

**Middle School Boys Basketball**

Games played on Fridays and Saturdays; 5 games guaranteed plus post season tournament. School t-shirt jerseys provided.

Note: Practices/games will not be held on the week of 11/21.

Cost: \$94

Reg. Ends: 10/13

Season Begins: 10/24

Grade: 6

Blevins	414909-01	Lincoln	414909-25
Boltz	414909-05	Preston	414909-30
CLP	414909-10	Webber	414909-35
Kinard	414909-15	Wellington	414909-40
Leshner	414909-20		

Grade: 7-8

Blevins	414910-01	Lincoln	414910-26
Boltz	414910-05	Preston	414910-25
CLP	414910-10	Webber	414910-35
Kinard	414910-15	Wellington	414910-40
Leshner	414910-20		

**Girls Intermediate Basketball**

Games played on Friday evenings; 6 games guaranteed plus post season tournament. Junior Nuggets Jersey provided.

Note: Practices/games will not be held on the week of 11/21.

Cost: \$105

4th/5th	414912-01
6th-8th	414913-01

## WINTER SPORTS

## BASKETBALL

**Girl's Junior Rams Basketball**

Games played on Saturdays; 6 games guaranteed.

Cost: \$94

Reg. Ends: 12/29

Season Begins: 1/9/23

Grade: Kindergarten-1

Foothills Activity Center	114906-07
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Northside Aztlan Center	114906-06
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Grade: 2-3

Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eystone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
Linton	114907-27	Zach	114907-53

Grade: 4-5

Bacon	114908-01	Lopez	114908-29
Bauder	114908-03	McGraw	114908-31
Beattie	114908-05	O'dea	114908-33
Bennett	114908-07	Olander	114908-35
Bethke	114908-09	Putnam	114908-37
CLP	114908-11	Rice	114908-39
Dunn	114908-13	Riffenburg	114908-41
Eystone	114908-15	Shepardson	114908-43
Harris	114908-17	Tavelli	114908-45
Irish	114908-19	Liberty Common	114908-26
Johnson	114908-21	Timnath	114908-47
Kruse	114908-23	Traut	114908-49
Laurel	114908-25	Werner	114908-51
Linton	114908-27	Zach	114908-53

**Girls Middle School Basketball**

Games played on Fridays and Saturdays; 5 games guaranteed plus post season tournament. Game t-shirt is provided.

Cost: \$94

Reg. Ends: 12/29

Season Begins: 1/9/23

Grade: 6-8

Liberty Common	114909-16		
Blevins	114909-01	CLP	114909-05
Boltz	114909-03	Kinard	114909-07

*Girls Middle School Basketball continued*

Leshner	114909-09	Webber	114909-15
Lincoln	114909-11	Wellington	114909-17
Preston	114909-12		

**Boys Intermediate Basketball**

Games played on Friday evenings and Saturdays; 6 games guaranteed plus post season tournament. Note: Junior Nuggets Jersey will be provided.

Cost: \$105

Reg. Ends: 12/29

Season Begins: 1/9/23

4th/5th	114903-01
6th	114904-01
7th/8th	114905-01

**Boys High School Basketball**

This program will provide coaching and instruction for the game of basketball to high school aged boys that do not play for their school. Games against other teams from around Northern Colorado. Program requires some travel for games on weekends. 8 games guaranteed. Note: A jersey will be provided.

Cost: \$125

Reg. Ends: 12/29

Season Begins: 1/9/23

9th-12th	114916-01
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## WRESTLING

**Wrestling**

Designed for the beginner, as well as the experienced wrestler. Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Wrestling techniques and conditioning will be taught. All participants compete in 6 events, and an end of season tournament. Note: Singlet and headgear rental included in registration; wrestling shoes not included (wrestlers can compete in socks or wrestling shoes).

Cost: \$105

Reg. Ends: 12/29

Season Begins: 1/9/23

Grade: K-5

Blevins	114911-01	Lincoln	114911-06
Boltz	114911-02	Preston	114911-07
CLP	114911-03	Webber	114911-08
Kinard	114911-04	Wellington	114911-09
Leshner	114911-05		

## LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing

## SPORT ACADEMIES

**Wrestling**

Designed to provide an introduction to wrestling prior to the start of the wrestling season. Participants given the opportunity to compete in a dual at the end of the academy.

Note: Singlet and headgear rental included in registration; wrestling shoes not included (wrestlers can compete in socks or wrestling shoes). Class will not be held 11/21,11/23.

Cost: \$105

Grade: K-5

Location: Foothills Activity Center

11/7-12/10	M,W	5:30PM-7:00 PM	414711-01
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**Multi-Sport Clinic**

Play and enjoy a variety of sports! Learn the fundamentals of multiple sports in a fun, active, and exciting atmosphere. Each day will highlight a different sport.

Age: 7-12 years

Location: Foothills Activity Center

11/21-11/23	M,Tu,W	9:00AM-12:00 PM	414507-01
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## YOUNGSTERS

**Sporties for Shorties**

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills along with teamwork.

