Summer 2023

Recreato







DON'T MISS OUT! NEW REGISTRATION DATES AND TIMES! SEE PAGES 2 & 61 FOR DETAILS



Your Hometown Baseball Club Since 1961!

Recreational Baseball games begin: May 22 Intermediate Baseball games begin: May 9 Competitive Baseball games begin: March 25

- Recreational Registration closes at the end of March a few roster spots might be available after that time. *Please contact the FCBC Office to inquire.*
- Intermediate Baseball Tryout/Draft took place in early March. Rosters are complete.
- Competitive Baseball rosters are complete. Email <u>director@fcbcmail.org</u> for information about Fall 2023 and Spring/Summer 2024 teams and tryouts.

Right-priced Lessons and Clinics available.

• Email <u>director@fcbcmail.org</u> (Thad) for information.

FCBC's Summer Collegiate team, Fort Collins Force (now in its 4th decade), will again play all home games (wood bat) at City Park. Visit the FCBC website for details – no admission charge for the most family-friendly high-level summer baseball opportunity in Fort Collins. *Beautiful setting. Easy parking. Good ball. Many memories.*

Thanks to the talented crews and staff of the City of Fort Collins Parks Department and PSD's Facilities Department for working hard to provide beautiful parks where our kids can play ball.

Enjoy the 2023 Season. Play Ball!

www.FortCollinsBaseballClub.org

970.484.3368 | office@fcbcmail.org (Liz)







SEZE YOURSEZE YOURSEZE



MERRELL



Fort Collins • Loveland • Lafayette Broomfield • Cheyenne jaxgoods.com

NO



REGISTRATION DATES & TIMES

In an effort to serve you better, the Recreation Department has made a few updates to the registration dates for the upcoming season.

April 11 at 7 a.m.

Early registration for active participants of 50+ Membership

April 13 at 6 p.m.

Registration for all summer programs

June 22 at 7 a.m.

Registration for fall sports leagues. These programs are designated with R

Anthony Rodriguez and Qwalon "Q" Tabb-Tandy

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MEET THE STAFF

INTRODUCING BRENDA MCDOWELL, ADAPTIVE RECREATION OPPORTUNITIES (ARO) SENIOR COORDINATOR



I was born and raised in Southern California; I got my degree from Long Beach State in Adapted Physical Education as well as my Therapeutic Recreation Specialist Certification. I've been in Fort Collins and working for ARO for the past 14 years, soon to be 15 years in September. I have an amazing husband and son, a dog, cat and 2 guinea pigs. I love to trail run, do yoga, craft, read, and explore new places in my free time.

Tell us about yourself!

What is the most rewarding thing about your job?

Meeting amazing people and creating long lasting relationships, while also seeing participants improve physically, mentally, and emotionally through participating in adaptive sports and programs.

What are you most proud of during your tenure with ARO?

Big picture, I am most proud of my contribution to the continuation of current adaptive programing and services, as well as adding new programs and opportunities for participant involvement within the Fort Collins community. ARO is an amazing and incredibly caring team. The passion for serving others is apparent within each staff member, intern and volunteer. It's been such a privilege to be a part of this team for so long, and to see all the incredible programs and events and their positive impact on others.

What are the ways people can get plugged in with ARO

- Visit our website, fcgov.com/aro
- Fill out an inclusion request form
- ·Look through the ARO section of the Recreator
- Contact me at bmcdowell@fcgov.com We are always looking for volunteers to get involved!

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

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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.





ИО МАТТЕР WHERE YOU EXPLORING MAY TAKE YOU

Fort Collins

SIGN UP TODAY!

FCCONNEXION.COM

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	\$28	\$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.

SINGLE ADMISSION

	(One-time Drop-In Rate)	
Youth	\$5	Varial Data
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	\$7	

THE FARM ADMISSION RATES

	Daily Fee
Under 2 years	No Fee
2 years & older	\$5

DEFINITIONS

Youth: 2–17 years of age

Adult: 18–59 years of age

60+: 60 years & older

Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis–\$7 per child; 6 month basis–\$30 per child; annual basis–\$60 per child.

per visit (guests pay half admission) For more information, visit

PASSHOLDER ACCESS

Passholders are allowed access to the following: open gym, lap and open swim, public skate, 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 aqua and land fitness classes, or when registering for four or more enroll by day 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. Retroactive discounts will not be given. 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 times have changed!

April 11 at 7 a.m.

Early registration for active participants of 50+ Membership

April 13 at 6 p.m. Registration for all summer programs

June 22 at 7 a.m.

Registration for fall sports leagues. These programs are designated with R

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:

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.



Classes in which adults are required to attend AC

NW Denotes no web registration for program

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M Denotes program/activity has special membership pricing 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

May 27 - August 16 M,W, F, Sa, Sun 11 AM - 6 PM T, TH 11-7 PM

Adult fitness swim: M-F 9:30 AM - 11 AM

August 17 – Labor Day M, W, F 9:30 AM - Noon (no slides) M – F 4:30 PM - 7:00 PM Sa, Su 11 AM - 6 PM

After hours rentals: M,W, F, Sa, Sun 6:15 PM - 8:15 PM

Holiday hours: 11 AM – 6 PM (Memorial Day, Juneteenth, Fourth of July, Labor Day)

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 AM - 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

See website for pool hours.

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*.



NO LIMI

by NICK ARMSTRONG, PARKS AND RECREATION ADVISORY BOARD CO-CHAIR

Finding things to do in Fort Collins isn't exactly hard. Everywhere you look, there's a band playing, a restaurant to try, art to find, or a new park to explore.

The Recreation Department raises the bar further through programs, classes, and sports that span all interests, ages, and abilities, most of which can be found in the publication you're reading right now.

How we choose to spend our free time defines who we are. That time spent can open doors to new friendships, skills, and capabilities, which is why everyone in our community must be included in the opportunity to participate in Recreation!

How does a City as large as Fort Collins empower all its families to participate? Through a program called Adaptive Recreation Opportunities (ARO). From the City's website: "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 individuals we serve within their recreation experiences."

How does the City accomplish this? Through a well-resourced team of specialists, including three certified therapeutic recreation specialists and one behavior health specialist capable of resourcing adaptive equipment and programs like wheelchair basketball and adaptive bikes to inclusion support and modifications for learning disabilities and autism spectrum needs. Even adult recreation transition support for young adults graduating from Poudre School District is included in the program. When an individual or family reaches out for ARO services, this team springs into action to holistically provide adaptive programs or inclusion support - not just on a program-by-program basis but for any and all programs the family wishes to participate in. You can make ARO requests online at fcgov.com/aro.

"Having a centralized ARO team available is an essential resource for the families in our community and enables our teams to think about our recreation programs in a more holistically inclusive way.

Rather than each coordinator and each family attempting to overcome the barriers of syncing up needs for each program, we streamline the process through our centralized support. As a result, families only have to fill out one ARO request per season they register and have their needs met for any program, whether that's staff training, additional equipment, or on-site support.

From a centralized team, we can empower individuals of all abilities in our community to recreate without extra barriers. It's better for our families, and it's better for our staff," says Recreation Director LeAnn Williams.

"For the ARO team, Recreation is everything – it defines who you are. Friends share bonds over things they love to do together - and everybody should have access to do the things they love," says Sarah Olear, a member of the Recreation ARO team.

"We love that we can offer specialized programming which brings friends together and provide inclusion support to meet the needs of families throughout our community."



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SPECIAL EVENTS SUMMER 2023

JUNE



WELLNESS EXPO

Tour community resources and opportunities that enrich personal health and wellness.

Age: 18 years & up Location: Fort Collins Senior Center

10:00 AM - 2:00PM No Fee 6/17 Sa

JULY



INDEPENDENCE DAY COMMUNITY CELEBRATION

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

7/4 Т All Day No Fee

SEPT



LIVE INVOLVED

Enrich life with new social connections. Check out all that Northern Colorado has to offer through different hobby and interest groups, volunteerism, social opportunities, activities, and breakout presentations. Note: Lunch available for purchase.

Age: 18 years & up

Location: Fort Collins Senior Center Sa 10:00 AM - 2:00PM

9/9

No Fee

SUMMER CONCERT SERIES

The summer concert series is back! Grab your lawn chair and enjoy music in the backyard of the Fort Collins Senior Center while watching the sunset behind Horsetooth.

All Ages welcome! Kids under 2 years of age are free. Get your tickets at the Fort Collins Senior Center or by calling 970-221-6644.

Location: Fort Collins Senior Center

JUNE 2







Mister Tim

Known for his amazing voice and warm, friendly song delivery, Mister Tim sings great American music: big band, jazz, and swing standards, early rock 'n' roll, plus folk and country standards made famous by the great "crooner" vocalists. Be prepared to sing and dance along to your favorite songs!

6/2	F	6-8:00 PM	\$8	Ticketed Event

Veronica May

Veronica May is a long-time musician who was also a music therapist for 11 years. The combination of expertise makes for a healing, groovy, touching experience. If you like soul, r&b, blues and all other music created from the minds and hearts of our black communities of the past, come see this ladies take.

7/7	F	6-8:00 PM	\$8	Ticketed Event
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Steve Glotzer & Friends

Featuring Steve Glotzer on guitar, Jeff Fournier on bass and Ed Contreras on percussion Performing Latin and jazz tunes from Steve's catalog, mixed with reimagined covers comprising the best of the 60's and 70's: Joni Mitchell, Santana, Jimmy Webb, The Hollies, The Byrds, The Beatles, Curtis Mayfield, Traffic and more.

8/11	F	6-8:00 PM	\$8	Ticketed Event
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Saja Butler

Saja Butler, birthed down South and living in Colorado, brings music with old Southern roots, tones of sultry, breezy hope, and down right sass.

9/1	F	6-8:00 PM	\$8	Ticketed Event

AUGUST



SEPTEMBER





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.

- **R** Denotes alternate registration date
- Classes in which adults are required to attend

W Denotes no web registration for program

M Denotes program/activity has special membership pricing

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, CTRS, 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

Note: Transportation is provided to all programs that state depart from Fort Collins Senior Center.

AQUATICS PROGRAMS

Adaptive swim lessons are not available through ARO this summer. Please refer to aquatics section on page 20 to view group swim lesson opportunities and request inclusion services if needed.Contact Taylor Ingram, CTRS, at (970) 224-6027, tingram@fcgov.com, if interested in scheduling private lessons with one of ARO's Adaptive Swim Instructors.

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ARTS & THEATRE PROGRAMS

Art & Nature

Let the beautiful outdoors inspire your creativity. Each week's art class takes place at an accessible outdoor location in Fort Collins. Afterwards, participants' artwork will be displayed at the Poudre River Public Library in Old Town. Note: Program is a collaboration with the Poudre River Public Library. All materials provided. Class locations will be sent prior to start date. No class on 7/4.

Age: 14 years & up

6/20-7/25	Tu	4:00-5:30 PM	\$52	302524-01

Creative Cartoons

Learn the basics of cartooning in a hands-on class with individual instruction. Open to people of all abilities.

Age: 8 years & up

Location: Fort Collins Senior Center

- / /			+	
6/9-7/14	F	4:30-6:30 PM	\$60	302993-01

EDUCATION PROGRAMS

Managing Behaviors in Transition - NEW

In this class, caregivers will learn how to best support their children in times of transition or in the face of new experiences. Learn more about this new class on page 43.

Adaptive Cooking

Start in the garden then learn how to cook tasty foods and gain positive eating habits. Small groups cook together, set the table, then sit down to sample the finished product.

Age: 16 years & up

Location: Fort Collins Senior Center

Quick Dinners

6/14	W	4:15-6:30 PM	\$24	302401-01	
Loaded N	achos				
6/21	W	4:15-6:30 PM	\$24	302401-02	
BBQ					
7/19	W	4:15-6:30 PM	\$24	302401-03	
Summer Salads					
8/2	W	4:15-6:30 PM	\$24	302401-04	
Garden Cooking					
8/30	W	4:15-6:30 PM	\$24	302401-05	

Adaptive Music

Jam out with friends! Engage in a mix of creative vocal and instrumental music activities facilitated by a Board-Certified Music Therapist. Note: Bring your own instruments or borrow basic rhythm instruments.

Age: 16 years & up

Location: Fort Collins Senior Center

6/8-7/13	Th	6:00-7:00 PM	\$60	302525-01			

ICE PROGRAMS

Adaptive Ice Skating

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

Age: 8 years & up

Location: EPIC

6/7-6/28	W	5:30-6:00 PM	\$45	310356-01
7/12-8/2	W	5:30-6:00 PM	\$45	310356-02

OUTDOOR PROGRAMS

Adaptive Cycling

Meet up to go on a group bike ride along scenic Fort Collins trails. Adaptive cycles available or bring your own. Note: No class on 7/6.

Age: 16 years & up

Location: Fort Collins Senior Center

6/22-8/17	Th	5:30-7:30 PM	\$105	302410-01

Sylvan Dale Trail Ride

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

Age: 16 years & up

Location: De	part from Fe	ort Collins	Senior Center
Locution. DC	puit nomin		

8/5	Sa	10:00 AM-12:45 PM	\$95	302908-01

Hike Rocky Mountain National Park

Explore trails at Rocky Mountain National Park for the day with a group of friends. Take in spectacular views of iconic lakes and mountain peaks. Perfect opportunity to get outdoors, be active, and clear your mind! Note: Bring a lunch to enjoy on the trail.

Age: 16 years & up

Location: Depart from Fort Collins Senior Cent	ter
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8/8 Tu 8:45 AM-5:00 PM	\$50	302910-01
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Bird Watching

Join a Natural Areas volunteer and ARO staff to go birding, and experience various trails around town! Calm your mind, socialize, and expand your knowledge of birds and Natural Areas around the Fort Collins area. It's the perfect way to start the morning!

