Spring 2023

Registration begins on January 12!



Recreator

City of Ort Collins

BASEBALL REGISTRATION BEGINS JANUARY 13, 2023

Registration is open until 3/28/23

Spring/Summer Leagues Pre-K to 12th Grade (Boys & Girls) Recreational League and Intermediate League

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

Thanks to all who enjoyed America's Pastime in 2022.

Baseball Club







WE HAVE YOUR GEAR

BIKE SKI & PADDLE • CAMPING & TRAVEL • CLOTHING & FOOTWEAR HUNTING & FISHING • KITCHEN GIFT & HOME • MILITARY SURPLUS FORT COLLINS • JAXGOODS.COM

MARK YOUR CALENDARS!

2023 Registration Dates

Spring: January 12 Summer: April 13 Fall/Winter: August 10

> Meet the Team! >> New feature on page 3

Program Areas

- 14 Adaptive Recreation Opportunities (ARO)
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FITNESS SCHEDULE

Follow us @ParksandRecFC

General Information





MEET THE TEAM

INTRODUCING RECREATION'S VERY OWN FITNESS COORDINATOR, DAVID WIMMER!



Hi! I'm David and I am the Senior Coordinator of Fitness Programs for the Recreation Department. I grew up in Aurora, Colorado and first came to Fort Collins to attend college at CSU (Go Rams!). I received a bachelor's degree in Health and Exercise Science and was fortunate enough to stay in Fort Collins after graduating.

I have been with the City for a little over 9 years (celebrating 10 years in 2023!). My first job was with the sports division in Recreation, mostly helping with youth sports. Then, I had the opportunity to become the coordinator of the fitness programs in 2016 and have been doing it ever since. I have always had a passion for movement and being physically

active. Which is one of the reasons why I love Fort Collins - it's amazing the amount of parks and trails we have!

Why do you love working for the Recreation Department?

One of the many reasons why I love working for Recreation are the people involved. From my co-workers to the fitness staff, and the patrons I interact with, it can be a really fun and rewarding place to work. The fitness staff in particular, instructors and trainers alike, are a joy to work with! I often tell them that there isn't a fitness program without them, and I love being able to work with them and support them in what they do best! See some of the awesome instructors and personal trainers on the opposite page. Then check out their classes on the fitness schedule on page 58.

What's your favorite fitness activity and why?

I love getting out and moving in any type of sport setting. My favorite sport is soccer, which can be a lot of running, so I try to keep up on my cardio, but really any sport will do. Some sports are just fun to play and they also get me moving, which is a win-win!

What's something the Fort Collins community might not know about Recreation's fitness program?

About one year ago, we rolled out a new way of registering for fitness classes. We call it "Enroll by Day," and you can sign up for specific dates for almost all of recreation's fitness classes. The advantage of this system is if you know you will be gone on a day or week when your class meets, you can actually skip signing up and paying for that day. Also, this can be a great way to try new classes to see if you like it and/or if it works with your schedule. If you sign up for four or more classes at one time you'll get a cheaper price per class, and it doesn't have to be the same class! You could sign up for one day of four different classes to try them all out!

Contacts

Recreation Director LeAnn Williams

Recreation Managers

Aaron Harris Sara Mendez Marc Rademacher

Parks Director Mike Calhoon

Golf Manager Scott Phelps

Forestry Manager Kendra Boot

Parks Manager Rob Crabb

Credits

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Cover Design Rachel Wilson

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Contact Us

City of Fort Collins Recreation Department 215 N. Mason St. P.O. Box 580 Fort Collins, CO 80522

970.221.6655 recreation@fcgov.com

Interested in advertising in the Recreator or sponsoring a recreation event? Contact recreator@fcgov.com.





Use funds to increase your play! Scholarship details and applications available at any pro shop and *fcgov.com/golf/youth-golf-fund*

In Recognition of Wilbur and Marguerite Garfield.









22-24546

PICTURE YOURSEIF HERE

Doing What You Love and Loving What You Do with Parks & Recreation



APPLY TODAY! fcgov.com/join-parks-and-rec



22-24620 | Auxiliary aids and services are available for persons with disabilities.

ADMISSION & PASS FEES

MULTI-FACILITY ADMISSION PASS

	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Platinum Pass	Barnyard Buddy
Youth	\$100	\$25	\$140	\$252	-	-
Adult	\$120	\$39	\$195	\$350	-	-
60+	\$100	\$28	\$140	\$252	-	-
Family/Couple	-	\$67	\$335	\$600	-	\$95
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

SINGLE ADMISSION

	(One-time Drop-In Rate)	
Youth	\$5	
Adult	\$6	Youth Rate \$1 at Foothills and Northside
60+	\$5	everyday and Free
Family/Couple	-	at Northside on Thursdays
85+	-	from 4 p.mClose

ICE SKATING RATES & RENTALS

	Public Skate Admission	Public Skate Group Admission
Youth	\$5	\$4
Adult	\$6	\$5
60+	\$5	\$4
Skate rental per Drop-in	\$3	\$3
	Other Drop-In Activities	
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	\$5

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 vears from the same household. Additional children can be added to a pass: monthly basis-\$7 per child; 6 month basis-\$30 per child; annual basis-\$60 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. Active facility passholders. Reduced Fee Program participants. SilverSneakers and Renew Active Members receive a 70% discount on agua fitness classes and when registering for four or more fitness programs in one transaction.

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 by calling the desired facility.

REDUCED FEES

Reduced fees are available to participants with limited incomes. Interested persons must apply and be approved prior to registering for programs. Applications are available at all recreation facilities and a downloadable version is also available online. For more information, visit the front desk or fcgov.com/reducedfee.

REGISTRATION DATES

Registration for Spring 2023 programs begins at 7 a.m. on Thursday, January 12. Early registration will be available for Senior Center Social Members at 7 a.m. on Tuesday, January 10.

THINGS TO KNOW

- Please register at least one week prior to the first class. Class cancellations are typically made five days prior to the class start date. If class enrollments are below the minimum requirement, the class may be cancelled or combined with another.
- Registrations cannot be approved by an instructor, coach, or official.

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:



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. All Recreation Facilities are able to assist with registering for programs. **See page 9**

for information on open hours.

Call 970.221.6655

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

Classes in which adults are required to attend

🖤 Denotes no web registration for program

EGEN

Denotes program/activity has special membership pricing

INCLUSION SUPPORT

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

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CITY OF FORT COLLINS RECREATION FACILITY OVERVIEW

CITY PARK POOL

1599 City Park Dr. • 970.224.6363 • *fcgov.com/cityparkpool* Summer hours to be announced.

CLUB TICO

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

EDORA POOL ICE CENTER

1801 Riverside Ave. • 970.221.6683 • fcgov.com/epic

M—F 5:30 AM—8 PM Sa 8 AM—6 PM Su Noon—5:30 PM

See website for pool and ice hours.

THE FARM

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

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

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

FORT COLLINS SENIOR CENTER

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

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

M—F 6 AM—9 PM Sa & Su 8 AM-5 PM

MULBERRY POOL

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

M, W, F 5:30 AM-8 PM Tu, Th 5:30 AM-4:30 PM Sa 12:30-5:30 PM Su Noon-3 PM

NORTHSIDE AZTLAN COMMUNITY CENTER

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

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

THE POTTERY STUDIO

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

ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000 fcgov.com/racquet-complex

For information about Pro Shop hours, visit *lewistennis.com*. Racquet courts adhere to park hours.

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

WHERE DID ALL THE STARS GO?

by Jonathan Corley Parks & Recreation Board Member

In an effort to reduce Back-light, Up-light, and Glare (or BUG), and become a lead Dark-Sky example for other cities to follow, the City of Fort Collins adopted new exterior lighting standards on January 1, 2012. These standards apply to all new singlefamily detached housing, duplexes, and townhouses. On March 26, 2021, the City of Fort Collins increased its standards and added into the Land Use Code more lighting regulations and restrictions. These regulations cover new commercial and multi-family residential projects.

While strolling through a park, you may notice that the lights are taking on a more pleasing, warm orange color. These lights operate at roughly 3,000° Kelvin. Most lamps, ceiling lights, and other indoor lighting will sit at roughly 2,900° Kelvin.

Recently, the Parks Department installed these warm colored LED lights on the baseball fields, which help to prevent light spillage into unwanted areas, and mimics natural light (daylight is roughly 4,500° Kelvin). Various park walkways are also being renovated with light covers and directional lighting to ensure accessibility and safety for all. With over 30,000 streetlamps and more than one dozen fields, the work involved in this update is a major undertaking. To accomplish this project, the Parks Department is focusing on:

Glare – Direct light that shines into the eyes.

Skyglow – Light directed into the night sky above the horizon.

Trespass – Light falling where it is not intended or needed.

Clutter – Bright, confusing, and excessive groupings of light sources.

WHAT CAN YOU DO?

- 1) Install lighting only when and where it's needed.
- 2) Use energy saving features such as timers and sensors on outdoor lights.
- 3) Shield your lighting so the bulb is hidden and only shines downward.
- 4) Do not leave lights on overnight.
- 5) Share information with friends, neighbors, and coworkers about how they can help.

Light pollution is a side effect of urbanization and it is increasing worldwide at twice the rate of global population growth. Eight out of ten people live under a light-polluted night sky, at least \$3 billion are wasted on outdoor lighting each year in the U.S., and virtually every species studied has been harmed by light pollution. The Parks & Recreation Board encourages everyone to work together to reduce light pollution in Fort Collins.

Remember, our skies depend on you!



SPECIAL EVENTS SPRING 2023

FEBRUARY 75 & APRII



PARKS & REC HIRING FAIRS

Join the Parks and Rec team! With opportunities in lifequarding, child care, grounds keeping, parks maintenance and more - there's something for everyone to do! Learn about available positions, apply in person and meet with hiring managers at the events.

Location:	EPIC
0/05	-

2/25	Sa	10:00 AM	
Location:	Foothills A	ctivity Center	
4/21	F	2:00 PM	





CONCERT: OPERA FORT COLLINS

Opera Fort Collins invites you to see highlights from their upcoming production of the American Opera "Susannah" and Purcell's "Dido & Aeneas", as well as other opera favorites.

Location: Fort Collins Senior Center

3/25	Sa	3:00 PM	\$6	Ticketed Event

APRII 15



SPRING ARTISAN MARKET

Spring is in the air and handmade goods are at the Fort Collins Senior Center. Support over 50 artisans and crafters selling their beautiful creations. Interested in being a vendor? Contact Ashley Ruffer at aruffer@fcgov.com.

Location: Fort Collins Senior Center Sa 10:00 AM-4:00 PM

4/15

No Fee

APRII



KIDS IN THE PARK

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

Location: Twin Silo Community Park

		-	
4/23	Su	10:00 AM-2:00 PM	No Fee

SPECIAL EVENTS SPRING 2023

april 25



HEAD TO TOE EVENT

Have you ever wondered how to make your own clothing? The Head-to-Toe Event is here to show you how easy it can be to make your own clothing, from your head to your toes! Topics such as making a fascinator, using a Cricut to make jewelry, t-shirts on a serger, embroidery, fleece socks, and pattern master demos can all be found here in this two-hour event.

Location: Fort Collins Senior Center

4/29	Sa	2:00-4:00 PM	\$12	Ticketed Event

 $\overset{\text{APRIL}}{28}$



SUPERHERO SPECTACULAR

Families are invited to celebrate National Superhero Day with activities and fun for all. Show us your superpowers while climbing a wall, taking photos, dancing, making crafts, and more! Plus, win a door prize for attending in costume! Note: Registration is for one adult and one child, additional child/sibling registrations may be added separately for \$10.

Location: Northside Aztlan Community Center

Ages: All

	-	<u> </u>
One adult/O)ne child	

4/28	F	6:00-8:00 PM	\$15	217456-01	
Addition	al child/sibling				
4/28	F	6:00-8:00 PM	\$10	217456-02	

мач 12-13



SPRING SOAP SHOW

Spring into some fun and join us for the annual Spring SOAP Show! SOAP (Slightly Older Adult Players) Troupe has been working hard writing, preparing, and creating everything for this very special, family friendly show. Tickets are available at the Fort Collins Senior Center or by calling 970.221.6644. Note: Space is limited to 200.

Location: Fort Collins Senior Center

5/12	F	1:30 PM	\$6	Ticketed Event
5/12	F	7:00 PM	\$6	Ticketed Event
5/13	Sa	2:00 PM	\$6	Ticketed Event

MAY **13**



SPRING ICE SHOW

Presented by the Fort Collins Figure Skating Club. Skaters from the Fort Collins Figure Skating Club and EPIC's Learn to Skate program perform in the annual spring ice show. Tickets go on sale on April 3, 2023, at fortcollinsfsc.org/ice-show.

Age: All

Location: EPIC

5/13	Sa	1:00 PM	Ticketed Event	
5/13	Sa	6:00 PM	Ticketed Event	



ADAPTIVE RECREATION OPPORTUNITIES

Adaptive Recreation Opportunities (ARO) provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through three basic service areas: transition services, inclusion support and specialized programs. ARO services strive to foster independence for the participating individuals within their recreation experiences. To learn more visit fcgov.com/aro.

Inclusion Support

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. ARO offers a spectrum of inclusion services. Request for inclusion support must be submitted at least two weeks prior to the start of a program. Complete an inclusion request form online at fcgov.com/aro. For more information contact Katie Just at kjust@fcgov.com.

Adaptive Programs

Open to people of all abilities, these programs are specially adapted for individuals with physical, intellectual, and/or emotional disabilities to empower them in their everyday lives. Programs are goal oriented and provide opportunities to work on social or physical skills, activities of daily living, or leisure goals. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

Transition Support

ARO provides leisure education to groups or individuals relating to recreation and leisure choices. A Therapeutic Recreation Professional discusses recreation opportunities, barriers to leisure goals, and support options. To speak with ARO staff, please complete the Support form at fcgov.com/aro or contact Katie Just at kjust@fcgov.com.

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. Attendant forms can be picked up at the front desk of any recreation facility or contact Sarah Olear at solear@fcgov.com.

Volunteer

Whether assisting with events or being a weekly inclusion support partner, volunteers are always needed to help support individuals in the ARO program. To apply, visit engage.fcgov.com/d/aro or contact Brenda McDowell at bmcdowell@fcgov.com.

Contact Information

For additional information about ARO programs, visit fcgov.com/aro or contact ARO Supervisor Sarah Olear, CTRS, at 970.224.6028, solear@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
Ztrip	970-224-2222

Day Program Groups - New!

ARO is excited to now offer group activities for day programs! For 5-weeks in a row, experience a different recreation opportunity. Work on social goals and enjoy time with peers. This quarter's emphasis will be on indoor games. Learn boccia, play Pickleball, compete in Minute to Win It games, and more! Note: To register your group call 970.224.6125. Costs are per individual in a group. No cost for group providers/staff.

Location: Fort Collins Senior Center

Age: 18 years & up

Groups with	n 3-5 indivi	duals:		
2/1-3/1	W	10:00-11:30 AM	\$90	
Groups with	n 6-10 indiv	iduals:		
2/1-3/1	W	10:00-11:30 AM	\$45	

Behaviors 101 – New!

Do you struggle with knowing how to respond to your child's behaviors? Caregivers will learn practical tips for everyday use. Learn more about this new class on page 51.

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 those with disabilities. Designed for those with intellectual, developmental, physical and/or sensory related disabilities.

Age: 3 years & up

Location: Mulberry Pool

1/18-2/20	M,W	3:15-3:45 PM	\$82	102326-01
1/18-2/20	M,W	3:50-4:20 PM	\$82	102326-02
1/18-2/20	M,W	4:25-4:55 PM	\$82	102326-03
3/20-4/19	M,W	3:15-3:45 PM	\$82	202326-10
3/20-4/19	M,W	3:50-4:20 PM	\$82	202326-11
3/20-4/19	M,W	4:25-4:55 PM	\$82	202326-12
5/1-6/7	M,W	3:15-3:45 PM	\$82	202326-13
5/1-6/7	M,W	3:50-4:20 PM	\$82	202326-14
5/1-6/7	M,W	4:25-4:55 PM	\$82	202326-15

ARTS & THEATRE PROGRAMS

Artistic Abilities Art

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

Location: Fort Collins Senior Center

Age: 16 years & up

5				
2/9-3/9	Th	4:30-6:00 PM	\$70	102990-01
3/23-4/20	Th	4:30-6:00 PM	\$70	202990-01

Creative Cartoons

Learn the basics of cartooning in a hands-on class with individual instruction. Open to people of all abilities. Note. Class will not be held on 3/17.

Location: Fort Collins Senior Center

Age: 8 years & up

2/10-3/24 F 4:30-	6:30 PM \$60 102993-01

Theatre Acting Class & Show

Express your creativity on stage! Learn acting techniques, work on a short script, and present a show for the last class. Designed for people with and without disabilities. Note: The final show will take place on Monday, May 1.

Location: Fort Collins Senior Center

Age: 16 y	ears & up			
3/20-5/1	М	4:00-5:30 PM	\$80	202593-01
Final Show	w Ticket			
5/1	М	4:00-5:30 PM	\$5	202593-02

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 to take home some leftovers.

Age: 16 years & up

Location: Fort Collins Senior Center

Breakfast For Dinner

2/1	W	5:30-7:00 PM	\$24	102401-03
Stuffed Potato	bes			
2/15	W	5:30-7:00 PM	\$24	102401-04
Pasta				
3/9	Th	5:30-7:00 PM	\$24	202401-01
Enchiladas				
3/29	W	5:30-7:00 PM	\$24	202401-02
Asian Cuisine				
4/19	W	5:30-7:00 PM	\$24	202401-03
Vegetarian				
5/3	W	5:30-7:00 PM	\$24	202401-05
Snack Attack				
5/31	W	5:30-7:00 PM	\$24	202401-06

ICE PROGRAMS

Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement. Note: Class will not be held on 3/11, 4/1.

Age: 8 years & up

Location: E

2/25-4/15	Sa	9:45-10:15 AM	\$67	110356-02

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. Class will not be held on 3/13.

Age: 7 years & up

Location: Whetstone Climbing, 220 Smokey St.

			-	
1/30-3/20	М	5:30-7:00 PM	\$144	102765-01

Adaptive Cycling

Enjoy scenic Fort Collins and feel the freedom of cycling in this group ride on the trails. Variety of adaptive cycles available or you can bring your own. All skill levels welcome.

Age: 16 years & up

Location: Fort Collins Senior Center

	•••••••••••	•••••••		
4/6-5/25	Th	5:30-7:30 PM	\$75	202936-01

Sylvan Dale Trail Ride

Saddle up and enjoy a scenic trail ride on horseback in the foothills of Loveland. You will be guided by experienced wranglers at Sylvan Dale Ranch. Note: Bring your own lunch or snack. Weight limit of 240lbs.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

5/19 F 10:00 AM-12:45 PM \$95 202911-01

Ignite Adaptive Ski/Board

Adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual ski instruction, lift ticket, all fitting, and adaptive equipment included. Mono-ski and bi-skis available for those with physical disabilities. Note: Attendants welcome at no cost; please pre-register to reserve your seat. Registration deadline for each trip is the Monday before the trip date.

Age: 18 years & up

Location: Depart from Fort Collins Senior Center

	pare noni i		••••••	
2/12	Su	7:00 AM-5:30 PM	\$198	102431-01
2/26	Su	7:00 AM-5:30 PM	\$198	102431-02
3/12	Su	7:00 AM-5:30 PM	\$198	202431-01
Attendant(s)				
2/12	Su	7:00 AM-5:30 PM	No Fee	102431-1A
2/26	Su	7:00 AM-5:30 PM	No Fee	102431-2A
3/12	Su	7:00 AM-5:30 PM	No Fee	202431-1A

BOEC Adaptive Ski Trips

Breckenridge Outdoor Education Center (BOEC) Keystone Adaptive Ski Program provides individual ski instruction, lift ticket, all fitting and adaptive equipment for stand up or sit skiers/boarders with disabilities. ARO provides group registration rate, trained staff, round trip transportation, and individualized support. Note: Provide your own lunch and snack. Registration deadline for each trip is the Monday before the trip date.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

1/22	Su	5:45 AM-7:00 PM	\$150	102432-01
2/5	Su	5:45 AM-7:00 PM	\$150	102432-02
Attendant(s)				
1/22	Su	5:45 AM-7:30 PM	No Fee	102432-1A
2/5	Su	5:45 AM-7:30 PM	No Fee	102432-2A

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 3/13.

Age: 14 years & up

Location: Foothills Activity Center

2/13-4/10	М	10:30 AM-Noon	\$36	102464-01

Adaptive Fencing Clinic

Learn the basic techniques of the challenging and competitive sport of Paralympic fencing. This clinic will be led by Patricia Dykes, a United States Army veteran, Paralympic fencing athlete and coach who has competed all over the world. Note: Modified instruction and equipment for varying ability levels available.

Age: 8 years & up

Location: Northside Aztlan Community Center

4/1	Sa	9:00 AM-Noon	\$15	202765-01

Adaptive Martial Arts Clinic

This clinic for individuals with physical disabilities will be facilitated by Rustin Hughes with B-Bold. Rustin is a veteran, Para Jiu Jitsu champion, and coach. B-bold classes develop strength, range of motion, endurance, flexibility, confidence, independence, cognitive functioning, and social skills. Note: Each class uses exercises to improve personal skills. No contact with others and no matches, skill development only.

Age: 8 years & up

Location: Trials MMA, 2649 East Mulberry St.

		•	-	
4/8	Sa	8:45-10:00 AM	\$25	202767-01

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. Note: Class will not be held 3/14.

Age: 14 years & up

Location: Northside Aztlan Community Center

2/7-5/2	Tu	6:00-8:00 PM	\$55	102560-01
	ru -	0.00 0.00111	Ψ00	102300 01
Drop-in				
2/7-5/2	Tu	6:00-8:00 PM	\$7	102560-02

INCLUSION SUPPORT

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

TRIPS & TRAVEL

Anastasia Broadway Musical

Attend this Broadway Musical filled with adventure inspired by the film at the Lincoln Center. Note: Ticket included. Registration deadline 3/21.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

4/22	Sa	1:00-5:00 PM	\$55	202325-01
Attendant(s)				
4/22	Sa	1:00-5:00 PM	\$20	202325-1A

Eagles Game

Cheer on the Colorado Eagles hockey team as they take on the Tucson Roadrunners at the Budweiser Events Center. Note: Ticket included. Registration deadline 3/10. Bring money for food or drink.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

3/26	Su	1:30-6:30 PM	\$56	202901-01
Attendant((S)			
3/26	Su	1:30-6:30 PM	\$21	202901-1A

Museum of Discovery

Enjoy the amazing Museum of Discovery right here in Fort Collins. Check out the seasonal specialized exhibit, watch an educational show in the 3-D dome theatre and explore hands on interactive displays throughout the museum followed by lunch in Old Town. Note: Bring money for lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

2/3	F	9:45 AM-2:00 PM	\$20	102927-01
Attendant(s)				
2/3	F	9:45 AM-2:00 PM	\$4	102927-1A

Top Golf

Topgolf is a golf driving range game with electronically tracked golf balls and automatically scored drives located in Thornton. Enjoy this modern driving range in a privately sectioned area with food and drink service. Note: 2 hours of golf included. Bring money to purchase food and drinks.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

5/5	F	8:45 AM-1:30 PM	\$58	202916-01
Attendant				
5/5	F	8:45 AM-1:30 PM	\$32	202916-1A

UNIFIED AND SPECIAL OLYMPICS SPORTS

ALL AGES

Panthers Adaptive Cheer and Dance

Experience cheer and dance as one unified team in an all-abilities program. Additional performance dates throughout the season in the Fort Collins area are optional. Additional \$20 fee for team t-shirt. Note: Class will not be held on 2/14, 3/14.

Age: 8 years & up

Location: Club Tico

1/10-2/21	Tu	5:50-7:00 PM	\$53	102987-01
2/28-4/11	Tu	5:50-7:00 PM	\$53	102987-02
4/18-5/23	Tu	5:50-7:00 PM	\$53	202987-01

ADULT PROGRAMS: 16 YEARS & OLDER

Swim Team

Swim with a team of Special Olympic athletes. Practice with coaches to compete in the Special Olympics regional and state championships, or just to improve your swim skills and keep your body fit! All swimmers will meet from 7-8 p.m. for the first practice and complete a swim skills assessment. After the first practice, start time and length of practice may vary, within the scheduled hour, depending on skill level of the swimmer. Program coordinator will communicate differentiated start and end times with each participant/provider after the first practice.

Age: 16 years & up

Location: Mulberry Pool

2/15-4/12	W	7:00-8:00 PM	\$45	102484-01
4/19-6/7	W	7:00-8:00 PM	\$45	202484-01

Soccer

Coed Unified teams develop soccer skills and play games. Individuals with and without disabilities welcome.

Age: 16 years &up

Location: Iroutman Park							
3/20-5/8	М	5:30-6:30 PM	\$45	202053-01			

Tennis

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

Age: 16 years & up

Location: Rolland Moore Tennis Courts

3/23-5/11	Th	5:15-6:15 PM	\$45	202057-01

Unified Softball

Coed Unified teams are organized into two divisions to play in a summer league. First two weeks will be practices at Beattie Park, the remaining 8 weeks will be officiated games held at Rolland Moore Community Park. Each team will practice or play for one hour within the time frame of the program. Note: Program will not be held on 5/29 or 7/3. Game schedules will be shared after start of the program.

Age: 16 years & up

Location: Beattie Park

5/15-7/31 M 5:00-10:00 PM \$45 202055-01

YOUTH: 16 YEARS & YOUNGER

Unified Soccer

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

Age: 8-16 years

4/3-5/8	М	4:15-5:15 PM	\$35	202054-01

Tennis

National Junior Tennis and Education coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate fully. Age: 8-16 years

Location: Rolland Moore Tennis Courts

4/6-5/11	Th	4:15-5:00 PM	\$35	202056-01

FITNESS

Oula

Participate in this fun cardio dance class with easy-tofollow choreography, mindfulness practices, and a culture of inclusivity. Dance with others to energetic pop music that empowers participants to challenge their bodies and process emotions through music, movement, and a community connection.

Age: 16 years & up

Location: Foothills Activity Center

2/9-3/2	Th	6:30-7:30 PM	\$30	202766-01
3/23-4/27	Th	6:30-7:30 PM	\$45	202766-02

AC	Classes in which adults are required to attend
_	

Denotes no web registration for program

🚺 Denotes program/activity has special membership pricing

Work Out Partners

Over the course of 8 weeks, participants are assigned a Certified Personal Trainer or a Movement Mentor to exercise with for one hour, once per week at a recreation facility. 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: TBA

Personal Trainer

3/20-5/8	М	5:30-6:30 PM	\$280	202586-01
Movement N	Mentor			
3/20-5/8	М	5:30-6:30 PM	\$65	202586-02

SOCIAL PROGRAMS

YOUTH: 10 YEARS & YOUNGER

Friends4All

Make new friends, play games, and practice social skills with other elementary-aged peers. Each session will utilize different recreational modalities to practice social skills and peer interactions.