Age: 3-5 years

Location: Foothills Activity Center

9/6-9/27	Tu	10:15-11:00 AM	\$60	414571-01
10/4-10/25	Tu	9:15-10:00 AM	\$60	414571-02
11/1-11/29	Tu	9:15-10:00 AM	\$60	414571-03
12/6-12/20	Tu	10:15-11:00 AM	\$45	414571-04
1/10-1/31	Tu	9:15-10:00 AM	\$60	114771-01
2/7-2/28	Tu	10:15-11:00 AM	\$60	114771-02

**Baseball for Shorties**

Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Age: 3-5 years

Location: Foothills Activity Center

9/6-9/27	Tu	9:15-10:00 AM	\$60	414573-01
2/7-2/28	Tu	9:15-10:00 AM	\$60	114773-01

**Soccer for Shorties**

Learn the basics of soccer by working on large and small motor skills as they relate to dribbling, passing, and shooting.

Age: 3-5 years

Location: Foothills Activity Center

10/4-10/25	Tu	10:15-11:00 AM	\$60	414572-01
12/6-12/20	Tu	9:15-10:00 AM	\$45	414572-02
1/10-1/31	Tu	10:15-11:00 AM	\$60	114774-01

**Basketball for Shorties**

Learn basketball basics by working on large and small motor skills as they relate to dribbling, passing, and shooting.

Age: 3-5 years

Location: Foothills Activity Center

11/1-11/29	Tu	10:15-11:00 AM	\$60	414574-01
1/10-1/31	Tu	10:15-11:00 AM	\$60	114772-01
2/7-2/28	Tu	11:15-12:00 PM	\$60	114772-02

**SuperTots**

Incorporate physical activity in a non-competitive, safe and fun environment. 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.

Location: Foothills Activity Center

SoccerTots

Age: 2-3 years

9/14-10/16	W	9:30-10:20 AM	\$89	414780-01
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Age: 3-5 years

9/14-10/16	W	10:30-11:20 AM	\$89	414780-02
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1st Down Tots

Age: 2-3 years

10/16-11/16	W	9:30-10:20 AM	\$89	414780-03
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Age: 3-5 years

10/19-11/16	W	10:30-11:20 AM	\$89	414780-04
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## MARTIAL ARTS

**Shotokan Karate, Beginner**

Introduction to karate, a Japanese martial art form.

Participants may be divided into groups based on ability.

Adults are welcome to participate with their children. Learn basic karate techniques and form before intermediate level.

Note: Class will not be held 11/21, 11/23.

Age: 7 years & up

Location: Club Tico

9/12-10/5	M,W	5:00-6:00 PM	\$45	422122-01
10/10-11/2	M,W	5:00-6:00 PM	\$45	422122-02
11/7-12/7	M,W	5:00-6:00 PM	\$45	422122-03

**Shotokan Karate, Intermediate**

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite:

Completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

9/12-10/5	M,W	6:00-7:00 PM	\$45	422123-01
10/10-11/2	M,W	6:00-7:00 PM	\$45	422123-02
11/7-12/7	M,W	6:00-7:00 PM	\$45	422123-03

**Shotokan Karate, Advanced**

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and develop more advanced techniques.

Age: 7 years & up

Location: Club Tico

9/12-10/5	M,W	7:00-8:00 PM	\$56.50	422124-01
10/10-11/2	M,W	7:00-8:00 PM	\$56.50	422124-02
11/7-12/7	M,W	7:00-8:00 PM	\$45.50	422124-03

**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 the cheer team will perform in house or at a community event. Poms provided for use. Note: Class will not be held 10/31, 11/21, 11/22.

Age: 5-10 years

Location: Foothills Activity Center

10/24-12/12	M	5:15-6:10 PM	\$105	414737-01
1/9-2/21	M	5:15-6:10 PM	\$105	414737-02

Location: Club Tico

10/25-12/6	Tu	4:50-5:45 PM	\$105	414137-01
1/10-2/21	Tu	4:50-5:45 PM	\$105	414137-02

Age: 8-13 years

Location: Foothills Activity Center

10/24-12/12	M	6:15-7:10 PM	\$105	414737-03
1/9-2/21	M	6:15-7:10 PM	\$105	414737-02

**Football Game Day Cheerleading**

Cheerleaders will cheer on the sidelines for City of Fort Collins Football youth programs. Kids will flip over these high-energy beginning level cheerleading teams. If your child is looking for a fun way to learn dances, tumbling and stunting through sportsmanship and teamwork, these teams are for you. T-shirt provided.