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

7/11-8/1	Tu	6:30-9:15 AM	\$50	302911-01

Poudre Raft Trip

Travel down the Poudre River on an impressive, six-mile raft trip with the experienced and enthusiastic guides at Rocky Mountain Adventures. Note: Registration deadline is 6/30.

Age: 16 years & up

Location: Rocky Mountain Adventures, 1117 US-287

7/7	F	7:45 AM-12:30 PM	\$96	302938-01
Attendan	t			
7/7	F	7:45 AM-12:30 PM	\$75	302938-1A

Horsetooth Reservoir Hang Out

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

7/21 F 10:00 AM-4:00 PM \$4	42 302408-01
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PARALYMPIC SPORTS

Multisport Day

Travel to Chatfield State Park where Adaptive Adventures will facilitate an afternoon of introduction to adaptive kayaking, rock climbing, and cycling. Dinner provided. Note: This is a Paralympic Sports program specifically designed for individuals with physical disabilities.

Age: All

Location: Depart from Fort Collins Senior Center

6/23	F	1:15-8:30 PM	\$38	302466-01
7/14	F	1:15-8:30 PM	\$38	302466-02
8/18	F	1:15-8:30 PM	\$38	302466-03

TRIPS & TRAVEL

Meow Wolf

Take a trip to Denver to explore Meow Wolf's four-story exhibit of creative, fun, and funky art followed by going out to lunch in the surrounding area. Note: Exhibit ticket included. Bring money for lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

6/16	F	9:00 AM-4:30 PM	\$84	302316-01
Attendant				
6/16	F	9:00 AM-4:30 PM	\$45	302316-1A

Water World

Spend the day enjoying a variety of pools, water slides, and water-based rides at Water World in Denver. Note: Ticket included.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

7/20	Th	9:00 AM-5:00 PM	\$110	302523-01
Attendan	t			
7/20	Th	9:00 AM-5:00 PM	\$50	302523-1A

Rockies Game

Cheer on the Rockies as they take on the Arizona Diamondbacks at Coors Field. Note: Fee includes ticket. Non-refundable after 7/16. If you are interested in attending more Rockies games, visit the trips page on 88.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

8/16	W	10:30 AM-7:00 PM	\$50	302727-01
Attendant				
8/16	W	10:30 AM-7:00 PM	\$12	302727-02

UNIFIED SPORTS

Adult Unified Softball

Coed Unified teams participate in two divisions to play in a summer league. Practices take place during the first two weeks at Beattie Park. The remaining eight weeks will be officiated games at Rolland Moore Park. Each team practices or plays for one hour within the time frame of the program. Registration closes 5/8. Note: No practices/games on 5/29 or 7/3. Game schedules 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
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Baseball for All

Modified techniques and equipment are used to teach the fundamentals of baseball and allow players of all abilities to participate fully. Youth with and without disabilities welcome to form a Unified team! Note: No practice on 7/6.

Age: 8-15 years

Location: Beattie Park

Single Child

6/22-8/3	Th	6:00-7:00 PM	\$35	302956-01
Multiple C	hildren	1		
6/22-8/3	Th	6:00-7:00 PM	\$52	302956-02

Panther Adaptive Cheer & Dance

Experience cheer and dance together as one unified team in an all-abilities program. Additional performance dates throughout the Fort Collins area will be optional. Note: Additional \$20 fee for team t-shirt. No practice 7/4.

Age: 8 years & up

Location: Club Tico

6/6-7/18	Tu	5:50-7:00 PM	\$53	302987-01
7/25-8/29	Tu	5:50-7:00 PM	\$53	302987-02

FITNESS

Spectrum Yoga

Learn modified yoga practices in a supportive environment. Moderately paced, gentle flow yoga designed for, but not limited to, individuals with intellectual and developmental disabilities, sensory integration sensitivity, and those on the autism spectrum. Note: Class will not be held 7/4.

Age: 16 years & up

Location: Fort Collins Senior Center

6/13-7/25	Tu	10:30-11:30 AM	\$38	302982-01

Work Out Partners

Over the course of eight weeks, participants are assigned a Certified Personal Trainer to exercise with for one hour, once per week at a recreation facility. Individual schedules are created amongst the Personal Trainer and client. Note: Class will not be held the week of 7/3.

Age: 16 years & up

Location: TBA

6/19-8/14

302585-01

SOCIAL PROGRAMS

\$280

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.

12:30-1:30 PM \$70 302906-01 6/10-7/8 Sa

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

Red, White, & Blue

6/30	F	6:00-8:00 PM	\$8	302405-01	
Road Trip USA					
7/28	F	6:00-8:00 PM	\$8	302405-02	
70's Night					
8/25	F	6:00-8:00 PM	\$8	302405-03	

Movie Night

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

6/28	W	5:00-9:00 PM	\$17	302403-01
7/26	W	5:00-9:00 PM	\$17	302403-02
8/23	W	5:00-9:00 PM	\$17	302403-03

Restaurant Night

Explore different restaurants in town with good company. Note: Bring enough money for food and tip.

Age: 16 years & up

Location: Fort Collins Senior Center

6/7	W	5:30-8:30 PM	\$17	302406-01
7/12	W	5:30-8:30 PM	\$17	302406-02
8/9	W	5:30-8:30 PM	\$17	302406-03



Some services are offered at no cost and others are offered on a sliding fee scale basis.

Brief

Psychiatry

Call us today! 970-221-3308

Referrals



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.

Drop-In Policy

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass (\$67.50). For more information on admission policies and fees see page 6.

Note: Classes will not be held 5/29, 6/19, and 7/4.

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

Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3.5-4.5 ft.

Location: Fort Collins Senior Center

5/31-9/1 M,W,F 10:00-11:00 AM Daily Drop-In Fee 300400-01

LOW INTENSITY

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, make new friends and exercise in a non-competitive game.

Location: Fort Collins Senior Center

5/30-6/29	Tu,Th	4:00-5:00 PM	\$41	300402-01
7/6-7/27	Tu,Th	4:00-5:00 PM	\$29	300402-02
8/1-8/31	Tu,Th	4:00-5:00 PM	\$41	300402-03

Twinges

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

Location: EPIC

5/31-6/30	M,W,F 7:30-8:30 AM	\$55	300314-01
7/3-7/28	M,W,F 7:30-8:30 AM	\$49	300314-02
7/31-9/1	M,W,F 7:30-8:30 AM	\$61	300314-03
5/31-6/30	M,W,F 8:30-9:30 AM	\$55	300314-04
7/3-7/28	M,W,F 8:30-9:30 AM	\$49	300314-05
7/31-9/1	M,W,F 8:30-9:30 AM	\$61	300314-06

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

5/31-6/30	M,W,F 12:15-1:15 PM	\$55	300416-01
7/3-7/28	M,W,F 12:15-1:15 PM	\$49	300416-02
7/31-9/1	M,W,F 12:15-1:15 PM	\$61	300416-03
5/31-6/30	M,W,F 1:15-2:15 PM	\$55	300416-04
7/3-7/28	M,W,F 1:15-2:15 PM	\$49	300416-05
7/31-9/1	M,W,F 1:15-2:15 PM	\$61	300416-06

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

		-	
5/31-6/30	M,W,F 8:00-9:00 AM	\$55	300412-01
7/3-7/28	M,W,F 8:00-9:00 AM	\$49	300412-02
7/31-9/1	M,W,F 8:00-9:00 AM	\$61	300412-03

MEDIUM INTENSITY

Advanced Water Fitness

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

Location: EPIC

5/31-6/30	W,M,F 7:30-8:30 AM	\$53	300324-01
7/3-7/28	M,W,F 7:30-8:30 AM	\$49	300324-02
7/31-9/1	M,W,F 7:30-8:30 AM	\$61	300324-03
Location: I	Fort Collins Senior Center	r	
5/31-6/30	M,W,F 9:00-10:00 AM	\$53	300424-01

5,51 0,50	1,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Ψ33	300121 01
7/3-7/28	M,W,F 9:00-10:00 AM	\$49	300424-02
7/31-9/1	M,W,F 9:00-10:00 AM	\$61	300424-03

Prenatal

Designed for women, during or after pregnancy. Low and medium impact exercises maintain muscle tone and cardiovascular fitness while the water eases the pressure of pregnancy.

Location: Fort Collins Senior Center

5/30-6/29	Tu,Th	5:00-6:00 PM	\$41	300418-01
7/6-7/27	Tu,Th	5:00-6:00 PM	\$29	300418-02
8/1-8/31	Tu,Th	5:00-6:00 PM	\$41	300418-03

Twist & Shout

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

Location: Fort Collins Senior Center

5/31-6/30	M,W,F 4:00-5:00 PM	\$55	300426-01
7/3-7/28	M,W,F 4:00-5:00 PM	\$49	300426-02
7/31-9/1	M,W,F 4:00-5:00 PM	\$61	300426-03

Aqua Zumba®

Aqua Zumba[®] combines traditional elements of aqua fitness classes, such as jumping jacks and cross-country skiing, with the upbeat, Latin-infused dance moves, and music Zumba[®] fitness is famous for.

Location: Fort Collins Senior Center

6/7-6/28	W	6:00-7:00 PM	\$17	300428-01
7/5-7/26	W	6:00-7:00 PM	\$17	300428-02
8/2-8/30	W	6:00-7:00 PM	\$17	300428-03

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

			•	
5/31-6/30	M,W,F	6:00-7:00 AM	\$55	300422-01
7/3-7/28	M,W,F	6:00-7:00 AM	\$49	300422-02
7/31-9/1	M,W,F	6:00-7:00 AM	\$61	300422-03
5/31-6/30	M,W,F	5:00-6:00 PM	\$55	300422-04
7/3-7/28	M,W,F	5:00-6:00 PM	\$49	300422-05
7/31-9/1	M,W,F	5:00-6:00 PM	\$61	300422-06
5/30-6/29	Tu,Th	8:00-9:00 AM	\$41	300422-07
7/6-7/27	Tu,Th	8:00-9:00 AM	\$29	300422-08
8/1-8/31	Tu,Th	8:00-9:00 AM	\$41	300422-09
5/30-6/29	Tu,Th	9:00-10:00 AM	\$41	300422-10
7/6-7/27	Tu,Th	9:00-10:00 AM	\$29	300422-11
8/1-8/31	Tu,Th	9:00-10:00 AM	\$41	300422-12
5/30-6/29	Tu,Th	10:00-11:00 AM	\$41	300422-13
7/6-7/27	Tu,Th	10:00-11:00 AM	\$29	300422-14
8/1-8/31	Tu,Th	10:00-11:00 AM	\$41	300422-15
5/30-6/29	Tu,Th	6:00-7:00 PM	\$41	300422-16
7/6-7/27	Tu,Th	6:00-7:00 PM	\$29	300422-17
8/1-8/31	Tu,Th	6:00-7:00 PM	\$41	300422-18
5/30-6/29	Tu,Th	7:00-8:00 PM	\$41	300422-19
7/6-7/27	Tu,Th	7:00-8:00 PM	\$29	300422-20
8/1-8/31	Tu,Th	7:00-8:00 PM	\$36	300422-21

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

5/31-6/30	M,W,F 12:15-1:00 PM	\$40	300330-01
7/3-7/28	M,W,F 12:15-1:00 PM	\$37	300330-02
7/31-9/1	M,W,F 12:15-1:00 PM	\$46	300330-03

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.



AQUATICS

Ratios

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

of children Age # of in-water adult supervisors

1-7 years	1		
8-11 years	1		
12 years & up	1		
	8-11 years	8-11 years 1	8-11 years 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 Swimming

Current Open Lap Lane schedules are available online at fcgov. com/recreation. Please see the corresponding facility page for specific schedules. Lap lane schedules are available for EPIC, Mulberry Pool, and Fort Collins Senior Center. Schedules are subject to change. Lane sharing is required during open swim. If three or more swimmers are using a lane, circle swim is required.



ADULT PROGRAMS

Adult programs are held at EPIC unless otherwise noted.

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 seven-hour online course available. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Certification fee included.

Age: 16.5 years & up

7/23	Su	8:00 AM-5:40 PM	\$120.36	301341-01

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Learn skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is seven hours. Class fees will be waived for people who successfully pass the class and work at the City of Fort Collins as a lifeguard for 90 days.

For more information contact Krista Hobbs at 970-221-6335, 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

6/2	F	6:00-9:30 PM	\$326	301340-01
6/3-6/4	Su,Sa	8:00 AM-5:00 PM		
7/7	F	6:00-9:30 PM	\$326	301340-02
7/8-7/9	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

	,	~ •		
6/17	Sa	11:00-12:30 PM	\$36	301352-01
7/15	Sa	11:00-12:30 PM	\$36	301352-02
8/19	Sa	11:00-12:30 PM	\$36	301352-03

Discover Snorkeling

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or personal gear may be worn. Must able to swim at least 25 yards using the front crawl. Note: Children under 8 years of age 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

, (gei 0)		P		
6/17	Sa	11:00-12:30 PM	\$26	301353-01
7/15	Sa	11:00-12:30 PM	\$26	301353-02
8/19	Sa	11:00-12:30 PM	\$26	301353-03

Scuba Challenge

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

Age: 10 years & up

9				
6/14	W	5:30-8:00 PM	\$22	301356-01
6/28	W	5:30-8:00 PM	\$22	301356-02
7/12	W	5:30-8:00 PM	\$22	301356-03
7/26	W	5:30-8:00 PM	\$22	301356-04
8/9	W	5:30-8:00 PM	\$22	301356-05
8/23	W	5:30-8:00 PM	\$22	301356-06

D N U	R	Denotes alternate registration date
Ш	AC	Classes in which adults are required to attend
С Ш	NW	Denotes no web registration for program
		Denotes program/activity has special membership pricing



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

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VISIT US AT: FOCOPARKSFOREVER.ORG

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.