Age: 5-10 years

Location: Foothills Activity Center

Meeting Fi	riends					
2/3	F	4:30-6:00 PM	\$17	102512-01		
Playing with Friends						
3/3	F	4:30-6:00 PM	\$17	202512-01		
Working w	ith Friends					
4/7	F	4:30-6:00 PM	\$17	202512-02		
Listening v	vith Friends					
5/5	F	4:30-6:00 PM	\$17	202512-03		

ADULT: 16 YEARS & OLDER

For Social Programs where food is available for purchase, patrons must purchase their own meals.

Movie Night

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

2/22	W	5:00-9:00 PM	\$17	102403-02
3/22	W	5:00-9:00 PM	\$17	202403-01
4/26	W	5:00-9:00 PM	\$17	202403-02
5/24	W	5:00-9:00 PM	\$17	202403-03

EGEND

Restaurant Night

Explore different restaurants in town with good company.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

2/8	W	5:30-8:30 PM	\$17	102406-02
3/8	W	5:30-8:30 PM	\$17	202406-01
4/5	W	5:30-8:30 PM	\$17	202406-02
5/10	W	5:30-8:30 PM	\$17	202406-03

Monthly Themed Dances

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

Age: 16 years & up

Location: Fort Collins Senior Center

Sweetheart Dance

2/24	F	6:00-8:00 PM	\$8	102405-03
Glow Dance	ġ			
3/31	F	6:00-8:00 PM	\$8	202405-01
Rock'n & Ro	ollin'			
4/28	F	6:00-8:00 PM	\$8	202405-02
90s Night				
5/26	F	6:00-8:00 PM	\$8	202405-03

Bowling

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

Age: 16 years & up

Location: Chippers Lanes	North, 830 N College Ave.
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Minute to Win It: Life Skills Games

Join other teens and adults for some friendly competition with life skills applications. Games will touch on topics of money management, outfit creation, socialization, food ordering, yoga poses, and mindfulness strategies. Prizes and instruction provided.

Age: 16 years & up

Location: Fort Collins Senior Center

3/30	Th	6:30-7:30 PM	\$15	202450-01





Share your favorite parks and recreation moments with us at **@ParksandRecFC**.





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 Rate Program does not apply to daily drop-in Aqua Fitness 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 6.

Note: Classes scheduled for 12:15 p.m. at EPIC will not be held on 2/17, 3/24, 4/21, or 4/28. All classes at the Fort Collins Senior Center will not be held on 5/15-5/19, and all classes at EPIC will not be held on 5/22-5/26.

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: Fort Collins Senior Center

1/30-3/3	M,W,F	8:00-9:00 AM	\$61	100412-02
3/6-3/31	M,W,F	8:00-9:00 AM	\$49	200412-01
4/3-4/28	M,W,F	8:00-9:00 AM	\$49	200412-02
5/1-5/26	M,W,F	8:00-9:00 AM	\$37	200412-03

Drop-In Water Volleyball

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

Location: Fort Collins Senior Center

1/30-5/26 M,W,F 10:00-11:00 AM Daily Drop-In Fee
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Twinges

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

Location: EPIC

1/30-3/3	M,W,F	7:30-8:30 AM	\$61	100314-03
3/6-3/31	M,W,F	7:30-8:30 AM	\$49	200314-01
4/3-4/28	M,W,F	7:30-8:30 AM	\$49	200314-02
5/1-5/26	M,W,F	7:30-8:30 AM	\$37	200314-03
1/30-3/3	M,W,F	8:30-9:30 AM	\$61	100314-04
3/6-3/31	M,W,F	8:30-9:30 AM	\$49	200314-04
4/3-4/28	M,W,F	8:30-9:30 AM	\$49	200314-05
5/1-5/26	M,W,F	8:30-9:30 AM	\$37	200314-06

Twinges Plus

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

Location: Fort Collins Senior Center

1/30-3/3	M,W,F	12:15-1:15 PM	\$61	100416-03
3/6-3/31	M,W,F	12:15-1:15 PM	\$49	200416-01
4/3-4/28	M,W,F	12:15-1:15 PM	\$49	200416-02
5/1-5/26	M,W,F	12:15-1:15 PM	\$37	200416-03
1/30-3/3	M,W,F	1:15-2:15 PM	\$61	100416-04
3/6-3/31	M,W,F	1:15-2:15 PM	\$49	200416-04
4/3-4/28	M,W,F	1:15-2:15 PM	\$49	200416-05
5/1-5/26	M,W,F	1:15-2:15 PM	\$37	200416-06

You've Been Served

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

Location: Fort Collins Senior Center

1/31-3/2	Tu,Th	4:00-5:00 PM	\$41	100402-02
3/7-3/30	Tu,Th	4:00-5:00 PM	\$33	200402-01
4/4-4/27	Tu,Th	4:00-5:00 PM	\$33	200402-02
5/2-5/25	Tu,Th	4:00-5:00 PM	\$25	200402-03

MEDIUM INTENSITY

Advanced Water Fitness

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

Location: EPIC

1/30-3/3	M,W,F	7:30-8:30 AM	\$61	100324-02
3/6-3/31	M,W,F	7:30-8:30 AM	\$49	200324-01
4/3-4/28	F,M,W	7:30-8:30 AM	\$49	200324-02
5/1-5/19	M,F,W	7:30-8:30 AM	\$37	200324-03

Location: Fort Collins Senior Center

1/30-3/3	M,W,F	9:00-10:00 AM	\$61	100424-02
3/6-3/31	M,W,F	9:00-10:00 AM	\$49	200424-01
4/3-4/28	M,W,F	9:00-10:00 AM	\$49	200424-02
5/1-5/26	M,W,F	9:00-10:00 AM	\$37	200424-03

Classics

Enjoy the classic blend of aerobics, toning, and stretching. A good place to begin an exercise program, maintain fitness levels, or add a challenge to a workout routine.

Location: Fort Collins Senior Center

Location. I c				
1/30-3/3	M,W,F	6:00-7:00 AM	\$61	100422-07
3/6-3/31	M,W,F	6:00-7:00 AM	\$49	200422-01
4/3-4/28	M,W,F	6:00-7:00 AM	\$49	200422-02
5/1-5/26	M,W,F	6:00-7:00 AM	\$37	200422-03
1/30-3/3	M,W,F	5:00-6:00 PM	\$61	100422-08
3/6-3/31	M,W,F	5:00-6:00 PM	\$49	200422-04
4/3-4/28	M,W,F	5:00-6:00 PM	\$49	200422-05
5/1-5/26	M,W,F	5:00-6:00 PM	\$37	200422-06
1/31-3/2	Tu,Th	8:00-9:00 AM	\$41	100422-09
3/7-3/30	Tu,Th	8:00-9:00 AM	\$33	200422-07
4/4-4/27	Tu,Th	8:00-9:00 AM	\$33	200422-08
5/2-5/25	Tu,Th	8:00-9:00 AM	\$25	200422-09
1/31-3/2	Tu,Th	9:00-10:00 AM	\$41	100422-10
3/7-3/30	Tu,Th	9:00-10:00 AM	\$33	200422-10
4/4-4/27	Tu,Th	9:00-10:00 AM	\$33	200422-11
5/2-5/25	Tu,Th	9:00-10:00 AM	\$25	200422-12
1/31-3/2	Tu,Th	10:00-11:00 AM	\$41	100422-11
3/7-3/30	Tu,Th	10:00-11:00 AM	\$33	200422-13
4/4-4/27	Tu,Th	10:00-11:00 AM	\$33	200422-14
5/2-5/25	Tu,Th	10:00-11:00 AM	\$25	200422-15
1/31-3/2	Tu,Th	7:00-8:00 PM	\$41	100422-12
3/7-3/30	Tu,Th	7:00-8:00 PM	\$33	200422-16
4/4-4/27	Tu,Th	7:00-8:00 PM	\$33	200422-17
5/2-5/25	Tu,Th	7:00-8:00 PM	\$25	200422-18

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: Fort Collins Senior Center

1/31-3/2	Tu,Th	5:00-6:00 PM	\$41	100418-02
3/7-3/30	Tu,Th	5:00-6:00 PM	\$33	200418-01
4/4-4/27	Tu,Th	5:00-6:00 PM	\$33	200418-02
5/2-5/25	Tu,Th	5:00-6:00 PM	\$25	200418-03

Twist & Shout

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

Location: Fort Collins Senior Center

1/30-3/3	M,W,F	4:00-5:00 PM	\$61	100426-02
3/6-3/31	M,W,F	4:00-5:00 PM	\$49	200426-01
4/3-4/28	M,W,F	4:00-5:00 PM	\$49	200426-02
5/1-5/26	M,W,F	4:00-5:00 PM	\$37	200426-03

HIGH INTENSITY

Deep H2O

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

Location: EPIC

1/30-3/3	M,W,F	12:15-1:00 PM	\$57	100330-02
3/6-3/31	M,W,F	12:15-1:00 PM	\$45	200330-01
4/3-4/28	M,W,F	12:15-1:00 PM	\$41	200330-02
5/1-5/26	M,W,F	12:15-1:00 PM	\$37	200330-03

INCLUSION SUPPORT

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

BIRTHDAY PARTIES - YOUR DAY, YOUR WAY -

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

Call Wall



allins



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 & ι	ıp 1

*Children ages 8 years and older 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. Please see the corresponding facility page for specific schedules. Schedules are available for EPIC, Mulberry Pool, and Fort Collins Senior Center and subject to change.

ADULT PROGRAMS

Adult programs are held at EPIC unless otherwise noted.

Kayak: Slap, Paddle & Roll

Pool roll sessions are for individual practice. No formal instruction or gear provided; must bring own gear. Note: please clean your boat thoroughly using the hose just outside the door before bringing it indoors.

Age: 18 years & up	Aae:	18	vears	&	up
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rige. io ye	uis a up			
2/5	Su	3:00-5:00 PM	\$14	101355-01
2/19	Su	3:00-5:00 PM	\$14	101355-02
2/26	Su	3:00-5:00 PM	\$14	101355-03
3/5	Su	3:00-5:00 PM	\$14	201355-01
3/12	Su	3:00-5:00 PM	\$14	201355-02
3/19	Su	3:00-5:00 PM	\$14	201355-03
4/2	Su	3:00-5:00 PM	\$14	201355-04

Kayak: Slap, Paddle & Roll continued

4/16	Su	3:00-5:00 PM	\$14	201355-05
5/7	Su	3:00-5:00 PM	\$14	201355-06
5/14	Su	3:00-5:00 PM	\$14	201355-07

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 years & up

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Learn skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hours. Class fees will be waived for people who successfully pass the class and work for the City of Fort Collins as a lifeguard for 90 days. For more information contact Krista at 970.221.6335 or khobbs@fcgov.com. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

Age: 15 years (by the last day of class) & up

rige. 15 years	(by the lus	c duy of cluss) a up	,	
2/10	F	6:00-9:30 PM	\$326	101340-02
2/11-2/12	Sa,Su	8:00 AM-5:00 PM		
3/10	F	6:00-9:30 PM	\$326	201340-01
3/11-3/12	Sa,Su	8:00 AM-5:00 PM		
4/13	Th	6:00-9:30 PM	\$326	201340-02
4/15-4/16	Sa,Su	8:00 AM-5:00 PM		
5/11	Th	6:00-9:30 PM	\$326	201340-03
5/13-5/14	Sa,Su	8:00 AM-5:00 PM		
5/17	W	6:00-9:30 PM	\$326	201340-04
5/20-5/21	Sa,Su	8:00 AM-5:00 PM		

FAMILY PROGRAMS

Family programs are held at EPIC unless otherwise noted.

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
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2/11	Sa	11:00-12:30 PM	\$36	101352-03
3/11	Sa	11:00-12:30 PM	\$36	201352-01
4/8	Sa	11:00-12:30 PM	\$36	201352-02

Discover Snorkeling

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

Age: 5 years & up

5 5				
2/11	Sa	11:00-12:30 PM	\$26	101353-03
3/11	Sa	11:00-12:30 PM	\$26	201353-01
4/8	Sa	11:00-12:30 PM	\$26	201353-02

PREMIER GYMNASTICS OF THE ROCKIES



Kayak Roll School

Learn important techniques to master the kayak roll, the centerpiece of the sport of whitewater kayaking. In partnership with Rocky Mountain Adventures' Kayak School, you will be taught by experienced whitewater kayak instructors. Note: Sessions include a one-hour classroom instruction at R.M.A., and two 1.5-hour pool sessions. Fee includes all necessary gear (kayak, paddle, helmet, skirt, and PFD). Prior to class, those under 18 must contact Rocky Mountain Adventures at 970.493.4005.

Age: 13 years & up

<u> </u>				
2/5, 2/19	Su	1:30-4:45 PM	\$130	101358-01
2/26, 3/5	Su	1:30-4:45 PM	\$130	101358-02
5/7, 5/14	Su	1:30-4:45 PM	\$130	201358-01

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

<u> </u>				
2/8	W	5:30-8:00 PM	\$22	101356-05
2/22	W	5:30-8:00 PM	\$22	101356-06
3/8	W	5:30-8:00 PM	\$22	201356-01
3/22	W	5:30-8:00 PM	\$22	201356-02
4/5	W	5:30-8:00 PM	\$22	201356-03
4/19	W	5:30-8:00 PM	\$22	201356-04
5/3	W	5:30-8:00 PM	\$22	201356-05
5/17	W	5:30-8:00 PM	\$22	201356-06

Stand-Up Paddle Board, Basics

Learn important techniques related to the exciting sport of Stand-Up Paddle Boarding (SUP). Note: Paddle board, paddle, and PFD provided. Prior to class, those under 18 must contact Rocky Mountain Adventures at 970.493.4005.

Age: 8 years & up

3				
3/5	Su	1:30-3:00 PM	\$70	201357-01
4/16	Su	1:30-3:00 PM	\$70	201357-02

INCLUSION SUPPORT

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

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.
- To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/ therapy/coaching.

LEARN TO SWIM LEVELS

BABY & ME

Age: 6 months-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.



Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing



LEARN TO SWIM CLASS SCHEDULE

	Sunday Morning		Session 1	Session 2
			2/26-4/2*	4/9-5/7
	Class	Fee:	\$35.00	\$43.50
2		9:30 AM	201410.41A	201410.42A
끤	Baby & Me	10:40 AM	201410.41B	201410.42B
Ł		11:15 AM	201410.41C	201410.42C
ш	Preschool 1	10:05 AM	201416.41A	201416.42A
U	Preschool I	11:15 AM	201416.41B	201416.42B
R	Preschool 2	9:30 AM	201418.41A	201418.42A
2	Preschool Z	10:40 AM	201418.41B	201418.42B
L	Level 1	10:05 AM	201422.41A	201422.42A
S	Level I	10:40 AM	201422.41B	201422.42B
	Level 2	11:15 AM	201424.41A	201424.42A
	Adult	9:30 AM	201438.41A	201438.42A
	Adult	10:05 AM	201438.41B	201438.42B



* No class on 3/12 and 3/19

Monday/Wednesday Evening		Session 1	Session 2
		2/22-3/29* (WED START)	4/3-5/3*
Class	Fee:	\$77.50	\$77.50
	4:45 PM	201310.11A	201310.12A
Baby & Me	5:20 PM	201310.11B	201310.12B
	5:55 PM	201310.11C	201310.12C
	4:45 PM	201316.11A	201316.12A
Preschool 1	5:20 PM	201316.11B	201316.12B
	6:30 PM	201316.11C	201316.12C
Preschool 2	5:20 PM	201318.11A	201318.12A
Preschool Z	5:55 PM	201318.11B	201318.12B
Level 1	5:55 PM	201322.11A	201322.12A
Level I	6:30 PM	201322.11B	201322.12B
Level 2	4:45 PM	201324.11A	201324.12A
Lever Z	5:55 PM	201324.11B	201324.12B
Level 3	6:30 PM	201326.11A	201326.12A
Level 4	4:45 PM	201328.11A	201328.12A
Level 5	5:20 PM	201330.11A	201330.12A
Adult	6:30 PM	201338.11A	201338.12A

No class on 2/20, 3/13, 3/15 and 5/1



EPIC

Tuesday/Thu	rsday	Session 1	Session 2	Saturday Morning		Session 1	Session 2
Evening	-	2/21-3/30*	4/4-5/4			2/25-4/1*	4/8-5/6
Class	Fee:	\$86.00	\$86.00	Class	Fee:	\$35.00	\$43.50
	4:45PM	201216.21A	201216.22A		9:30 AM	201216.31A	201216.32A
Preschool 1	5:55 PM	201216.21B	201216.22B	Preschool 1	10:05 AM	201216.31B	201216.32B
	6:30 PM	201216.21C	201216.22C		10:40 AM	201216.31C	201216.32C
_	4:45 PM	201218.21A	201218.22A	_	9:30 AM	201218.31A	201218.32A
Preschool 2	5:20 PM	201218.21B	201218.22B	Preschool 2	10:40 AM	201218.31B	201218.32B
	5:55 PM	201218.21C	201218.22C		11:15 AM	201218.31C	201218.32C
_	4:45 PM	201222.21A	201222.22A	_	9:30 AM	201222.31A	201222.32A
Level 1	5:20 PM	201222.21B	201222.22B	Level 1	10:05 AM	201222.31B	201222.32B
	6:30 PM	201222.21C	201222.22C		11:15 AM	201222.31C	201222.32C
_	5:20 PM	201224.21A	201224.22A	Level 2 –	10:05 AM	201224.31A	201224.32A
Level 2	5:55 PM	201224.21B	201224.22B	Leverz	10:40 AM	201224.31B	201224.32B
	6:30 PM	201224.21C	201224.22C	Level 3 –	10:05 AM	201226.31A	201226.32A
Level 3 –	4:45 PM	201226.21A	201226.22A	Levers	11:15 AM	201226.31B	201226.32B
	5:55 PM	201226.21B	201226.22B	Level 4	10:40 AM	201228.31A	201228.32A
Level 4	5:20 PM	201228.21A	201228.22A	Level 5	9:30 AM	201230.31A	201230.32A
Level 5	6:30 PM	201230.21A	201230.22A	Teen	11:15 AM	201235.31A	201235.32A

* No class on 3/14 and 3/16

Sunday Afternoon		Session 1	Session 2
		2/26-4/2*	4/9-5/7
Class	Fee:	\$35.00	\$43.50
_	3:15 PM	201216.41A	201216.42A
Preschool 1	4:25 PM	201216.41B	201216.42B
	5:00 PM	201216.41C	201216.42C
Preschool 2 –	3:15 PM	201218.41A	201218.42A
	4:25 PM	201218.41B	201218.42B
_	3:15 PM	201222.41A	201222.42A
Level 1	3:50 PM	201222.41B	201222.42B
	5:00 PM	201222.41C	201222.42C
Level 2 —	4:25 PM	201224.41A	201224.42A
	5:00 PM	201224.41B	201224.42B
Level 3 –	3:50 PM	201226.41A	201226.42A
Level 5	5:00 PM	201226.41B	201226.42B
Level 4	3:50 PM	201228.41A	201228.42A
Level 5	4:25 PM	201230.41A	201230.42A
Teen	3:50 PM	201235.41A	201235.42A
Adult	3:15 PM	201238.41A	201238.42A
		* No class	on 3/12 and 3/19

* No class on 3/11 and 3/18



MULBERRY POOL



ARTS & CRAFTS

Programs are for those 18 years & older 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. Note: Class will not be held on 5/16.

Age: 14 years & up

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3/7-4/11	Tu	4:30-6:30 PM	\$65	203407-01
4/18-5/23	Tu	4:30-6:30 PM	\$54	203407-02

Sketching Group

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

3/3-5/26 F 9:30 AM-12:30 PM No Fee 203495-01

DROP-IN PROGRAMS

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. Active pass or facility drop-in fee required.

3/2-5/25 Th 1:00-3:00 PM No Fee 203402-01

C.H.A.T. Crafts Hobbies Arts Talk

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. Active pass or facility drop-in fee required.

3/1-5/31 W,F 1:00-3:00 PM No Fee 203496-01
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Open Studio

Open studio time for all. Tools available for use with jewelry, stained glass, and woodworking including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. 12 participants max. \$5 drop-in fee for Membership 50+; Non-members must pay daily facility drop-in fee in addition to the Open Studio drop-in fee. Note: Open studio will not be held on 5/16, 5/17, 5/18.

3/7-5/25 Tu-T	h 9:00 AM-Noon	\$5	203497-01
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GLASS ARTS

Stained Glass Foil, Hearts

Make a beautiful heart-shaped suncatcher, a heart spinner, or a round heart panel. All designs supplied. Basic stained glass foil skill required. Note: Supply list provided at registration; approximate cost \$40.

4/10-5/1 M 1:00-4:00 PM \$75 203462-01

Stained Glass Foil, Intermediate

Expand your skills in the foil-method of stained glass by creating a round stained-glass panel. Learn how to cut concave curves and gain confidence in soldering. Prerequisite: Basic stained glass foil skills required. Note: Supply list provided at registration; approximate cost \$40. Supply costs may vary widely dependent on project choice.

2/27-3/20 M 1:00-4:00 PM \$75	203467-01
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Looking for Youth Art Programs? Check out page 88.

JEWELRY

Cold Connection Metalsmithing - New!

Create metal jewelry and small sculptures without using a soldering torch. Utilize various cold connections such as tabs, rivets, staples and other non-heat or soldering methods. Learn how to saw and pierce and shape and texture metals using hammers and other tools. Set stones and learn how to color metal using patinas and other materials. Basic supplies provided.

2/25-4/1	Sa	2:00-4:00 PM	\$110	103459-01
4/15-5/20	Sa	2:00-4:00 PM	\$110	203459-02

Jewelry, Beginner

Focus on cutting and piercing with a jewelers saw, filing, and soldering, as well as proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those who would like to improve their skills. Note: Tools and some supplies provided. Supply list available at registration; approximate cost \$55-\$80.

2/7-3/21	Tu	2:30-4:30 PM	\$98	103486-01
3/28-5/9	Tu	2:30-4:30 PM	\$98	203483-02

Jewelry, Casting

Learn the basic lost wax process in casting. Focus on forming, spruing, investment, burn-out, and centrifugal casting. Attention to finishing and surface treatment techniques covered to create finished cast pieces.

3/28-5/9	Tu	5:00-7:00 PM	\$100	203487-01
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Jewelry, Advanced Fabrication

In this catch all class, finish old projects, work out problems or experiment with new techniques under instructor guidance. Previous class experience required.

2/7-3/21 Tu 5:00-7:00 PM \$71	103484-01
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MIXED MEDIA PROGRAMS

Art Journaling

Tell your story through art. Use a variety of mixed media to create your art journal using the Soul Pages Visual Journaling method developed by Rakefet Harder, taught by a certified facilitator.

2/3-2/17	F	1:00-3:30 PM	\$70	103415-01

Fun with Mixed Media

Explore the fun of mixed media for the creative beginner. Combine collage, writing, acrylics, watercolor, and more to create your art piece. All materials provided.

2/8	W	1:00-3:00 PM	\$35	103414-01
3/8	W	1:00-3:00 PM	\$35	203414-02
4/12	W	1:00-3:00 PM	\$35	203414-03
5/10	W	1:00-3:00 PM	\$35	203414-04

PAINTING PROGRAMS

Watercolor, Beginner & Intermediate

Discuss basic drawing and perspective skills and learn how to compose an interesting painting. Watercolor techniques such as controlling the use of paint and water, understanding the use of washes, color mixing and fixing issues that may arise during painting. Materials used for watercolor will also be discussed. Class will emphasize building on skills through mini watercolor exercises and various composed paintings. Class is led step by step by instructor. Supply list available at registration; approximate cost \$65.

2/25-4/1	Sa	11:00 AM-1:00 PM	\$75	103483-01
4/15-5/20	Sa	11:00 AM-1:00 PM	\$75	203480-01

WOODWORKING

Woodworking, Intermediate

Focus on an introduction to Joinery, the art of putting together two or more pieces of wood. Different methods discussed first week. Student chooses project, thirty inches or under, with a drawing. Prerequisite: Woodworking, Beginner. Note: Some supplies provided. Supply list available first day of class; approximate cost \$30-\$50. Must attend first class.

3/22-4/26	W	3:00-5:00 PM	\$107	203491-01



POTTERY - NEW!

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.

Things to Know

• The first 25 lbs. of clay are provided for 10 week 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 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 most sessions. 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.

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

- •Winter pick-up dates: 3/11 from 11 a.m.-2 p.m.
- Spring pick-up dates: 5/20 from 11 a.m.-2 p.m.
- •5-week class pick-up dates: 4/8 and 6/17 11 a.m.-2 p.m.

Pottery Lab

Lab access is included for adult students who are currently enrolled in a 10-week class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. Staff available, 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	7:30-10:0	0 PM		
2/6-3/11	M-Sa	11:00 AM-2:00 PM	\$92.50	104899-02
3/20-4/23	M-Sa	11:00 AM-2:00 PM	\$92.50	204899-01
4/24-5/28	M-Sa	11:00 AM-2:00 PM	\$92.50	204899-02

INCLUSION SUPPORT

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

ADULT PROGRAMS

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

Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures. Draw upon inspiration using exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

3/24-5/26 F 9:00-11:00 AN	1 \$185 204885-01
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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 trying something new or expand on previous skills. All levels welcome. Note: All tools provided, and 12 lbs. of clay included. Lab access not included.

Location: Fort Collins Senior Center

2/8-3/8	W	11:30 AM-1:00 PM	\$74	104873-03
3/22-4/19	W	11:30 AM-1:00 PM	\$74	204873-01
4/26-5/24	W	11:30 AM-1:00 PM	\$74	204873-02

Handbuilding Expressions

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

3/23-5/25	Th	6:00-8:00 PM	\$185	204875-01
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Independent Study

For intermediate and advanced students interested in dedicated instructed time to explore wheel and handbuilding projects of their own design. Limited demonstrations based on student interest. Note: 12l bs of clay and lab access included.

2/9-3/9	Th	2:00-4:00 PM	\$92.50	104877-05
3/23-4/20	Th	2:00-4:00 PM	\$92.50	204877-01
4/27-5/25	Th	2:00-4:00 PM	\$92.50	204877-03

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginner techniques of clay. Note: All materials and tools provided. Lab access not included.

Age: 16 years & up

5 5	•			
2/12-3/12	Su	2:30-4:30 PM	\$74	104870-02
3/19-4/16	Su	2:30-4:30 PM	\$74	204870-01
4/23-5/21	Su	2:30-4:30 PM	\$74	204870-02

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principals involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered.

3/20-5/22	М	9:00-11:00 AM	\$185	204850-01
3/20-5/22	М	5:45-7:45 PM	\$185	204850-02
3/22-5/24	W	8:00-10:00 PM	\$185	204850-03
3/25-5/27	Sa	9:00 AM-11:00 AM	\$185	204850-04

Wheel & Handbuilding, Beginner +

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

3/20-5/22	М	8:00-10:00 PM	\$185	204855-01
3/22-5/24	W	5:45-7:45 PM	\$185	204855-02
3/23-5/25	Th	9:00-11:00 AM	\$185	204855-03

Wheel & Handbuilding, Intermediate

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

3/21-5/23	Tu	5:30-7:30 PM	\$185	204860-01
3/22-5/24	W	9:00-11:00 AM	\$185	204860-02

FAMILY PROGRAMS

Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku pottery, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl, then fire the piece. Note: All supplies provided. Registration cost includes one parent and one child; each additional person is \$45.