Age: 5-10 years

Location: Foothills Activity Center

9/12-10/17	M	5:15-6:10 PM	\$105	414736-01
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Location: Club Tico

9/13-10/18	Tu	4:50-5:45 PM	\$105	414136-01
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Age: 8-13 years

Location: Foothills Activity Center

9/12-10/17	M	6:15-7:10 PM	\$105	414736-02
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**Find mental health support for your family.**

Mental health and substance use resources for Larimer County

**healthinfo**  
**source.com**

**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](http://fcgov.com/aro) for more details.



# LEWIS TENNIS

TENNIS—THE NATURALLY SOCIAL DISTANCED SPORT

## Daytime programs for Juniors and Adults

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

For more info call 970-493-7000  
or visit [lewistennis.com](http://lewistennis.com)



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

20-22424

## 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.

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 the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Fall hours are 3-6:30 p.m. Monday thru Friday and 10 a.m. -4 p.m. Saturday (weather permitting).

### Registration & Pricing

For full program information, court availability and to register for programs, visit [lewistennis.com](http://lewistennis.com) or call 970.493.7000. Discounts available for additional family members and reduced fee program participants.

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.

## 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

30 Day Adv		Non Adv				
8/22-9/14	M,W	6:30-8:00 PM	\$186	\$201	423005-01	
9/19-10/12	M,W	6:30-8:00 PM	\$186	\$201	423005-02	
10/17-11/9	M,W	6:30-8:00 PM	\$186	\$201	423005-03	
11/14-12/14	M,W	6:30-8:00 PM	\$186	\$201	423005-04	

### 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

30 Day Adv		Non Adv				
8/23-9/15	Tu,Th	6:30-8:00 PM	\$186	\$201	423006-01	
9/20-10/13	Tu,Th	6:30-8:00 PM	\$186	\$201	423006-02	
10/18-11/10	Tu,Th	6:30-8:00 PM	\$186	\$201	423006-03	
11/15-12/15	Tu,Th	6:30-8:00 PM	\$186	\$201	423006-04	

## 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.

### Little Lobbers

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

Age: 4-6 years

Location: Rolland Moore

30 Day Adv		Non Adv				
10/22-11/12	Sa	10:00-10:45 AM	\$48	\$54	423055-01	
11/19-12/17	Sa	10:00-10:45 AM	\$48	\$54	423055-02	

Location: Fossil Creek

30 Day Adv		Non Adv				
8/27-9/17	Sa	10:00-10:45 AM	\$48	\$54	423015-01	
9/24-10/15	Sa	10:00-10:45 AM	\$48	\$54	423015-02	

### Future Stars

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

Age: 7-8 years

Location: Rolland Moore

30 Day Adv		Non Adv				
8/22-9/14	M,W	4:00-5:30 PM	\$144	\$159	423053-01	
9/19-10/12	M,W	4:00-5:30 PM	\$144	\$159	423053-02	
10/17-11/9	M,W	4:00-5:30 PM	\$144	\$159	423053-03	
11/14-12/14	M,W	4:00-5:30 PM	\$144	\$159	423053-04	
10/22-11/12	Sa	11:00 AM-12:30 PM	\$72	\$79	423053-05	
11/19-12/17	Sa	11:00 AM-12:30 PM	\$72	\$79	423053-06	

Location: Fossil Creek

30 Day Adv		Non Adv				
8/27-9/17	Sa	11:00 AM-12:30 PM	\$72	\$79	423013-01	
9/24-10/15	Sa	11:00 AM-12:30 PM	\$72	\$79	423013-02	

### 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

Location: Rolland Moore

30 Day Adv		Non Adv				
8/22-9/14	M,W	4:00-5:30 PM	\$144	\$159	423050-01	
9/19-10/12	M,W	4:00-5:30 PM	\$144	\$159	423050-02	
10/17-11/9	M,W	4:00-5:30 PM	\$144	\$159	423050-03	
11/14-12/14	M,W	4:00-5:30 PM	\$144	\$159	423050-04	
10/22-11/12	Sa	11AM-12:30 PM	\$72	\$79	423050-05	
11/19-12/17	Sa	11AM-12:30 PM	\$72	\$79	423050-06	

Location: Fossil Creek

30 Day Adv		Non Adv				
8/27-9/17	Sa	11AM-12:30 PM	\$72	\$79	423010-01	
9/24-10/15	Sa	11AM-12:30 PM	\$72	\$79	423010-02	

### 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](http://fcgov.com/aro) for more details.

## 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: Rolland Moore

			30 Day Adv	Non Adv	
8/23-9/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423051-01
9/20-10/13	Tu,Th	4:30-6:30 PM	\$192	\$212	423051-02
10/18-11/10	Tu,Th	4:30-6:30 PM	\$192	\$212	423051-03
11/15-12/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423051-04
10/22-11/12	Sa	1:00-3:00 PM	\$96	\$106	423051-05
11/19-12/17	Sa	1:00-3:00 PM	\$96	\$106	423051-06

Location: Fossil Creek

			30 Day Adv	Non Adv	
8/27-9/17	Sa	1:00-3:00 PM	\$96	\$106	423011-01
9/24-10/15	Sa	1:00-3:00 PM	\$96	\$106	423011-02

**Competitive**

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

Age: 11-13 years

Location: Rolland Moore

			30 Day Adv	Non Adv	
8/23-9/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423052-01
9/20-10/13	Tu,Th	4:30-6:30 PM	\$192	\$212	423052-02
10/18-11/10	Tu,Th	4:30-6:30 PM	\$192	\$212	423052-03
11/15-12/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423052-04
10/22-11/12	Sa	1:00-3:00 PM	\$96	\$106	423052-05
11/19-12/17	Sa	1:00-3:00 PM	\$96	\$106	423052-06