Note: Classes will not be held 6/19 and 7/4.

LEARN TO SWIM LEVELS

BABY & ME

Age: 6 month-3 years

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

PRESCHOOL LEVELS

Age: 3-6 years

Preschool 1

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

Preschool 2

Students will 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, comfortable floating on front and back with support.

YOUTH LEVELS

Age: 5-12 years

Level 1

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

Level 2

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

Level 3

Class designed for the child who can perform five rotary (side) breaths with a kickboard, swim across the pool 25 yards (any stoke), jump into deep/shallow water and move to the side comfortably, and can swim 10 yards elementary backstroke.

Level 4

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

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 swimmer to gain endurance, strength, efficiency, and improve technique.

ADULT LEARN TO SWIM

Age: 18 years & older

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



LEARN TO SWIM CLASS SCHEDULE

ER	Sunday Morn	v Morning Session 1 Session 2 6/4-7/2 7/9-8/6 Sunday Morning		Session 1 6/4-7/2	Session 2 7/9-8/6			
CENT	Class	Fee:	\$43.50	\$43.50	Class	Fee:	\$43.50	\$43.50
巴	Dahu 9 Ma	9:30 AM	301410.41A	301410.42A	Lovel 1	10:05 AM	301422.41A	301422.42A
	Baby & Me	11:15 AM	301410.41B	301410.42B	Level 1	10:40 AM	301422.41B	301422.42B
B	Preschool 1	10:05 AM	301416.41A	301416.42A	Level 2	10:40 AM	301424.41A	301424.42A
Ĭ	Preschool I	11:15 AM	301416.41B	301416.42B	Level Z	11:15 AM	301424.41B	301424.42B
SENIOR	Droschool 2	9:30 AM	301418.41A	301418.42A	Adult	9:30 AM	301438.41A	301438.42A
S	Preschool 2	10:40 AM	301418.41B	301418.42B	Adult	10:05 AM	301438.41B	301438.42B
	Manday Thu			Session 1	Session 2	Sessio	on 1	Session 2
	Monday-Thursday Mornii		igs	6/20-6/29*	7/3-7/13**	7/17-7	/27	7/31-8/10
0	Class		Fee:	\$60.50	\$60.50	\$69.	00	\$69.00
ŏ	Baby & Me	10:10 AM		301110.51A	301110.52A	301110	.53A	301110.54A

Baby & Me	10:10 AM	301110.51A	301110.52A	301110.53A	301110.54A
Preschool 1	9:35 AM	301116.51A	301116.52A	301116.53A	301116.54A
	10:10 AM	301116.51B	301116.52B	301116.53B	301116.54B
Droschool 2	9:00 AM	301118.51A	301118.52A	301118.53A	301118.54A
Preschool 2	9:35 AM	301118.51B	301118.52B	301118.53B	301118.54B
Level 1	9:00 AM	301122.51A	301122.52A	301122.53A	301122.54A
Lever	9:35 AM	301122.51B	301122.52B	301122.53B	301122.54B
Level 2	9:00 AM	301124.51A	301124.52A	301124.53A	301124.54A
Level 2	10:10 AM	301124.51B	301124.52B	301124.53B	301124.54B

*No class on Monday, June 19

**No class on Tuesday, July 4

Monday/We	ednesday	Session 1	Session 2	Monday/Wednesday Evening		Session 1	Session 2
Morning		6/5-7/5*	7/10-8/9			6/5-7/5*	7/10-8/9
Class	Fee:	\$77.50	\$86.00	Class	Fee:	\$77.50	\$86.00
Dahy ⁹ Ma	9:15 AM	301310.11A	301310.12A		4:45 PM	301310.11C	301310.12C
Baby & Me	9:50 AM	301310.11B	301310.12B	Baby & Me	5:20 PM	301310.11D	301310.12D
Dreesheed 1	10:25 AM	301316.11A	301316.12A		5:55 PM	301310.11E	301310.12E
Preschool 1	11:00 AM	301316.11B	301316.12B	Preschool 1	5:20 PM	301316.11C	301316.12C
	9:15 AM	301318.11A	301318.12A	rieschoori	6:30 PM	301316.11D	301316.12D
Preschool 2	11:00 AM	301318.11B	301318.12B	Preschool 2	5:20 PM	301318.11C	301318.12C
	9:50 AM	301322.11A	301322.12A		5:55 PM	301318.11D	301318.12D
Level 1	11:00 AM	301322.11B	301322.12B	Level 1	6:30 PM	301322.11C	301322.12C
Level 2	10:25 AM	301324.11A	301324.12A	Level 2	6:30 PM	301324.11B	301324.12B
Level 3	9:50 AM	301326.11A	301326.12A	Level 3	5:55 PM	301326.11B	301326.12B
Level 4	10:25 AM	301328.11A	301328.12A	Level 4	4:45 PM	301328.11B	301328.12B
Level 5	9:15 AM	301330.11A	301330.12A	Level 5	4:45 PM	301330.11B	301330.12B
	ş 	*No class on Mo	onday, June 19		:	*No class on M	onday, June 19

CITY PARK POOL

EPIC

Tuesday/Thu	ırsday	Session 1	Session 2
Evening		6/6-6/29	7/6-7/27*
Class	Fee:	\$69.00	\$60.50
	4:45PM	301216.21A	301216.22A
Preschool 1	5:20 PM	301216.21B	301216.22B
	5:55 PM	301216.21C	301216.22C
	4:45 PM	301218.21A	301218.22A
Preschool 2	5:55 PM	301218.21B	301218.22B
	6:30 PM	301218.21C	301218.22C
	5:20 PM	301222.21A	301222.22A
Level 1	5:55 PM	301222.21B	301222.22B
	6:30 PM	301222.21C	301222.22C
	4:45 PM	301224.21A	301224.22A
Level 2	5:20 PM	301224.21B	301224.22B
	6:30 PM	301224.21C	301224.22C
Level 3	5:20 PM	301226.21A	301226.22A
	6:30 PM	301226.21B	301226.22B
Level 4	4:45 PM	301228.21A	301228.22A
Level 5	5:55 PM	301230.21A	301230.22A
		*No class or	n Tuesday, July 4
		Cossion 1	Cossion 2
Caturday Ma	rning	Session 1	Session 2
Saturday Mo	rning	6/3-7/1	7/8-7/29
Saturday Mo Class	rning Fee:		
		6/3-7/1	7/8-7/29
Class	Fee:	6/3-7/1 \$43.50	7/8-7/29 \$35.00
	Fee: 9:30 AM	6/3-7/1 \$43.50 301216.31A	7/8-7/29 \$35.00 301216.32A
Class	Fee: 9:30 AM 10:05 AM	6/3-7/1 \$43.50 301216.31A 301216.31B	7/8-7/29 \$35.00 301216.32A 301216.32B
Class	Fee: 9:30 AM 10:05 AM 10:40 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C
Class Preschool 1	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C 301216.31D	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C 301216.32D
Class	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM 9:30 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C 301216.31D 301218.31A	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C 301216.32D 301218.32A
Class Preschool 1	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM 9:30 AM 10:05 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C 301216.31D 301218.31A 301218.31B	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C 301216.32D 301218.32A 301218.32B
Class Preschool 1	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM 9:30 AM 10:05 AM 10:40 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C 301216.31D 301218.31A 301218.31B 301218.31C	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C 301216.32D 301218.32A 301218.32B 301218.32C
Class Preschool 1	Fee: 9:30 AM 10:05 AM 10:40 AM 9:30 AM 10:05 AM 10:05 AM 10:15 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31C 301216.31D 301218.31A 301218.31B 301218.31C 301218.31D	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32C 301218.32D 301218.32B 301218.32C 301218.32D
Class Preschool 1 Preschool 2	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM 9:30 AM 10:05 AM 10:10 AM 11:15 AM 9:30 AM 10:05 AM 10:05 AM 10:05 AM 10:05 AM 10:04 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31D 301216.31D 301218.31A 301218.31B 301218.31C 301218.31D 301222.31A	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32D 301216.32D 301218.32A 301218.32B 301218.32C 301218.32D 301218.32D 301222.32A
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Class Preschool 1 Preschool 2 Level 1	Fee: 9:30 AM 10:05 AM 10:140 AM 11:15 AM 9:30 AM 10:05 AM 10:15 AM 9:30 AM 10:40 AM 10:05 AM 10:05 AM 10:40 AM 9:30 AM 10:05 AM 9:30 AM 10:05 AM 10:05 AM 10:40 AM 10:40 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31D 301216.31D 301218.31A 301218.31B 301218.31D 301218.31D 301222.31A 301222.31A 301222.31B 301222.31C	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32D 301218.32D 301218.32A 301218.32A 301218.32A 301218.32B 301218.32B 301218.32D 301218.32D 30122.32A 301222.32B 301222.32C 301224.32A
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Class Class Preschool 1 Preschool 2 Clevel 1 Clevel 3 Clevel 3	Fee: 9:30 AM 10:05 AM 10:40 AM 11:15 AM 9:30 AM 10:05 AM 10:10 AM 10:10 AM 10:05 AM 10:05 AM 10:40 AM 10:40 AM 9:30 AM 10:05 AM 10:40 AM 10:40 AM 10:40 AM 10:40 AM 10:55 AM 10:40 AM	6/3-7/1 \$43.50 301216.31A 301216.31B 301216.31D 301216.31D 301218.31A 301218.31A 301218.31C 301222.31A 301222.31A 301222.31A 301222.31C 301224.31B 301224.31B 301226.31A 301226.31A	7/8-7/29 \$35.00 301216.32A 301216.32B 301216.32D 301216.32D 301218.32A 301218.32A 301218.32A 301218.32B 301218.32C 301218.32D 30122.32A 30122.32B 301222.32B 301222.32C 301224.32A 301224.32B 301226.32A 301226.32A 301228.32A



Sunday Afternoon		Session 1	Session 2
Sunuay Arte	Sunday Arternoon		7/9-7/30
Class	Fee:	\$43.50	\$35.00
	3:15 PM	301216.41A	301216.42A
Preschool 1	3:50 PM	301216.41B	301216.42B
Pleschool I	4:25 PM	301216.41C	301216.42C
	5:00 PM	301216.41D	301216.42D
	3:15 PM	301218.41A	301218.42A
Preschool 2	4:25 PM	301218.41B	301218.42B
	5:00 PM	301218.41C	301218.42C
	3:15 PM	301222.41A	301222.42A
Level 1	3:50 PM	301222.41B	301222.42B
	5:00 PM	301222.41C	301222.42C
	3:15 PM	301224.41A	301224.42A
Level 2	4:25 PM	301224.41B	301224.42B
	5:00 PM	301224.41C	301224.42C
	3:50 PM	301226.41A	301226.42A
Level 3	4:25 PM	301226.41B	301226.42B
	5:00 PM	301226.41C	301226.42C
Level 4	3:50 PM	301228.41A	301228.42A
Level 5	4:25 PM	301230.41A	301230.42A
A	3:15 PM	301238.41A	301238.42A
Adult	3:50 PM	301238.41B	301238.42B

MULBERRY POOL



ARTS & CRAFTS

ADULT PROGRAMS

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

CRAFT PROGRAMS

Crafternoons - NEW!

Enjoy an afternoon of themed crafting. All supplies provided.

Gard	en	Mar	kers
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6/14	W	1:00-3:00 PM	\$35	303418-01		
Fairy Doo	or					
6/28	W	1:00-3:00 PM	\$35	303418-02		
Seasonal	Seasonal Wood Wreath					
7/12	W	1:00-3:00 PM	\$35	303418-03		
Decoupa	Decoupage a Wood Slice Coaster					
7/26	W	1:00-3:00 PM	\$35	303418-04		
Framed Stick Art						
8/9	W	1:00-3:00 PM	\$35	303418-05		

DRAWING PROGRAMS

Comics Essentials

Whether a beginner or advanced artist, work to hone your skills and personal style through fun drawing lessons and individual time. Bring a pencil and sketch book or tablet if digital art is your preferred choice. Note: No class on 7/4.

Age: 14 years & up

5	•		
6/6-6/22	Tu,Th 4:30-6:30 PM	\$66	303407-01
6/27-7/13	Tu,Th 4:30-5:30 PM	\$55	303407-02
7/18-8/3	Tu,Th 4:30-5:30 PM	\$66	303407-03

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.

DROP-IN PROGRAMS

Participants must check in at the front desk for all 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.

6/1-8/31	Th	1:00-3:00 PM	No Fee	303402-01

Sketching Group

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

6/2-8/25 F 9:30 AM-12:30 PM No Fee 303495-01

FIBER ARTS

Silk Painting

Paint a 7"x54" 100% silk scarf. Two different techniques offered. When complete, scarves are hand washable. All supplies provided. Note: Please bring an apron.

Silk Painting, Technique 1

Choose your colors and paint-free form.

6/22	Th	6:00-8:30 PM	\$70	303468-01
7/20	Th	6:00-8:30 PM	\$70	303468-02

Silk Painting, Technique 2

First, draw on scarf using special Serti Gutta ink, then paint as a watercolor painting. You may draw freehand or use instructor-provided drawings.

7/26-7/27 W,Th 6:00-	8:30 PM \$90	303468-03
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Wool Felting - NEW!

Introduction to the art of wool felting. Participants create flat wool felted pictures and 3D sculptures with different colors of wool. Note: All supplies provided.