Age: 7 years & up

5 5				
2/9	Th	6:00-8:00 PM	\$90	104827-01
3/30	Th	6:00-8:00 PM	\$90	204827-01
4/13	Th	6:00-8:00 PM	\$90	204827-02
Additional	Person(s)			
2/9	Th	6:00-8:00 PM	\$45	104827-01A
3/30	Th	6:00-8:00 PM	\$45	204827-01A
4/13	Th	6:00-8:00 PM	\$45	204827-02A

Fun Night Out

Have a fun night out on the town as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be done by the whole family. Note: Registration cost includes two individuals, each additional person is \$21.25.

Age: 7 years & up

Turtles			
3/3	F	7:00-8:30 PM	\$42.50 204828-01
Snail Bowls	5		
3/17	F	7:00-8:30 PM	\$42.50 204828-02
Monsters			
3/31	F	7:00-8:30 PM	\$42.50 204828-03
Fish			
4/7	F	7:00-8:30 PM	\$42.50 204828-04
Owls			
4/21	F	7:00-8:30 PM	\$42.50 204828-05
Trivets			
5/5	F	7:00-8:30 PM	\$42.50 204828-06
Additional	Person(s)		
3/3	F	7:00-8:30 PM	\$21.25 204828-01A
3/17	F	7:00-8:30 PM	\$21.25 204828-02A
3/31	F	7:00-8:30 PM	\$21.25 204828-03A
4/7	F	7:00-8:30 PM	\$21.25 204828-04A
4/21	F	7:00-8:30 PM	\$21.25 204828-05A
5/5	F	7:00-8:30 PM	\$21.25 204828-06A

Parent, Teen, & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Note: Registration cost includes one adult and one child, each additional person is \$68.50.

Age: 10-17 years

2/10-3/10	F	5:15-6:45 PM	\$137	104845-02
3/24-4/21	F	5:15-6:45 PM	\$137	204845-01
4/28-5/26	F	5:15-6:45 PM	\$137	204845-02
Additional Pe	rson(s)			
2/10-3/10	F	5:15-6:45 PM	\$68.50) 104845-02A
3/24-4/21	F	5:15-6:45 PM	\$68.50) 204845-01A
4/28-5/26	F	5:15-6:45 PM	\$68.50	204845-02A

Parent & Teen Handbuilding & Sculpture

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.

Location: Fort Collins Senior Center

2/5-3/5	Su	1:00-2:30 PM	\$137	104846-02
3/19-4/16	Su	1:00-2:30 PM	\$137	204846-01
4/23-5/21	Su	1:00-2:30 PM	\$137	204846-02

Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Registration cost includes one adult and one child, each additional person is \$47.

Age: 3-6 yea	ars			
2/6-3/6	М	2:30-3:30 PM	\$94	104801-04
2/7-3/8	Tu	9:30-10:30 AM	\$94	104801-05
2/11-3/11	Sa	12:30-1:30 PM	\$94	104801-06
3/20-4/17	М	2:30-3:30 PM	\$94	204801-01
3/21-4/18	Tu	9:30-10:30 AM	\$94	204801-02
3/25-4/22	Sa	12:30-1:30 PM	\$94	204801-03
4/24-5/22	М	2:30-3:30 PM	\$94	204801-04
4/25-5/23	Tu	9:30-10:30 AM	\$94	204801-05
4/29-5/27	Sa	12:30-1:30 PM	\$94	204801-06
Additional Pe	rson(s)			
2/6-3/6	М	2:30-3:30 PM	\$47	104801-04A
2/7-3/8	Tu	0.70 10.70 AM	A 17	
1 . 1 .	Iu	9:30-10:30 AM	\$47	104801-05A
2/11-3/11	Sa	12:30-1:30 PM	\$47 \$47	104801-05A 104801-06A
2/11-3/11	Sa	12:30-1:30 PM	\$47	104801-06A
2/11-3/11 3/20-4/17	Sa M	12:30-1:30 PM 2:30-3:30 PM	\$47 \$47	104801-06A 204801-01A
2/11-3/11 3/20-4/17 3/21-4/18	Sa M Tu	12:30-1:30 PM 2:30-3:30 PM 9:30-10:30 AM	\$47 \$47 \$47	104801-06A 204801-01A 204801-02A
2/11-3/11 3/20-4/17 3/21-4/18 3/25-4/22	Sa M Tu Sa	12:30-1:30 PM 2:30-3:30 PM 9:30-10:30 AM 12:30-1:30 PM	\$47 \$47 \$47 \$47 \$47	104801-06A 204801-01A 204801-02A 204801-03A

Thrown Together

Explore basics of wheel forming techniques while working on the pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. Note: Registration cost includes one adult and one child.

Age: 7 years & up

riger / jears	on up			
2/9-3/9	Th	4:15-5:45 PM	\$137	104825-05
2/11-3/11	Sa	2:30-4:00 PM	\$137	104825-06
3/23-4/20	Th	4:15-5:45 PM	\$137	204825-02
3/25-4/22	Sa	2:30-4:00 PM	\$137	204825-03
4/27-5/25	Th	4:15-5:45 PM	\$137	204825-04
4/29-5/27	Sa	2:30-4:00 PM	\$137	204825-05

	c	Classes in	which adult	s are required to attend
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Denotes no web registration for program

M Denotes program/activity has special membership pricing

YOUTH PROGRAMS

Child Handbuilding

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

Age: 6-9 years

5 5				
2/6-3/6	М	4:00-5:15 PM	\$74	104805-02
3/20-4/17	М	4:00-5:15 PM	\$74	204805-01
4/24-5/22	М	4:00-5:15 PM	\$74	204805-02

Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided.

Age: 5-14 years

•				
2/7-3/7	Tu	2:45-4:00 PM	\$74	104812-03
2/8-3/8	W	2:45-4:00 PM	\$74	104812-02
3/21-4/18	Tu	2:45-4:00 PM	\$74	204812-01
3/22-4/19	W	2:45-4:00 PM	\$74	204812-02
4/25-5/23	Tu	2:45-4:00 PM	\$74	204812-03
4/26-5/24	W	2:45-4:00 PM	\$74	204812-04

Teen Wheel & Handbuilding

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

Age: 13-17 years

• •				
2/7-3/7	Tu	4:30-6:30 PM	\$74	104815-02
3/21-4/18	Tu	4:30-6:30 PM	\$74	204815-01
4/25-5/23	Tu	4:30-6:30 PM	\$74	204815-02

Youth Fun Night Out

Have a fun night out on the town while squishing, rolling, pinching, and painting clay into whimsical and functional shapes.

Age: 8-18 years Heart Shaped Container with Lid

neart Shapeu				
2/24	F	7:00-8:30 PM	\$42.50	204829-01
Pinch Pot Ani	mal Planter			
3/10	F	7:00-8:30 PM	\$42.50	204829-02
Hedgehog Sc	ulpture			
3/24	F	7:00-8:30 PM	\$42.50	204829-03
Woven Clay B	Basket			
4/14	F	7:00-8:30 PM	\$42.50	204829-04
Chick and She	ell			
4/28	F	7:00-8:30 PM	\$42.50	204829-05
Wall Hanger v	with Flowers			
5/12	F	7:00-8:30 PM	\$42.50	204829-06

Youth Wheel & Handbuilding

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

Age: 9-13 years

Age. 5 is je	uis			
2/8-3/8	W	4:30-6:00 PM	\$74	104810-03
3/22-4/19	W	4:30-6:30 PM	\$74	204810-01
4/26-5/24	W	4:30-6:30 PM	\$74	204810-02

EGEND

SUNDAY, APRIL 23 10 A.M. - 2 P.M.

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Presented by

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Cityof

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Twin Silo Park

fcgov.com /KidsInThePark

Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 | 22-24624









REDUCED FEE PROGRAM

Reduced fees available for incomequalified participants. Discounted passes and activities! Visit

fcgov.com/reducedfee

for more information.

PROGRAMA DE TARIFAS **REDUCIDAS**

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

fcgov.com/reducedfee

para obtener más información.



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


DANCE & MOVEMENT

ADULT PROGRAMS

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

BALLET

Taught by Sarah Manno.

Ballet, Beginner

An introduction to classical barre, positions, and steps.

Location: Empire Grange, 2306 W Mulberry St.

3/21-4/25	Tu	5:30-6:30 PM	\$55	206102-01
5/2-6/13	Tu	5:30-6:30 PM	\$55	206102-s

Ballet, Continued

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

Location: Empire Grange, 2306 W Mulberry St.

3/20-4/24	М	5:30-6:45 PM	\$56.50	206103-01
5/1-6/12	М	5:30-6:45 PM	\$56.50	206103-02

Modern Dance

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

Location: Empire Grange, 2306 W Mulberry St.

3/20-4/24	М	6:50-7:50 PM	\$55	206156-01
5/1-6/12	М	6:50-7:50 PM	\$55	206156-02

BELLY DANCE

TAUGHT BY HEATHER LONGINO

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. Attire: Wear yoga/exercise clothing and bring a scarf/sash for your hips.

Location: Fort Collins Senior Center

2/7-2/28	Tu	7:00-8:00 PM	\$37	106426-02
3/7-3/28	Tu	7:00-8:00 PM	\$37	206426-01
4/4-4/25	Tu	7:00-8:00 PM	\$37	206426-02
5/2-5/30	Tu	7:00-8:00 PM	\$37	206426-03

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. Attire: Wear yoga/exercise clothing and bring a scarf/sash for your hips. Bare feet recommended. Prerequisite: Two sessions of Belly Dance, Beginner.

Location: Fort Collins Senior Center

2/7-2/28	Tu	8:00-9:00 PM	\$37	106427-02
3/7-3/28	Tu	8:00-9:00 PM	\$37	206427-01
4/4-4/25	Tu	8:00-9:00 PM	\$37	206427-02
5/2-5/30	Tu	8:00-9:00 PM	\$37	206427-03

INCLUSION SUPPORT

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

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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

LINE DANCE

TAUGHT BY MARCELLA WELLS

Intro to Line Dance

You may have heard about line dancing but have no idea where to start - this is the class for you! Review basic line dance steps and short sequences to music. The class can be repeated as often as desired.

Location: Fort Collins Senior Center

2/15	W	7:00-8:00 PM	\$9	106435-01
3/15	W	7:00-8:00 PM	\$9	206435-01
4/19	W	7:00-8:00 PM	\$9	206435-02
5/24	W	7:00-8:00 PM	\$9	206435-03

Line Dance, Learner

In this novice class you will join students who have already learned some line dances. Full dances to music are taught and practiced. Prerequisite: At least one session of Intro to Line Dance.

Location: Fort Collins Senior Center

2/7-2/28	Tu	12:30-1:30 PM	\$37	106436-03
3/7-3/28	Tu	12:30-1:30 PM	\$37	206436-01
4/4-4/25	Tu	12:30-1:30 PM	\$37	206436-02
5/2-5/30	Tu	12:30-1:30 PM	\$37	206436-03



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 dancers who thrive on complex dance steps, sequences, and

Line Dance, Continued

rhythms. No partner needed.

Location: Fort Collins Senior Center

2/7-2/28	Tu	2:00-3:00 PM	\$37	106437-03
3/7-3/28	Tu	2:00-3:00 PM	\$37	206437-01
4/4-4/25	Tu	2:00-3:00 PM	\$37	206437-02
5/2-5/30	Tu	2:00-3:00 PM	\$37	206437-03

This improver-lever class is designed for more experienced line

YOUTH PROGRAMS

BALLET, TAP, HIP-HOP, CONTEMPORARY & MORE

Tip Toes & Tutus 🙆

Discover movement through classical dance styles including ballet and tap. Build gross motor skills and enjoy quality interactions between adult and child. Caregivers are required to participate. Attire: Clothing that allows freedom of movement and no shoes/barefoot. Note: Class will not be held on 3/13, 3/14.

Location: Northside Aztlan Community Center

Age: 1-2 years

2/6-2/27	М	9:30-10:00 AM	\$33	121500-01
3/6-3/27	М	9:30-10:00 AM	\$25	221500-02
4/3-4/24	М	9:30-10:00 AM	\$33	221500-03
Age: 2-3 ye	ars			
2/7-2/28	Tu	10:30-11:15 AM	\$33	121501-02
3/7-3/28	Tu	10:30-11:15 AM	\$25	221501-01
4/4-4/25	Tu	10:30-11:15 AM	\$33	221501-02

Moovin' & Groovin'

Explore the world of movement through story and songs. Each week will showcase a different story and theme. Attire: Clothing that allows for freedom of movement and no shoes/ barefoot. Note: Class will not be held on 3/16, 3/17.

Age: 3-5 years

Location: Northside Aztlan Community Center

2/3-2/24	F	9:30-10:15 AM	\$49	121510-01
3/3-3/31	F	9:30-10:15 AM	\$49	221510-02
4/7-4/28	F	9:30-10:15 AM	\$49	221510-03
Age: 5-8 ye	ars			

Location: Mulberry Pool

	-			
2/2-2/23	Th	4:30-5:30 PM	\$65	121530-01
3/2-3/30	Th	4:30-5:30 PM	\$65	221530-01
4/6-4/27	Th	4:30-5:30 PM	\$65	221530-02

Tip, Tap, Toe

Build and strengthen motor, social, and memory skills through exploration of ballet, tap, and jazz styles. Attire: Leggings or tights, leotard or fitted tee, ballet and tap shoes. Note: Class will not be held on 3/13, 3/14, 3/16.

Location: Northside Aztlan Community Center

Age: 3-5 years

•				
2/7-2/28	Tu	9:30-10:15 AM	\$49	121511-01
2/9-3/2	Th	9:30-10:15 AM	\$49	121511-02
3/7-3/28	Tu	9:30-10:15 AM	\$37	221511-03
3/9-3/3030	Th	9:30-10:15 AM	\$37	221511-04
4/4-4/25	Tu	9:30-10:15 AM	\$49	221511-05
4/6-4/27	Th	9:30-10:15 AM	\$49	221511-06

Location: Mulberry Pool

Age: 5-9 years

2/6-2/27	М	4:30-5:30 PM	\$65	121531-01
2/7-2/28	Tu	4:30-5:30 PM	\$65	121531-02
3/6-3/27	М	4:30-5:30 PM	\$49	221531-03
3/7-3/28	Tu	4:30-5:30 PM	\$49	221531-04
4/3-4/24	М	4:30-5:30 PM	\$65	221531-05
4/4-4/25	Tu	4:30-5:30 PM	\$65	221531-06
Age: 10-15 y	<i>rears</i>			
2/6-2/27	М	6:50-7:50 PM	\$65	121550-01
2/7-2/28	Tu	6:50-7:50 PM	\$65	121550-02
3/6-3/27	М	6:50-7:50 PM	\$49	221550-03
3/7-3/28	Tu	6:50-7:50 PM	\$49	221550-04
4/3-4/24	М	6:50-7:50 PM	\$65	221550-05
4/4-4/25	Tu	6:50-7:50 PM	\$65	221550-06

Tip, Tap, Toe: Performance Path

With a faster pace and a focus on technical elements, these classes put dancers on a track to be stage-ready and perform in a formal Spring Recital on Saturday, 5/6 with additional, intermittent community event performances. Additional costs will be required for props and costumes (less than \$30). Note: Class will not be held on 3/13, 3/14, or 3/16.

Location: Northside Aztlan Community Center

Age: 3-5 years

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, iger o o je	ano				
2/6-5/1	М	10:15-11:00 AM	\$193	221520-01	
2/9-5/4	Th	10:30-11:15 AM	\$193	221520-02	
Location: M	Location: Mulberry Pool				
Age: 5-9 ye	Age: 5-9 years				
2/6-5/1	М	5:40-6:40 PM	\$217	221540-01	
Age: 10-15 years					
2/7-5/2	Tu	5:40-6:40 PM	\$217	221560-01	

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

Denotes program/activity has special membership pricing

Hip, Hip, Hippity-Hop

Explore the world of hip-hop and gain creativity and motor skills while developing social emotional regulation. Attire: Clothing that allows freedom of movement and tennis shoes. Note: Class will not be held on 3/15.

Location: Northside Aztlan Community Center

Age: 3-5 years

2/8-3/8	W	9:30-10:15 AM	\$49	121512-01
3/29-4/26	W	9:30-10:15 AM	\$49	221512-02

Location: Mulberry Pool

Age: 5-9 years

2/8-3/8	W	4:30-5:30 PM	\$65	121532-01
3/29-4/26	W	4:30-5:30 PM	\$65	221532-02

Hip, Hip, Hippity-Hop: Performance Path

With a faster pace and a focus on technical elements, these classes put dancers on a track to be stage-ready and perform in a formal Spring Recital on Saturday, 5/6 with additional, intermittent community event performances. Additional costs will be required for props and costumes (less than \$30). Note: Class will not be held on 3/15.

Location: Northside Aztlan Community Center

Age: 3-5 years						
2/8-5/3	W	10:30-11:15 AM	\$193	221521-01		
Location: Mulberry Pool						
Age: 5-9 ye	Age: 5-9 years					
2/8-5/3	W	5:40-6:40 PM	\$217	221541-01		
Age: 10-15 years						
2/8-5/3	W	6:50-7:50 PM	\$217	221561-01		
A ave. Jame Dawas						

Acro-Jazz Dance

Learn the basics of contemporary jazz with an exploration of acrobatic tricks. Attire: Clothing that allows freedom of movement and jazz shoes.

Location: Mulberry Pool

Age: 8-11 years

2/3-3/10	F	4:30-5:30 PM	\$97	121533-01
3/24-4/28	F	4:30-5:30 PM	\$97	221533-02

Inspired Movement

Express emotions through movement while learning aspects of lyrical and contemporary dance skills. Attire: clothing that is easy to move in and tennis shoes. Note: Class will not be held on 3/16.

Age: 9-15 years

Location: Mulberry Pool

	-			
2/2-2/23	Th	5:40-6:40 PM	\$65	121551-01
3/2-3/30	Th	5:40-6:40 PM	\$65	221551-02
4/6-4/27	Th	5:40-6:40 PM	\$65	221551-03

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. These programs are for the devoted dancer who has developed a solid foundation in basic dance skills. All dancers must be concurrently enrolled in a "Performance Path" program session. Schedule for dance performances will be sent out once enrolled in program. Attire: Dancers will have to purchase black dance pants and a performance top or accessories; total additional cost will be under \$30. Note: Class will not be held on 3/11, 3/18.

Location: Club Tico

Age: 7-9 ye	ears			
2/4-5/6	Sa	10:00-11:00 AM	\$265	221570-01
Age: 10-15	years			
2/4-5/6	Sa	11:15-12:15 PM	\$265	221571-01

STRUCTURED DANCE, TUMBLING & COMBO CLASSES

Roly Polys 🔕

Discover the world of gymnastics with a 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

Age. 2 years				
2/7-3/7	Tu	11:00-11:45 AM	\$41	121700-01
2/8-3/8	W	10:30-11:15 AM	\$41	121700-02
3/22-4/19	W	10:30-11:15 AM	\$41	221700-03
4/25-5/16	Tu	11:00-11:45 AM	\$33	221700-04
4/26-5/17	W	10:30-11:15 AM	\$33	221700-05
Age: 3 years				
2/8-3/8	W	9:30-10:15 AM	\$41	121701-07
3/21-4/18	Tu	11:00-11:45 AM	\$41	221701-02
3/22-4/19	W	9:30-10:15 AM	\$41	221701-03
4/26-5/17	W	9:30-10:15 AM	\$33	221701-04

Dancin' Dumplins

Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Kids enrolled in 9 week session will participate in an end of session performance. Attire: Leotard and tights or fitted tee and shorts.

Location: Foothills Activity Center

Age: 3 years

riger o jearo					
2/9-3/9	Th	11:00-11:45 AM	\$61	121710-01	
3/23-5/18	Th	11:00-11:45 AM	\$110	221710-02	
Age: 5-7 years					
3/23-5/18	Th	4:30-5:30 PM	\$130	221711-06	

Tumble Bumbles

Learn basic, age-appropriate tumbling skills including somersaults, cartwheels, and push-up bridge pose. Develop flexibility, balance, coordination, and self-confidence with use of various pieces of equipment. Attire: Leotard and tights or fitted tee and shorts.

Location: Foothills Activity Center

Aq	le:	4-5	years

rige. I b jet	and			
2/7-3/7	Tu	4:30-5:30 PM	\$81	121720-01
3/21-4/18	Tu	4:30-5:30 PM	\$81	221720-02
4/25-5/16	Tu	4:30-5:30 PM	\$65	221720-03
Age: 5-6 yea	ars			
2/7-3/7	Tu	6:00-7:00 PM	\$81	121721-01
3/21-4/18	Tu	6:00-7:00 PM	\$81	221721-02
4/25-5/16	Tu	6:00-7:00 PM	\$65	221721-03
Age: 6-7 yea	ars			
2/8-3/8	W	4:30-5:30 PM	\$81	121722-01
3/22-4/19	W	4:30-5:30 PM	\$81	221722-02
4/26-5/17	W	4:30-5:30 PM	\$65	221722-03

Tappin' & Tumblin'

30 minutes of basic tap techniques and rhythms followed by 30 minutes of basic gymnastics skills and rotations.

Location: Foothills Activity Center

2/9-3/9	Th	4:30-5:30 PM	\$65	221730-01

Jazz Dance Gymnastics

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

Location: Foothills Activity Center

Age: 8-9 years

2/9-3/9	Th	6:00-7:15 PM	\$91	121740-01

Just Tumbling

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

Location: Foothills Activity Center

Age: 8-9 years

rige. o b je	ars			
2/8-3/8	W	6:00-7:15 PM	\$91	121750-01
3/22-4/19	W	6:00-7:15 PM	\$91	221750-02
4/26-5/17	W	6:00-7:15 PM	\$73	221750-03

INCLUSION SUPPORT

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

YOUR GUEST FORFUN STARTS HERE

SUMMER DAY CAMPS FOR AGES 4-15

Join us for one week of fun, or the entire summer - the choice is yours! These full-day camps run Monday-Friday from 7:30 a.m.-5:30 p.m. and feature themed activities, weekly excursions, exciting field trips and enrichment activities. Camps fill quickly - **registration opens January 12.**



AGES 4-5

Designed for younger campers who have not yet attended Kindergarten.



AGES 5-11

Full days of activities designed around weekly themes.

Learn more at: **fcgov.com/recreation**





DAY CAMPS

Keep children S.I.L.L.Y. (Safe, Intelligent, Loving, Laughing, and uniquely You) with these fun youth programs that are designed to keep children active, engaged, and ready to discover their passions.

SPRING BREAK CAMPS

Camp FunQuest Spring Break Camp

Camp FunQuest is Recreation's licensed day camp program for children in grades K-5. Engaging activities are planned daily including games, crafts, S.T.E.M. explorations, and outdoor physical activity. All activities 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. Cost of field trip admissions are included in camp fees. Note: Full camp itineraries including field trip destinations will be emailed the week prior to program start dates.

Marmot (5-6	5 years)				
3/13-3/17	M-F	7:30 AM-5:30 PM	\$260	215530-01	
Red Fox (7-8 years)					
3/13-3/17	M-F	7:30 AM-5:30 PM	\$260	215531-01	
Big Horn (9-11 years)					
3/13-3/17	M-F	7:30 AM-5:30 PM	\$260	215532-01	

Counselor in Training (CIT) Program

Learn how to be a positive role model and prepare for summer employment as a camp counselor. Skill-based trainings teach participants to handle responsibility and develop confidence in caring for and mentoring younger children. Participants reflect on prior caregiving experience, explore team building exercises, complete a variety of childcare trainings, and learn leadership, resume-building, and interview skills. Fee includes pediatric CPR and basic first aid certification. Program dates and training hours will be set based on participant availability.

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

🚺 Denotes program/activity has special membership pricing

Counselor in Training (CIT) Program continued

Required, on-site volunteer hours held during Spring Break and on either 4/21 or 5/16 at Northside Aztlan Community Center. After program completion, participants ages 15 and older may be considered for employment in Recreation's Camp FunQuest summer camp programs. Newly hired camp counselors will receive full reimbursement of CIT program cost following a minimum of 100 hours of paid hours worked.

Age: 14-17 years

3/13-3/17 M-F 10:00 AM-3:00 PM \$160 215580-01

STEM Adventures using LEGO[®] Materials

Let your imagination run wild with tens of thousands of LEGO[®] parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO[®] building system.

Location: EPIC

Age: 6-10 years

3/13-3/16	M-Th	9:00 AM-12:00 PM \$156	216712-01
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STEM Explorations using LEGO® Materials

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineerdesigned projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Location: EPIC

Age: 7-12 ye	ars				
3/13-3/16	M-Th	1:00-4:00 PM	\$156	216713-01	

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SUMMER DAY CAMPS

BLACK BEAR ADVENTURE CLUB

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

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

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

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

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

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

Location: Northside Aztlan Community Center

Age: 12-15 years

Creative Studios

Cleative Studio	13			
6/5-6/8	M-Th	9:00 AM-4:00 PM	\$230	315581-01
Teen Trip TBD				
6/9	F	9:00 AM-4:00 PM	\$65	315581-02
My Town				
6/12-6/15	M-Th	9:00 AM-4:00 PM	\$230	315582-01
Teen Trip TBD				
6/16	F	9:00 AM-4:00 PM	\$65	315582-02
Cooking Aroun				
6/20-6/22	Tu-Th	9:00 AM-4:00 PM	\$230	315583-01
Teen Trip TBD				
6/23	F	9:00 AM-4:00 PM	\$65	315583-02
Healthy Habits				
6/26-6/29	M-Th	9:00 AM-4:00 PM	\$230	315584-01
Teen Trip TBD				
6/30	F	9:00 AM-4:00 PM	\$65	315584-02
Water Days				
7/10-7/13	M-Th	9:00 AM-4:00 PM	\$230	315585-01
Teen Trip TBD				
7/14	F	9:00 AM-4:00 PM	\$65	315585-02
Camp Kindness	5			
7/17-7/20	M-Th	9:00 AM-4:00 PM	\$230	315586-01
Teen Trip TBD				
7/21	F	9:00 AM-4:00 PM	\$65	315586-02
Tinker Worksho				
7/24-7/27	M-Th	9:00 AM-4:00 PM	\$230	315587-01
Teen Trip TBD				
7/28	F	9:00 AM-4:00 PM	\$65	315587-02
Colorado Adve	ntures			
7/31-8/3	M-Th	9:00 AM-4:00 PM	\$230	315588-01
Teen Trip TBD				
8/4	F	9:00 AM-4:00 PM	\$65	315588-02

CAMP FUNQUEST

Recreation's licensed summer day camp program for children entering grade 1 through completion of grade 5. Summer camps run Monday through Friday 7:30 a.m.-5:30 p.m. during dates listed. Camp groups are separated by age and all activities are planned with children's developmental stage, abilities, and interests in mind. Camp themes guide activity planning with a general daily structure that repeats weekly. Typical camp activities such as songs, games, crafts, science, and sports are coupled with guest visitors, trips to outdoor parks, swimming, and an introduction to a variety of recreational activities. Cost of weekly field trips to front range area attractions are included in camp fees for all age groups. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle, and appropriate clothing/gear for outdoor play each day. Note: Full camp itineraries are emailed the week prior to program start dates. Camps run Monday-Friday from 7:30 a.m.-5:30 p.m. during the weeks listed below, unless otherwise noted.