Location: Fossil Creek

			30 Day Adv	Non	
Adv					
8/27-9/17	Sa	1:00-3:00 PM	\$96	\$106	423012-01
9/24-10/15	Sa	1:00-3:00 PM	\$96	\$106	423012-02

## HIGH SCHOOL

**Wimbledon**

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

Age: 14-18 years

Location: Rolland Moore

			30 Day Adv	Non Adv	
Adv					
8/23-9/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423056-01
9/20-10/13	Tu,Th	4:30-6:30 PM	\$192	\$212	423056-02
10/18-11/10	Tu,Th	4:30-6:30 PM	\$192	\$212	423056-03
11/15-12/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423056-04
10/22-11/12	Sa	1:00-3:00 PM	\$96	\$106	423056-05
11/19-12/17	Sa	1:00-3:00 PM	\$96	\$106	423056-06

Location: Fossil Creek

			30 Day Adv	Non Adv	
8/27-9/17	Sa	1:00-3:00 PM	\$96	\$106	423016-01
9/24-10/15	Sa	1:00-3:00 PM	\$96	\$106	423016-02

**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: Rolland Moore

			30 Day Adv	Non Adv	
8/23-9/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423054-01
9/20-10/13	Tu,Th	4:30-6:30 PM	\$192	\$212	423054-02
10/18-11/10	Tu,Th	4:30-6:30 PM	\$192	\$212	423054-03
11/15-12/15	Tu,Th	4:30-6:30 PM	\$192	\$212	423054-04
10/22-11/12	Sa	1:00-3:00 PM	\$96	\$106	423054-05
11/19-12/17	Sa	1:00-3:00 PM	\$96	\$106	423054-06

Location: Fossil Creek

			30 Day Adv	Non Adv	
8/27-9/17	Sa	1:00-3:00 PM	\$96	\$106	423014-01
9/24-10/15	Sa	1:00-3:00 PM	\$96	\$106	423014-02

**Performance Training**

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

Age: 14-18 years

Location: Rolland Moore

			30 Day Adv	Non Adv	
8/22-9/14	M,W	4:30-6:30 PM	\$239	\$259	423058-01
9/19-10/12	M,W	4:30-6:30 PM	\$239	\$259	423058-02
10/17-11/9	M,W	4:30-6:30 PM	\$239	\$259	423058-03
11/14-12/14	M,W	4:30-6:30 PM	\$239	\$259	423058-04

## LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing



# JUNIOR

# GOLF

— find your swing —

GROUP LESSONS

GOLF CAMPS

JUNIOR LEAGUES

DISCOUNTED ANNUAL PASS

5th GRADERS GOLF FOR FREE

YOUTH ON COURSE



CITY PARK NINE  
GOLF COURSE



SOUTHRIDGE  
GOLF COURSE



COLLINDALE  
GOLF COURSE



[fcgov.com/juniorgolf](https://fcgov.com/juniorgolf)







## 50+

All 50+ programs are for ages 50 years & up and held at the Fort Collins Senior Center unless otherwise noted. For programs designed for all ages, browse the other sections of the Recreator.

### Membership 50+

Membership 50+ is \$30 annually. 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.

Membership in member-only Outdoor Recreation clubs.

## CARDS & GAMES

### CARDS & GAMES

Age: 18 years & up

Note: Games will not be held on 11/11, 11/23, 11/24, 11/25, 12/09, 12/23, 12/30

Bridge

9/1-1/26	Th	12:30-4:00 PM	No Fee	412402-06
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Pinochle

9/2-1/27	F	12:30-4:00 PM	No Fee	412402-05
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All Games

9/5-1/30	M	12:30-4:00 PM	No Fee	412402-01
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9/7-1/25	W	12:30-8:00 PM	No Fee	412402-04
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Pinochle, Mahjong, & Party Bridge

9/6-1/24	Tu	12:30-4:00 PM	No Fee	412402-02
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## BRIDGE

### Bridge 1, Bidding Part 1

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

9/19-10/31	M	Noon-3:00 PM	\$125
412468-01			

### Bridge 2, Bidding Part 2

Continue with No Trump opening bids, responses, rebids. Focus on Suit and No Trump opening bids, overcalls, responses, rebids, and Stayman & transfer conventions. Prerequisite: Bridge 1 or instructor approval.

11/7-12/19	M	Noon-3:00 PM	\$125
412461-01			

## CLUBS & ORGANIZATIONS

### Front Range Forum

Front Range Forum serves residents 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 presentations and informal discussions on a variety of topics. For more information, including the newsletter, visit [frontrangeforum.org](http://frontrangeforum.org).