6/3-7/1	Sa	11:00 AM-1:00 PM	\$75	303436-01
7/8-8/5	Sa	11:00 AM-1:00 PM	\$75	303436-02
8/12-9/2	Sa	11:00 AM-1:00 PM	\$60	303436-03

GLASS ARTS

Stained Glass, Mosaic

Learn the basics of mosaic construction and create your own mosaic artwork. Take an object like a glass vase, wood plaque, wood cutouts, or frames, and make it beautifully unique with colored glass. No experience necessary. Note: Supply list available at registration; approximate cost is \$20-35.

7/10-7/31 M 1:00-4:00 PM \$65	303433-01
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Stained Glass, Panel

Create a beautiful stained-glass panel with the foil method, and learn techniques for larger projects. Prerequisite: Foiled stained glass skills required. Note: Supply list available at registration; approximate cost of supplies \$55-80.

8/7-8/28	М	1:00-4:00 PM	\$90	303432-01
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INDEPENDENT STUDY

Participants must check in at the front desk for all programs.

Open Studio 🚺

Open studio time for participants to use tools for jewelry, stained glass, and woodworking. A shop attendant is on duty to assist with questions. Note: Production work or work on items for sale is not permitted. Preregistration recommended. 12 participant max. No class on 7/4.

	6/6-8/31	Tu-Th	9:00 AM-Noon	\$8/day	303497-0
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JEWELRY

Cold Connection Metalsmithing

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

6/3-7/1	Sa	2:00-4:00 PM	\$92	303459-01
7/8-8/5	Sa	2:00-4:00 PM	\$92	303459-02
8/12-9/2	Sa	2:00-4:00 PM	\$92	303459-03

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. All supplies provided.

6/6-6/27	Tu	9:30 AM-Noon	\$92	303415-01
7/11-8/1	Tu	9:30 AM-Noon	\$92	303415-02

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 supplies provided.

6/8	Th	9:30-11:30 AM	\$35	303414-01
6/22	Th	9:30-11:30 AM	\$35	303414-02
7/13	Th	9:30-11:30 AM	\$35	303414-03
7/27	Th	9:30-11:30 AM	\$35	303414-04

PAINTING PROGRAMS

Acrylic Painting, Beginner

Learn the basics of acrylic painting, mixing colors, using acrylic mediums to create different effects with paint, how to stretch and gesso canvas and how to create pleasing compositions. Learn painting techniques through short exercises and complete paintings of various compositions.

6/4-7/2	Su	11:00 AM-1:00 PM	\$64	303446-01
7/9-8/6	Su	11:00 AM-1:00 PM	\$64	303446-02
8/13-9/3	Su	11:00 AM-1:00 PM	\$52	303446-03

Watercolor, Beginner & Intermediate

Discuss basic drawing and perspective skills and how to compose an interesting painting. Watercolor techniques such as the controlled use of paint and water, the use of washes, color mixing, and fix issues that may arise during painting. Supplies used for watercolor are discussed. Build on skills through mini watercolor exercises and various composed paintings. Most supplies provided. Recommended at home supplies provided at first class.

6/4-7/2	Su	2:00-4:00 PM	\$64	303480-01
7/9-8/6	Su	2:00-4:00 PM	\$64	303480-02
8/13-9/3	Su	2:00-4:00 PM	\$52	303480-03

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

WOODWORKING

Scroll Saw, Beginner

Scroll saws can be used to make a variety of projects. Participants select their own project and learn techniques of the scroll saw. All skill levels welcome. Tools and wood provided the first week. Some supplies provided. Supply list available first day of class; approximate cost is \$25-40. Note: Must attend first class. Class will not be held on 7/5.

6/14-7/26 W 1:00-3:00 PM \$112 303492-01

Woodcarving, Beginner

Guided studio time for those interested in carving with a knife blade. Tools and wood provided for the first week. Supply list available first day of class; approximate cost is \$25-40. All levels welcome. Note: No class on 7/7.

6/16-7/28 F 1:00-3:00) PM \$112	303493-01
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YOUTH PROGRAMS

DRAWING PROGRAMS

Comics Essentials

Whether a beginner or advanced artist, work to hone your skills and personal style through fun drawing lessons and individual time. Bring pencil and sketch book or tablet if digital art is your preferred choice. Note: No class on 7/4.

Age: 10-13 years

6/6-6/22	 Tu.Th	2:00-4:00 PM	\$66	303407-04
6/27-7/13	- ,	2:00-4:00 PM	\$55	303407-05
7/18-8/3	Tu,Th	2:00-4:00 PM	\$66	303407-06

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All programs are held at the Pottery Studio unless otherwise noted.

Things to Know

- All clay, glazes, slips, stains, and underglazes are provided or available for purchase at the Pottery Studio. Only the clay provided by or purchased from the studio will be fired in the studio's kilns.
- The first 25 lbs. of clay are provided for 10-class sessions of adult classes. Up to 2 additional bags of 25 lbs. of clay can be purchased at the studio for \$24 each.
- Shared tools are not available for most sessions. A basic tool kit can be purchased for \$15 at the Pottery Studio or purchased on your own and brought in. Specialty tools and higher end hand tools are also available for purchase.
- All work must be accomplished at the Pottery Studio. Additionally, production work is not permitted and only work completed in the Pottery Studio can be fired in the kilns.

- Lab time is included in all 10-class sessions of adult classes. Students who have completed an adult 10-class session may register as a lab student. Additional drop-in times are unavailable.
- Pottery Studio rentals including birthday parties are available. Inquiries can be submitted at fcgov.com/recreation.
- Finished pieces should be picked up on designated dates listed below between 11 a.m.-2 p.m. Pieces that are not claimed on these dates are kept for one session after a completed program and are then disposed of.
 - •Spring pick-up date: 4/22
 - •5-week sessions pick-up date: 8/12
 - •Summer pick-up date: 9/16

ADULT PROGRAMS

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

Pottery Lab

Lab time is included for adults 18 years and older, currently enrolled in a 10-class session, and is intended for practicing or finishing work in progress; no additional registration is required for concurrent enrollees. Pottery Sampler, Adult/ Child, or Fort Collins Senior Center class participants must register for the 5-week Session Lab Times. Staff is in attendance; no formal instruction is provided. Lab fees include 12 lbs. of clay. Note: Lab will not be held on 7/4.

Current Participant Open Lab Times

	-	•		
M-Sa	11:00 /	AM-2:00 PM		
T & Th	7:30-1	0:00 PM		
5-week Se	ssions l	_ab Times		
6/5-7/8	M-Sa	11:00 AM-1:00 PM	\$93	304899-01
7/10-8/16	M-Sa	11:00 AM-1:00 PM	\$93	304899-02

Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian. Draw upon inspiration using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. All levels welcome.

6/9-8/11 F 9:00-11:00 AM \$185 304885-01

Exploring Handbuilding

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

Location: Fort Collins Senior Center

6/5-6/26	М	11:30 AM-1:30 PM	\$74	304873-01
6/7-7/5	W	11:30 AM-1:30 PM	\$74	304873-02
7/10-8/7	М	11:30 AM-1:30 PM	\$74	304873-03
7/12-8/9	W	11:30 AM-1:30 PM	\$74	304873-04

FOOTBALL SEASON TICKETS

SEASON TICKETS STARTNG AT \$200

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PROUD PARTNERS J



Handbuilding Expressions

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

6/8-8/10	Th	6:00-8:00 PM	\$185	304875-01

Pottery Sampler

An introduction to handbuilding and wheel-throwing as well as glazing and studio operation. Create and learn beginner techniques of clay. All materials and tools provided. Lab times not included.

6/8-7/6	Th	2:15-4:15 PM	\$74	304870-01
6/9-7/7	F	2:30-4:30 PM	\$74	304870-02
7/13-8/10	Th	2:15-4:15 PM	\$74	304870-03
7/14-8/11	F	2:30-4:30 PM	\$74	304870-04

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques and principals involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. Note: Class will not be held on 7/3.

6/5-8/14	М	9:00-11:00 AM	\$185	304850-01
6/5-8/14	М	5:45-7:45 PM	\$185	304850-02
6/7-8/9	W	8:00-10:00 PM	\$185	304850-03
6/10-8/12	Sa	9:00-11:00 AM	\$185	304850-04

Wheel & Handbuilding, Beginner Plus

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those who wish to hone skills before the intermediate level. Prerequisite: Wheel & Handbuilding Beginner or equivalent. Note: Class will not be held on 7/3.

-				
6/5-8/14	М	8:00-10:00 PM	\$185	304855-01
6/7-8/19	W	5:45-7:45 PM	\$185	304855-02
6/8-8/10	Th	9:00-11:00 AM	\$185	304855-03

Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Wheel & Hand Building, Beginner Plus, or equivalent. Note: Class will not be held on 7/4.

6/6-8/15	Tu	5:30-7:30 PM	\$185	304860-01
6/7-8/9	W	9:00-11:00 AM	\$185	304860-02

FAMILY PROGRAMS

Cost of registrations include one child and required, accompanying adult. Note name of accompanying adult at time of registration. Additional participants (child or adult) require a separate and additional registration. Accompanying adult(s) must be the same for all weeks in a session.

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. All supplies provided.

Age: 7 years & up

5 5				
6/15	Th	6:00-8:00 PM	\$90	304827-01
7/13	Th	6:00-8:00 PM	\$90	304827-02
8/30	W	6:00-8:00 PM	\$90	304827-03
Additiona	l Perso	n(s)		
6/15	Th	6:00-8:00 PM	\$45	304827-01A
7/13	Th	6:00-8:00 PM	\$45	304827-02A
8/30	W	6:00-8:00 PM	\$45	304827-03A

Family Fun Night Out 😣

Have a fun night out 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.

Age: 7 years & up

Frogs				
6/11	Su	4:00-5:30 PM	\$44	304828-01
Winged Ins	sect So	culpture		
6/16	F	7:00-8:30 PM	\$40	304828-02
Cows				
6/25	Su	4:00-5:30 PM	\$44	304828-03
Clay Votive	Hold	er		
6/30	F	7:00-8:30 PM	\$40	304828-04
Dragons				
7/9	Su	4:00-5:30 PM	\$44	304828-05
Fairy Hous	е			
7/14	F	7:00-8:30 PM	\$40	304828-06
Flower Pot	S			
7/23	Su	4:00-5:30 PM	\$44	304828-07
Gnomes &	Gnom	ettes		
7/28	F	7:00-8:30 PM	\$40	304828-08
Gnomes				
8/6	Su	4:00-5:30 PM	\$44	304828-09
Sunflower				
8/11	F	7:00-8:30 PM	\$40	304828-10
Additional	Perso	n(s)		
6/11	Su	4:00-5:30 PM	\$22	304828-01A
6/16	F	7:00-8:30 PM	\$22	304828-02A
6/25	Su	4:00-5:30 PM	\$22	304828-03A
6/30	F	7:00-8:30 PM	\$22	304828-04A
7/9	Su	4:00-5:30 PM	\$22	304828-05A
7/14	F	7:00-8:30 PM	\$22	304828-06A
7/23	Su	4:00-5:30 PM	\$22	304828-07A
7/28	F	7:00-8:30 PM	\$22	304828-08A
8/6	Su	4:00-5:30 PM	\$22	304828-09A
8/11	F	7:00-8:30 PM	\$22	304828-10A

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.

Age: 10-17 years

•	•				
6/9-7/7	F	5:15-6:45 PM	\$137	304845-01	
7/14-8/11	F	5:15-6:45 PM	\$137	304845-02	
Additional Person(s)					
6/9-7/7	F	5:15-6:45 PM	\$69	304845-01A	
7/14-8/11	F	5:15-6:45 PM	\$69	304845-02A	

Parent & Teen Handbuilding & Sculpture 😣

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning a variety of fun and easy handbuilding techniques.

Age: 14 years & up

Location: Fort Collins Senior Center

6/5-6/26	М	2:30-4:00 PM	\$137	304846-01
7/10-8/7	М	2:30-4:00 PM	\$137	304846-02

Parent & Tot Mud, Handbuilding 😣

Children and accompanying adult(s) combine their talents in this unique pottery class. Projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Class will not be held on 7/3.

Age: 3-6 years

5 5				
6/5-7/10	М	2:30-3:30 PM	\$94	304801-01
6/10-7/8	Sa	12:30-1:30 PM	\$94	304801-02
7/17-8/14	М	2:30-3:30 PM	\$94	304801-03
7/15-8/12	Sa	12:30-1:30 PM	\$94	304801-04
Additiona	l Perso	on(s)		
6/5-7/10	М	2:30-3:30 PM	\$45	304801-01A
6/10-7/8	Sa	12:30-1:30 PM	\$45	304801-02A
7/17-8/14	М	2:30-3:30 PM	\$45	304801-03A
7/15-8/12	Sa	12:30-1:30 PM	\$45	304801-04A

Thrown Together 😣

Explore the basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery while learning the basics of wedging, centering, throwing, trimming, surface decorating and glazing. Note: Class will not be held on 7/4.

Age: 7 years & up

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6/6-7/11	Tu	2:30-4:00 PM	\$137	304825-01
6/10-7/8	Sa	2:30-4:00 PM	\$137	304825-02
7/15-8/12	Sa	2:30-4:00 PM	\$137	304825-03
7/18-8/15	Th	2:30-4:00 PM	\$137	304825-04

Denotes alternate registration date

Classes in which adults are required to attend

W Denotes no web registration for program

M Denotes program/activity has special membership pricing

YOUTH PROGRAMS

Child Handbuilding

Create interesting clay projects while learning various methods of forming and glazing clay. New projects introduced each session. Note: Class will not be held on 7/3.