Due to facility improvement construction at Northside Aztlan Community Center, summer camp group capacities and off-site travel schedules may be limited or modified compared to previous summers. Additional, specific information for individual groups is noted below and will be communicated at the Family Information Meeting and within weekly camp itineraries.

Inclusion Support in Camp FunQuest

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. Recreation's Adaptive Recreation Opportunities (ARO) team offers a spectrum of inclusion services. Visit fcgov.com/aro to complete an Inclusion Request Form at least 2 weeks prior to the start of a program. For information on general behavior expectations and policies in Camp FunQuest, refer to the Participant Manual at fcgov.com/youth-programs.

Online Camper Profiles

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. 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. Note: Profiles submitted in 2022 are valid through April 2023. All member profiles require reconfirmation prior to summer camp programs.

Family Information Meeting

All summer camp families are encouraged to attend this important pre-summer orientation on Thursday, May 4, 2023. Camp leaders will answer questions, help with paperwork, and discuss camp topics including how to use ePACT, what to bring to camp, and behavioral expectations of campers. Meeting details will be emailed the week prior to all enrolled families.

Weekly Enrollments, Deposits & Cancellations

A minimum deposit of \$40/week per child is due at the time of enrollment. Remaining fees for camp weeks will be due by monthly designated due dates:

- June camp weeks due February 28
- July camp weeks due March 31
- August camp weeks due April 30

Camp week transfers can be made without penalty. Cancellation requests can be submitted by emailing your original purchase receipt to recreation@fcgov.com. Please refer to page 104 for more information on Withdrawals, Transfers, and Cancellations.

Camp Schedule & Themes

Week 1: Welcome to Camp | May 31-June 2 (Weds-Fri; Northside Aztlan Community Center location only)

Week 2: Outer Space | June 5-9

Week 3: Color & Magic | June 12-16

Week 4: Dino-Topia | June 20-23 (Tues-Fri)

Week 5: Community Careers | June 26-30

Week 6: Creepy Crawlies | July 10-14

Week 7: Healthy Habits | July 17-21

Week 8: Living in the Past | July 24-28

Week 9: Scientific Discovery | July 31-August 4

Week 10: Acting Out | August 7-11 (Northside Aztlan Community Center location only)

Marmots

A slower-paced week for our youngest campers. M-Th activities take place on-site and within walking distance. Off-site field trips to local parks, businesses, and swimming pools take place on Fridays only.

Age: 5-6 years (completed Kindergarten Spring 2023)

Location: Northside Aztlan Community Center

Locationi		Azeran community c		
5/31-6/2	W-F	7:30 AM-5:30 PM	\$174	315550-01
6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315550-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315550-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$260	315550-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315550-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$260	315550-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315550-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315550-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315550-09
8/7-8/11	M-F	7:30 AM-5:30 PM	\$260	315550-10

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

M Denotes program/activity has special membership pricing

Location: Foothills Activity Center

		-		
6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315750-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315750-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$260	315750-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315750-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$260	315750-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315750-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315750-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315750-09

Red Fox

A combination of on-site activities and off-site field trips. Campers stay on-site on Mondays and participate in off-site field trips to local parks, businesses, and swimming pools two days per week, Tu-F.

Age: 7-8 years

Location: Northside Aztlan Community Center

5/31-6/2	W-F	7:30 AM-5:30 PM	\$174	315551-01
6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315551-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315551-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$260	315551-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315551-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$260	315551-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315551-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315551-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315551-09
8/7-8/11	M-F	7:30 AM-5:30 PM	\$260	315551-10

Location: Foothills Activity Center

6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315751-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315751-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$260	315751-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315751-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$260	315751-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315751-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315751-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315751-09

INCLUSION SUPPORT

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

EGEND

Big Horn

A more active experience for older campers. M-Th drop-off and pick-up take place at Northside Aztlan Community Center with daily travel to local rec centers, businesses, and swimming pools. Note: Friday drop-offs and pick-ups will take place at a variety of local parks; specific drop-off locations will be communicated in weekly camp itineraries.

Age: 9-11 years

Location: Northside Aztlan Community Center

		······, ····		
5/31-6/2	W-F	7:30 AM-5:30 PM	\$174	315552-01
6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315552-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315552-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$260	315552-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315552-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$20	315552-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315552-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315552-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315552-09
8/7-8/11	M-F	7:30 AM-5:30 PM	\$260	315552-10

Location: Foothills Activity Center

6/5-6/9	M-F	7:30 AM-5:30 PM	\$260	315752-02
6/12-6/16	M-F	7:30 AM-5:30 PM	\$260	315752-03
6/20-6/23	Tu-F	7:30 AM-5:30 PM	\$220	315752-04
6/26-6/30	M-F	7:30 AM-5:30 PM	\$260	315752-05
7/10-7/14	M-F	7:30 AM-5:30 PM	\$260	315752-06
7/17-7/21	M-F	7:30 AM-5:30 PM	\$260	315752-07
7/24-7/28	M-F	7:30 AM-5:30 PM	\$260	315752-08
7/31-8/4	M-F	7:30 AM-5:30 PM	\$260	315752-09

FUNTIME ADVENTURES MINI-CAMPS

Designed for younger children new to the camp experience. Half-day and full day options available. Themed activities, special guests, walking trips, park play, and shared lunch time make up the morning-only sessions. Add-on the afternoon session to make it a full day and experience even more of what Recreation has to offer including art, dance, music, science, and cooking enrichments.

Age: 4-5 years

Location: Northside Aztlan Community Center

Online Camper Profiles

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including a General Health Appraisal, current immunization records or exemption forms, and any required medication administration forms.

Family Information Meeting

Families are encouraged to attend this important pre-summer orientation on Thursday, May 4, 2023. Camp leaders will answer questions, help with paperwork, and discuss camp topics including how to use ePACT, what to bring to camp, and behavioral expectations of campers. Meeting details will be emailed the week prior to all enrolled families.

Weekly Enrollments, Deposits & Cancellations

A minimum deposit of \$20/weekly session enrollment is due at the time of registration. Remaining fees for camp sessions are due by the following monthly designated due dates:

- June sessions due February 28
- July sessions due March 31
- August sessions due April 30

Session transfers can be made without penalty. Cancellation requests can be submitted by emailing your original purchase receipt to recreation@fcgov.com. Please refer to page 104 for more information on Withdrawals, Transfers, and Cancellations.

Week 1: All about Me

Week I. All du	outrie			
5/31-6/2	W-F	7:30 AM-12:30 PM	\$87	317501-01
5/31-6/2	W-F	12:30-5:30 PM	\$87	317501-02
Week 2: Astro	nomy/Space	2		
6/5-6/9	M-F	7:30 AM-12:30 PM	\$130	317502-01
6/5-6/9	M-F	12:30-5:30 PM	\$130	317502-02
Week 3: Color	s of the Rain	bow		
6/12-6/16	M-F	7:30 AM-12:30 PM	\$130	317503-01
6/12-6/16	M-F	12:30-5:30 PM	\$130	317503-02
Week 4: Dinos	saurs			
6/20-6/23	Tu-F	7:30 AM-12:30 PM	\$130	317504-01
6/20-6/23	Tu-F	12:30-5:30 PM	\$130	317504-02
Week 5: When	n I Grow Up/	Community Workers		
6/26-6/30	M-F	7:30 AM-12:30 PM	\$130	317505-01
6/26-6/30	M-F	12:30-5:30 PM	\$130	317505-02
Week 6: Bugs				
7/10-7/14	M-F	7:30 AM-12:30 PM	\$130	317506-01
7/10-7/14	M-F	12:30-5:30 PM	\$130	317506-02
Week 7: Chefs	/Cooking			
7/17-7/21	M-F	7:30 AM-12:30 PM	\$130	317507-01
7/17-7/21	M-F	12:30-5:30 PM	\$130	317507-02
Week 8: Fami	lies			
7/24-7/28	M-F	7:30 AM-12:30 PM	\$130	317508-01
7/24-7/28	M-F	12:30-5:30 PM	\$130	317508-02
Week 9: Scien	ice			
7/31-8/4	M-F	7:30 AM-12:30 PM	\$130	317509-01
7/31-8/4	M-F	12:30-5:30 PM	\$130	317509-02
Week 10: Stor	ytelling			
8/7-8/11	M-F	7:30 AM-12:30 PM	\$130	317510-01
8/7-8/11	M-F	12:30-5:30 PM	\$130	317510-02



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 an 40. All other programs are childonly.

Children enrolled in classes without an accompanying, responsible adult should be fully toilet trained. Children not vet toilet trained are welcome to attend classes however, an adult must remain on-site and available to attend to toileting needs. City of Fort Collins Recreation staff are not permitted to change diapers or pull-ups..

Please inform class instructors on the first day of class of any dietary or health-related restrictions.

Questions? Learn more at fcgov.com/youth-programs or call 970.221.6622.

DROP-IN PROGRAMS FOR CAREGIVERS

Play Café 🚾 🖤

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 will not be held on 3/16.

Age: Newborn-18 months

Location: Foothills Activity Center W

1/11-5/10

1:00-3:00 PM

\$4.00 Drop-in fee

Tot Gym 🚾 🖤

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. Registration is not required, a \$4 drop-in fee per child is paid upon arrival. Free admission for adults and babies accompanying an older sibling, who will not be participating in tot gym. Note: Program will not be held on 1/16, 2/21, 3/13, 3/14, 3/15, 3/16, 3/17, 4/20, 5/15.

Age: 1-5 years

Location: Northside Aztlan Community Center

1/9-5/12 M-F 10:00 AM-Noon \$4.00 Drop-in fee

FAMILY PROGRAMS

Behaviors 101 – New!

Do you struggle with knowing how to respond to your child's behaviors? Caregivers will learn practical tips for everyday use. Learn more about this new class on page 51.

Grandparents & Kids-Together - New!

Celebrate the special bond between grandparents and their grandkids! Create precious memories with little ones in this special program series. Learn more about this new program on page 94.

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

EGEN

Classes in which adults are required to attend

NW Denotes no web registration for program

Denotes program/activity has special membership pricing

FUNTIME PRESCHOOL PROGRAM

Funtime Preschool Program is a guality-rated, state-licensed childcare program for children ages 3-5 years focused on the development of readiness skills through both childdirected discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. The play-based, intentional approach encourages selfregulation, critical thinking and problem-solving. This school year-round preschool program follows the Poudre School District (PSD) calendar for most school days off and holiday breaks but does not follow PSD delays or closures due to inclement weather. Teacher conferences are held in April and opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year. Note: Classes will not be held on 1/16, 2/20, 3/13, 3/14, 3/15, 3/16, 3/17, 4/20.

Enrollment Information, Initial Registration & Monthly Tuition Fees

Session fees are based on \$20.50 per scheduled day of classes and are divided into monthly payments that are due prior to the 15th of each month, for the upcoming month. Prorated tuition available for mid-session enrollments. Note: Registration for Spring 2023 began in August 2022. Space is limited.

Emergency Contact & Student Health Information

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to the start of each session. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including a General Health Appraisal, current immunization records or exemption forms, and any required medication administration forms.

Funtime for Preschoolers

A play-based, child-directed, and teacher-guided approach encourages self-regulation, critical thinking, and problemsolving skills. Children must have turned 3 by 10/1/2022. Note: A minimum payment of \$143.80 is due at time of enrollment. Remaining balance is due monthly and must be paid in full prior to April 15.

Age: 3-4 years

1/5-5/11	Tu,Th	9:00 AM-Noon	\$719	117501-01	-

Funtime Pre-K

A comprehensive Kindergarten-readiness curriculum includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. Children must have turned 4 by 10/1/2022. Note: A minimum payment of \$201 is due at time of enrollment. Remaining balance is due monthly and

must be paid in full prior to April 15. 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

• •				
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

CHILD & CAREGIVER PROGRAMS

Music and Play 🕓

Caregivers and emerging learners get an introduction to music and an opportunity for social play. Songs and games feature rhythm instruments, directive movement, and storytelling.

Location: Foothills Activity Center

Age: 9 -18 months

Age: 5 To T	ionitino			
1/18-2/8	W	9:30-10:15 AM	\$38	117723-01
2/15-3/8	W	9:30-10:15 AM	\$38	217723-01
3/22-4/12	W	9:30-10:15 AM	\$38	217723-02
4/19-5/10	W	9:30-10:15 AM	\$38	217723-03
Age: 18-36 r	nonths			
1/18-2/8	W	10:30-11:15 AM	\$38	117724-01
2/15-3/8	W	10:30-11:15 AM	\$38	217724-01
3/22-4/12	W	10:30-11:15 AM	\$38	217724-02
4/19-5/10	W	10:30-11:15 AM	\$38	217724-03

Small Hands, Big Messy Art 📀

Children and caregivers get hands-on to create unique masterpieces as they explore a variety of materials including paint, playdough, and more.

Age: 18 months-2 years

Location: Northside Aztlan Community Center

		•		
2/24-3/10	F	10:00-10:45 AM	\$42	217520-01
4/14-4/28	F	10:00-10:45 AM	\$42	217520-02

Little Explorers 🕓

Introduce your young learner to the preschool environment as you accompany them through activities in themed music, movement, and arts and crafts based on beloved children's books and authors.

Age: 2 years

Location: Foothills Activity Center

Jan Brett: The Hat, The Three Snow Bears, Over & Under The Snow1/20-2/10F10:30-11:30 AM\$46117700-01Laura Numeroff: If You Give... Series

2/17-3/10	F	10:30-11:30 AM	\$46	217700-01			
Mo Willems:	Elephar	nt & Piggie Series					
3/24-4/14	F	10:30-11:30 AM	\$46	217700-02			
Eric Carle: The Grouchy Ladybug, From Head to Toe, Little Cloud							
4/21-5/12	F	10:30-11:30 AM	\$46	217700-03			



The Jackson Family Fund believes our parks and trails are worth protecting. And will match your gift dollar for dollar!

YOUR GIFT INVESTS IN:

966 Acres of Parks

7 Community Parks **43** Neighborhood Parks

45 Miles of Paved Trails FoCo Parks Forever



A GIFT TODAY PROVIDES **TWICE** AS MUCH SUPPORT & MAKES **TWICE** THE DIFFERENCE.



FoCo Parks Forever is a fund of the Community Foundation of Northern Colorado

VISIT US AT: FOCOPARKSFOREVER.ORG

Little Scientists 📀

Foster curiosity in your young learner by working alongside them to conduct fun experiments in this hands-on science class.

Age: 2-3.5 years

Location: Northside Aztlan Community Center

2/3-2/17	F	10:00-10:45 AM	\$44	217521-01
3/24-4/7	F	10:00-10:45 AM	\$44	217521-02

Mother Hubbard's Cupboard 📀

Find out what is in Mother Hubbard's Cupboard. Read a new story each week, explore a fruit or vegetable from the book, and cook a simple recipe together. This class will include hands-on food exploration that is great for hesitant eaters or picky preschoolers who may benefit from positive food exposures.

Age: 3-5 years

Location: Northside Aztlan Community Center

Amara's Farm by JaNay Brown-Wood

3/21	Tu	10:00-11:00 AM	\$25	217522-01	
Astropea b	y Amalia Hoffn	nan			
3/28	Tu	10:00-11:00 AM	\$25	217522-02	
The Very H	ungry Caterpill	ar by Eric Carle			
4/4	Tu	10:00-11:00 AM	\$25	217522-03	
Every Nigh	t is Pizza Night	by J. Kenji López-A	lt		
4/11	Tu	10:00-11:00 AM	\$25	217522-04	
Dragons Love Tacos by Adam Rubin					
4/18	Tu	10:00-11:00 AM	\$25	217522-05	
Soup Day b	oy Melissa Iwai				
4/25	Tu	10:00-11:00 AM	\$25	217522-06	

PRESCHOOL PREP PROGRAMS

Curious Twos 🕓

Attention is directed through structured stories and circle games, while opportunities for sensory experiences, process art, and cooperative play provide a positive first step to independent learning. Note: A caregiver is required to stay and participate as needed. When children are prepared, caregivers may "drop-off" but stay on-site during class times. Note: Class will not be held on 2/20.

Age: 2 years

Location: Northside Aztlan Community Center

Colors				
2/6-2/22	M,W	9:30-10:30 AM	\$73	217530-01
Weather				
2/27-3/8	M,W	9:30-10:30 AM	\$58	217530-02
Springtime				
3/20-4/5	M,W	9:30-10:30 AM	\$87	217530-03
Animals				
4/10-4/26	M,W	9:30-10:30 AM	\$87	217530-04

Preschool Discovery

Explore arts and crafts while learning beginning number and letter recognition. Build skill and confidence in self-regulation, emotional awareness, and cooperative play in this transitional class.

Age: 2.5-4 years

Location: Northside Aztlan Community Center

Farm Animals 1/31-2/16 Tu.Th 9:30-11:00 AM \$124 217531-01 **Community Workers** 2/21-3/9 Tu.Th 9:30-11:00 AM \$124 217531-02 Welcome Spring 3/21-4/6 \$124 217531-03 Tu.Th 9:30-11:00 AM **Crawling Critters** 4/11-4/27 217531-04 Tu.Th 9:30-11:00 AM \$124

Fun & Fitness

Participate in fun songs and games while making new friends! Children enjoy snack, stories, and crafts in between intentional, structured physical activities.

Age: 3.5-5 years

Location: Foothills Activity Center

Music & Move	ement			
1/31-2/16	Tu,Th	9:30-11:30 AM	\$148	217510-01
Toss & Tumbl	е			
2/21-3/9	Tu,Th	9:30-11:30 AM	\$148	217510-02
Yoga & Dance	ē			
3/21-3/30	Tu,Th	9:30-11:30 AM	\$128	217510-03
Races & Relay	/S			
4/4-4/20	Tu,Th	9:30-11:30 AM	\$148	217510-04
Games & Spo	rts			
4/25-5/11	Tu,Th	9:30-11:30 AM	\$148	217510-05

SKILL BASED CLASSES

Mini Music Makers

Children explore and experience the joy of music with singing, percussion instruments, a musical story time, movement activities, and group games.

Age: 3.5-5 years

Location: Foothills Activity Center

1/20-2/10	F	9:00-9:45 AM	\$62	117725-01
2/17-3/10	F	9:00-9:45 AM	\$62	217725-01
3/24-4/14	F	9:00-9:45 AM	\$62	217725-02
4/21-5/12	F	9:00-9:45 AM	\$62	217725-03

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

Science Explorers

Explore the world of science: make predictions, conduct experiments, and observe results. Themed sessions will explore different scientific interests.

Age: 4-5 years

Location: Northside Aztlan Community Center

Biology (animals & habitats)

2/1-2/15	W	10:00-11:30 AM	\$72	217546-01	
Meteorology	(weathe	r & seasons)			
2/22-3/8	W	10:00-11:30 AM	\$72	217546-02	
Physics (ram	ps & mag	inets)			
3/22-4/5	W	10:00-11:30 AM	\$72	217546-03	
Chemistry (mixtures & concoctions)					
4/12-4/26	W	10:00-11:30 AM	\$72	217546-04	

Creation Station

Let your imagination run wild with a variety of different art mediums in this open-ended, process-oriented class. Children will express feelings through independent manipulation of materials and are then guided through music and storytelling to learn directives and active listening skills.

Age: 4-6 years

Location: Northside Aztlan Community Center

2/2-2/16	Th	10:00-11:30 AM	\$72	217540-01
2/23-3/9	Th	10:00-11:30 AM	\$72	217540-02
3/23-4/6	Th	10:00-11:30 AM	\$72	217540-03
4/13-4/27	Th	10:00-11:30 AM	\$72	217540-04

SOCIAL EMOTIONAL CLASSES

All About Me

Explore and celebrate what makes us who we are through songs, games, self-portraits, and stories.

Age: 2.5-4 years

Location: Northside Aztlan Community Center

1/31-2/9 Tu,Th 1:00-2:30 PM \$82 217550-01
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Animal Lovers

Learn interesting facts and role play how to care for family pets and animals that live at the zoo.

Age: 2.5-4 years

Location: Foothills Activity Center

2/28-3/9	Tu,Th	1:00-2:30 PM	\$82	217750-01

Trains, Planes, & Things That Go

Put your wheels in gear and go while learning about gravity, speed, and all things transportation.

Age: 2.5-4 years

Location: Northside Aztlan	Community	Center

2/28-3/9	Tu,Th	1:00-2:30 PM	\$82	217551-01

Bugs & Butterflies

Investigate the tiniest of insects and watch beautiful butterflies emerge from their chrysalises.

Age: 3-5 years

4/18-4/27 Tu,Th 1:00-2:30 PM \$82 2	217751-02
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Builders & Makers

Create simple sculptures and structures while exploring how different mediums work together.

Age: 3-5 years

Location:	Foothills	Activity	Center
Locution.	1 0000000	ACTIVITY	CUITCI

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2/14-2/23	Tu,Th	1:00-2:30 PM	\$82	217752-01

Nature Explorers

Make observations and create nature-based crafts based on the wonder of our natural world.

Age: 3-5 years

Location: Foothills Activity Center

3/21-3/30	Tu,Th	1:00-2:30 PM	\$82	217753-01
	-			

Ninja Warriors

Put your muscles to the test as you jump, duck, and run through obstacle courses of your own creation.

Age: 3-5 years

Location: Northside Aztlan Community Center

1/31-2/9 Tu,Th 1:00-2:30 PM \$82 217552-01
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Castles & Crowns

Kings, queens, knights, and jesters are invited to play pretend with friends and create medieval crafts.

Age: 4-6 years

Location:	Northside	Aztlan	Community	Center
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2/17 2/23 10,111 1.00 2.50 111 402 21/555 01	2/14-2/23	Tu,Th	1:00-2:30 PM	\$82	217553-01
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Magical Creatures

Read stories and make crafts based on fantastical creatures such as dragons, unicorns, and more.

Age: 4-6 years

Location: Foothills Activity Center

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Picnics & Parties

Make fun, no-bake snacks, pack for a picnic and head outside, and set the table for a tea party.

Age: 4-6 years

Location: Foothills Activity Center

5/2-5/4 Tu,Th 1:00-2:30 PM \$44 217755-0
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BE A PART OF MOBY MADNESS MARK YOUR CALENDAR FOR AN ORANGE OUT MEN'S BASKETBALL VS. WYOMING FEBRUARY 24 AT 7:00 P.M.

WOMEN'S BASKETBALL JUNIOR RAMS DAYS January 7 VS. New Mexico at 12:00 p.m. February 18 VS. Air Force at 1:00 p.m. Use promo code: Jrrams23

PURCHASE YOUR TICKETS AT CSURAMS.COM/TICKETS



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 something new. All classes are designed for ages 18 years and older, and held at the Fort Collins Senior Center unless otherwise noted.

COOKING

All cooking classes are designed for those ages 14 years & up unless otherwise noted. Please bring an apron to each class. Prior to the first class send any food allergies or concerns to Lisa Freeman at Ifreeman@fcgov.com.

TAUGHT BY SAPNA VON REICH

Healthy Ethiopian Dishes

Join us for this enjoyable and hands-on Vegetarian Ethiopian Cuisine class. Learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: Misir Wot (red lentils), Collard Gomen, Duba Wot (butternut squash), in berbere sauce and Teff Flour

2/16 Th 6:00-8:30 PM \$55 107421-01

Homemade Indian Flatbreads

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

2/23	Th	6:00-8:30 PM	\$55	107424-01
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Let it be Lentils

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

3/1	W	6:00-8:30 PM	\$55	207422-01

Indian Crepes & Chutneys

Learn how to make these awesome, simple, gluten free (and Vegan) creations at home. Pair them with the perfect chutneys, and you've got a meal that everyone will be talking about. Menu: Millet Crepes with Coconut chutney, Quinoa Crepes with Roasted Red Pepper Chutney, Mung Bean Crepes with Beet Chutney.

	3/27	М	6:00-8:30 PM	\$55	207420-01
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Rice & Beans of the World

Every culture eats the staple of rice and beans, but each dish is different in flavor and preparation. Join us to explore the diverse ways of the world to make rice and beans! Menu: Turmeric Rice and Indian Chickpeas, Mexican Black Bean Rice, Ethiopian Rice, and Red Beans.

4/13 Th 6:00-8:30 PM \$55 207426-0	:00-8:30 PM \$55 207426-01	Th	4/13
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Plant-Based Cheese & Yogurt

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

4/24	М	6:00-8:30 PM	\$55	207425-01

Coconut "Cuckoo" Curries

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

4/26 W 6:00-8:30 PM \$55 207427-01

Indian Fusion

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

5/9	Tu	6:00-8:30 PM	\$55	207423-01

TAUGHT BY SHARMILA RJOPADHYE

Cooking Around the World

Do you want to visit a new country? What better way than to learn its cuisine! The recipes are simple adaptations using locally available ingredients and designed for convenience. The complete meals should take you about 30 minutes. Week 1 menu is noted below. Week 2 menu will be an additional meal from the region.

India: Ground Turkey/Ground Meat Kheemaa

2/6-2/13	М	6:30-7:30 PM	\$55	107433-01		
Morocco: Chicken with Meat & Vegetables with Couscous						
3/7-3/14	Tu	6:30-7:30 PM	\$55	207433-02		
France: Pork	Tenderlo	in with Pineapple				
4/5-4/12	W	6:30-7:30 PM	\$55	207433-03		
Pakistan: Green Chicken Curry with Basmati Rice						
5/4-5/11	Th	6:30-7:30 PM	\$55	207433-04		

TAUGHT BY SIM SUINN

The Thai Table

Learn to make a typical family style dinner that will bring you to Thailand without having to travel. Learn secrets for combining spices with authentic ingredients to create the flavors that make Thai cuisine uniquely delicious. Menu: Pineapple fried rice, Stir fried green beans, and Bua Loy, a Taro sticky rice ball in coconut milk.

2/7	Tu	6:00-8:30 PM	\$55	107436-01
	-			

Thai Street Food

Thailand is one of the best places to find delicious street food anytime of the day. Learn how to choose ingredients, prepare, and cook them. Menu: Thai Lettuce Wrap with Minced Pork, Cilantro, Shallots, Mint and Fresh Lime Juice. Sticky Rice, Thai Dipping Sauce with Toasted Rice, and Fried Banana.

4/4	Tu	6:00-8:30 PM	\$55	207434-01
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Chinese at Home

EGEND

Who needs takeout when you can easily create delicious Chinese dishes at home? Menu: Chicken with Ginger Scallion Sauce, Tomato Beef, Seaweed Soup with Tofu, and Pork and Rice.

5/2	Tu	6:00-8:30 PM	\$55	207431-01	

DIY PROGRAMS

Homemade Salt & Sugar Scrubs - New!

Just in time for Mother's Day, or for a special treat for yourself. Make a variety of salt and or sugar scrubs. All materials supplied.