9/01-11/30	\$ 33	407410-01
12/1-2/28	\$ 33	107410-01

### Senior Serenaders

The Senior Serenaders practice and perform seasonal themed programs of popular 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](mailto:bemond@fcgov.com). Note: Class will not be held on 9/19, 10/17, 11/14, 12/19, 12/26.

9/12-11/28	M	9:30-11:00 AM	No Fee	412411-01
12/05-2/27	M	9:30-11:00 AM	No Fee	112413

## EDUCATION

### Complete Your Will

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

9/9-11/11	F	10:00-11:30 AM	\$55	412413-01
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## 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. Note: No meeting 11/11.

9/2-11/18	F	10:00-11:00 AM	No Fee	412412-01
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12/02-1/27	F	10:00-11:00 AM	No Fee	112412-01
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### Older Gay Lesbian Bisexual Transgender (OGLBT)



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

### Prairie Sage Dances

Prairie Sage Dances are back! For more information and for a complete schedule, please see the Front Desk at the Senior Center!

### Sing Along/Jam Session

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

Age: 18 years & up

9/22	Th	3:00-5:00 PM	No Fee	412444-01
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10/20	Th	3:00-5:00 PM	No Fee	412444-02
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11/17	Th	3:00-5:00 PM	No Fee	412444-03
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12/15	Th	3:00-5:00 PM	No Fee	112442-01
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1/19	Th	3:00-5:00 PM	No Fee	112442-02
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### 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. Monthly meetings occur on the 4th Tuesday of each month from 1-3 p.m.

9/1-11/30	Tu	\$16	412421-01
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12/1-2/28	Tu	\$16	112401-01
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### And Then it is Winter

Designed for those 80 or older and for anyone who is in the 'winter' of their life We'll bring joy, laughter and understanding about the lives we live, how we got here and growing older. Occasional guests will guide discussions and provide entertainment.

Note: No meeting 9/19, 10/3, 10/17, 10/31, 11/7, 11/21, 12/5

9/12-12/12	M	10:30-11:30 AM	No Fee	412442-01
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### The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Age: 18 years & up

9/1-1/31	Tu	9:30 AM-Noon	No Fee	403499-01
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## RESOURCES

### Pool Room

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

### Volunteers

We strive to provide trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit [engage.fcgov.com/D/sc/App/General](https://engage.fcgov.com/D/sc/App/General) or contact, aruffer@fcgov.com.

## LEGEND



Classes in which adults are required to attend



Denotes no web registration for program



Denotes program/activity has special membership pricing



## 50+ TRIPS & TRAVEL

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

### Registration

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

### Refunds/Cancellation

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

### Departure

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

### Return Times

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

### Accommodations

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

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

### Door-to-Door Transportation

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

### Waitlist

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

### 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](https://fcgov.com/aro) for more details.

## Trips & Travel Exertion Scale

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

- = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.
- = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.
- ◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.
- ▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

## TRIPS & TRAVEL

### DINNER THEATRE ●

#### Buddy Holly Story, Boulder Dinner Theater

In just three short years, Buddy Holly set the music world on fire and forever changed the face and sound of rock and roll. Armed with a Fender Stratocaster guitar, his signature specs and a charismatic blend of rockabilly swagger. Tickets are non-refundable after 9/23/22.

10/23	Su	10:30 AM-4:00 PM	\$90	405925-01
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#### White Christmas, Candlelight Dinner Theater

A classic-style musical based on the Paramount Pictures 1954 film of the same name. Tickets are non-refundable after 10/18/22.

11/19	Sa	10:30 AM-4:00 PM	\$90	405925-02
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### TOUR & FEAST M ◆

Individuals are responsible for purchasing their own meals.

#### Left Hand Brewery, Longmont

Left Hand Brewing is a leader in the brewing industry. They have over 26 years of producing beer that is different from the norm, always looking for something new and inventive.

9/8	Th	10:30 AM-3:30 PM	\$30	405933-01
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#### Bee Squared, Berthoud

A wonderful introduction to the world of bees. Owner Beth Conrey will provide a brief education into bee pollination and honey making.

9/15	Th	9:45 AM-3:00 PM	\$30	405933-02
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### OUT TO LUNCH M ■

Individuals are responsible for purchasing their own meals.

#### Barnstormers, Greeley

Located at the Greeley-Weld County Airport, Barnstormers is a family run business featuring made from scratch meals and decadent desserts. Watch the airport activity while dining.

9/20	Tu	10:30 AM-3:00 PM	\$25	405930-01
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#### Fat Alberts, Greeley

Fat Albert's in Greeley is a longtime favorite. Enjoy home cooking from the finest ingredients. Don't forget to save room for homemade pie.

10/9	Su	11:00 AM-3:00 PM	\$25	405930-02
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#### Canton Palace, Loveland

Authentic and delicious tasting Chinese and Asian cuisine with affordable prices and high quality, fresh ingredients.

11/15	Tu	11:00 AM-3:00 PM	\$25	405930-03
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### SPECIALTY TRIPS M ◆

Individuals are responsible for purchasing their own meals.