Age: 6-9 years

6/5-7/10	М	4:00-5:30 PM	\$74	304805-01
7/17-8/14	М	4:00-5:30 PM	\$74	304805-02

Youth Wheel & Handbuilding

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

Age: 9-13 years

3	J · · ·			
6/7-7/5	W	2:30-4:00 PM	\$74	304810-01
7/12-8/9	W	2:30-4:00 PM	\$74	304810-02

Teen Wheel & Handbuilding

Learn potter's wheel skills, handbuilding, glazing, and decorating techniques. Note: Class will not be held on 7/4.

Age: 13-17 years

Age. 13 17	ycuis			
6/6-7/11	Tu	4:30-6:30 PM	\$74	304815-01
7/18-8/15	Tu	4:30-6:30 PM	\$74	304815-02



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.



DANCE & MOVEMENT

ADULT PROGRAMS

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

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

6/6-6/27	Tu	7:00-8:00 PM	\$37	306426-01
7/11-8/1	Tu	7:00-8:00 PM	\$37	306426-02
8/8-8/29	Tu	7:00-8:00 PM	\$37	306426-03

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

6/6-6/27	Tu	8:00-9:00 PM	\$37	306427-01
7/11-8/1	Tu	8:00-9:00 PM	\$37	306427-02
8/8-8/29	Tu	8:00-9:00 PM	\$37	306427-03

BALLET

TAUGHT BY SARAH MANNO

Ballet, Beginner

An introduction to classical barre, positions, and steps.

Location: Empire Grange, 2306 W. Mulberry St.

7/11-8/1	Tu	5:30-6:30 PM	\$37	306102-01

Ballet, Continued

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

Location:	Empir	re Grange, 2306 W	. Mulberry St.	
7/10-7/31	М	5:30-6:45 PM	\$38	306103-01

LINE DANCE

TAUGHT BY MARCELLA WELLS AND KATY PIOTROWSKI

Introduction to Line Dance

Heard about Line Dance but have no idea where to start? This class is for you! This beginner class will review basic line dance steps and short sequences to music. The class can be repeated as often as desired.

Location: Fort Collins Senior Center

6/12-6/26	М	6:45-7:45 PM	\$19	306435-01
7/10-7/24	М	6:45-7:45 PM	\$19	306435-02
8/14-8/28	М	6:45-7:45 PM	\$19	306435-03

Line Dance, Learner

Full dances to music are taught and practiced. Prerequisite: At least two sessions of Introduction to Line Dance. No partner needed.

Location: Fort Collins Senior Center

6/5-6/26	М	8:00-9:00 PM	\$37	306436-01
7/3-7/31	М	8:00-9:00 PM	\$46	306436-02
8/7-8/28	М	8:00-9:00 PM	\$37	306436-03
6/6-6/27	Tu	12:30-1:30 PM	\$37	306436-04
7/11-7/25	Tu	12:30-1:30 PM	\$28	306436-05
8/1-8/29	Tu	12:30-1:30 PM	\$46	306436-06

Line Dance, Continued

This improver-level class is designed for the more experienced line dancer who thrives on complex dance steps, sequences, and rhythms.

Location: Fort Collins Senior Center

6/6-6/27	Tu	2:00-3:00 PM	\$37	306437-01
7/11-7/25	Tu	2:00-3:00 PM	\$28	306437-02
8/1-8/29	Tu	2:00-3:00 PM	\$46	306437-03

MODERN DANCE

TAUGHT MY SARAH MANNO

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.

7/10-7/31	М	6:50-7:50 PM	\$37	306156-01

WEST COAST SWING

TAUGHT BY LAURA KOCH

West Coast Swing, Beginner

Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. Dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome.

Location: Fort Collins Senior Center

6/7-6/28	W	7:45-9:00 PM	\$47	306440-01
7/5-7/26	W	7:45-9:00 PM	\$47	306440-02
8/2-8/23	W	7:45-9:00 PM	\$47	306440-03

YOUTH PROGRAMS

Dance Workshops

Discover the world of dance through themed workshops. Dancers learn basic skills in ballet, tap, jazz, and hip hop while engaging in fun, social-emotional activities such as crafts, games, and stories. At the end of the week, dancers participate in a short performance. Note: Bring a snack, water bottle, and lunch.

Age: 6-8 years

Location: Club Tico

Twinkle Toe's

	••			
6/5-6/8	M-Th	10:45 AM-2:15 PM	\$160	321103-01
Disney Dar	nce Day	S		
6/19-6/22	M-Th	10:45 AM-2:15 PM	\$160	321103-02
Age: 8-11 y	ears			
So, You Th	ink You	Can Dance		
7/10-7/13	M-Th	10:45 AM-2:15 PM	\$160	321103-03
Dancing Th	nrough	the Decades		
7/17-7/20	M-Th	10:45 AM-2:15 PM	\$160	321103-04

BALLET, TAP, HIP-HOP, CONTEMPORARY & MORE

Tip Toes & Tutu's 🕰

Discover movement with your child through a structured class to explore dance concepts and gross motor activities. Each week has a different theme which caregivers and children work on together. Caregivers and dancers create a bond through movement and dance. Attire: Barefoot or ballet shoes. Age: 1-2 years

Location: Northside Aztlan Community Center

6/5-6/26	М	9:30-10:00 AM	\$33	321501-01
7/10-7/31	М	9:30-10:00 AM	\$33	321501-02

Tiny Dancers

Children learn pre-ballet and tap while having fun with imagination games and gross motor activities. Each week alternates between tap and ballet. Attire: Tap and ballet shoes required.

Age: 2-3 years

Location: Northside Aztlan Community Center

6/7-6/28	W	9:30-10:15 AM	\$49	321502-01
7/12-8/2	W	9:30-10:15 AM	\$49	321502-02
8/9-8/30	W	9:30-10:15 AM	\$49	321502-03

R Denotes alternate registration date U I S

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

Denotes program/activity has special membership pricing

Нір Нор

This age-appropriate hip hop class introduces students to this funky style based on street dance. This is a high energy class that will get your dancer excited to move while incorporating fun, games, and imagination. Attire: Sneakers required. Note: No class on 7/6.

Age: 3-4 years

Location: Mulberry Pool

6/1-6/22	Th	9:30-10:15 AM	\$49	321503-01
6/29-7/20	Th	9:30-10:15 AM	\$37	321503-02
7/27-8/17	Th	9:30-10:15 AM	\$49	321503-03

Ballet & Jazz

Dancers learn the basics of ballet and jazz along with proper technique with games, and use of imagination. Older dancers learn correct technique and terminology, as well as rhythm and how to put steps together. Attire: Ballet shoes required. Note: No class on 7/7.

Location: Mulberry Pool

Age: 3-4 years

Age. J + J	cuis			
6/2-6/23	F	10:30-11:15 AM	\$49	321102-01
6/30-7/21	F	10:30-11:15 AM	\$37	321102-02
7/28-8/18	F	10:30-11:15 AM	\$49	321102-03
Age: 5-7 y	ears			
6/6-6/27	Tu	4:30-5:30 PM	\$49	321102-04
7/11-8/1	Tu	4:30-5:30 PM	\$37	321102-05
8/8-8/29	Tu	4:30-5:30 PM	\$49	321102-06
Age: 8-10	years			
6/6-6/27	Tu	5:40-6:40 PM	\$49	321102-07
7/11-8/1	Tu	5:40-6:40 PM	\$49	321102-08
8/8-8/29	Tu	5:40-6:40 PM	\$49	321102-09

Ballet & Tap

Dancers learn the basics of ballet and tap along with proper technique while using imagination and games to make class even more fun. Older dancers practice correct technique and learn terminology, as well as rhythm and how to put steps together. Attire: Ballet and tap shoes required. Note: No class on 7/7.

Location: Mulberry Pool

Age: 3-4 years

6/2-6/23	F	9:30-10:15 AM	\$49	321101-01
6/30-7/21	F	9:30-10:15 AM	\$37	321101-02
7/28-8/18	F	9:30-10:15 AM	\$49	321101-03

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.

Ballet & Tap continued

Age: 5	-7 years	5
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6/5-6/26	М	4:30-5:30 PM	\$49	321101-04
7/10-7/31	М	4:30-5:30 PM	\$49	321101-05
8/7-8/28	М	4:30-5:30 PM	\$49	321101-06
Age: 8-10	years			
6/5-6/26	М	5:40-6:40 PM	\$49	321101-07
7/10-7/31	М	5:40-6:40 PM	\$49	321101-08
8/7-8/28	М	5:40-6:40 PM	\$49	321101-09

Ballet & Contemporary

Dancers are welcome in a safe space to express their emotions through powerful and beautiful movement, while learning techniques and terminology along the way. Attire: No shoes required.

Age: 12 years & up

Location: Mulberry Pool

6/7-6/28	W	4:30-5:30 PM	\$65	321551-01	
7/12-7/26	W	4:30-5:30 PM	\$49	321551-02	
8/2-8/16	W	4:30-5:30 PM	\$49	321551-03	

Jazz & Hip Hop

An upbeat class designed for pre-teens and teens to express themselves fully while learning the technique of jazz and hip hop. Attire: Tennis shoes and jazz shoes required.

Age: 12-15 years

Location: Mulberry Pool

6/7-6/28	W	5:40-6:40 PM	\$65	321551-01
7/12-7/26	W	5:40-6:40 PM	\$49	321551-02
8/2-8/16	W	5:40-6:40 PM	\$49	321551-03

Moovin' & Groovin'

Explore the world of movement through story and songs. Each week showcases a different story and theme. Attire: Clothing that allows freedom of movement and no shoes/barefoot.

Age: 4-6 years

Location: Northside Aztlan Community Center

6/3-6/24	Sa	9:30-10:15 AM	\$49	321510-01
7/1-7/22	Sa	9:30-10:15 AM	\$49	321510-02
7/29-8/19	Sa	9:30-10:15 AM	\$49	321510-03
Rising Starz

Share the love of dance throughout the community. Dancers perform in various settings, such as nursing homes, parades, and more. Designed for the devoted dancer who has developed a solid foundation in basic dance skills. All dancers must be concurrently enrolled in another class that incorporates ballet. Schedule for dance performances shared once enrolled in program. Attire: dancers will have to purchase black dance pants and a performance top or accessories; total additional cost under \$30.

Location: Northside Aztlan Community Center

Age: 7-9 years

6/3-6/24	Sa	10:30-11:30 AM	\$49	321510-01
7/1-7/22	Sa	10:30-11:30 AM	\$49	321510-02
7/29-8/19	Sa	10:30-11:30 AM	\$49	321510-03
Age: 10-15	years			
6/3-6/24	Sa	11:45 AM-12:45 PM	\$49	321510-01
7/1-7/22	Sa	11:45 AM-12:45 PM	\$49	321510-02
7/29-8/19	Sa	11:45 AM-12:45 PM	\$49	321510-03

STRUCTURED DANCE, TUMBLING & COMBO CLASSES

Roly Polys

Discover the world of gymnastics with focus on agility, flexibility, strength, and coordination. Practice skills on balance beams, swing bars, parallel bars, and a mini trampoline. Note: No class on 7/4 and 7/5.

Location: Foothills Activity Center

Age: 2 yea	Irs			
6/7-6/21	W	10:30-11:15 AM	\$25	321701-01
6/27-7/18	Tu	11:00-11:45 AM	\$25	321701-02
6/28-7/19	W	10:30-11:15 AM	\$25	321701-03
7/26-8/9	W	10:30-11:15 AM	\$25	321701-04
Age: 3 yea	rs			
6/6-6/20	Tu	11:00-11:45 AM	\$25	321701-05
6/7-6/21	W	9:30-10:15 AM	\$25	321701-06
6/28-7/19	W	9:30-10:15 AM	\$25	321701-07
7/25-8/8	Tu	11:00-11:45 AM	\$25	321701-08
7/26-8/9	W	9:30-10:15 AM	\$25	321701-09



Dancin' Dumplin's

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

Location: Foothills Activity Center

Age: 3-4 years

6/8-6/22	Th	11:00-11:45 AM	\$37	321704-01
6/29-7/20	Th	11:00-11:45 AM	\$49	321704-02
Age: 5-7 ye	ears			
6/8-6/29	Th	4:30-5:30 PM	\$49	321704-03
7/6-7/20	Th	4:30-5:30 PM	\$37	321704-04

Tappin' Dumplin's

Introduction to basic tap techniques and rhythms while building motor, social, and memory skills. Attire: Leotard and tights, or t-shirt and shorts.

Age: 3-4 years

7/27-8/10	Th	11:00-11:45 AM	\$37	321704-03

INCLUSION SUPPORT

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



Tumble Bumbles

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

Location: Foothills Activity Center

Age: 4-5 y	ears			
6/6-6/27	Tu	4:30-5:30 PM	\$65	321702-01
7/11-8/8	Tu	4:30-5:30 PM	\$81	321702-02
Age: 5-6 y	ears			
6/6-6/27	Tu	6:00-7:00 PM	\$65	321702-03
7/11-8/8	Tu	6:00-7:00 PM	\$81	321702-04
Age: 6-7 y	ears			
6/7-6/28	W	4:30-5:30 PM	\$65	321702-05
7/12-8/9	W	4:30-5:30 PM	\$65	321702-06

Tappin' & Tumbling

Class time is split between learning tap techniques and rhythms and learning basic gymnastics and rotations.

Age: 5-7 years

Location: Foothills Activity Center

7/27-8/10	Th 4:30-5	5:30 PM \$4	9 321706-01
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Jazz Dance Gymnastics

Class time is split between learning jazz techniques and rhythms followed by basic gymnastics skills and rotations.

Age: 8-9 years

Location: Foothills Activity Center

7/27-8/10	Th	6:00-7:15 PM	\$73	321705-01

Just Dance

Learn ballet, jazz, and gymnastics skills and engage in highenergy and fun social interactions.