4/29	Sa	10:00 AM-Noon	\$48	207419-01
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Re-usable Snack Bags, Sandwich Wraps, & Bowl Covers - New!

Cut down on your one-use plastic! Make re-usable snack bags, sandwich wraps and/or bowl covers. Some sewing required. All materials and sewing machines provided.

4/15 Sa 9:00 AM-Noon \$48 20744	5-01
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DOG TRAINING

Teen Pups Out in the Park

During their "teen" months (6-18 months) pups seem to forget all that they know and start exerting their free will. Through exercises in impulse control and positive reinforcement, improve a young dog's attention and basic obedience skills. Note: Instructor will notify participants of location prior to class.

Location: TBA

4/25-5/23	Tu	1:00-2:00 PM	\$100	207454-01

FAMILY PROGRAMS

Behaviors 101 - New!

Do you struggle with knowing how to respond to your child's behaviors? In this class for caregivers, learn how to address behavioral outbursts, how to offer sensory supports, and how to create proactive strategies for behavior mitigation with your child. Participants will receive resources for practical use.

Location: Northside Aztlan Community Center

2/28 Tu 6:30-7:30 PM No Fee 107501-01

College Admissions

Learn about the college application process from someone who has 17 years of experience working in a high school counseling and university admission. Topics covered: terminology, parts of the application, timeline, and deadlines, how to research and create a list of best-fit colleges, essay basics, and how an application is evaluated by a university.

2/2	Th	6:00-8:00 PM	\$25	107459-01		
4/27	Th	9:30-11:30 AM	\$25	207459-02		
College Admissions-Advanced						
2/9	Th	6:00-8:00 PM	\$25	207459-03		
5/4	Th	6:00-8:00 PM	\$25	207459-04		

W Denotes no web registration for program

Denotes program/activity has special membership pricing





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 learn how to research using FamilySerch.com. Large, touch screen computers available or use your own device.

Location: 600 E. Swallow Street. Enter building on the west side.

2/2-2/23	Th	7:00-8:00 PM	\$6	107455-01
3/2-3/30	Th	7:00-8:00 PM	\$6	207455-02
4/6-4/27	Th	7:00-8:00 PM	\$6	207455-03
5/4-5/25	Th	7:00-8:00 PM	\$6	207455-04

Grandparents & Kids-Together - New!

Celebrate the special bond between grandparents and their grandkids! Create precious memories with little ones in this special program series. Learn more about this new program on page 94.

TRANSPORTATION PROGRAMS

Be E-Bike Savvy

Learn about different types of e-bikes and the parts, where you can and can't ride, how to fix a flat, and the benefits of riding a e-bike, and learn about the new spin fleet of e-bikes!

2/2	Th	1:00-2:30 PM	No Fee	107485-01
4/6	Th	1:00-2:30 PM	No Fee	207485-02

Bicycle Friendly Driver

Class is aimed at educating all drivers on the best and safest ways to share the road with people on bicycles.

3/2	Th	1:00-2:30 PM	No Fee	207484-01
5/4	Th	1:00-2:30 PM	No Fee	207484-02

Transfort Travel Training-Virtual

Learn how to read and understand the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. This is a virtual class. Transfort will provide Zoom link to class.

Location: Virtual

2/9	Th	10:00-11:00 AM	No Fee	107483-01
3/9	Th	10:00-11:00 AM	No Fee	207483-02
4/13	Th	10:00-11:00 AM	No Fee	207483-03
5/11	Th	10:00-11:00 AM	No Fee	207483-04

History Hour

Calling all history lovers, History Hour is back! Occurring monthly, presenters speak about a variety of topics including Colorado history, animals, books, and much more. Guest speakers will present for approximately 50 minutes with time for questions after. See front desk for scheduled topics.

Location: Fort Collins Senior Center

1/13	F	5:00-6:00 PM	\$9 Ticketed Event
2/10	F	5:00-6:00 PM	\$9 Ticketed Event
3/10	F	5:00-6:00 PM	\$9 Ticketed Event
4/14	F	5:00-6:00 PM	\$9 Ticketed Event
5/12	F	5:00-6:00 PM	\$9 Ticketed Event



FARM

All classes in this section take place at The Farm at Lee Martinez Park unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. It's easy to adopt! Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. An adoptive parent receives an adoption certificate and a poster suitable for framing.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcomes your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

For more information and to fill out an adoption form, visit fcgov.com/thefarm.

The Farm Store

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

The Farm Museum

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

Volunteer

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

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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

Pony Rides

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

Close-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. \$7 per rider. Weather permitting.

4/1-10/21	Sa	11:00 AM-3:00 PM	
4/2-10/22	Su	Noon-3:00 PM	

Li'l Dumplin' Farmers 🥸

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

Age: 2 years

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4/3-4/17	М	11:00 AM-Noon	\$40	208609-01
4/4-4/18	Tu	11:00 AM-Noon	\$40	208609-02
4/24-5/8	М	11:00 AM-Noon	\$40	208609-03

Li'l Dumplin's & Beyond 📀

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

Age: 2 years

<u> </u>				
4/3-4/17	М	9:30-10:30 AM	\$55	208624-01
4/4-4/18	Tu	9:30-10:30 AM	\$55	208624-02
4/24-5/8	М	9:30-10:30 AM	\$55	208624-03

Little Peepers

Explore the barnyard in each class by gathering eggs, milking a cow or goat, and reading stories in the hayloft.

Age: 3 years

5 5				
4/12-4/26	W	9:00-10:00 AM	\$35	208610-01
4/12-4/26	W	10:15-11:15 AM	\$35	208610-02
4/14-4/28	F	9:00-10:00 AM	\$35	208610-03
4/14-4/28	F	10:15-11:15 AM	\$35	208610-04

Farmer Round Up

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

Age: 3-5 years

2/2-2/16	Th	10:30-11:30 AM	\$26	108628-01

Pony Riding Lessons 📀

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

Age: 3-5 years

4/15-5/6	Sa	9:30-10:30 AM	\$70	208614-01
4/16-5/14	Su	10:30-11:30 AM	\$70	208614-02

Tractors Galore

If your child likes tractors, sign them up for this all-tractor class. Play with tractors, read stories, learn about how tractors work, and even make a tractor book to take home.

Age: 3-5 ye	ars			
2/9-2/23	Th	9:00-10:00 AM	\$26	108612-01

Pee Wee Farmers

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

Age: 4-5 years

• •				
3/21-4/11	Tu	1:30-3:00 PM	\$56	208606-01
3/22-4/12	W	1:30-3:00 PM	\$56	208606-02
3/23-4/13	Th	9:30-11:00 AM	\$56	208606-03
3/23-4/13	Th	1:30-3:00 PM	\$56	208606-05
3/24-4/14	F	9:30-11:00 AM	\$56	208606-06

After School Farmers

Experience life on a farm by participating in farm activities such as milking the cow or goat, taking a hayride, feeding the animals, and some surprises too.

Age:	6-10	years
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4/5-4/26	W	4:00-5:30 PM	\$56	208601-01		
Farm Fun Club						
Kids will enjoy learning about the animals through games,						
stories, crafts, and activities.						
Age 6-10 years						

2/11	Sa	1:00-2:30 PM	\$15	108635-02

SUMMER CAMPS

Mini Day Camp

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

Age 6-7 years

• •			
6/6-6/9	Tu-F	8:30 AM-12:30 PM \$75	308604-01
6/13-6/16	Tu-F	8:30 AM-12:30 PM \$75	308604-02
6/20-6/23	Tu-F	8:30 AM-12:30 PM \$75	308604-03
7/11-7/14	Tu-F	8:30 AM-12:30 PM \$75	308604-04

Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers can be found doing typical farm chores such as gathering eggs, milking the cow or goat, and riding the ponies. Other activities include crafts and going on a hayride.

Age: 6-7 years

	-				
5/30-6/	2	Tu-F	8:30 AM-3:30 PM	\$150	308605-01
6/27-6/	30	Tu-F	8:30 AM-3:30 PM	\$150	308605-02
7/25-7/2	28	Tu-F	8:30 AM-3:30 PM	\$150	308605-03

Farm Day Camp

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

Age: 8-12 years

5				
6/6-6/16	Tu-F	8:30 AM-3:30 PM	\$235	308602-01
6/20-6/30	Tu-F	8:30 AM-3:30 PM	\$235	308602-02
7/11-7/21	Tu-F	8:30 AM-3:30 PM	\$235	308602-03
7/25-8/4	Tu-F	8:30 AM-3:30 PM	\$235	308602-04

Pony Camp, Beginner

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

Age: 8-12 years

5/30-6/2	Tu-F	8:30-11:00 AM	\$190	308607-01
5/30-6/2	Tu-F	11:45 AM-2:15 PM	\$190	308607-02
6/6-6/9	Tu-F	11:45 AM-2:15 PM	\$190	308607-03
6/13-6/16	Tu-F	8:30-11:00 AM	\$190	308607-04
6/20-6/23	Tu-F	8:30-11:00 AM	\$190	308607-05
6/27-6/30	Tu-F	8:30-11:00 AM	\$190	308607-06
7/11-7/14	Tu-F	11:45 AM-2:15 PM	\$190	308607-07
7/25-7/28	Tu-F	Noon-2:30 PM	\$190	308607-09

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

Age: 8-12 years

6/6-6/9	Tu-F	8:30-11:00 AM	\$190	308608-01
6/13-6/16	Tu-F	11:45 AM-2:15 PM	\$190	308608-02
6/20-6/23	Tu-F	11:45 AM-2:15 PM	\$190	308608-03
6/27-6/30	Tu-F	11:45 AM-2:15 PM	\$190	308608-04
7/11-7/14	Tu-F	8:30-11:00 AM	\$190	308608-05
7/18-7/21	Tu-F	8:30-11:00 AM	\$190	308608-06
7/18-7/21	Tu-F	11:45 AM-2:15 PM	\$190	308608-07

Horsemanship I

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

Age: 12-15 years

J				
6/5-6/8	M-Th	12:15-2:45 PM	\$190	308616-01
6/12-6/15	M-Th	12:15-2:45 PM	\$190	308616-02
6/26-6/29	M-Th	12:15-2:45 PM	\$190	308616-03
7/10-7/13	M-Th	9:00-11:30 AM	\$190	308616-04

Horsemanship II

Now that you know how to groom and saddle, more time is spent riding and learning more about horses. Prerequisite: Horsemanship I or Pony Camp.

Age: 12-15 years

5				
6/19-6/22	M-Th	9:00-11:30 AM	\$190	308617-01
6/19-6/22	M-Th	12:15-2:45 PM	\$190	308617-02
6/26-6/29	M-Th	9:00-11:30 AM	\$190	308617-03
7/10-7/13	M-Th	9:00-11:30 AM	\$190	308617-04
7/10-7/13	M-Th	12:15-2:45 PM	\$190	308617-05
7/17-7/20	M-Th	9:00-11:30 AM	\$190	308617-06
7/17-7/20	M-Th	12:15-2:45 PM	\$190	308617-07
7/24-7/27	M-Th	9:00-11:30 AM	\$190	308617-08

EGEND

Classes in which adults are required to attend

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

INCLUSION SUPPORT

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



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Classes that fit your schedule. Programs for all ages and abilities. Personal trainers available for custom workout plans. Discounts for Recreation Pass holders, SilverSneakers, and Renew Active members.











FITNESS

Get fit with recreation! Join certified trainers and instructors at City of Fort Collins Recreation Facilities for engaging workouts.

Fort Collins Senior Center offers fitness classes to those ages 18 years & older, unless otherwise noted.

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

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and older, 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 \$7.50.

Sign up for four or more days within a transaction and get a lower price of \$5 per 60-minute class or \$4 per 45-minute class.

Questions? Contact the front desk staff at any facility or email recreation@fcgov.com.

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 older. For more information, including personal trainer bios and to submit a trainer interest form, visit fcgov.com/fitness.

30 Minute Session Packages

	5	
PT Single	1	\$40
PT Bronze	4	\$155
PT Silver	8	\$300
PT Gold	12	\$420
PT Platinum	20	\$650
1 Hour Session	Packages	
PT Single	1	\$55
PT Bronze	4	\$215
PT Silver	8	\$420
PT Gold	12	\$600
PT Platinum	20	\$900
Group Training	Packages (2	2-4 people, 1-hour long sessions)
Group Single	1	\$40 per person
Group Bronze	4	\$140 per person

Group Silver 8 \$240 per person Personal training packages are sold as punch passes. Clients must check in at the front desk prior to each training session.

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

INCLUSION SUPPORT

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



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

FITNESS SCHEDULE

FACILITIES

FORT COLLINS SENIOR CENTER 1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER 241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER 112 E .Willow Sttreet

CLUB TICO 1599 City Park Drive

FITNESS CLASS SCHEDULE KEY

Title of Class Begin & End Time | Activity Number

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

Session-based class. Not available for drop-in as classes build from one class to the next. See page 60 For dates & prices.

Fitness classes for the Spring Recreator are offered from February 1 to May 31.

The fitness schedule is updated regularly to reflect cancellations, changes and additions. Visit fcgov.com/fitness for the most up to date online fitness schedule.

Monday

FORT COLLINS SENIOR CENTER

Circuit SilverSneakers 10-10:45 AM | 209424-01 Chair Pilates

11 AM-12 PM | 209403-01*

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

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

FOOTHILLS ACTIVITY CENTER

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

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

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 209523-01

CrossTrain 12-1 PM | 209502-02

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

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

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

CLUB TICO

Zumba 9-10 AM | 209112-01*

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 209414-01

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

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

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

T'ai Chi Chih, Beginner I S 12:30-1:45 PM | 209431

T'ai Chi Chih, Beginner II 2-3:15 PM | 209431

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

Yoga, Advanced Beginner 4-5 PM | 209413-02

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

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 209702-01*

Hatha Flow Yoga 12-1 PM | 209707-02 Oula 5:30-6:30 PM | 209704-01

NORTHSIDE AZTLAN COMMUNITY

Cardio Fit 6:15-7:15 AM | 209501-01

Yoga & Meditation 9-10 AM | 209522-01

ESSENTRICS® 10:15-11:15 AM | 209506-01

Pilates Fusion 12-1 PM | 209505-01

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

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

INCLUSION SUPPORT

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

FITNESS

Wednesday

FORT COLLINS SENIOR CENTER

Men - Loosen Up! 8-8:45 AM | 209405-01

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

Men - Loosen Up! 9-9:45 AM | 209405-02

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

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

Chair Yoga 11-11:45 AM | 209410-01

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

Yoga, Beginner 12-1 PM | 209412-03

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

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

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

FOOTHILLS ACTIVITY CENTER

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

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

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 209523-01

CrossTrain 12-1 PM | 209502-02

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

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

Zumba 5:30-6:30 PM | 209512-01

CLUB TICO

Zumba 9-10 AM | 209112-01*

Thursday

FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 209414-01

Men - Loosen Up! 8-8:45 AM | 209405-03

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

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

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

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

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

Swiss Theraball 3-4 PM | 209416-01

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

FOOTHILLS ACTIVITY CENTER

Zumba 7-7:45 AM | 209705-01

Pilates Fusion 9-10 AM | 209702-01*

Slow Flow Hatha Yoga 5:30-6:30 PM | 209708-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Cardio Fit 6:15-7:15 AM | 209501-01

Yoga & Meditation 9-10 AM | 209522-01

ESSENTRICS® 10:15-11:15 AM | 209506-01

Pilates Fusion 12-1 PM | 209505-01

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

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

Friday

FORT COLLINS SENIOR CENTER

Men - Loosen Up! 8-8:45 AM | 209405-01

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

Men - Loosen Up! 9-9:45 AM | 209405-02

Chair Yoga 11-11:45 AM | 209410-01

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

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Viniyoga 12-1 PM | 209517-01

CrossTrain 12-1 PM | 209502-02

CLUB TICO Zumba 9-10 AM | 209112-01*

Saturday

FORT COLLINS SENIOR CENTER

Zumba 9-10 AM | 209404-02

FOOTHILLS ACTIVITY CENTER

Oula One 9-10 AM | 209703-01 Tai Chi & Qigong S 11am-12 PM | 209706

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Vinyasa Flow Yoga 9:30-10:30 AM | 209521-02

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga 10-11 AM | 209518-01

Meditation 11:15am-12:15 PM | 209519-01

SESSION BASED FITNESS CLASSES S

Session-based classes build from one class to the next and are scheduled for a set number of classes. Drop-ins are not available for these classes.

T'ai Chi Chih, Beginner I

Location: Fort Collins Senior Center

Note: Class will not be held on 5/16.

2/7-2/28	Tu	12:30-1:45 PM	\$25	209431-01
3/7-3/28	Tu	12:30-1:45 PM	\$25	209431-02
4/4-4/25	Tu	12:30-1:45 PM	\$25	209431-03
5/2-5/30	Tu	12:30-1:45 PM	\$25	209431-04

T'ai Chi Chih, Beginner II

Location: Fort Collins Senior Center

Note: Class will not be held on 5/16.

2/7-2/28	Tu	2:00-3:15 PM	\$25	209431-05
3/7-3/28	Tu	2:00-3:15 PM	\$25	209431-06
4/4-4/25	Tu	2:00-3:15 PM	\$25	209431-07
5/2-5/30	Tu	2:00-3:15 PM	\$25	209431-08

Tai Chi & Qigong

Location: Foothills Activity Center

2/4-2/25	Sa	11:00 AM-Noon	\$21	209706-01
3/4-3/25	Sa	11:00 AM-Noon	\$21	209706-02
4/8-4/29	Sa	11:00 AM-Noon	\$21	209706-03
5/6-5/27	Sa	11:00 AM-Noon	\$21	209706-04

FITNESS CLASS DESCRIPTIONS

Boomer Blast

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

Cardio Fit

An interval training class designed to increase endurance, strength and balance while using only body weight movements.

Chair Pilates

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

Chair Yoga

Safe and gentle exercises will tone and strengthen muscles, loosen joints, lower stress, relieve tension and help you relax. No experience necessary.

Core Performance

Develop a well-conditioned core with stability, strength, power, and isometric exercises 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.

ESSENTRICS®

A dynamic full body stretch workout that delivers the perfect balance of strength and flexibility for a resilient, agile body.

Focus on Balance

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

Functional Strength

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

Hatha Flow Yoga

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

Meditation

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

Men – Loosen Up!

An all men's stretching series will integrate moves to improve flexibility and range of motion. Gain more energy, decrease potential risk for injury and maybe even help your golf game.

Mindfulness Yoga

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

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.

Oula One

A heart-based, musically inspired yoga dance fusion class done barefoot on the mat, with no jumping or impact. Through music, movement, and breath you will feel the stress and stuck emotion leave your body.

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.

Curiosity Never Retires

Learn, engage, and build new friendships with like-minded people 50 years and better. Attend dynamic, quality, and affordable courses led by passionate instructors.

> Become a member today! OsherLearning.com





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.

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 guiet 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

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.

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.

- Classes in which adults are required to attend GEN
 - 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 for more details.



ICE SKATING

Learn to Skate USA

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

Things to Know

All ice programs are held at EPIC unless otherwise noted. Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors and are in compliance with the United States Figure Skating Association.

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

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

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

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

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

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

There are no make-up lessons for missed skating classes. If 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 for a current schedule. See page 6 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. 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: 16 YEARS & UP

Adult Skate, Beginner & Intermediate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1-4 for skills taught. Note: Helmets are strongly recommended for beginners. Class will not be held on 3/30.

2/9-3/9	Th	6:15-6:45 PM	\$56	110349-02
3/23-4/13	Th	6:15-6:45 PM	\$34	210349-01

Adult Skate, Advanced & Free-Skate

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5-6 for skills taught. Note: Class will not be held on 3/30.

2/9-3/9	Th	6:45-7:15 PM	\$61	110353-02
3/23-4/13	Th	6:45-7:15 PM	\$37	210353-01

Fitness Skate 🖤

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.

Cost: \$7

Senior Coffee Club 🖤

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

Age: 60 years & up

2/1-5/17 W 9):15-10:45 AM
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HOCKEY PROGRAMS

Cub Hockey

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Full hockey gear required. Rental skates included. Sticks available for purchase at equipment check-out for \$12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Note: Equipment handout is 3/23 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

3/28-5/11	Tu,Th	4:15-5:00 PM	\$201	210372-01
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Drop-In Hockey

Pick-up hockey game. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/epic. Note: Full equipment required. Goalies must call the front desk at 970.221.6683 to reserve a spot.

Age: 16 years & up

Cost: \$7

Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Registration begins at 7 a.m. the day of each session. To register, visit fcgov.com/epic. Note: Full hockey gear required.

Age: 9 years & up Cost: \$17

Stick & Puck Drop-In

Open session to develop hockey skills. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fcgov.com/epic. Note: Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Pucks not provided, games and drills not allowed.

Age: All

Cost: \$7

INCLUSION SUPPORT

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

YOUTH PROGRAMS

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 3/11, 4/1.

Age: 4-5 years

2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110302-04
2/7-3/9	Tu,Th	9:30-10:00 AM	\$111	110302-05
2/25-4/15	Sa	10:30-11:00 AM	\$67	110302-06
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210302-01
3/21-4/13	Tu,Th	9:30-10:00 AM	\$89	210302-02

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 3/11, 4/1.

Age: 4-5 years

J				
2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110304-04
2/7-3/9	Tu,Th	9:30-10:00 AM	\$111	110304-05
2/25-4/15	Sa	10:30-11:00 AM	\$67	110304-06
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210304-01
3/21-4/13	Tu,Th	9:30-10:00 AM	\$89	210304-02

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110306-06
2/7-3/9	Tu,Th	10:00-10:30 AM	\$111	110306-07
2/25-4/15	Sa	10:30-11:00 AM	\$67	110306-08
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210306-01
3/21-4/13	Tu,Th	10:00-10:30 AM	\$89	210306-02

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 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110310-06
2/7-3/9	Tu,Th	10:00-10:30 AM	\$111	110310-07
2/25-4/15	Sa	10:30-11:00 AM	\$67	110310-08
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210310-01
3/21-4/13	Tu,Th	10:00-10:30 AM	\$89	210310-02

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110314-04
2/7-3/9	Tu,Th	10:30-11:00 AM	\$111	110314-05
2/25-4/15	Sa	11:15-11:45 AM	\$67	110314-06
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210314-01
3/21-4/13	Tu,Th	10:30-11:00 AM	\$89	210314-02

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	4:45-5:15 PM	\$111	110316-04
2/7-3/9	Tu,Th	10:30-11:00 AM	\$111	110316-05
2/25-4/15	Sa	10:30-11:00 AM	\$67	110316-06
3/21-4/13	Tu,Th	4:45-5:15 PM	\$89	210316-01
3/21-4/13	Tu,Th	10:30-11:00 AM	\$89	210316-02

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three-turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

i gere ie ge				
2/7-3/9	Tu,Th	5:30-6:00 PM	\$111	110318-03
2/25-4/15	Sa	11:15-11:45 AM	\$67	110318-04
3/21-4/13	Tu,Th	5:30-6:00 PM	\$89	210318-01

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight-line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	5:30-6:00 PM	\$111	110322-03
2/25-4/15	Sa	11:15-11:45 AM	\$67	110322-04
3/21-4/13	Tu,Th	5:30-6:00 PM	\$89	210322-01

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

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 3/11, 4/1.

Age: 5-15 years

2/7-3/9	Tu,Th	5:15-6:00 PM	\$181	110324-03
2/25-4/15	Sa	9:30-10:15 AM	\$109	110324-04
3/21-4/13	Tu,Th	5:15-6:00 PM	\$145	210324-01

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5-15 years

2/7-3/7	Tu	6:15-6:45 PM	\$61	110330-02	
3/21-4/11	Tu	6:15-6:45 PM	\$49	210330-01	

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

•				
2/7-3/9	Tu,Th	5:15-6:00 PM	\$181	110332-03
2/25-4/15	Sa	9:30-10:15 AM	\$109	110332-04
3/21-4/13	Tu,Th	5:15-6:00 PM	\$145	210332-01

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz threeturns, 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 3/11, 4/1.

Age: 5-15 years

5				
2/7-3/9	Tu,Th	5:15-6:00 PM	\$181	110334-03
2/25-4/15	Sa	9:30-10:15 AM	\$109	110334-04
3/21-4/13	Tu,Th	5:15-6:00 PM	\$145	210334-01

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. Note: Class will not be held on 3/11, 4/1.

Age: 5-15 years

<u> </u>				
2/7-3/9	Tu,Th	5:15-6:00 PM	\$181	110336-03
2/25-4/15	Sa	9:30-10:15 AM	\$109	110336-04
3/21-4/13	Tu,Th	5:15-6:00 PM	\$145	210336-01

Introduction to Showcase Team

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

Age: 5-15 years

<u> </u>				
3/13-3/16	M-Th	4:45-5:45 PM	\$89	210338-01

Spring Ice Show Registration

Skaters who participate in Learn to Skate classes are invited to perform in the 2023 spring ice show presented by the Fort Collins Figure Skating Club. All participants must be members of the Fort Collins Figure Skating Club. Learn to Skate participants are required to join the Compete USA US Figure Skating membership through the Fort Collins Figure Skating Club for \$28 at fortcollinsfsc.org/memberships, as well as enroll in the show at fortcollinsfsc.org/ice-show. Participants must enroll online by February 1, 2023 and pay a fee of \$80 per skater.

Participants must attend an on-ice casting call on February 1, 2023, from 5-6 p.m., as well as off ice costume measuring. Costume fees range from \$60-\$85. A \$60 costume deposit will be taken by the Fort Collins Figure Skating Club at the time of measuring. Rehearsals will take place April 17-May 12. Two shows will be held on May 13 at 1 p.m. and 6 p.m. Event tickets go on sale April 3, 2023, at fortcollinsfsc.org/ice-show. Questions? Contact fcfigureskating@gmail.com.



OUTDOOR EDUCATION & RECREATION

Things to Know

All Outdoor Education & Recreation programs are designed for adults 18 years and older, unless otherwise noted.

All programs are led by 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. All fees include necessary permits.

Participants are required to provide their own equipment, water, and food. 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.

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. B.O.O.T.S. members meet guides at the trailhead. Attend the quarterly kickoff meeting to learn more about club membership and activities.

B.O.O.T.S. Membership

Once registered as a member, 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.

Winter Membership

М	9:00-11:00 AM	\$55	111930-01		
Spring Membership					
М	9:00-11:00 AM	\$65	211930-01		
		M 9:00-11:00 AM ership	M 9:00-11:00 AM \$55 ership		

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

Learn about the B.O.O.T.S. membership, schedule, and registration process as well as associated benefits in this informational meeting. Previous B.O.O.T.S. members not required to attend.

Winter Members Meeting

1/19	Th	2:00-3:00 PM	No Fee	111931-01
Spring N	lembers Meeting			
3/16	Th	2:00-3:00 PM	No Fee	211931-01

B.O.O.T.S. - Education

Quarterly B.O.O.T.S. membership required. Scheduled activity will be shared at the kickoff meeting.