#### Fall Colors, RMNP

Scenic drive from Estes Park to Rocky Mountain National Park. Continue on Highway 7 to Lyons then back to Fort Collins.

9/29	Th	10:30 AM-4:00 PM	\$30	405932-01
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#### Elk Bugling, Estes Park

Travel to Rocky Mountain National Park in search of the bugling elk. The elk will be gathering as breeding season is underway. Listen for their distinct bugle calls, then enjoy dinner in Estes before returning home.

10/6	Th	4:00-9:00 PM	\$35	405932-02
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#### Traces of Past, Fort Collins

Beginning in the 1840s Euro-Americans staked land claims along the Cache la Poudre River. Learn about several influential early settlers that helped shape the fledgling community of Fort Collins on Traces of the Past's "Early Settlement" tour led by local historian, Mark Serour, as he joins us on the van. Lunch in Laporte before returning home.

10/18	Tu	9:30 AM-3:00 PM	\$50	405932-03
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#### Chimney Park Bistro, Windsor

Chimney Park Restaurant & Bar, established in 2007 by chef and owner Jason Shaeffer merges the refined elements of dining with a feeling of accessibility and simplicity.

10/27	Th	4:00-7:00 PM	\$25	405932-04
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#### Colorado Country Christmas Gift Show, Denver

Get ready for the holidays and find everything you need to prepare. There's holiday & home décor, arts, crafts, one-of-a-kind gifts, jewelry, health & body, photography, specialty foods and more.

11/12	Sa	9:00 AM-4:00 PM	\$30	405932-05
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Stay tuned to fcgov/recreation for Trips in December and January!





# Join us.

**Come be a part of  
the family!**

Work at having fun,  
in Recreation!



# REDUCED FEE PROGRAM

Reduced fees available for income-qualified participants. Discounted passes and activities! Visit [fcgov.com/reducedfee](https://fcgov.com/reducedfee) for more information.



## PROGRAMA DE TARIFAS REDUCIDAS

Tarifas reducidas basadas en nivel de ingreso para participantes que reúnan los requisitos. Pase de recreación y actividades con descuento. Visite [fcgov.com/reducedfee](https://fcgov.com/reducedfee) para obtener más información.





# BIRTHDAY PARTIES

## — YOUR DAY, YOUR WAY —

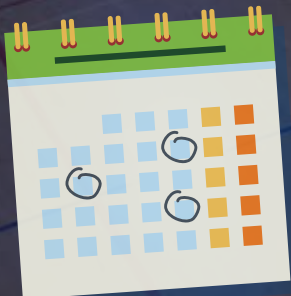
Recreation offers unique experiences at our facilities designed so that you can enjoy your birthday your way. Contact our facilities directly to inquire about complete birthday packages available at The Farm, Edora Pool Ice Center, Mulberry Pool, City Park Pool and The Pottery Studio.



For more information about birthday parties, including pricing, visit us online  
at [fcgov.com/recreation/facility-rentals](https://fcgov.com/recreation/facility-rentals)  
or call 970-224-6113