Age: 8-9 years

Location: Foothills Activity Center

6/8-6/29	Th	6:00-7:15 PM	\$73	321716-01
7/6-7/20	Th	6:00-7:15 PM	\$91	321716-02

Just Tumbling

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

Age: 8-9 years

Location: Foothills Activity Center

6/7-6/28	W	6:00-7:15 PM	\$73	321703-01
7/12-8/9	W	6:00-7:15 PM	\$91	321703-02



DAY CAMPS

Summer Camp program registration began in January 2023. Limited spaces may be available.

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

Questions?

Learn more at fcgov.com/recreation/youth-programs or call 970-221-6256.

SUMMER DAY CAMPS

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 AM - 5:30 PM during dates listed, unless otherwise noted. 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.

Due to construction for facility improvements at the 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 included in weekly camp itineraries.

LOCATIONS

Northside Aztlan Community Center Foothills Activity Center

CAMP GROUPS & AGES

Marmot: 5-6 years Red Fox I: 6-8 years Big Horn: 9-11 years

CAMP SCHEDULE AND THEMES

- Week 1: Welcome to Camp | May 31-June 2 (Weds-Fri; Northside Aztlan location only) Week 2: Outer Space | June 5-9 Week 3: Color & Magic | June 12-16
- Week 4: Dino-Topia | June 19-23
- 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 location only)

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. Age: 12-15 years

Location: Northside Aztlan Community Center

CAMP SCHEDULE AND THEMES

Week 1: Creative Studios | June 5-9 Week 2: My Town | June 12-16 Week 3: Cooking Around the World | June 19-23 Week 4: Healthy Habits | June 26-30 Week 5: Water Days | July 10-14 Week 6: Camp Kindness | July 17-21 Week 7: Tinker Workshop | July 24-28 Week 8: Colorado Adventures | July 31-August 4

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

LEGO Camps

Let your imagination run wild with thousands of LEGO parts. Age: 5-7 years

Location: EPIC

Adventures in STEM				
6/5-6/9	M-F	9:00 AM-Noon	\$196	315370-03
7/31-8/4	M-F	9:00 AM-Noon	\$196	315370-15
Video Gam	es Unp	olugged		
6/12-6/16	M-F	9:00 AM-Noon	\$196	315370-05
Mickey's Fa	irytale	Adventures		
6/19-6/23	M-F	9:00 AM-Noon	\$196	315370-07
Mandaloria	n Train	ing		
6/26-6/30	M-F	9:00 AM-Noon	\$196	315370-09
Pokémon E	inginee	ering		
7/10-7/14	M-F	9:00 AM-Noon	\$196	315370-11
Minecraft E	nginee	ering		
7/17-7/21	M-F	9:00 AM-Noon	\$196	315270-13
Animal Adv	/enture	es		
7/24-7/28	M-F	9:00 AM-Noon	\$196	315370-01
Age: 8-11 years				
STEM Explo	oration	S		
6/5-6/9	M-F	1:00-4:00 PM	\$196	315370-04

Join in the Community Celebration! Details at **fcgov.com/july4th**

INDEPENDENCE DAY





23-24836 | Auxiliary aids and services are available for persons with disabilities.

Lego Camps continued

Level Up Gaming

Level op o	annig			
6/12-6/16	M-F	1:00-4:00 PM	\$196	315370-06
MARVELou	ıs Engi	neering		
6/19-6/23	M-F	1:00-4:00 PM	\$196	315370-08
Mandeloria	an Miss	ions		
6/26-6/30	M-F	1:00-4:00 PM	\$196	315370-10
Pokémon N	Aission	S		
7/10-7/14	M-F	1:00-4:00 PM	\$196	315370-12
Minecraft E	Ingine	ering		
7/17-7/21	M-F	1:00-4:00 PM	\$196	315370-14
Wizarding	World	of Engineering		
7/24-7/28	M-F	1:00-4:00 PM	\$196	315370-02
STEM Explo	oration	s of Engineering		
7/31-8/4	M-F	1:00-4:00 PM	\$196	315370-16

Bike Camp for Teens

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

Age: 12-15 years

Location: Rolland Moore Park

7/31-8/4	M-F	9:00 AM-3:00 PM	\$220	315973-01

Ultimate Babysitting Bootcamp

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

Age: 11-16 years

Location: Fort Collins Senior Center

6/5	М	9:00 AM-3:00 PM	\$85	315275-01
6/12	М	9:00 AM-3:00 PM	\$85	315275-02
6/19	М	9:00 AM-3:00 PM	\$85	315275-03
6/26	М	9:00 AM-3:00 PM	\$85	315275-04
7/10	М	9:00 AM-3:00 PM	\$85	315275-05
7/17	М	9:00 AM-3:00 PM	\$85	315275-06
7/24	М	9:00 AM-3:00 PM	\$85	315275-07
8/7	М	9:00 AM-3:00 PM	\$85	315275-08

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 Wook 1. All about Mo

week	I: All	about	Me	
5/31-6			7:30 AM-12:30 PM	
		W-F		
			ny/Space	
6/5-6,			7:30 AM-12:30 PM	
			12:30-5:30 PM	
			the Rainbow	
			7:30 AM-12:30 PM	
'		M-F		
		nosaurs		
			7:30 AM-12:30 PM	
		Tu-F	12:30-5:30 PM	
			row Up/Community Workers	
		M-F		
		M-F	12:30-5:30 PM	
Week		5		
7/10-7			7:30 AM-12:30 PM	
•		M-F	12:30-5:30 PM	
		efs/Co	oking	
7/17-7/	/21	M-F	7:30 AM-12:30 PM	
7/17-7/		M-F	12:30-5:30 PM	
Week	8: Fa	milies		
7/24-7	//28	M-F	7:30 AM-12:30 PM	
7/24-7		M-F	12:30-5:30 PM	
Week 9: Science				
7/31-8		M-F	7:30 AM-12:30 PM	
7/31-8		M-F	12:30-5:30 PM	
Week 10: Storytelling				
8/7-8/		M-F	7:30 AM-12:30 PM	
8/7-8/	/11	M-F	12:30-5:30 PM	

R Denotes alternate registration date U I S AC

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



EARLY LEARNING

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

Children enrolled in classes without an accompanying, responsible adult should be fully toilet trained. Children not yet 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.

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 970-221-6256.

FUNTIME PRESCHOOL PROGRAM

Funtime Preschool Program is a quality-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 October and opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year. Note: No classes on 9/4, 10/19, 10/20, 11/20-11/24.

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's payment. Tuition prorated for mid-session enrollments. Note: Registration for Fall 2023 began in May 2023. 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.

Summer Funtime Preschool and Pre-K program registration began in January 2023. Limited spaces may be available.

FALL FUNTIME PRESCHOOL & PRE-K

Funtime for Preschoolers

A play-based, child-directed, and teacher guided approach encourages self-regulation, critical thinking, and problemsolving skills. Must turn 3 years of age by 10/1/23 and cannot begin this program until the child turns 3. Monthly tuition payments are \$131.75.

Age: 3-4 years

9/5-12/15 1u,1h 9:00 AM-Noon \$52/ 41/501-0	9/5-12/15 Tu,Th 9:00 AM-Noon \$527	417501-01
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Funtime Pre-K

A comprehensive Kindergarten-readiness curriculum includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. Must turn 4 by 10/1/2023. Monthly tuition payments are \$180.50. An optional Lunch Bunch program is available for both morning and afternoon session participants and meets from noon-1p.m.; \$6/day sign-ups provided after Pre-K program enrollment.

Age: 4-5 year	ſS
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Age. 4 5 Jeans					
9/6-12/15	M,W,F 9:00 AM-Noon	\$722	417500-01		
9/6-12/15	M,W,F 1:00-4:00 PM	\$722	417500-02		

MAKE A SPLASH THIS SUMMER AT CITY PARK POOL



EXTENDED SUMMER HOURS

SWIM LESSONS

POOL PARTIES

TWILIGHT SWIM



fcgov.com/cityparkpool



EDUCATION

It's never too late to learn something new! Education programs are taught by experts with many 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 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 and older, unless otherwise noted. Prior to the first class, please send any allergies or concerns to Lisa Freeman at Ifreeman@fcgov.com.

TAUGHT BY SAPNA VON REICH

Super Summer Bowls

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

6/8	Th	6:00-8:30 PM	\$55	307423-01
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Savory Chutneys

A chutney is a sauce or dip added to create a burst of flavor to other dishes. Learn our favorite versions to enhance your meals. Menu: peanut chutney, beet chutney, onion chutney, red pepper chutney, carrot chutney, and lentil pancakes.

6/12	М	6:00-8:30 PM	\$55	307420-01

Falafel Fiesta

Learn how to make healthier, tastier falafels! Use in pita pockets or wholesome falafel bowls. Menu: baked falafel crumbles, tzatziki, tahini sauce, harissa chili sauce and tabbouleh.

6/27	Tu	6:00-8:30 PM	\$55	307421-01

Plant-Based Cheese & Yogurt

Whether lactose-intolerant, fighting high cholesterol, or seeking healthful plant- based alternatives to cheese and yogurt, learn how to make homemade dairy-free cheese and yogurt from scratch. Menu: almond feta, parmesan, cashew cream cheese, nacho cheese, cashew yogurt (mango) lassi.

 7/6
 Th
 6:00-8:30 PM
 \$55
 307424-01

Samosa Many Ways

Samosas are quintessential Indian snacks, which are traditionally deep fried. Learn to create samosas without oil, and enjoy a guilt-free Indian snack. Menu: samosa burgers, samosa collard wraps, samosa pockets with tamarind chutney, cilantro chutney and chai.

7/18	Tu	6:00-8:30 PM	\$55	307422-01

Magical Mystery Kebabs

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

8/28 M 6:00-8:30 PM \$55	307425-01
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TAUGHT BY SIM SUINN

Easy Pad Thai

Learn to cook Pad Thai, green mango salad, Thai coconut Jell-O, and Thai iced tea.

Age: 16 years & up

6/6	Tu	5:30-6:30 PM	\$55	307426-01
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Thai Street Food

Learn to cook Pla Rad Prik - crispy fried fish with chili tamarind sauce, Tom Kha soup with coconut milk, and stir fry mixed vegetables with oyster sauce.

Age: 16 years & up

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7/11		Tu	5:00-6:30 PM	\$55	307427-01

Quick Thai Dinner

A 1C 0

Learn to cook stir-fried basil with fried egg, pineapple curry with shrimp, and stir-fried sugar snap peas with shrimp.

Age: 16 years & up						
8/1	Tu	6:00-8:15 PM	\$55	307428-01		

DOG TRAINING PROGRAMS

Reliable Recall & Leash Walking

Dogs learn to come when called and walk on a loose leash throughout Fort Collins parks and in town. Distractions and challenges will gradually increase to ensure dog's mastery of these skills. Bring plenty of food rewards and a six-foot leash. Note: Instructor contacts participants prior to class with location.

Location: TBA

7/11-8/8	Tu	6:30-7:30 PM	\$100	307451-01

FAMILY PROGRAMS

Beginning Genealogy

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 FamilySearch.com. Large, touch screen computers available or use your own device.

Location: Class located at 600 E. Swallow Street. Use north most entrance on the west side of building.

Age: 15 years & up

6/1-6/29	Th	4:30-5:30 PM	\$6	307413-01
7/6-7/27	Th	4:30-5:30 PM	\$6	307413-02
8/3-8/24	Th	4:30-5:30 PM	\$6	307413-03

College Admissions

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

Age: 16 years & up

College Admissions, Beginner						
8/24	Th	6:00-8:00 PM	\$25	307444-01		
College A	dmissic	ons, Advanced				

8/31	Th	6:00-8:00 PM	\$25	307444-02
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Grandparents & Kids Together

There is something special about the bond between grandparents and their grandkids! Join us for these series of classes and create precious memories. Enjoy arts and crafts, story time, and meet new friends. Each session has a special guest. Price is for one adult and one child. All adult/child duos welcome.

Age: 2 years & up

<u> </u>	3			
6/16	F	10:00 AM-Noon	\$40	307418-01
7/14	F	10:00 AM-Noon	\$40	307418-02
8/11	F	10:00 AM-Noon	\$40	307418-03

Managing Behaviors in Transition - NEW!

Times of transition can be difficult for children--and for their caregivers. In this class, caregivers will learn how to best support their children in times of transition or in the face of new experiences. Participants will receive resources for use at home. Childcare provided upon request.

Age: 16 years & up

Location: Foothills Activity Center

8/1	Tu	6:00-7:00 PM	No Fee	307501-01



Centennial Children's Chorus Summer Choral Festival

is a choir camp for youth entering grades 3 through 7 who love to sing. For more information and to register go to ccchome.org.

GENERAL INTEREST PROGRAMS

Detecting & Preventing Scams & Frauds – NEW!

Designed for older adults and caretakers of older adults to detect and identify scams and frauds, and to raise awareness to help prevent victimization. Class format will consist of discussion, listening to specific cases, followed by a questionand-answer period. Instructor will guide participants on how to listen to the AARP podcast, and where to find assistance/ resources for various devices. All ages welcome.

Age: 18 years & up

- 1				***	
Identifying	Suspiciou	s Emails	and	Telephone Calls	

6/20	Tu	10:00-11:00 AM	\$20	307405-01			
Protecting a Friend or Relative							
7/18	Tu	10:00-11:00 AM	\$20	307405-02			
Basic Computer & Smart Phone Scams Explained							
8/15	Tu	10:00-11:00AM	\$20	307405-03			

Reverse Mortgage ABCs: Facts & Myths - NEW!

Learn the pros and cons of reverse mortgages and how to separate the facts from the sales tactics. Taught by an experienced local professional. Instructor will stay after class to answer questions.