Winter Members

М	9:00-11:00 AM	No Fee 111933-01
mbers		
М	9:00-11:00 AM	No Fee 211933-01
	mbers	mbers

B.O.O.T.S. - Weekly 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 the Wednesday prior. Meet guides at the trail head.

Winter Weekly Hikes

Kingfisher Point Natural Area							
1/23	М	10:00 AM-Noon	No Fee	111932-01			
McMurray Oper	n Space						
1/30	М	10:00 AM-Noon	No Fee	111932-02			
Prairie Ridge							
2/6	М	10:00 AM-Noon	No Fee	111932-03			
North Foothills	North Foothills to North Loop						
2/13	М	10:00 AM-Noon	No Fee	111932-04			
Maxwell NA							
2/20	М	10:00 AM-Noon	No Fee	111932-05			

Spring Weekly Hikes

Windsor Lake							
3/27	М	9:00-11:00 AM	No Fee	211932-01			
Riverbend Po	nds						
4/3	М	9:00-11:00 AM	No Fee	211932-02			
Devil's Backbo	one*						
4/10	М	9:00-11:00 AM	No Fee	211932-03			
Coyote Ridge							
4/24	М	9:00-11:00 AM	No Fee	211932-04			
Pineridge							
5/8	М	9:00-11:00 AM	No Fee	211932-05			
Bobcat Ridge							
5/15	М	9:00-11:00 AM	No Fee	211932-06			
Spring D (Stowardship					

Spring B.O.O.T.S. - Stewardship

Scheduled activity will be shared by the kickoff meeting.

4/17 M 9:00-11:00 AM No Fee 211934-01

OUTDOOR EDUCATION

Feather & Flight Fridays

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

Winter Bird	d ID					
2/24	F	9:00-11:00 AM	\$20	211980-01		
Bird Habitats						
3/24	F	9:00-11:00 AM	\$20	211980-02		
Spring Mig	ration					
4/28	F	9:00-11:00 AM	\$20	211980-03		
Hummingbirds						
5/12	F	9:00-11:00 AM	\$20	211980-04		

Native Plant Identification

Learn how to identify common native plants using simple rules that can be applied to the plants in this area. Knowing your trees, shrubs, and wildflowers will help you learn how to provide backyard wildlife

4/18-4/25	Tu	9:00-11:00 AM	\$40	211965-01
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Snowshoeing Instruction

Learn the basics of snowshoeing, becoming familiar with the equipment, winter gear needed, use of poles, maneuvering up and down grades, and types of snowshoes. Note: Snowshoes provided, bring ski poles if you have them.

1/14	Sa	9:00 AM-Noon	\$33	111940-01
1/19	Th	1:00-4:00 PM	\$33	111940-02

CLIMBING PROGRAMS

Family Crag Climbing Day

Spend time with the little ones this season while learning a new family sport. All participants are encouraged to go at their own pace with the help and guidance of a certified climbing instructor. Instructors introduce basic climbing techniques, 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. Note: Detailed directions will be emailed prior to program.

Age: All

Location: Duncan's Ridge

12/17	Sa	10:30 AM-4:00 PM \$250	111953-01
2/11	Sa	10:30 AM-4:00 PM \$250	111953-02
3/11	Sa	10:30 AM-4:00 PM \$250	211953-01
4/15	Sa	10:30 AM-4:00 PM \$250	211953-02
5/6	Sa	10:30 AM-4:00 PM \$250	211953-03

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 the basics of movement, technique, and rope management skills. Practice drills, skill assessment and climbing tactics. Test skills climbing outside on day two.

Age: All

Location: Arthurs Rock parking lot

) PM \$280 111952-01
) PM \$280 111952-02
) PM \$280 211952-01
) PM \$280 211952-02
) PM \$280 211952-03

INCLUSION SUPPORT

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

HIKE, SNOWSHOE, & CROSS-COUNTRY SKI PROGRAMS

ACTIVITY CLASSIFICATION

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

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

Class D: Outings over 2,000 ft. in elevation change.

Level 1 activities are those where participants are dropped off and picked up at the location of the activity and they may include any amount of mileage.

Level 2 activity durations are up to 5 miles.

Level 3 activity durations exceed 5 miles.

EXAMPLE

LEVEL 2 ACTIVITIES

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

Transportation

Level 1-3 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

EGENI

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.

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AC,	Classes in	WHICH	adding are	required	io arreno
<u> </u>	0.00000			. oquin our	

🖤 Denotes no web registration for program

Denotes program/activity has special membership pricing

LEVEL 1 ACTIVITIES

Downhill Ski Trips 🕔

Take away the stress of I-70 traffic with transportation to and from some of Colorado's iconic resorts. Note: Cancellation must be made by 10 a.m. 1 week prior to the trip date. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Hwy 34 at 7:20 a.m.

Location: Rolland Moore Parking lot

Winter Park

2/1	W	6:45 AM-7:00 PM	\$75	111910-02
2/15	W	6:45 AM-7:00 PM	\$75	111910-04
3/1	W	6:45 AM-7:00 PM	\$75	211910-01
3/15	W	6:45 AM-7:00 PM	\$75	211910-03
3/29	W	6:45 AM-7:00 PM	\$75	211910-05
Copper				
1/25	W	6:45 AM-7:00 PM	\$75	111910-01
2/8	W	6:45 AM-7:00 PM	\$75	111910-03
2/22	W	6:45 AM-7:00 PM	\$75	111910-05
3/8	W	6:45 AM-7:00 PM	\$75	211910-02
3/22	W	6:45 AM-7:00 PM	\$75	211910-04
4/5	W	6:45 AM-7:00 PM	\$75	211910-06

LEVEL 2 ACTIVITIES

Cross-Country Skiing

Cross-country ski through the Red Feather Lakes Area near Lady Moon Lake. Some cross-country ski experience necessary. Note: Must provide own equipment.

2/25 Sa 8:00 AM-5:00 PM \$80 111921-0	111921-06	0 AM-5:00 PM \$80	Sa	2/25
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Trap Park, Cross-Country Ski Trip

Explore the Poudre Canyon through Trap Park. Meander through pine trees and wildflower meadows while keeping an eye out for moose. Mileage: 3-5-miles, Lowest elevation: 9,900, Highest Elevation 10,500.

3/12	Su	9:00 AM-4:00 PM	\$80	211902-03

EXPLORING MY OWN BACKYARD

West Valley, Timber, Well Gulch Loop 🔒

Enjoy views of scenic Lory State Park and the City of Fort Collins as you climb the Timber Trail. Enjoy the quiet and solitude of the Wells Gulch trail as you descend on this local loop. Mileage: 4-5 miles.

5/11	Th	8:00 AM-Noon	\$45	211904-01

Horsetooth Rock Trail

Check this iconic local hike off the list. Climb to the top of Horsetooth Rock and overlook scenic Fort Collins. Mileage: 4-5 miles; Lowest elevation: 5,800 ft. Highest elevation: 7,100 ft.

5/17	W	8:00 AM-Noon	\$45	211904-02



GROUP LESSONS

GOLF CAMPS

JUNIOR LEAGUES

DISCOUNTED ANNUAL PASS

5th GRADERS GOLF FOR FREE

YOUTH ON COURSE










OUTDOOR EDUCATION & RECREATION

SNOWSHOE THE SNOWPACK

Michigan Ditch 📲

Spectacular views of Nokhu Crags. Classic beginners trail in Cameron Pass area. Follow an old roadbed through remote and beautiful scenery across a mountain side. Mileage 4-5 miles; Lowest elevation: 10,255 ft.; Highest elevation: 10,320 ft.

2/8 W 8:00 AM-5:30 PM \$80 111901-01

LEVEL 3 ACTIVITIES

Depending on snow levels these trips could become snowshoe or cross-country skiing instead of hikes.

EXPLORING MY OWN BACKYARD

Devil's Backbone to Coyote Ridge

Weave through the dramatic rock formations in the foothills known as the hogback, heading north to Coyote Ridge. Mileage: 8-10 miles; Lowest elevation: 5,100 ft.; Highest elevation: 5,500 ft.

3/12	Su	8:30 AM-4:30 PM	\$80	211901-01

Mt Margaret to Red Feathers 💵

Travel through a ponderosa pine forest with stands of quaking aspen and view unique rock towers. Mileage 7-9; Lowest elevation: 8,090 ft.; Highest elevation: 8,180 ft.

4/2	Su	9:00 AM-4:00 PM \$80	211901-03

Round Mountain

Travel through granite outcroppings and through ponderosa pine and Douglas fir. Views include Big Thompson Canyon, eastern plains of Colorado, and Pinewood and Carter Lake reservoirs. Mileage: 8-10 miles; Lowest elevation: 5,770 ft.; Highest elevation: 8,440 ft.

4/21 F 8:00 AM-4:30 PM \$80 211901-04

SNOWSHOE THE SNOWPACK

Bobcat Ridge- Ginny & Valley Loop Trail 💶

This loop trail near Masonville, Colorado takes you through Ponderosa pines with views of stunning red rock cliffs. Mileage 8-9 miles, Lowest elevation 5,440 ft.; Highest elevation 7,000 ft.

2/16 Th 9:00 AM-3:00 PM \$75 111901-02

Lost Lake 🔒

Picturesque trails lead through beautiful valleys and forests, experience great mountain views along with some mining history at both the trailhead and the destination. Mileage: 6.1 miles: Lowest elevation: 8,827 ft; Highest elevation: 9,957 ft.

3/	1 W	8:00 AM-5:00 PI	M \$80	111901-03

Looking for Pottery programs? Check out the Arts & Crafts section on page 30.



1800 E Prospect Rd · Fort Collins · CO 970 · 493 · 9052



2023 YOUTH AND ADULT SPORTS SCHEDULE

	YOUTH SPORTS	GRADES	ADULT SPORTS
WINTER	Girls Basketball	K-8	Basketball
JANUARY - MARCH	Intermediate Boys Basketball	4-8	Volleyball
registration begins with	High School Basketball	9-12	
FALL RECREATOR	Wrestling	K-5	
	YOUTH SPORTS	GRADES	ADULT SPORTS
SPRING	Flag Football	K-8	Basketball
MARCH - MAY	Volleyball	4-8	Kickball
registration begins with			Softball
WINTER RECREATOR			Volleyball
	YOUTH SPORTS	GRADES	ADULT SPORTS
SUMMER	Boys & Girls Basketball	K-8	Basketball
MAY - JULY registration begins with SPRING RECREATOR	SNAG Golf	1-8	Kickball
	Softball	K-8	Softball
	Tee Ball	5-6 yrs	Outdoor Volleyball
	CARA Track	3.5-16 yrs	
EARLY FALL	YOUTH SPORTS	GRADES	ADULT SPORTS
	CARA Cross Country	6-14 yrs	Basketball
AUGUST - OCTOBER	Flog Football	V Q	Kickhall

registration begins with
SUMMER AND FALL
RECREATOR

YOUTH SPORTS	GRADES	ADULT SPORTS
CARA Cross Country	6-14 yrs	Basketball
Flag Football	K-8	Kickball
High School Flag Football	9-12	Softball
Volleyball	2-8	Volleyball

	YOUTH SPORTS	GRADES	ADULT SPORTS
LATE FALL	Boys Basketball	K-8	Basketball (cont.)
OCTOBER - DECEMBER	Girls Intermediate Basketball	4-8	Volleyball Tournament
	Wrestling Academy	K-5	
registration begins with FALL RECREATOR			



SPORTS

Online Sports Schedules & League Rules

Visit teamsideline.com/fortcollins for game schedules, league rules and updates, game cancelations, and weather updates. Schedules are posted no later than one week prior to the first game of each season.

Inclusion Statement

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 are not applicable for the reduced fee program. All adult rosters are unlimited. Mixed leagues were formally "coed" and require a gender ratio during competition – check specific sport rules on Team Sideline for each sport's requirements.

New! Looking to play in the adult league but don't have a team? Register for the Free Agent team and if enough individuals join that team, it will be included in the league!

BASKETBALL

Spring Adult Men's Basketball

8 games scheduled. Cost: \$500 Reg. Closes: 3/12 Season Begins: 3/20

Location: Northside Aztlan Community Center

Men's

Monday Competitive	213901-01
Monday Recreational	213901-02

Free Agent TeamCost Per Person: \$73Monday Recreational213901-03

FLAG FOOTBALL

Spring Adult Flag Football

8-on-8 non-contact league. This is an open league, meaning teams can be made up of any combination of players and is not specifically Men's or Mixed. 6 games scheduled.

Cost: \$350

Reg. Closes: 3/12

Season Begins: 3/20

Location: Rolland Moore Park

|--|

Monday Recreational213011-01Free Agent TeamCost Per Person: \$46Monday Recreational213011-02

KICKBALL

Spring Mixed Kickball

6 games scheduled. Cost: \$270 Reg. Closes: 3/12 Season Begins: Week of 3/20

Location: Rolland Moore Park

Mixed

Friday Mixed Competitive	213061-01	
Friday Mixed Recreational	213061-02	
Free Agent Team Cost D	or Dorcon: \$00	

Free Agent Team | Cost Per Person: \$90 Friday Mixed Recreational 213061-03

INCLUSION SUPPORT

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



JOIN US IN





fcgov.com/na30

SOFTBALL

Levels of Play: (A) 2HR+ – 2 Up Homerun Rule; (B) 1HR – 1 Homerun Only; (Leisure) – HR Ends Inning, Limited Flight Softball

Note: New levels of play and updated rules are posted on the "Rules & Park Maps" page of teamsideline.com/FortCollins. League Coordinator may move a team's level of play based on previous record.

Spring Adult Softball

6 games scheduled. Make up games may be played on Saturday. Registration ends 3/12 or when leagues fill.

Cost: \$390

Season Begins: Week of 3/20

Location: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park

Men's Sunday (A) 2HR+ 213021-01 213021-02 Sunday (B) 1HR 213021-03 Monday (A) 2HR+ Monday (B) 1HR 213021-04 Tuesday (A) 2HR+ 213021-06 Tuesday (B) 1HR 213021-07 Wednesday (A) 2HR+ 213021-08 Wednesday (B) 1HR 213021-09 213021-10 Thursday (A) 2HR+ 213021-11 Thursday (B) 1HR Friday (B) 1HR 213021-12 Women's Monday (B) 1HR 213022-01 Mixed Sunday (B) 1HR 213023-01 Tuesday (A) 2HR+ 213023-02 Tuesday (B) 1HR 213023-03 Wednesday (A) 2HR+ 213023-04 Wednesday (B) 1HR 213023-05 Thursdav (A) 2HR+ 213023-06 Thursday (B) 1HR 213023-07 Friday (B) 1 HR 213023-08 Leisure 213021-05 Monday Men's 40yrs+ Leisure 213021-13 Friday Men's Leisure Friday Mixed Leisure 213023-09 Free Agent Team | Cost Per Person: \$43 Friday Men's (B) 1HR 213021-14 Monday Women's (B) 1HR 213022-02 Friday Mixed (B) 1HR 213023-10

VOLLEYBALL

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

Spring Adult Volleyball

Mixed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis.

8 games scheduled.

Cost: \$310

Reg. Ends: 3/12 or when leagues fill Season Begins: 3/20

Location: TBA

Women's	
Sunday B	213942-01
Wednesday A	213942-02
Wednesday BB	213942-03
Mixed	
Monday BB	213943-01
Monday B	213943-02
Tuesday A	213943-03
Tuesday BB	213943-04
Friday B	213943-05
Free Agent Team Cost Per Pers	on: \$51
Sunday Women's B	213942-04
Friday Mixed B	213943-06



Fees based on ability to pay Medicaid • CHP+



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

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

YOUTH SPORTS

Things to Know

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date.

Coaches will contact teams directly to establish practice dates and times at least 1 week prior to the start date.

End of season tournaments are only offered for middle school and intermediate leagues.

Teams practice 1-2 times per week based on availability. Outdoor leagues practice on a first-come, first-served basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season.

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

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

Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must pass a background check conducted by the City and complete a concussion certification before being approved to coach. 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 interest of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department. For more information about coaching, contact 970.416.4281.

Youth Sports Philosophy

The leagues offered by the City 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 practice and games.

Online Sports Schedules & League Rules

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

FOOTBALL

Junior Rams Spring Flag Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Practices are held 1-2 times per week with games on Saturdays (or Wednesday evenings for weather backup.) Junior Rams jersey included in registration fee.

Cost: \$95

Registration closes: 3/12 or when teams fill

Leagues Begin: week of 3/20

Number of Games: 6 (Middle school leagues receive a post season tournament after a 5-week regular season)

Grade: Kindergarten-1

Gidue. Kinuergarten-i	
City Park	214012-01
Edora Park	214012-04
English Ranch Park	214012-07
Fossil Creek Park	214012-10
Greenbriar Park	214012-13
Spring Canyon Park	214012-16
Timnath Park	214012-19
Troutman Park	214012-22
Twin Silo	214012-23
Warren Park	214012-26
Grade: 2-3	
Beattie Park	214013-01
Blevins Park	214013-04
City Park	214013-07
Edora Park	214013-10
English Ranch	214013-13
Fossil Creek	214013-16
Greenbriar Park	214013-19
Rolland Moore Park	214013-22
Spring Canyon Park	214013-25
Sugar Beet Park	214013-28
Timnath Park	214013-31
Troutman Park	214013-34
Twin Silo	214013-37
Warren Park	214013-40
Grade: 4-5	
Beattie Park	214014-01
Blevins Park	214014-04
City Park	214014-07
Edora Park	214014-10
English Ranch	214014-13

Fossil Creek	214014-16
Greenbriar Park	214014-19
Rolland Moore Park	214014-22
Spring Canyon Park	214014-25
Sugar Beet Park	214014-28
Timnath Park	214014-31
Troutman Park	214014-34
Twin Silo	214014-37
Warren Park	214014-40
Grade: 6-8	
Blevins	214015-01
Boltz	214015-04
CLP	214015-07
Kinard	214015-10
Lesher	214015-13
Lincoln	214015-16
Preston	214015-19
Timnath	214015-22
Webber	214015-25

VOLLEYBALL

Spring Youth Volleyball

Practices are held one or two times per week, matches are Saturdays and potentially some weeknights. Practice days and times vary. You will hear from the coach by 3/13.

Cost: \$94

Registration closes: 3/12 or when teams fill

Leagues begin week of 3/20

Number of Games: 6 (Middle school leagues receive a post season tournament after a 5-week regular season)

Location: Foothills Activity Center or Middle School

214944-01
214944-03
214944-05
214944-07
214944-08
214944-09
214944-11
214944-13
214944-14
214944-15
214944-17

MARTIAL ARTS

Shotokan Karate, Beginner

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

Age: 7 years & up

Location: Club Tico

3/6-3/29	M,W	5:00-6:00 PM	\$57	222122-01
4/3-4/26	M,W	5:00-6:00 PM	\$57	222122-02

Shotokan Karate, Intermediate

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

Age: 7 years & up

Location: Club Tico

Locationi ei				
3/6-3/29	M,W	6:00-7:00 PM	\$57	222123-01
4/3-4/26	M,W	6:00-7:00 PM	\$57	222123-02

Shotokan Karate, Advanced

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

Age: 7 years & up

Location: Club Tico

3/6-3/29	M,W	7:00-8:00 PM	\$57	222124-01	
4/3-4/26	M,W	7:00-8:00 PM	\$57	222124-02	

CHEERLEADING

Cheer Central Recreational Performance Team

This high energy recreational cheerleading team is designed to help you learn jumps, motions, stunts, dance and tumbling through sportsmanship and teamwork. Each session our cheer team will be performing in house or at a community event. Poms provided. Note: Practice will not be held on 3/13 or 3/14.

Age: 5-9 years

Location: Foothills Activity Center

2/20-4/3	М	5:15-6:10 PM	\$106	214737-01
4/10-5/15	М	5:15-6:10 PM	\$106	214737-02
Location: Cl	ub Tico			
2/28-4/11	Tu	4:50-5:45 PM	\$106	214137-01
4/18-5/23	Tu	4:50-5:45 PM	\$106	214137-02
Age: 9-13 ye	ars			

Location: Foothills Activity Center

2/20-4/3	М	6:15-7:10 PM	\$106	214737-03
4/10-5/15	М	6:15-7:10 PM	\$106	214737-04

YOUNGSTERS

SUPERTOTS SPORTS

Since 2002, SuperTots has engaged kids, ages 2 to 5, in physical activity in a noncompetitive environment that is safe and fun above all else. SuperTots knows kids are hardwired to learn through play. For that reason, we've designed an engaging, skill-building curriculum in which "tots" learn through a series of fun games. They will acquire athletic skills and fitness but also develop an interest and love of sports.

Programs run 50 minutes and meet once a week for 5 weeks at a time.

SoccerTots (Soccer)

Focus on developing motor skills and self-confidence while also learning balance, dribbling, foot-eye coordination, running control, and Introduction to light competition.

Location: Foothills Activity Center

Age: 2-3 years

1/18-2/15	W	9:30-10:20 AM	\$89	114770-01
1/20-2/17	F	9:30-10:20 AM	\$89	114770-02
Age: 3-4 yea	ars			
1/18-2/15	W	10:30-11:20 AM	\$89	114770-03
1/20-2/17	F	10:30-11:20 AM	\$89	114770-04



Academic and sport summer programs for kindergarten through high school





K-12 PROGRAMS



Scan the QR Code or visit: K12Summer.colostate.edu

HoopsterTots (Basketball)

HoopsterTots focus on building fitness and muscle coordination, while also learning key basketball fundamentals like dribbling, shooting technique, passing, and teamwork. Note: Practice will not be held on 3/15 or 3/17.

Age: 2-3 years

Location: Foothills Activity Center

2/22-3/29	W	9:30-10:20 AM	\$89	114770-09
2/24-3/31	F	9:30-10:20 AM	\$89	114770-10
Age 3-4 yea	ars			

Location: Foothills Activity Center

2/22-3/29	W	10:30-11:20 AM	\$89	114770-11
2/24-3/31	F	10:30-11:20 AM	\$89	114770-12

BaseballTots (Baseball)

BaseballTots focus on fine and gross motor skills as well as body control. Learn the baseball basics, such as throwing, catching, hitting, and running control.

Age: 2-3 years

Location: Foothills Activity Center

		·····, ····,			
4/5-5/3	W	9:30-10:20 AM	\$89	214770-01	
4/7-5/5	F	9:30-10:20 AM	\$89	214770-02	
Age 3-4 ye	ars				
Location: Foothills Activity Center					
4/5-5/3	W	10:30-11:20 AM	\$89	214770-03	

SKYHAWKS SUMMER SPORTS CAMPS

SUPERTOTS CAMPS

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports. For more information, visit supertotsports.com/colorado. SuperTots Camps run 30-45 minutes and meet every day for one week.

SoccerTots

Focus on developing motor skills and self-confidence while also learning balance, dribbling, foot-eye coordination, running control, and Introduction to light competition.

HoopsterTots

HoopsterTots focus on building fitness and muscle coordination, while also learning key basketball fundamentals like dribbling, shooting technique, passing, and teamwork.

BaseballTots

BaseballTots focus on fine and gross motor skills as well as body control. Learn the baseball basics, such as throwing, catching, hitting, and running control.

Age: 2-2.5 years

Soccer Tots

Location: Fossil Creek Park

Location. I O	JULICER I	uin		
6/12-6/16	M-F	9:15 AM-9:45AM	\$57	314071-31
Hoopster Tots				
Location: No	rthside Az	tlan Community C	enter	
6/26-6/30	M-F	9:15 AM-9:45 AM	\$57	314071-35
Baseball Tots				
Location: Ro	lland Mooi	re Park		
7/10-7/14	M-F	9:15 AM-9:45 AM	\$57	314071-33
Age: 2.5-3.5	years			
Soccer Tots				
Location: Fo	ssil Creek I	Park		
6/12-6/16	M-F	10:00 AM-10:45 A	M\$85	314071-32
Hoopster Tots				
Location: No	rthside Az	tlan Community C		
6/26-6/30	M-F	10:00 AM-10:45 A	M\$85	314071-36
Baseball Tots				
Location: Ro	lland Mooi			
7/10-7/14	M-F	10:00 AM-10:45 A	M\$85	314071-34
Age: 3.5-4.5	years			
Soccer Tots				
Location: Fo	ssil Creek I	Park		
6/12-6/16	M-F	11:00 AM-11:45 AM	\$85	314071-37
Hoopster Tots				
Location: No	rthside Az	tlan Community C		
6/26-6/30	M-F	11:00 AM-11:45 AM	\$85	314071-38
Baseball Tots				
Location: Ro	lland Mooi	re Park		
7/10-7/14	M-F	11:00 AM-11:45 AM	\$85	314071-39

SKYHAWKS CAMPS

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

Mini-Hawk (Baseball, Basketball, Soccer)

This baseball, basketball and soccer program was developed to give children a positive first step into athletics. Through exciting games and activities, campers explore balance, hand/ eye coordination and skill development at their own pace.

Age: 4-6 years

Location: Rolland Moore Park						
6/5-6/9	M-F	9:00 AM-Noon	\$165	314071-03		
Location: Gr	eenbriar	Park				
6/19-6/23	M-F	9:00 AM-Noon	\$165	314071-24		
Location: W	arren Par	k				
7/5-7/7	W-F	9:00 AM-Noon	\$100	314071-07		
Location: Sp	Location: Spring Canyon Park					
7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-16		
Location: Fossil Creek Park						
8/7-8/11	M-F	9:00 AM-Noon	\$165	314071-29		

Flag Football

Campers learn skills on both sides of the ball including the fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment. The week ends with the Skyhawks Super Bowl where participants showcase their skills!

Age: 6-12 years

Location: Warren Park

6/5-6/9	M-F	9:00 AM-Noon	\$165	314071-02		
Location: Sp	oring Can	yon Park				
6/26-6/30	M-F	9:00 AM-Noon	\$165	314071-27		
Location: Twin Silo Park						
7/31-8/4	M-F	9:00 AM-Noon	\$165	314071-17		

Cheerleading, Beginner

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

Age: 5–9 years

Location: Fossil Creek Park	
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6/12-6/16	M-F	9:00 AM-Noon	\$165	314071-01		
Location: Rolland Moore Park						
7/10-7/14	M-F	9:00 AM-Noon	\$165	314071-44		

Basketball

This fun, skill-intensive program is designed to learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Age: 6-12 years

Location: Northside Aztlan Community Center

		-		
6/12-6/15	M-Th	1:00 PM-4:00 PM	\$132	314071-18
6/26-6/30	M-F	9:00 AM-12:00 PM	\$165	314071-14
Age: 8-14 year	ſS			
Location: Spri	ing Canyon	Community Park		
7/17-7/21	M-F	9:00 AM-12:00 PM	\$165	314071-06

INCLUSION SUPPORT

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



Brief

Psychiatry

& Testing

Call us today! 970-221-3308

Referrals

Soccer

Learn the fundamentals of soccer using a curriculum of progression. Campers will gain the technical skills and sport knowledge required for the next step into soccer. Areas of focus include dribbling, passing, shooting and ball control. Age: 6-12 years

Location: Fossil Creek Park

6/12-6/16	M-F	9:00 AM-Noon	\$165	314071-05		
Location: H	armony P	ark				
7/17-7/21	M-F	9:00 AM-Noon	\$165	314071-19		
Location: Spring Canyon Park						
8/7-8/11	M-F	9:00 AM-Noon	\$165	314071-47		

Sport Mix

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

Age: 6-12 years

Location: Greenbriar Park

7/5	W	9:00 AM-Noon	\$35	314071-40		
Location: Twin Silo Park						
7/6	Th	9:00 AM-Noon	\$35	314071-41		
Location: Spring Canyon Park						
7/7	F	9:00 AM-Noon	\$35	314071-43		

Volleyball

All aspects of the game are taught through drills and exercises that focus on passing, setting, spiking, hitting, and serving. Age: 8-14 years

Location: Northside Aztlan Community Center

6/5-6/8	M-Th	1:00 PM-4:00 PM	\$132	314071-08
6/26-6/29	M-Th	1:00 PM-4:00 PM	\$132	314071-20
Location: W	arren Park			
7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-30

Baseball & Softball

Learn the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. All equipment except baseball gloves provided. Soft safety baseballs/softballs and SuperSafe InvinciBats will be used. Please do not bring bats from home. Note: This camp does not offer specialized pitching or catching instruction.