# 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.

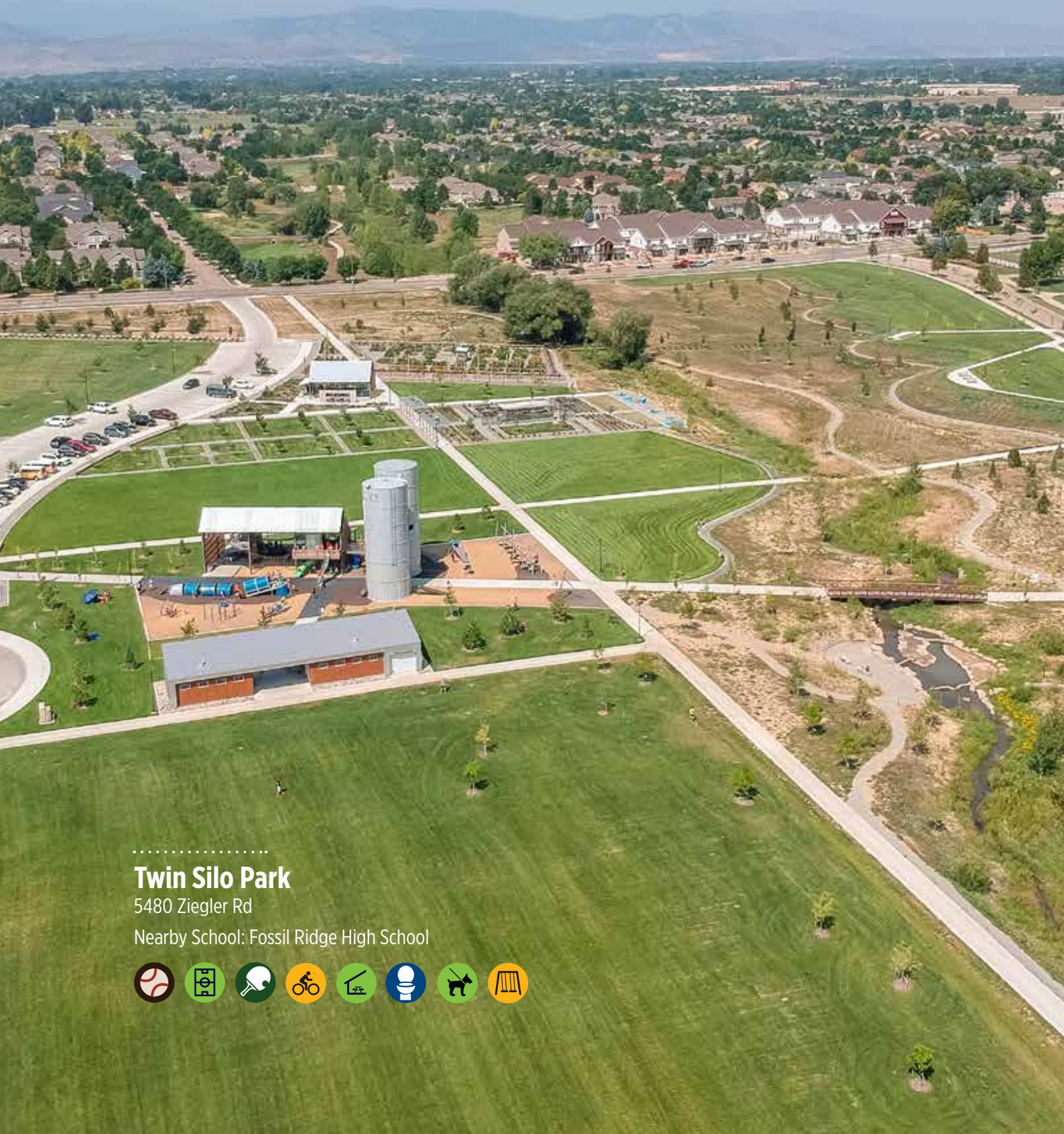
Visit [fcgov.com/fitness](https://fcgov.com/fitness) for more info.