Age: 18 years & up

6/8	Th	10:00-11:00 AM	\$6	307486-01
7/13	Th	10:00-11:00 AM	\$6	307486-02
8/10	Th	10:00-11:00 AM	\$6	307486-03

TRANSPORTATION PROGRAMS

Basic Bicycle Maintenance

This intro to bicycle maintenance class covers the following topics: basic bicycle anatomy, fix a flat, quick and easy drivetrain maintenance. Students can bring their own bike or learn on a demo bike. Bike maps, bike lights, reflective stickers, tire levers, and a patch kit provided.

6/15	Th	1:00-2:30 PM	No Fee	307485-01
8/10	Th	1:00-2:30 PM	No Fee	307485-02

Bicycle Friendly Driver

Drivers learn the best and safest ways to share the road with people on bicycles.

7/13	Th	1:00-2:30 PM	No Fee	307484-01
8/10	Th	1:00-2:30 PM	No Fee	307485-02

Transfort Travel Training

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

Location: Virtual

6/8	Th	10:00 AM-Noon	No Fee	307483-01
7/13	Th	10:00 AM-Noon	No Fee	307483-02
8/10	Th	10:00 AM-Noon	No Fee	307483-03

NATURAL AREAS EXPLORER

Your Guide to Free Natural Areas Activities June-October 2023

LOOK FOR THE NEXT ISSUE IN MAY!

fcgov.com/naturalareas



FARM

All classes in The Farm section take place at The Farm unless otherwise noted.

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 his/ her name listed at The Farm.

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.

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	

FAMILY PROGRAMS

Farm Camp Out 😣

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

Age: All

6/16-6/17 F,Sa 6:30 PM-9:00 AM \$66 308628-01

Milk & Cookies Storytelling 😣

The barnyard is a great setting to enjoy stories, sipping milk, and eating a cookie with the animals. Note: Admission to The Farm required.

Age: All

6/23	F	10:30-11:00 AM	No Fee	
7/14	F	10:30-11:00 AM	No Fee	
8/4	F	10:30-11:00 AM	No Fee	

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

YOUTH PROGRAMS

Li'l Dumplin' Farmers 😣

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

Age: 2 years

6/5-6/19	М	11:00 AM-Noon	\$40	308609-01
6/5-6/19	М	11:15 AM-12:15 PM	\$40	308609-02
6/26-7/10	М	11:00 AM-Noon	\$40	308609-03
6/26-7/10	М	11:15 AM-12:15 PM	\$40	308609-04
7/17-7/31	М	11:00 AM-Noon	\$40	308609-05
7/17-7/31	М	11:15 AM-12:15 PM	\$40	308609-06

Little Peepers

Explore the barnyard, gather eggs, milk a cow or goat, and enjoy stories in the hayloft.

Age: 3 years

• •				
6/5-6/19	М	9:00-10:00 AM	\$36	308610-01
6/5-6/19	М	9:15-10:15 AM	\$36	308610-02
6/26-7/10	М	9:00-10:00 AM	\$36	308610-03
6/26-7/10	М	9:15-10:15 AM	\$36	308610-04
7/17-7/31	М	9:00-10:00 AM	\$36	308610-05
7/17-7/31	М	9:15-10:15 AM	\$36	308610-06

Pullet Surprise

"Farmers" learn about the animals as they help take care of them. Gather eggs, milk the cow, create crafts, enjoy stories, and go on a hayride.

Age: 3 years

5/30 - 6/2	Tu-F	9:00-10:00 AM	\$41	308611-01
7/3-7/7	M,W-F	9:00-10:00 AM	\$41	308611-02
8/1 - 8/4	Tu-F	9:00-10:00 AM	\$41	308611-03

Pony Riding Lessons 😣

Round 'em up and bring those cowpokes to The Farm where both you and your child 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 close toed shoes.

Age: 3-5 years

• •				
6/5-6/8	M-Th	5:30-6:30 PM	\$70	308614-01
6/12-6/15	M-Th	5:30-6:30 PM	\$70	308614-02
7/25-7/28	Tu-F	9:00-10:00 AM	\$70	308614-03
7/30-8/20	Su	10:45-11:45 AM	\$70	308614-06
Age: 6-7 ye	ears			
7/25-7/28	Tu-F	10:15-11:15 AM	\$70	308614-04
8/1-8/4	Tu-F	10:00-11:00 AM	\$70	308614-05

Pee Wee Farmers

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

Age: 4-5 ye	ars			
5/30-6/2	Tu-F	1:00-2:30 PM	\$56	308606-01
5/30-6/2	Tu-F	1:00-2:30 PM	\$56	308606-02
6/6-6/9	Tu-F	1:00-2:30 PM	\$56	308606-03
6/6-6/9	Tu-F	1:00-2:30 PM	\$56	308606-04
6/13-6/16	Tu-F	1:00-2:30 PM	\$56	308606-05
6/13-6/16	Tu-F	1:00-2:30 PM	\$56	308606-06
7/18- 7/21	Tu-F	1:00 - 2:30 PM	\$56	308606-07
7/18-7/21	Tu-F	1:00 - 2:30 PM	\$56	308606-08
6/20-6/23	Tu-F	1:00-2:30 PM	\$56	308606-09
6/20 - 6/23	Tu-F	1:00-2:30 PM	\$56	308606-10
7/3-7/7	M,W-F	8:30-10:00 AM	\$56	308606-11
7/3-7/7	M,W-F	10:30 AM-Noon	\$56	308606-12
7/3-7/7	M,W-F	10:30 AM-Noon	\$56	308606-13
7/3-7/7	M,W-F	1:00-2:30 PM	\$56	308606-14
7/3-7/7	M,W-F	1:00-2:30 PM	\$56	308606-15
7/11-7/14	Tu-F	1:00-2:30 PM	\$56	308606-16
7/11-7/14	Tu-F	1:00-2:30 PM	\$56	308606-17

Green Thumbs

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

Age: 4-6 years					
8/1-8/4	Tu-F	10:30-11:30 AM	\$46	308603 01	

Pony Experience

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

Age: 6-7 years

5				
6/5-6/8	M-Th	9:30-11:30 AM	\$116	308625-01
6/12-6/15	M-Th	9:30-11:30 AM	\$116	308625-02

Barnyard Experience

Designed for the kids who only have a little bit of time to experience life on a farm. Explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride.

Age: 6-10 years

Tu	9:00-11:00 AM	\$25	308632-01
W	9:00-11:00 AM	\$25	308632-02
W	9:00-11:00 AM	\$25	308632-03
Th	9:00-11:00 AM	\$25	308632-04
	W	W 9:00-11:00 AM W 9:00-11:00 AM	W 9:00-11:00 AM \$25 W 9:00-11:00 AM \$25



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 and older, unless otherwise noted.

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

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years or 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 – ENROLL BY DAY

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, plus the \$1 recreation reserve fee.

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.

Fitness classes will require a minimum number of six participants registered for the day to avoid cancellation. Participants may cancel their registration for one or more days if it is done no later than 24 hours prior to the start of class. Recreation's refund policy will apply.

Equipment needed for class is provided. Participants are welcome and encouraged to bring their own if they can.

PERSONAL TRAINING

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

30 Minute Session Packages

PT Single	1	\$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

Small Group Training Packages (2-4 people, 1-hour 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.

FITNESS SCHEDULE

FACILITIES/LOCATIONS

FORT COLLINS SENIOR CENTER 1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER 241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER 112 E. Willow Street

CLUB TICO 1599 City Park Drive

THE FARM AT LEE MARTINEZ PARK 600 N. Sherwood

CITY PARK 500 W. Mulberry Street

FITNESS CLASS SCHEDULE KEY

Title of Class Begin & End Time | Activity Number

Session-based class. Not available for drop-in as classes build from one class to the next. See page 50 For dates & prices.

Fitness classes for the Summer Recreator are offered from June 1 to August 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 | 309424-01

Chair Pilates 11 AM-12 PM | 309403-01

Yoga, Advanced Beginner 3:15-4:15 PM | 309413-01

Yoga, Advanced Beginner 4:30-5:30 PM | 309413-02 **Zumba**

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

FOOTHILLS ACTIVITY CENTER

Family Zumba (S) 11:00-11:45 AM | 309700-01

Hatha Flow Yoga 2:30-3:30 PM | 309707-01

Core Performance 5:30-6:30 PM | 309701-01

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 309523-01

CrossTrain 12-1 PM | 309502-02

Slow Flow Hatha Yoga 4-5 PM | 309520-01

Vinyasa Flow Yoga 5:15-6:15 PM | 309521-01

Spin & Tone 5:30-6:30 PM | 309503-01

CLUB TICO

Zumba 9-10 AM | 309112-01

Tuesday

FORT COLLINS SENIOR CENTER Boomer Blast

8-9 AM | 309414-01

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

Classic SilverSneakers 10:30-11:15 AM | 309423-01

Yoga SilverSneakers 11:30am-12:15 PM | 309427-01

T'ai Chi Chih Beginner I 12:30-1:45 PM | 309431

T'ai Chi Chih Beginner II 2-3:15 PM | 309431

Yoga, Beginner 2:45-3:45 PM | 309412-01

Yoga, Advanced Beginner 4-5 PM | 309413-03

Zumba 4:20-5:10 PM | 309404-03

Yoga, Beginner 5:15-6:15 PM | 309412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 309702-01

Hatha Flow Yoga 12-1 PM | 309707-02

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

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation 9-10 AM | 309522-01

Pilates Fusion 12-1 PM | 309505-01

Slow Flow Hatha Yoga 5-6 PM | 309520-02

TRX Body Blast 5:30-6:30 PM | 309511-01

THE FARM AT LEE MARTINEZ PARK Cardio Fit @ the Farm

6:30-7:15 AM | 309600-01

CITY PARK

Vinyasa Flow Yoga @ City Park (S) 9:00-10:00 AM | 309065-01

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 | 309405-01

Zumba Gold 9-9:45 AM | 309430-01

Men - Loosen Up! 9-9:45 AM | 309405-02

Circuit SilverSneakers 10-10:45 AM | 309424-01

T'ai Chi Chih Advanced 10-11:15 AM | 309433-01

Chair Yoga 11-11:45 AM | 309410-01

T'ai Chi Chih Intermediate 11:30 AM-12:45 PM | 309432-01

Yoga, Beginner 12-1 PM | 309412-03

Pilates Mat, Beginner/Intermediate 3-4 PM | 309402-01

Yoga, Advanced Beginner 3:15-4:15 PM | 309413-01

Yoga, Advanced Beginner 4:30-5:30 PM | 309413-02

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

FOOTHILLS ACTIVITY CENTER

 Family Zumba S

 11:00-11:45 AM | 309700-01

Hatha Flow Yoga 2:30-3:30 PM | 309707-01

Core Performance 5:30-6:30 PM | 309701-01

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 309523-01

CrossTrain 12-1 PM | 309502-02

Slow Flow Hatha Yoga 4-5 PM | 309520-01

Spin & Tone 5:30-6:30 PM | 309503-01

Zumba 5:30-6:30 PM | 309512-01

CLUB TICO Zumba 9-10 AM | 309112-01

Thursday

FORT COLLINS SENIOR CENTER

Boomer Blast 8-9 AM | 309414-01

Men - Loosen Up! 8-8:45 AM | 309405-03

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

Classic SilverSneakers 10:30-11:15 AM | 309423-01

Yoga SilverSneakers 11:30am-12:15 PM | 309427-01

Focus on Balance 1:30-2:30 PM | 309415-01

Yoga, Beginner 2:45-3:45 PM | 309412-01

Swiss Theraball 3-4 PM | 309416-01

Yoga, Beginner 5:15-6:15 PM | 309412-02

Zumba 5:30-6:30 PM | 309404-04

FOOTHILLS ACTIVITY CENTER

Zumba 7-7:45 AM | 309705-01 Pilates Fusion

9-10 AM | 309702-01

Slow Flow Hatha Yoga 5:30-6:30 PM | 309708-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation 9-10 AM | 309522-01

Pilates Fusion 12-1 PM | 309505-01

Slow Flow Hatha Yoga 5-6 PM | 309520-02

TRX Body Blast 5:30-6:30 PM | 309511-01

THE FARM AT LEE MARTINEZ PARK

Cardio Fit @ the Farm 6:30-7:15 AM | 309600-01

CITY PARK Vinyasa Flow Yoga @ City Park S 9:00-10:00 AM | 309065-01

Friday

FORT COLLINS SENIOR CENTER

Men - Loosen Up! 8-8:45 AM | 309405-01

Zumba Gold 9-9:45 AM | 309430-01

Men - Loosen Up! 9-9:45 AM | 309405-02

Barre Gold 10-10:45 AM | 309406-01

Chair Yoga 11-11:45 AM | 309410-01

Pilates Mat, Beginner 3-4 PM | 309402-02

NORTHSIDE AZTLAN COMMUNITY CENTER

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

CrossTrain 12-1 PM | 309502-02

CLUB TICO

Zumba 9-10 AM | 309112-01

Saturday

FORT COLLINS SENIOR CENTER Zumba 9-10 AM | 309404-02

FOOTHILLS ACTIVITY CENTER

Oula One 9-10 AM | 309703-01 Tai Chi & Qigong S 11am-12 PM | 309706

NORTHSIDE AZTLAN COMMUNITY CENTER

TRX Body Blast 8:15-9:15 AM | 309511-02

Vinyasa Flow Yoga 9:30-10:30 AM | 309521-02

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga 10-11 AM | 309518-01

Meditation 11:15 AM-12:15 PM | 309519-01

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.

Family Zumba S

A dance fitness class for families to enjoy. Open to ages 8 years & older. At least one parent must attend. Each person taking the class must register.