Age: 6-12 years

Baseball

Location: Rolland Moore Park

7/10-7/14	M-F	9:00 AM-Noon	\$165	314071-11
Softball				

Location: Rolland Moore Park

7/10-7/14	M-F	9:00 AM-Noon	\$165	314071-25

Golf, Beginner

The unique, game-based, play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided. Please do not bring clubs from home. This program is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps.

Age: 5-9 years

Location: Twin Silo Park

6/5-6/9	M-F	9:00 AM-Noon	\$165	314071-10		
Location: Co	ottonwoo	d Glen Park				
6/19-6/23	M-F	9:00 AM-Noon	\$165	314071-22		
Location: Warren Park						
7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-26		

Lacrosse

Athletes learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Soft training balls and lacrosse sticks provided. Gear from home is welcome! Helmets and gloves are not needed.

Age: 6-12 years

Location: Harmony Park

	-					
6/19-6/23	M-F	9:00 AM-Noon	\$165	314071-09		
Location: Spring Canyon Park						
7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-45		



Classes in which adults are required to attend

W Denotes no web registration for program

M Denotes program/activity has special membership pricing

Pickleball

Find out why pickleball is the fastest growing sport! Players learn the rules of the game, develop hand/eye coordination, and proper technique. Pickleball paddles provided, but we encourage you to bring your own! Programs fill quickly due to limited court space.

Age: 6-12 years

Location: Cottonwood Glen Park

6/19-6/23	M-F	9:00 AM-Noon	\$165	314071-42		
Location: Homestead Park						
7/31-8/4	M-F	9:00 AM-Noon	\$165	314071-46		

Track & Field

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

Age: 6-12 years

Location: Harmony Park

7/17-7/21	M-F	9:00 AM-Noon	\$165	314071-23
Location: W	Vestfield P			
7/31-8/4	M-F	9:00 AM-Noon	\$165	314071-28

SKYHAWKS SUMMER STEM & PLAY SPORTS® CAMPS

STEM Sports® and Skyhawks have partnered to combine traditional Skyhawks skill-based instruction with STEM Sports® lessons in an exciting week-long camp format. The STEM Sports® curriculum is designed to deliver instruction in a project-based, student-centered, and student-led format. For more information, visit skyhawks.com/colorado and skyhawks.com/page/company/stem-sports.

STEM Sports Camps are designed for ages 11-14 years unless otherwise noted.

STEM & Play Soccer

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

Location: Spring Canyon Community Park

6/26-6/30 M-F 9:00 AM-Noon \$180 314072-01
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STEM & Play Volleyball

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

Location: Northside Aztlan Community Center

7/10-7/13 M-TH 9:00 AM-3:00 PM \$	314072-03
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STEM & Play Flag Football

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

Location: Spring Canyon Community Park

7/17-7/21	M-F	9:00 AM-Noon	\$180	314072-05

STEM & Play Basketball

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

Location: Northside Aztlan Community Center

7/31-8/3	M-TH	9:00 AM-3:00 PM	\$240	314072-07



LEWIS TENNIS OVER 50 YEARS TEACHING THE GAME OF TENNIS



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- Middle School and High School
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- Private lessons
- Clinics for all levels
- Complete pro shop
- Tournaments
- Round Robins
- Racquet stringing

TENNIS

Things to Know

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

Lewis Tennis School has provided opportunities for the community of Fort Collins to learn and participate in tennis for the past 25 years.

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Winter hours are 1-4 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday (weather permitting)

Court Reservations

Reserve tennis and pickleball courts online at lewistennis.com.

Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 | 22-23933

Pricing Details

Two prices are listed for each activity section. The first price listed is an "early bird price" which is in effect from the Recreator Registration Day until 30 days prior to the start of the session. The second price listed is the regular rate which will be charged starting 29 days ahead of the program start date.

PRICING EXAMPLE

Beginner Tennis

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

			30 Day Adv	No Adv	
1/31-2/23	M,W	6:30-8:00 PM	\$181	\$201	123005-02
2/28-3/23	M,W	6:30-8:00 PM	\$181	\$201	123005-03
3/28-4/20	M,W	6:30-8:00 PM	\$181	\$201	223005-01
4/25-5/18	M,W	6:30-8:00 PM	\$181	\$201	223005-02

ADULT PROGRAMS

All programs are designed for those ages 18 years and older and are offered at Rolland Moore Racquet Complex unless otherwise stated.

Beginner Adult

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.

			30 Day Adv	No Adv	
2/4-2/25	Sa	1:00-2:30 PM	\$ 96	\$104	123005-02
3/4-3/25	Sa	1:00-2:30 PM	\$ 96	\$104	123005-03
4/1-4/22	Sa	1:00-2:30 PM	\$ 96	\$104	223005-03
4/29-5/20	Sa	1:00-2:30 PM	\$ 96	\$104	223005-04
3/27-4/19	M,W	6:30-8:00 PM	\$192	\$207	223005-01
4/24-5/17	M,W	6:30-8:00 PM	\$192	\$207	223005-02

Intermediate Adult

Learn the "Modern Game" of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

			30 Day Adv	No Adv	
2/4-2/25	Sa	2:30-4:00 PM	\$ 96	\$104	123006-02
3/4-3/25	Sa	2:30-4:00 PM	\$ 96	\$104	123006-03
4/1-4/22	Sa	2:30-4:00 PM	\$ 96	\$104	223006-03
4/29-5/20	Sa	2:30-4:00 PM	\$ 96	\$104	223006-04
3/28-4/20	Tu,Th	6:30-8:00 PM	\$192	\$207	223006-01
4/25-5/18	Tu,Th	6:30-8:00 PM	\$192	\$207	223006-02

YOUTH PROGRAMS

All programs are held at Rolland Moore Raquet Complex unless otherwise noted.

Spring Break Camp - March 13-17

		-	30 Day	No	Drop	
Little Lok	ober (4	-6 years)	Adv		ln [`]	
3/13-17	M-F	10:00-10:45 AM	\$63	\$69	\$15/day	223090-01
10 & und	er (7-10) years)				
3/13-17	M-F	11:00-12:30 AM	\$94	\$103	\$23/day	223090-02
Middle School (11-13 years)						
3/13-17	M-F	1:00-3:00PM	\$125	\$138	\$30/day	223090-03
Performance (12-18 years)						
3/13-17	M-F	3:00-5:00 PM	\$155	\$168	\$38/day	223090-04

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 Lobber

Age: 4–6 years

			30 Day Adv	No Adv	
2/4-2/25	Sa	10:00-10:45 AM	\$50	\$55	123015-02
3/4-3/25	Sa	10:00-10:45 AM	\$50	\$55	123015-03
4/1-4/22	Sa	10:00-10:45 AM	\$50	\$55	223015-01
4/29-5/20	Sa	10:00-10:45 AM	\$50	\$55	223015-02

Future Stars

Learn basic stroking fundamentals, rules, and play fun games to develop skills. Players will learn the correct way to hit the ball 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

			30 Day Adv	No Adv	
1/30-2/22	M,W	4:00-5:30 PM	\$150	\$165	123053-02
2/27-3/22	M,W	4:00-5:30 PM	\$150	\$165	123053-03
3/27-4/19	M,W	4:00-5:30 PM	\$150	\$165	223053-01
4/24-5/17	M,W	4:00-5:30 PM	\$150	\$165	223053-02
2/4-2/25	Sa	11:00 AM-12:30 PM	\$75	\$83	123053-05
3/4-3/25	Sa	11:00 AM-12:30 PM	\$75	\$83	123053-06
4/1-4/22	Sa	11:00 AM-12:30 PM	\$75	\$83	223053-03
4/29-5/20	Sa	11:00 AM-12:30 PM	\$75	\$83	223053-04

Aces

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serve and develop match skills. Players will be encouraged to participate in novice level tournaments.

Age: 9-10 years

		30 Day	No	
		Adv	Adv	
M,W	4:00-5:30 PM	\$150	\$165	123050-02
M,W	4:00-5:30 PM	\$150	\$165	123050-03
M,W	4:00-5:30 PM	\$150	\$165	223050-01
M,W	4:00-5:30 PM	\$150	\$165	223050-02
Sa	11:00 AM-12:30 PM	\$75	\$83	123050-05
Sa	11:00 AM-12:30 PM	\$75	\$83	123050-06
Sa	11:00 AM-12:30 PM	\$75	\$83	223050-03
Sa	11:00 AM-12:30 PM	\$75	\$83	223050-04
	M,W M,W M,W Sa Sa Sa	M,W4:00-5:30 PMM,W4:00-5:30 PMM,W4:00-5:30 PMSa11:00 AM-12:30 PMSa11:00 AM-12:30 PMSa11:00 AM-12:30 PM	Adv M,W 4:00-5:30 PM \$150 Sa 11:00 AM-12:30 PM \$75 Sa 11:00 AM-12:30 PM \$75 Sa 11:00 AM-12:30 PM \$75	Adv Adv M,W 4:00-5:30 PM \$150 \$165 Sa 11:00 AM-12:30 PM \$150 \$83 Sa 11:00 AM-12:30 PM \$75 \$83 Sa 11:00 AM-12:30 PM \$75 \$83

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

			30 Day Adv	No Adv	
1/31-2/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123051-02
2/28-3/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123051-03
3/28-4/20	Tu,Th	4:30-6:30 PM	\$199	\$219	223051-01
4/25-5/18	Tu,Th	4:30-6:30 PM	\$199	\$219	223051-02
2/4-2/25	Sa	1:00-3:00 PM	\$99	\$109	123051-05
3/4-3/25	Sa	1:00-3:00 PM	\$99	\$109	123051-06
4/1-4/22	Sa	1:00-3:00 PM	\$99	\$109	223051-03
4/29-5/20	Sa	1:00-3:00 PM	\$99	\$109	223051-04

Competitive

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

Age: 11-13 years

			30 Day	No	
			Adv	Adv	
1/31-2/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123052-02
2/28-3/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123052-03
3/28-4/20	Tu,Th	4:30-6:30 PM	\$199	\$219	223052-01
4/25-5/18	Tu,Th	4:30-6:30 PM	\$199	\$219	223052-02
2/4-2/25	Sa	1:00-3:00 PM	\$99	\$109	123052-05
3/4-3/25	Sa	1:00-3:00 PM	\$99	\$109	123052-06
4/1-4/22	Sa	1:00-3:00 PM	\$99	\$109	223052-03
4/29-5/20	Sa	1:00-3:00 PM	\$99	\$109	223052-04

HIGH SCHOOL

Wimbledon

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

Age: 14-18 years

Age. IF IO	ycurs		30 Day Adv	No Adv	
1/31-2/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123056-02
2/28-3/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123056-03
3/28-4/20	Tu,Th	4:30-6:30 PM	\$199	\$219	223056-01
4/25-5/18	Tu,Th	4:30-6:30 PM	\$199	\$219	223056-02
2/4-2/25	Sa	1:00-3:00 PM	\$99	\$109	123056-05
3/4-3/25	Sa	1:00-3:00 PM	\$99	\$109	123056-06
4/1-4/22	Sa	1:00-3:00 PM	\$99	\$109	223056-03
4/29-5/20	Sa	1:00-3:00 PM	\$99	\$109	223056-04

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

Age. IT To	years		30 Day Adv	No Adv	
1/31-2/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123054-02
2/28-3/23	Tu,Th	4:30-6:30 PM	\$199	\$219	123054-03
3/28-4/20	Tu,Th	4:30-6:30 PM	\$199	\$219	223054-01
4/25-5/18	Tu,Th	4:30-6:30 PM	\$199	\$219	223054-02
2/4-2/25	Sa	1:00-3:00 PM	\$99	\$109	123054-05
3/4-3/25	Sa	1:00-3:00 PM	\$99	\$109	123054-06
4/1-4/22	Sa	1:00-3:00 PM	\$99	\$109	223054-03
4/29-5/20	Sa	1:00-3:00 PM	\$99	\$109	223054-04

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

, gei i i ie	J 00.10		30 Day Adv	No Adv	
1/30-2/22	M,W	4:30-6:30 PM	\$248	\$268	123058-02
2/27-3/22	M,W	4:30-6:30 PM	\$248	\$268	123058-03
3/27-4/19	M,W	4:30-6:30 PM	\$248	\$268	223058-01
4/24-5/17	M,W	4:30-6:30 PM	\$248	\$268	223058-02

INCLUSION SUPPORT

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



WELLNESS PROGRAMS

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

10 Warning Signs of Alzheimer's

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

Aging Mastery Program (AMP)

AMP is a comprehensive and fun approach to supporting long lives. Guest speakers explore relevant aging topics and participants create their own age well playbook to improve overall well-being and stability. Provided by UCHealth Aspen Club.

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						
2/28	Tu	10:30-11:30 AM	No Fee	225411-01		
Location:	Foothills Ad	ctivity Center				
3/15	W	11:00 AM-Noon	No Fee	225411-02		
Location: Northside Aztlan Community Center						
5/25	Th	2:00-3:00 PM	No Fee	225411-03		

Cognitive Decline

Many of us worry about cognitive decline. Gain an understanding of the science behind normal decline, and learn from neuropsychologist, Joy DeJong, when it's time, and how to seek medical advice.

4/13 Th 3:00-4:30 PM No Fee 225414-0

Day Help, Day Hope, Day Care

Adult day care is often an overlooked opportunity for enrichment and respite on behalf of guests and caregivers alike. Learn from Tim McLemore, from Elderhaus Adult Day Programs, about local caregiver resources, when to consider them, the many benefits of adult day care, and other creative ideas for aging in place.

4/8 Sa 9:00-10:30 AM No Fee 225406-01

Effective Communication Strategies

This class teaches care partners to decode verbal and behavioral communication by someone living with dementia. Participants leave with strategies for meaningful connection with people in early, middle, and late-stage dementia.

3/23	Th	10:30-11:30 AM	No Fee	225408-01

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 Community Center

2/8	W	2:00-3:00 PM	No Fee	225413-01			
Location	: Foothills Ac	tivity Center					
4/12	W	11:00 AM-Noon	No Fee	225413-02			
Location: Fort Collins Senior Center							
5/9	Ти	10.30-11.30 AM	No Fee	225413-03			

Get Ahead of Chronic Inflammation: Top 7 Nutrition & Lifestyle Hacks to Decrease Body Inflammation

Learn the top nutrition and lifestyle habits to decrease chronic inflammation. Get practical tips to support your body and brain to better health with anti-inflammatory choices. Facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

3/16	Th	10:00-11:30 AM	No Fee	225403-01

Gong Voyage

An hour-long class with no words spoken as you lie down, absorb the vibrations, and let the gong meditate you. Participants have attributed the following to sound healing: reduction of stress and stimulation of deep relaxation, lower blood pressure, relief from chronic pain. Attire: Wear comfortable clothes.

Location: Northside Aztlan Community Center

No Fee 125402-01 2/9 Th 2:00-3:00 PM

Healthy Eating for Successful Living

Focus of the program is to encourage participants to understand and implement eating and activity behaviors that support heart and bone health. Program meets two hours per week, for six weeks.

3/2-4/6 Th	2:00-4:00 PM	No Fee	225401-01
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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 Community Center

3/2	Th	2:00-3:00 PM	No Fee	225412-01	
Location:	Fort Collins	Senior Center			
4/25	Tu	10:30-11:30 AM	No Fee	225412-02	
Location: Foothills Activity Center					
5/18	Th	Noon-1:00 PM	No Fee	225412-03	

How to Shine Your Light in the Face of Ageism

Do you know how ageism, prejudice, stereotyping and discrimination against people based on their age, shows up in your health? Become empowered through knowledge and ideas on overcoming barriers of ageism.

4/12 W 2:00-3:30 PM No Fee 225405-01	/12	W	2:00-3:30 PM	No Fee	225405-01
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- GENI
- Classes in which adults are required to attend
- Denotes no web registration for program
- Denotes program/activity has special membership pricing

THE EVOLUTION OF FOOTBALL NOCOFOOTBALL.COM

PRE/K-12TH GRADE



Laughing for Health

Laugh your way through this hilarious class while gently exercising your abdominal muscles, cardiovascular system, lungs and more. Learn how laughter contributes to our mental and physical well-being and how to easily add more laughter and playfulness to your life.

Location: Foothills Activity Center

2/2	Th	8:15-9:00 AM	No Fee	225710-01
3/2	Th	8:15-9:00 AM	No Fee	225710-02
4/6	Th	8:15-9:00 AM	No Fee	225710-03
5/4	Th	8:15-9:00 AM	No Fee	225710-04

Living Well with Dementia

Come and learn coping skills that will help you handle the day-to-day challenges, maximize independence, and live a meaningful life with a dementia diagnosis. Designed for those in the early stages of dementia and/or their care partner.

2/23 Th 10:30-11:30 AM No Fee 125403-01

Managing Money

If you or someone you know is facing dementia or another chronic disease, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

4/20	Th	10:30-11:30 AM	No Fee 225410-0	1
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Medical Aid in Dying

What does this new legislation mean and what's involved? In this session, we'll talk about what this end-of-life option choice requires, what you can do and what you can't, and why knowing about it is important.

4/20 Th 1:00-2:30 PM No Fee 225415-01

Mindfulness Practices for Peace of Mind and Body

This class will refresh the mind, body, and spirit through guided meditation and breathwork. Leave with a clear mind and ten practices to maintain positivity in your daily life. This is taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

3/7 Tu 9:00-10:00 AM No Fee 225402-	-01
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Multiple Sclerosis

Sara Schaefer, nurse practitioner with UCHealth Neurology, will provide a basic overview of MS, and share updates on recent research.

3/3 F 1:30-3:00 PM No Fee 2254	09-01
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Rebound & Refresh Eating & Habits

Renew confidence for your weight mastery and get support for your health goals. Get back on track for nutritious eating, exercise, and self-care routines, and break negative patterns. Facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

3/1 W 10:00-11:00 AM No Fee 225400-01

Spotlight on Strokes

Strokes occur when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. It is an emergency that requires prompt attention. UCHealth Stroke Coordinator will talk about stroke prevention and amazing advancements in diagnosing and treating strokes.

5/24W	1:30-3:30 PM	No Fee	225407-01

What if I Live to 200?

What are your living options as you age and what will they cost? This class explores the options and costs of staying at home, moving to an Independent Living Community, Assisted Living, Memory Care, or Skilled Nursing facility.

1/25 W 10:00-11:00 AM No Fee 125400-01

WELLNESS SERVICES

Cholesterol, Blood Pressure, & Glucose Testing

Meet one-on-one with a registered nurse for a 20-minute appointment focused 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.

2/14, 2/23, 3/14, 3/23, 4/11, 4/27, 5/9, 5/25 8:30-10:30 AM

Life After Stroke Support Group

Designed 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 Jamie Baker at 970.624.2109.

2/9, 3/9, 4/13 12:30-2:00 PM

Self-Care Saturday

This group is designed for care partners caring for someone living with dementia. Good self-care is more than just words. Self-care is necessary to be a healthy and resilient care partner. Come meet other care partners on the dementia journey and relax through guided meditation and chair yoga in a supportive environment.

2/11, 3/11, 4/8, 5/13 10:00-11:00 AM



YOUTH PROGRAMS

AFTER SCHOOL ACTIVITIES

Artist Studio

Reflect on thoughts and emotions and use them to create something beautiful and meaningful. Budding artists will try new mediums, learn new terms and techniques, channel creativity, and express themselves through two and threedimensional visual arts. Note: Class will not be held on 3/13.

Location: Northside	Aztlan Community Center
Ado: 6-9 voars	

Age. 0-9 years

Drawing & Pa	inting				
1/30-2/13	М	4:30-5:30 PM	\$52	215551-01	
Clay & Sculpt	ure				
2/27-3/27	М	4:30-5:30 PM	\$62	215551-02	
Collage & Prir	nt Making				
4/3-4/24	М	4:30-5:30 PM	\$62	215550-03	
Age: 10-14 y	ears				
Journaling & S	Sketching				
1/30-2/13	М	5:45-6:45 PM	\$52	215552-01	
Graphic Expression					
2/27-3/27	М	5:45-6:45 PM	\$62	215552-02	
Storytelling through Collage					
4/3-4/24	М	5:45-6:45 PM	\$62	215552-03	

Bucket Drumming

Learn the fun and easy art of bucket drumming. Students learn an introduction to music notation, improvisation, and a variety of musical stylings. No prior musical experience required. All needed equipment provided. The last 10 minutes of the final class in each session will consist of a mini-performance of songs learned for families to enjoy.

Location: Foothills Activity Center

Age: 7-9 years

2/2-3/9	Th	4:30-5:15 PM	\$65	215731-01
(5 weeks)				
3/23-4/27	Th	4:30-5:15 PM	\$78	215731-02
(6 weeks)				

INCLUSION SUPPORT

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



Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing

Myth-Buster Science

Got a busy brain and active body? Always looking to take things apart, answer the questions of how and why, or experiment with new things? Students solve problems, create their own experiments and inventions, and bust common myths using the scientific method. Note: Class will not be held on 3/16.

Age: 7-10 years

Location: Northside Aztlan Community Center

Biology & Anatomy

•••	•			
2/1-2/22	W	4:30-5:30 PM	\$62	215556-01
Matter & Mix	tures			
3/1-3/29	W	4:30-5:30 PM	\$62	215556-02
Physics & En	gineering			
4/5-4/26	W	4:30-5:30 PM	\$62	215556-03

Creative Chefs

Get creative in the kitchen while learning important safety skills and making tasty dishes. Young chefs will make new friends, build self-confidence and independence, and learn the importance of healthy habits and self-care through nutrition.

Age: 8-11 years

Location: Northside Aztlan Community Center

-	
Brea	ktast

Dicultuse				
3/20	Tu	4:30-6:00 PM	\$38	215554-01
Stir Fry				
3/27	Tu	4:30-6:00 PM	\$38	215554-02
Handmade Pa	sta			
4/3	Tu	4:30-6:00 PM	\$38	215554-03
Seafood				
4/10	Tu	4:30-6:00 PM	\$38	215554-04
Dinner Salads				
4/17	Tu	4:30-6:00 PM	\$38	215554-05
Dessert				
4/24	Tu	4:30-6:00 PM	\$38	215554-06

Reader's Theatre - Stories on Stage

Who loves the spotlight? Students increase reading fluency, vocabulary, and comprehension in this fun and purposeful exploration in theatre and improvisation. Creativity and collaboration come together through design of individual costumes and community props. Families are invited on the last day of each session for a live performance.

Age: 8-11 years

Location: Foothills Activity Center

•				
1/30-3/6	М	4:30-6:00 PM	\$114	215735-01
Outer Space,	Dinosau	rs, & Wild Things		
3/20-4/10	М	4:30-6:00 PM	\$76	215735-02
Popular Chap	oter Bool	ks - Elementary		
4/17-5/8	М	4:30-6:00 PM	\$76	215735-03

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: 10-13 years

Location: Foothills Activity Center

3/9-4/13	Th	4:30-6:30 PM	\$120	203407-03
4/20-5/18	Th	4:30-6:30 PM	\$120	203407-04

Looking for Pottery programs? Check out the Arts & Crafts section on page 30.

FAMILY PROGRAMS

Behaviors 101 - New!

Do you struggle with knowing how to respond to your child's behaviors? Caregivers will learn practical tips for everyday use. Learn more about this new class on page 51.

Grandparents & Kids-Together - New!

Celebrate the special bond between grandparents and their grandkids! Create precious memories with little ones in this special program series. Learn more about this new program on page 94.

Kids Night In

Kids meet new friends, play gym games, and enjoy dinner and a movie while their adults run errands or enjoy an evening out. Sibling enrollments are discounted after one full-priced enrollment.

Location: Northside Aztlan Community Center

Age: 5-11 years

1/20	F	5:00-9:00 PM	\$25	115552-03
2/10	F	5:00-9:00 PM	\$25	215590-01
3/10	F	5:00-9:00 PM	\$25	215590-03
4/14	F	5:00-9:00 PM	\$25	215590-05
5/5	F	5:00-9:00 PM	\$25	215590-07

Sibling(s), ages 3-11 years (must be fully toilet trained)

e						
1/20	F	5:00-9:00 PM	\$15	115552-04		
2/10	F	5:00-9:00 PM	\$15	215590-02		
3/10	F	5:00-9:00 PM	\$15	215590-04		
4/14	F	5:00-9:00 PM	\$15	215590-06		
5/5	F	5:00-9:00 PM	\$15	215590-08		

HOMESCHOOL ACTIVITIES

Acting Out! A Drama Club for Kids

Use your big imaginations to play and socialize with peers. Children will learn about acting using their bodies, facial expressions, and emotions. Stories and games provide an opportunity to explore different theater styles including musical theater, storybook theater, and puppet theater.

Age: 5-8 years

Location: Northside Aztlan Community Center

3/23-4/6	Th	1:00-2:30 PM	\$60	217734-01
4/13-4/27	Th	1:00-2:30 PM	\$60	217734-02

Cook the Rainbow

Create and eat a rainbow of foods with easy recipes and hands-on activities. Young chefs make new friends, improve social skills, and expand their skills in math, science, and art.

Age: 5-9 years

Location: Northside Aztlan Community Center

Pinkalicious				
3/21	Tu	1:00-2:30 PM	\$40	215553-01
Radiant Red				
3/28	Tu	1:00-2:30 PM	\$40	215553-02
Outstanding O	range			
4/4	Tu	1:00-2:30 PM	\$40	215553-03
Yummy Yellow				
4/11	Tu	1:00-2:30 PM	\$40	215553-01
Groovy Green				
4/18	Tu	1:00-2:30 PM	\$40	215553-02
Valiant Violet				
4/25	Tu	1:00-2:30 PM	\$40	215553-02

Art in the Afternoon

Tap into your imagination and let your creativity flow. Students learn basic design concepts, explore a variety of mediums, and mimic the stylings of well-known artists throughout history. Note: Class will not be held on 3/13.