# PARKS GUIDE



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## Twin Silo Park

5480 Ziegler Rd

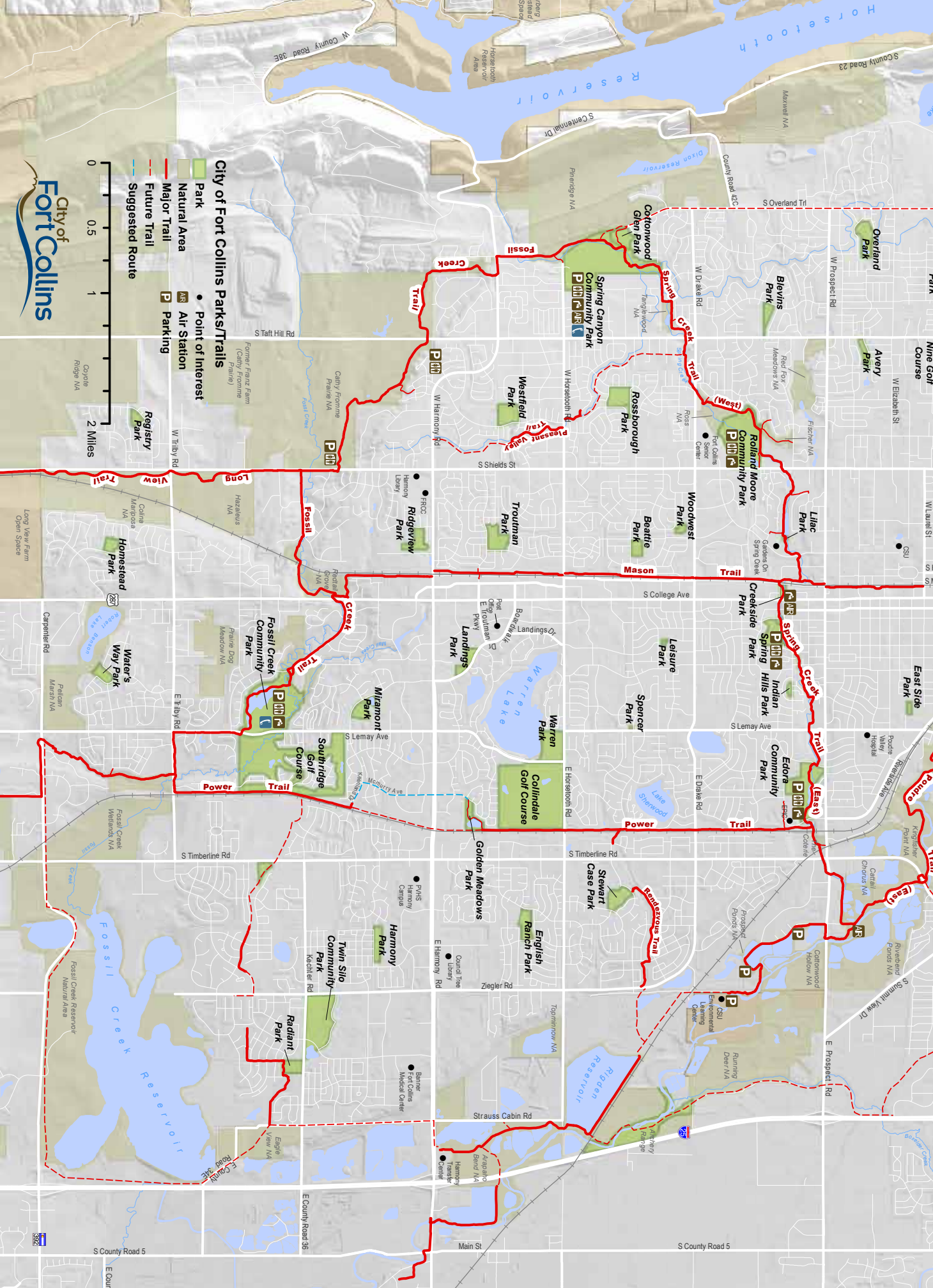
Nearby School: Fossil Ridge High School







- City of Fort Collins Parks/Trails**
- Point of Interest
  - Park
  - Natural Area
  - Major Trail
  - Future Trail
  - Suggested Route
  - Parking
  - Air Station
  - Registry

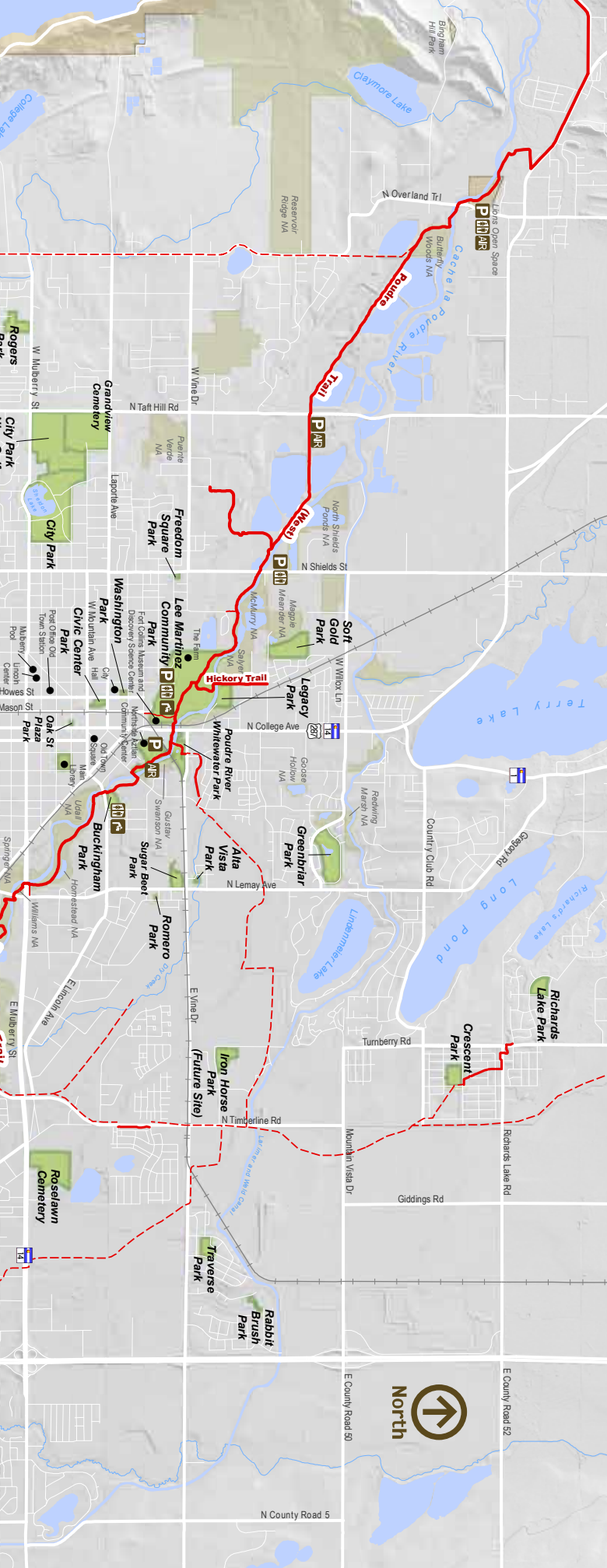


# PARKS GUIDE

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](https://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](https://fcgov.com/parks) and click “Sign Up for Notifications.”







## 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.

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



### Rosborough 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



## LEGEND



Ball Fields



Turf Sports Fields



Pickleball



Tennis



Multi-use Sport Courts



Basketball



Skate Park



Bike Facilities



Reservable Shelters



Shelters



Year-round Restroom



Splash Pad



Dog Park



Playground



Undeveloped

## 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.





**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!



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with Parks**

[fcgov.com/parks](https://fcgov.com/parks)





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**Gymnastics | Preschool | Dance | Birthday Parties**