Location: Northside Aztlan Community Center

Age: 6-10 years
Color. Portraits. & 2-D Design

		2 co.g.			
1/30-2/27	М	1:00-2:30 PM	\$108	215550-01	
Mixed Media & 3-D Sculpture					
3/6-3/27	М	1:00-2:30 PM	\$60	215550-02	
Exploring Historical Masters					
4/3-4/24	М	1:00-2:30 PM	\$84	215550-03	

Science & Sensory Explorations

Get messy with these hands-on scientific explorations. Students will learn the steps of the scientific method, terminology, and communication through graphing and data presentation. Note: Class will not be held on 3/16.

Location: Northside Aztlan Community Center

Age: 6-10 years

Biology & Ar	natomy			
2/1-2/22	W	1:00-2:30 PM	\$84	215555-01
Matter & Mix	tures			
3/1-3/29	W	1:00-2:30 PM	\$84	215555-02
Physics & En	gineering			
4/5-4/26	W	1:00-2:30 PM	\$84	215555-03
_				

Music Maestros

Students learn about music history, play rhythm instruments, enjoy a mini concert, and try their hand at conducting all while meeting and collaborating with new friends. Note: Class will not be held on 2/20.

Location: Foothills Activity Center

Age: 7-12 years

1/30-3/6	М	1:00-2:30 PM	\$123	215730-01
3/20-4/10	М	1:00-2:30 PM	\$82	215730-02
4/17-5/8	М	1:00-2:30 PM	\$82	215730-02

SCHOOL'S OUT PROGRAMS

Camp FunQuest School's Out Play Days

Camp FunQuest is Recreation's licensed day camp program for children in grades K-5. Engaging activities are designed with children's age, developmental stage, and interests in mind and include games, crafts, S.T.E.M. explorations, and outdoor physical activity. Cost of field trip admissions is included in daily camp fees. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle, and appropriate clothing/gear for outdoor play each day. Note: Full camp itineraries will be emailed the week prior to program start dates.

Age: 5-11 years

Location: Northside Aztlan Community Center

Winter Carnival/Ice Skating					
1/16	М	7:30 AM-5:30 PM	\$64	115550-02	
Dance Party/G	ymnastics				
2/20	М	7:30 AM-5:30 PM	\$64	215540-01	
Emerging Spring	Emerging Spring/Gardens				
4/21	F	7:30 AM-5:30 PM	\$64	215540-02	
Location: Mulberry Pool					
Summer Sun/Swimming					
5/15	М	7:30 AM-5:30 PM	\$64	215540-03	

MARVELous Engineering Using LEGO® Materials

LEGO® Builders Assemble! We need you to join the experienced Play-Well Instructors to save the world. Use LEGO® to build the strongest Avengers to defeat Thanos, help Thor retrieve Mjolnir, swing through the city with Spider-man, and tell Hulk to Smash! The journey will take us to battles on this world and beyond; are you up to the challenge?

Location: EPIC

Δue.	6-10) vears

2/20 4:00-5:30 PM \$31 216710-01

Pokémon Engineering using LEGO® Materials

Calling all Pokémon trainers! With the Pokémon Championship approaching, join enthusiastic Play-Well Instructors as we build and catch favorite Pokémon, rescue Pikachu from Team Rocket, and take a ride on the S.S. Anne to uncover rare and mystic Pokémon. Battle to see who will hold the title of Pokémon Master! Come along on the journey to catch 'em all!

Location: EPIC

Age: 6-10	years			
4/21	F	4:00-5:30 PM	\$31	216711-01

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, water bottle, and a sack lunch.

Location: Foothills Activity Center

Age:	11-16	years
4/40		

1/16	М	9:00 AM-3:00 PM	\$85	116700-01
2/20	М	9:00 AM-3:00 PM	\$85	216700-01
3/13	М	9:00 AM-3:00 PM	\$85	216700-02
4/21	F	9:00 AM-3:00 PM	\$85	216700-03
5/15	М	9:00 AM-3:00 PM	\$85	216700-04

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



April 16th, 2023

Become a **Running Club** member & get \$20 off!

Challenge yourself at the oldest and most scenic road race in Colorado! Celebrate 50 years of the Horsetooth Half Marathon with beautiful views and New Belgium beer.



Register Today!

FortCollinsRunningClub.org

Presented by:



50+

All 50+ programs are for ages 50 years & up and held at the Fort Collins Senior Center unless otherwise noted. Social programs with no fee still require attendees to pay the drop in facility use fee, use a pass, or have an active Membership 50+.

Starting January 2, 2023, the coffee machine in the lobby at the Fort Collins Senior Center will only be available from 6 a.m.-2 p.m. In an effort to be more environmentally friendly, the Recreation Department will no longer provide cups and requests that patrons bring their own to use.

Fort Collins Senior Center Orientations

Interested in learning more about the Fort Collins Senior Center? Join us for a tour!

1st Monday of each month	4:30 PM
3rd Thursday of each month	9:00 AM

Membership 50+

Membership 50+ is \$30 annually. If no fee is listed for a membership program, the program is exclusive to Active pass holders or a facility drop-in fee. Membership 50+ benefits include:

\$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions.

- Active pass holder or facility drop-in fee for programs including Cards and Games, Donut Make U Wonder, Library & Media Center, Pool & Billiards Room, Rainbow Club, Senior Serenaders, Friday Movies, Sing Along/Jam Sessions, and Writers' Group at the Fort Collins Senior Center.
- •2-day advance registration to Recreator programs.
- •Member discounts on select services and activities are noted throughout the Recreator with **(W)**.
- Membership in member-only Outdoor Recreation clubs. For more information see page ??.
- •Notary service.

END

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

M Denotes program/activity has special membership pricing

CARDS & GAMES

Active pass or facility drop-in fee required. Note: Class will not be held on 5/10, 5/12, 5/15, 5/16, 5/17, 5/18, 5/19.

All Games: Includes Texas holdem, dominoes, bridge, etc.- any game a person would like to play.

•				
2/1-5/31	W	12:30-4:00 PM	No Fee	212400-04
2/6-5/29	М	12:30-4:00 PM	No Fee	212400-01
Pinochle, Mał	njong, Par	ty Bridge		
2/7-5/30	Tu	12:30-4:00 PM	No Fee	212400-02
Bridge				
2/2-5/25	Th	12:30-4:30 PM	No Fee	212400-05
Pinochle				
2/3-5/26	F	12:30-4:00 PM	No Fee	212400-06

Bridge 1, Bidding Part 1

Focus on card basics, bridge etiquette, hand evaluation/ counting points, how to win tricks, defending and scoring. Learn the language of bidding in competitive auction. Supplies included. Note: Class will not be held on 1/26, 2/23.

2/9-3/23 Th Noon-4:00 PM \$140 112465-01

Bridge 2, Bidding Part 2

Continue with Notrump opening bids, responses, rebids, Staymen and Jacoby Transfer conventions. Add competitive bidding overcalls and doubles, preempts, strong bids and slams. Prerequisite: Bridge R1 or instructor approval.

3/30-5/11 Th Noon-3:00 PM \$120 212466-01

CLUBS & ORGANIZATIONS

Front Range Forum

Front Range Forum serves the residents of Northern Colorado's front range who are intellectually curious and dedicated to enrichment of daily lives through life-long education. Registrants facilitate classes for each other; participants take part in short term presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered each quarter. For more information visit frontrangeforum.org.

	5	5
12/1-1/31	\$39	107410-01
4/1-8/31	\$39	207410-01



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Front Range Forum - Free Intro Class

Harry Smith's Anthology of American Folk Music became the bible of folk and blues artists in the 1950s and 1960s, inspiring performers such as Bob Dylan, Joan Baez, the Grateful Dead, and even the Beatles. When the White House started the National Music Library, the first record chosen was the Anthology of American Folk Music. This free course introduces you to one of the many subjects taught by Front Range Forum facilitators. Note: Annual Membership 50+ or drop-in fee required. Pre-registration required.

1/12-3/2	Th	1:30-3:30PM	No Fee 107409-01

Rainbow Club

Join the social networking group of LGBTQ+ members in the senior community for monthly meetings, outings, and events. Meetings will be held on the second Thursday of the month. For more information, contact Maleah Schilling at 970.224.6079, mschilling@fcgov.com.

Senior Serenaders

The Senior Serenaders practice and perform seasonal themed music from years' past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com. Note: Class will not be held on 2/21, 4/18, 5/16.

1/24-5/23 M 9:30-11:00 AM No Fee 212413-01

EDUCATION: TECHNOLOGY & SENIOR LIVING

Complete Your Will

Learn how and why to create a Last Will and Testament with a licensed attorney. Plan to attend each class to finish your will. There will be some homework after the first class. Make up class offered on 3/17. Note: Class will not be held on 2/10, 2/24.

2/3-3/3	F	10:00-11:30 AM	\$20	112490-01

Grandparents & Kids-Together - New!

There is something special about the bond between grandparents and their grandkids! Create precious memories with your little ones in this special program series. Enjoy arts & crafts, story time, and meet new friends. Each session has a special guest. Note: Price is for one adult and one child. All adult/child duos welcome.

Age: 2 years & up

Northern Colorado Herpetology Society

2/24	F	10:00 AM-Noon	\$40	107418-01
CSU Bug Z	00			
3/31	F	10:00 AM-Noon	\$40	207418-02
Poudre Riv	er Library			
4/28	F	10:00 AM-Noon	\$40	207418-03

EXPLORE & LEARN: TECH SKILLS FOR OLDER ADULTS - NEW!

Programs designed for older adults interested in learning about smartphones, computers, tablets, and the internet. In the first half-hour of each class, a presentation and group-led instructions will be given about the topic, then instructors will assist with individual help as participants practice new skills on their own for the remainder of the class. At each class, a paper copy of the presentation and extra notes will be provided for reference. All are welcome regardless of skill level or years of experience. Participants are encouraged to bring their own devices.

Accessibility Settings & Navigating Your Device

There are many ways to make your device feel comfortable for your unique needs. This class will explore how to adjust the font size, add captions to YouTube videos, adjust cursor (mouse) size and speed, use text-to-speech, and more. Individual assistance provided.

2/10 F 10:30 AM-12:30 PM \$8 107487-01

Facebook Marketplace & Safe Practices to Buy & Sell Items

Facebook Marketplace is a social media platform that allows users to sell and buy items. Learn how to create a Facebook account, post listings, decide on pricing, and communicate with sellers/buyers using Facebook Messenger. You will also learn how to detect scams on Facebook Market and strategies to keep yourself safe.

2/24 F 10:30 AM-12:30 PM \$8 107487-02

Zoom: Video Chat with Friends & Family

Zoom can be used on computers, tablets, and smartphones for video chatting with friends and family for free. This class will show how to set up a Zoom account, join a meeting, create a meeting for others to join, share your screen, and more. Instructors also assist with mic and speaker setup.

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Text Using Smart Phones

Text is a quick and informal way to communicate with others using a smartphone. Explore how to choose your text recipient, send a message, send a photo, use emojis, and more. To participate in texting in class, participants may consider bringing their personal cell phone.

Email for Outlook & Gmail

An alternative form of communication besides text and phone is email. This class will demonstrate how to set up an email account, delete emails, send an email, and detect scams. This class will primarily use Outlook and Gmail, but many of the skills discussed in the class can be applied to other email platforms.

4/7

F 1

10:30 AM-12:30 PM \$8 207487-05

Google Search & Finding Reliable Websites

Many people use the internet to find information on specific topics such as cooking recipes, treatments for diseases, recent news, restaurant reviews, and more. However, not all websites are trustworthy and reliable sources. Some information on the internet may be untrue or include biases. This class will explore how to look up a topic using Google Search and best practices for finding reliable information.

4/21	F	10:30 AM-12:30 PM \$8	207487-06

SOCIAL PROGRAMS

And Then it is Winter

Designed for those 70 or older, or 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 discussion and provide entertainment. Note: Class will not be held on 2/20, 3/6, 3/20, 4/3, 4/17, 5/01, 5/15.

Age: 70 years & up	 	

2/15-3/22 IN IU.30-II.30 AM \$5 212441-01	2/13-5/22	М	10:30-11:30 AM	\$5	212441-01
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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.

3/3-5/26 F	10:00-11:00 AM	No Fee 212412-01
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SOAP Troupe Acting

SOAP Troupe (Slightly Older Adult Players) writes and performs two shows per year featuring a variety of acting, comedy, skits, song, and dance. Whether you have experience in the theatre or are brand new, talent can be used for all shows. Monthly meetings occur on the fourth Tuesday of each month.

3/1-5/31	Tu	1:00-3:00 PM	\$30	212410-01
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Social Dancing at the Senior Center (Formerly Prairie Sage Dances)

Grab a loved one or a friend and join us for a night of dancing, live music, and a delicious potluck prepared by attendees! The dances occur on the first and third Mondays of the month, and some dances are themed. For more information contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com. Note: Dance will not be held on 5/15.

2/6-5/1	М	6:30-9:00 PM	\$8 Per Ticket

INCLUSION SUPPORT

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

Sing-Along/Jam Session

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

2/16	Th	3:00-5:00 PM	No Fee 212444-01
3/16	Th	3:00-5:00 PM	No Fee 212444-02
4/20	Th	3:00-5:00 PM	No Fee 212444-03

The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. Active pass or facility drop-in fee required. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com. Note: Class will not be held on 5/16.

2/7-5/30 Tu 9:30 AM-Noon No Fee 212415-01

FRIDAY MOVIES

Enjoy a Friday movie at the Fort Collins Senior Center. Active pass or facility drop-in fee required.

Going in Style

Cheated out of the pensions, three elderly friends decide to extract justice from the system by robbing a bank and heading for Las Vegas. Rated PG-13

1/20 F 1:00-4:00 PM	No Fee	
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Something Borrowed

Romantic comedy, single lawyer finds out that her best friend is engaged to someone she has been interested in for years. She wants to maintain her loyalty, but things don't go as planned. Kate Hudson, Ginnifer Goodwin, John Krasinski. Rated PG-13.

2/17 F 1:00-4:00 PM No Fee

Little Women (1994)

Louisa May Alcott's beloved novel comes to life as four sisters and their mother contemplate life in Civil War-era America. Susan Sarandon, Winona Ryder, Gabriel Byrne. Rated PG.

3/17 F	1:00-4:00 PM	No Fee
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The Natural (1984)

America's favorite pastime takes many twists and turns as a 35-year-old rookie sensation, helps a team out of depths of despair. Robert Redford, Robert Duvall, Glenn Close. Rated PG.

4/21 F 1:00-4:00 PM No Fee

Dear John (2010)

Based on the novel by Nicholas Sparks, two young lovers must resort to handwritten letters to keep their love alive as John is called to duty after terrorist attacks. Channing Tatum, Amanda Seyfried, Richard Jenkins. Rated PG-13.

5/19 F 1:00-4:00 PM No Fee	
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You may be eligible to **SAVE** on your next utility bill, with



The Low-income Energy Assistance Program (LEAP) and Income-Qualified Assistance Program (IQAP) provide ongoing financial assistance to help reduce utility costs. Households making 60% or less of the state median income are eligible for LEAP, and LEAP customers automatically qualify for IQAP.

Mark your calendar and join us at one of our upcoming info sessions to see if you qualify and to get help with your application.

fcgov.com/LEAP-info





Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 • 22-24709

RESOURCES

Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing, or using one of the computers. Users must be members of Membership 50+ or pay the daily drop-in fee. Book library includes large print, hardcover and paperback books as well as books by local writers. Volunteer Library Attendants are available to assist members during portions of the day. Book donations are accepted as space allows.

Pool & Billiards Room

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

VOA Smiling Spoon Senior Lunch

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at the Fort Collins Senior Center.

In person dining and meal pick-up with Volunteers of America available by reservation only. Call 970.472.9630x1 by 1:30 p.m. one business day prior to reserve your meal.

M, T, & F	11:45 AM-12:15 PM	\$3 suggested donation

Volunteers

EGENI

We strive to provide trained volunteers 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, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/d/sc/app/general or contact Ashley Ruffer, aruffer@fcgov.com.

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

INCLUSION SUPPORT

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

50+ TRIPS & TRAVEL

Trips are designed for ages 50 years and older unless otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. See specific trip details for more information.

Departure & Return Times

All trips leave from the Fort Collins Senior Center unless otherwise noted. Please arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for all participants, trips leave promptly at the posted trip time.

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 aiding a participant, 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 listed trip timeframes. 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 \$6 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

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. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. Distance: Less than 20 yards.
- Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.
- = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.
- Walk for long distances, on uneven surfaces, and/or on stairs. You are on your feet for most of the outing. Distance: 1-5 miles.

DINNER THEATRE •

Fee includes transportation, ticket, and dinner.

Glenn Miller Band, Boulder Dinner Theatre

An American swing dance band formed by Glenn Miller in 1938. The band became the most popular and successful band of the swing era. Listen to all the popular band favorites. Tickets are non-refundable after 1/15/23.

2/7 Tu 10:30 AM-4:00 PM \$90 105925-01

Brigadoon, Candlelight Dinner Playhouse

New Yorker Tommy Albright unexpectedly arrives at the mysterious Scottish Highland village of Brigadoon, which only appears for one day every 100 years. When Tommy meets and falls in love with Fiona, a beautiful villager in this magical hamlet, he must decide whether to return to his old life or stay in Brigadoon — forever. Brigadoon is a timeless, romantic classic which brings the Scottish Highlands to life. Tickets are non-refundable after 2/25/23.

3/25 Sa 10:30 AM-4:00 PM \$90 205925-01

Cats, Candlelight Dinner Theater Playhouse

The Jellicle Cats come out to play on one special night of the year — the night of the Jellicle Ball. Featuring the music of Sir Andrew Lloyd Weber, including the hit song, Memory, this will be an experience you will never forget! Tickets are non-refundable after 4/14/23.

5/14	Su	10:30 AM-4:00 PM \$90	205925-02
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TOUR & FEAST 🚳

Individuals are responsible for purchasing their own meals.

The Fleece Factory, LaSalle 🗖

The Fleece Factory - an artisan mill and fiber processing plant. Come and see the process from beginning to end. Then enjoy lunch at Don Juan Mexican Restaurant.

2/16	Th	9:15 AM-4:00 PM	\$30	105933-01
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Mob Tour, Denver •

Join mob historian Tom Hackett on this exciting new bus tour through North Denver's Little Italy. Explore former social clubs and homes and haunts of some of Denver's most influential mobsters while uncovering the truth behind many of the legends. Afterwards, have lunch at a former mob-run restaurant Gaetano's.

3/21 Tu 9:15 AM-3:00 PM \$55 205933-01
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Boettcher Mansion, Golden 🔶

The Charles Boettcher mansion was built in 1917 as a summer home and hunting lodge. Large plate glass windows were arranged to take advantage of the commanding views of Denver. Take a step back in time and imagine what life was like in the early 1900's. Then, dine at Table Mountain Grill and Cantina for lunch.

4/6	Th	9:00 AM-3:00 PM	\$35	205933-02

Morning Fresh Dairy Farm, Bellvue 🔶

Learn about local farming and what it means for the community at this fifth-generation family dairy. See the beautiful countryside the cows call home. Enjoy lunch at Me Oh My Pie.

5/17 W 9:00 AM-2:00 PM \$33 205933-03

Casino Trips, Black Hawk 🔘 🗖

Join the comfortable motor coach all the way up to the Mardi Gras Casino! Meet in the Rolland Moore Parking Lot (just North of the Fort Collins Senior Center).

2/21	Tu	8:30 AM-5:00 PM	\$25	105910-01
4/18	Tu	8:30 AM-5:00 PM	\$25	205910-01

OUT TO LUNCH 🛽 🔹

Individuals are responsible for purchasing their own meals.

The Boot Grill, Loveland

Locally owned and operated, featuring classic American food and award-winning pork green chili.

Mo Betta Gumbo, Loveland

Great tastes of the south brought to the front range. Gumbo, jambalaya, and shrimp and grits are all on the menu.

2/24	F	11:00 AM-2:00 PM \$25	105930-03

Fat Alberts (St. Patrick's Day Lunch), Greeley

The menu will feature traditional St. Patrick's Day fare. Corned beef and cabbage, Shephard's Pie, and more! Don't forget their award-winning pie selection.

3/14 Tu	11:00 AM-3:00 PM	\$25	205930-01
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Ted's Sweetwater Grill, Windsor

From Burger's to Fish Taco's, Ted's has something for everyone. Enjoy the fun and relaxing atmosphere while dinning with friends.

4/12 W 11:00 AM-3:00 PM \$25 205930-02

Santeramo's Pizza House, Greeley

Family owned and operated since 1942. Enjoy the very best Italian food and pizza in Greeley.

5/5 F II:00 AM-5:00 PM \$25 205930-03	5/5	F	11:00 AM-3:00 PM \$25	205930-03
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SPECIALTY TRIPS

Individuals are responsible for purchasing their own meals.

National Western Stock Show, Denver ♦

Since 1906, Denver has been home to the world's largest stock how. Enjoy a day at the National Western Stock show and view the livestock on display. The pro rodeo will be included in this trip.

1/20 F 8:30 AM-5:00 PM \$35 105932-04

National Science Foundation Ice Core Facility, Lakewood ◆

This one-of-a-kind facility is the primary repository for ice cores collected by the United States. They curate samples and provide the opportunity for scientists to examine cores without having to travel to remote field sites. Must provide valid US issued identification at door. Dress warmly for the quick trip through the freezer!

2/10	F	8:30 AM-3:00 PM	\$30	105932-05
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The Chocolate Therapist, Littleton

Discover the extraordinary health benefits of chocolate! Hear how chocolate is made from bean to bar, then indulge in a few to purchase. Lunch will be at the Bagel Deli in Littleton.

3/9 Th 9:15 AM-4:00 PM \$30 205932-01

Lucky Three Ranch, Loveland 💻

The beautiful, 127 acre, "Lucky Three Ranch" is a haven for the promotion and preservation of mules and donkeys. Watch an intro film that covers the history of mules and the ranch, then tour the ranch. Lunch will be at Tilted Barrel Brew Pub.

4/19 W 9:00 AM-3:30 PM \$37 205932-02

Botanical Gardens, Denver 🔺

Experience all the Denver Botanic Gardens has to offer. Over three acres of special themed gardens to enjoy including exotic flora, waterfalls and ponds, Japanese bonsai, and alpine rock gardens. Lunch will be at the Gardens.

98	fcgov.com/recreator



PARKS GUIDE









PARKS GUIDE

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

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

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

COMMUNITY PARKS

City Park 1500 W. Mulberry St.



Edora Park 1420 E. Stuart St. Nearby School: Riffenburg Elementary



Fossil Creek Park 5821 S. Lemay Ave.



Lee Martinez Park 600 N. Sherwood St.



Rolland Moore Park 2201 S. Shields St.



Spring Canyon Park 2626 W. Horsetooth Rd. Nearby School: Olander Elementary



Twin Silo Park 5480 Ziegler Rd Nearby School: Fossil Ridge High School



NEIGHBORHOOD PARKS

Avery Park 1101 Castlerock Dr.



Buckingham Park 101 1st St.

Cottonwood Glen Park 3074 S. Overland Trl.



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Crescent Park 2401 Bar Harbor Dr.

Creekside Park 200 Johnson Dr

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Greenbriar Park

730 Willox Ln.

Homestead Park 7045 Avondale Rd.

Iron Horse Park 769 Ouzel Dr.

Landings Park 4351 Boardwalk Dr.

Legacy Park 300 Woodlawn Dr.

Library Park 207 Peterson St. Miramont Park 5138 S. Boardwalk Dr.

Old Fort Collins Heritage Park 112 E. Willow St.



Rabbit Brush Park 1114 Elgin Ct.



Registry Park 6820 Ranger Dr.

Richards Lake Park 2945 Parkside Dr.



Rogers Park 2515 W. Mulberry St.

Soft Gold Park 520 Hickory St.



Spring Park 2100 Matthews St.



Traverse Park Trail Head Neighborhood

Warren Park 1101 E. Horsetooth Rd.



Washington Park 😝 🛞 ᄺ

Waters Way Park 715 Fairbourne Way



SCHOOLSIDE PARKS

Bacon Park

5830 S. Timberline Rd.

Nearby School: Bacon Elementary

Beattie Park 500 W. Swallow Rd. Nearby School: Beattie Elementary

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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

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.

Rossborough Park

1630 Casa Grande Blvd.

Nearby School: Rocky Mountain High School



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

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

Westfield Park 4075 Seneca St. Nearby School: Webber Middle School & Johnson Elementary



Woodwest Park 618 Powderhorn Dr.

Nearby School: Beattie Elementary

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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. 1æ

THINGS TO KNOW

- Please register at least one week prior to the first class. Class cancellations are typically made five days prior to the class start date. If class enrollments are below the minimum requirement, the class may be cancelled or combined with another.
- Registrations cannot be approved by an instructor, coach, or official.

WAITLISTS

- All programs offer waitlists, except enroll by day fitness programs.
- Due to high demand, some programs require paid waitlists. Aquatics, Ice Skating, and Sports programs require paid wait lists. If the participant doesn't make it off the waitlist, they will receive a full refund.

REFUNDS

Unless otherwise noted, the following refund policy applies to all Recreation programs:

- Refund requests must be made before the second class begins (or during the first week of sports practices). For fitness programs, refund requests must be made 24 hours prior to class start time.
- Programs that only meet once may receive a refund no later than one week prior to the scheduled program start date.
- Ticketed events are either non-refundable, or have a date specified as the last day to receive a refund.
- Material fees are non-refundable.
- Refund options include:
- » A full credit to your Recreation household account.
- » Check or credit refund; minus a \$5 service charge per program.
- » For refunds less than \$5, a Recreation household credit is offered.

Note: Trips & Travel and Outdoor Recreation programs have additional cancellation policies. View the specific program description for more information or contact recreation@fcgov.com to learn more about a specific program or trip.

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.

CANCELLATIONS

- Recreation may cancel programs at staff's discretion. If a program is canceled for any reason, you will receive a full refund or credit.
- Recreation staff can assist you in finding another program to meet your needs.

TRANSFERS

- Transfers between programs may occur free of charge, prior to the second meeting of the class on a space-available basis.
- » Note: if the new program costs more than the original program, the participant is responsible for paying the difference; alternatively, if the program costs less than the original program, the participant will be given the difference as a credit on the appropriate Recreation household account.
- If your age, grade level, or ability does not meet the minimum requirements, you will be transferred to a program that better suits your needs.

ADA DISCLOSURE

The City of Fort Collins is committed to providing an equal opportunity for services, programs, and activities and does not discriminate on the basis of mental or physical ability, race, age, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for interpretation and translation assistance, please contact Jeni Kohles, jkohles@fcgov.com.

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations. If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Requests should be made at least two weeks in advance of the program start date. Specialized programs and service information for individuals with disabilities can be found on page 14.

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

PHOTO/VIDEO DISCLAIMER

Photography or video recording is permitted at all City of Fort Collins facilities and events on city-owned property, except where posted otherwise. The City of Fort Collins reserves the right to require a person to leave the premises or cease taking photos or using a video device if city staff finds such behavior to be disruptive. By their use of the City of Fort Collins facilities, participants of programs and special events grant permission to the City of Fort Collins to take photos and videos of themselves and their children for publication in the program brochure, website and additional uses as the city deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on city-owned property must be approved through the City of Fort Collins Communication and Public Involvement Office.



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