Location: Foothills Activity Center

7/10-7/12	M,W	11:00-11:45 AM	\$6	309700-01
7/17-7/19	M,W	11:00-11:45 AM	\$6	309700-02
7/24-7/26	M,W	11:00-11:45 AM	\$6	309700-03
7/31-8/2	M,W	11:00-11:45 AM	\$6	309700-04

T'ai Chi Chih Beginner I S

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.

T'ai Chi Chih Beginner I

An introduction to the first half of the movements

Location: Fort Collins Senior Center

6/6-6/27	Tu	12:30-1:45 PM	\$25	309431-01
7/11-8/1	Tu	12:30-1:45 PM	\$25	309431-02
8/8-8/29	Tu	12:30-1:45 PM	\$25	309431-03

T'ai Chi Chih, Beginner II S

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

Location: Fort Collins Senior Center

6/6-6/27	Tu	2:00-3:15 PM	\$25	309431-04
7/11-8/1	Tu	2:00-3:15 PM	\$25	309431-05
8/8-8/29	Tu	2:00-3:15 PM	\$25	309431-06

Tai Chi & Qigong S

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

Location: Foothills Activity Center

6/3-6/24	Sa	11:00 AM-Noon	\$21	309706-01
7/8-7/29	Sa	11:00 AM-Noon	\$21	309706-02
8/5-8/26	Sa	11:00 AM-Noon	\$21	309706-03

Vinyasa Flow Yoga at City Park S

Location: City Park

6/6-6/29	Tu,Th	9:00-10:00 AM	\$41	309065-01
7/6-7/27	Tu,Th	9:00-10:00 AM	\$36	309065-02
8/1-8/24	Tu,Th	9:00-10:00 AM	\$41	309065-03

FITNESS CLASS DESCRIPTIONS

Enroll by day classes let you sign up for specific days throughout the season instead of a set number of classes.

Barre Gold

A low impact training mix of ballet, yoga, and pilates. Increase your strength, balance, and flexibility, all while being gentle on the joints. A combination of body weight, light hand weights, and floor mat exercises. No dance experience is necessary.

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.

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.

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)

TRX Body Blast

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

Vinyasa Flow Yoga

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

Yoga & Meditation

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

Yoga, Beginner

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

Yoga, Advanced Beginner

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

Zumba

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

Zumba Gold

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



CITY PARK NINE





SOUTHRIDGE



BUY YOUR ANNUAL PASS NOW

ort Collins

Auxiliary aids and services are available for persons with disabilities. | 21-24682

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 enrolling by day.

Circuit SilverSneakers

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.

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.

General Information

• All ice programs are held at EPIC unless otherwise noted.

- •Lessons are taught by certified Professional Skater Association (PSA) instructors and follows USFS standards.
- 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 five students; class levels may be combined to meet this minimum.
- Skating lesson are 30-minutes with a 15-minute practice time, which may be before or after the lesson depending on scheduling.
- Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.
- The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the

parent. Students are moved if there is space available in the appropriate level of class.

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

Proper Attire Includes:

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

Public Skate

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/recreation/epic 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, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970-221-6683 or fill out a private lesson request at the front desk.

Skate Sharpening Services

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

TEAM & CLUB CONTACTS

Adult Hockey Fort Collins Hockey League, fchl.org

College Hockey Colorado State University, csuhockey.com

High School Hockey High Plains Hockey, highplainshockey.com

Women's Hockey Flames/Phoenix/Hot Flashes, wachhockey.com

Youth Hockey Northern Colorado Youth Hockey, ncyh.org

Figure Skating Club Fort Collins Figure Skating Club, fortcollinsfsc.org

ADULT SKATING

ADULT PROGRAMS: 16 YEARS & OLDER

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.

6/7-6/28	W	5:30-6:00 PM	\$45	310349-01
7/12-8/2	W	5:30-6:00 PM	\$45	310349-02

Adult Skate, Advanced & Free Skate

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

6/7-6/28	W	5:30-6:00 PM	\$49	310353-01
7/12-8/2	W	5:30-6:00 PM	\$49	310353-02

Fitness Skate 🖤

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. To view the 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 and older are eligible for the Platinum Pass. Ask the front desk for details.

Age: 60 years & up 5/31-8/9 W 9:15-11:15 AM

HOCKEY

Cub Hockey

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. 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. Equipment handout is Thursday, 6/1 from 4-6 p.m. equipment check-in is immediately following last game of the session. Note: No class on 7/4, 7/6.

Age: 5-8 years

6/6-8/3	Tu,Th	5:00-5:45 PM	\$229	310372-01

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/ recreation/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/recreation/epic. Note: Full hockey gear required. Age: 9 years & up Cost: \$19

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/recreation/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

YOUTH PROGRAMS

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse.

Age: 4-5 years

<u> </u>				
6/6-6/29	Tu,Th	4:30-5:00 PM	\$89	310302-02
7/11-8/3	Tu,Th	4:30-5:00 PM	\$89	310302-04

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

6/6-6/29	Tu,Th	4:30-5:00 PM	\$89	310304-02
7/11-8/3	Tu,Th	4:30-5:00 PM	\$89	310304-04

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: No class on 6/19.

Age: 5-15 years

6/5-6/28	M,W	4:30-5:15 PM	\$117	310306-01
7/10-8/2	M,W	4:30-5:15 PM	\$133	310306-02

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: No class on 6/19.

Age: 5-15 years

5				
6/5-6/28	M,W	4:30-5:15 PM	\$117	310310-01
7/10-8/2	M,W	4:30-5:15 PM	\$133	310310-02

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: No class on 6/19.

Age: 5-15 years

6/5-6/28	M,W	4:30-5:15 PM	\$117	310314-01
7/10-8/2	M,W	4:30-5:15 PM	\$133	310314-02

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: No class on 6/19.

Age: 5-15 years

6/5-6/28	M,W	4:30-5:15 PM	\$117	310316-01
7/10-8/2	M,W	4:30-5:15 PM	\$133	310316-02

Basic 5 & 6 Ice Skating

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight-line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4. Note: No class on 6/19.

Age: 5-15 years

6/5-6/28		4:30-5:15 PM	\$117	310320-01
7/10-8/2	M,W	4:30-5:15 PM	\$133	310320-02

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

6/6-6/29	Tu,Th	4:30-5:15 PM	\$145	310326-01
7/11-8/3	Tu,Th	4:30-5:15 PM	\$145	310326-02

E N D	R	Denotes alternate registration date
Ш	AC	Classes in which adults are required to attend
U	NW	Denotes no web registration for program
Ш	M	Denotes program/activity has special membership pricing



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

	,			
6/7-6/28	W	5:30-6:00 PM	\$49	310330-01
7/12-8/2	W	5:30-6:00 PM	\$49	310330-02

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow.

Age: 5-15 years

6/6-6/29	Tu,Th	4:30-5:15 PM	\$145	310332-01
7/11-8/3	Tu,Th	4:30-5:15 PM	\$145	310332-02

PREMIER GYMNASTICS



Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf.

Age: 5-15 years

6/6-6/29	Tu,Th	4:30-5:15 PM	\$145	310334-01
7/11-8/3	Tu,Th	4:30-5:15 PM	\$145	310334-02

Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel.

Age: 5-15 years

6/6-6/29	Tu,Th	4:30-5:15 PM	\$145	310336-01
7/11-8/3	Tu,Th	4:30-5:15 PM	\$145	310336-02

SPECIALTY PROGRAMS

Ice Dance

Learn Preliminary and/or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner and prepare the skater to take one or more dance tests. Must be USFS member to test. Prerequisite: Pre-Free Skate. Note: No class on 6/19.

Age: 8 years & up

5 5		•		
6/5-6/26	М	5:45-6:45 PM	\$73	310346-01
7/10-7/31	М	5:45-6:45 PM	\$97	310346-02

Introduction to Showcase Team

Introduction of acting talent while skating to music in an artistic way. Prerequisite: Pre-Free Skate. Note: Participation in both sessions is required. Prerequisite: Pre-Free Skate.

Age: 8-15 years

Agel e le	Jeano			
6/6-6/27	Tu	1:00-2:00 PM	\$97	310360-01
7/11-8/1	Tu	1:00-2:00 PM	\$97	310360-02

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.



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. PROGRAM

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.

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

Once registered as a member, participants choose hikes, stewardship, and education events to attend (listed below). New participants should plan to attend the B.O.O.T.S. Quarterly Kickoff Meeting as well.

6/12-8/21 M	7:00-9:00 AM	\$65	311930-01
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B.O.O.T.S. Quarterly Kickoff Meeting

Learn about 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.

6/14	W	2:00-2:45 PM	No Fee	311931-01

B.O.O.T.S. Education

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

8/14	М	8:00-10:00 AM	No Fee	311933-01
	тс ці	kos		

B.O.O.T.S. Hikes

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

B.O.O.T.S. Fossil Creek Reservoir

Dioloin	000011	er e en rice er von		
6/26	М	7:30-9:30 AM	No Fee	311932-01
B.O.O.T.S	S. Riverb	end Ponds		
7/10	М	7:30-9:30 AM	No Fee	311932-02
B.O.O.T.S	S. Spring) Creek Stewardship	o Hike	
7/17	М	7:30-9:30 AM	No Fee	311932-03
B.O.O.T.S	S. Horset	tooth Mtn Open Spa	ace*	
7/31	М	7:30-9:30 AM	No Fee	311932-04
B.O.O.T.S	S. Reserv	oir Ridge from we	st trailhead	
8/7	М	7:30-9:30 AM	No Fee	311932-05
B.O.O.T.S	S. Gatew	ay*		
8/21	М	8:00-10:00 AM	No Fee	311932-06

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

Celebrate the end of the season with a group potluck on the Fort Collins Senior Center Patio while enjoying the Habitat Hero Garden. Note: Quarterly B.O.O.T.S. membership required.

Location: Fort Collins Senior Center

8/28 M Noon-2:00 PM No Fee 311935-01	8/28	М	Noon-2:00 PM	No Fee	311935-01
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OUTDOOR EDUCATION

Backpacking 101

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

Class dates

6/7-6/21	W	6:00-8:00 PM	\$265	311954-01
Overnight	Experie	ence		
6/23-6/24	F-Sa	5:00 PM-10:00 AM		
Class date	S			
8/23-9/6	W	6:00-8:00 PM	\$265	311954-02
Overnight	Experie	ence		
9/9-9/10	Sa-Su	5:00 PM-10:00 AM		

Feather & Flight Fridays

Native plants are so important for our insects and birds. Learn some of the benefits of having a native plant garden for our feathered friends.

Planting a Bird Garden

5				
6/30	F	10:30 AM-12:30 PM	\$20	311980-04
All About t	he Ba	abies (Fledgling ID)		
7/28	F	10:30 AM-12:30 PM	\$20	311980-05
Bird Walk				
8/25	F	10:30 AM-12:30 PM	\$20	311980-06

HIKING & RAFTING PROGRAMS

Day Hikes: Level 1

Ski Bus

Beginning in November 2023 and running through March, 2024 our ski bus will be providing transportation to Copper Mountain and Winter Park. If you have an Icon pass, this is the bus for you! Trips depart from Rolland Moore Park in Fort Collins and pickup in Loveland at 1-25 and Hwy 34. Additional information will be provided in the Fall Recreator.

Brainard Lake

Enjoy views of surrounding 13,000-foot peaks in this wellloved recreation area. Transportation to and from and guide included. Mileage: 4-5 miles; Lowest elevation: 8,500ft.; Highest elevation: 8,900 ft.

7/20 Th 8:00 AM-4:30	PM \$80 311901-03
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Day Hikes: Level 2

Lady Moon

Hike though the Red Feather Lake area near Lady Moon Lake. Mileage: 4-5 miles; Lowest elevation: 7,794 ft.; Highest elevation: 8,085 ft.

6/22	Th	8:00 AM-3:00 PM	\$86	311902-04

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
--	---------	----	-----------------	------	---------

Big South

Travel along the South fork of the Cache La Poudre River. Enjoy the big South wilderness corridor. Mileage: 6-7 miles; Lowest elevation: 8,455 feet; Highest elevation: 9,333 ft.

8/25 F 8:00 AM-4:30 PM \$86 311902-06

Day Hikes: Level 3

Mt. McConnell

Hike through evergreen forest into Cache la Poudre Wilderness Area to steep, open rocky terrain. The summit provides 360-degree views of the Poudre Canyon and surrounding mountains. Navigating rock and light scrambling is necessary to and from the summit. Mileage: 5-7 miles; Lowest elevation: 6,657 ft.; Highest elevation: 8,000 ft.

7/8 .	Sa	8:00 AM-5:00 PM	\$80	311903-07
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Whitewater Rafting

Experience an intermediate whitewater rafting trip on the Poudre River. The Upper Mishawaka is a combination of sections of the river and is a challenging blend of Class III and IV rapids. Led by experienced guides, you are on the water rafting 2- 2.5 hours. Note: Light snacks provided. Wetsuits and additional gear available for additional fees at rafting site.

7/26	W	8:15 AM-1:30 PM	\$100	311921-01

CLIMBING PROGRAMS

Adventure in the Mountains

Challenge your scrambling skills in this precursor to rock climbing. Experience a Tyrolean Traverse with an experienced guide. Learn basic safety with climbing and enjoy local climbing areas. Note: Detailed directions will be emailed prior to program.

6/25	Su	10:30 AM-3:30 PM	\$165	311956-01
8/27	Su	10:30 AM-3:30 PM	\$165	311956-02

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. Instructor introduces basic climbing techniques and fundamentals of belaying, custom tailored to meet the needs of your family. Note: Detailed directions will be emailed prior to program.

6/24	Sa	8:00 AM-1:00 PM	\$250	311953-01
7/23	Su	8:00 AM-1:00 PM	\$250	311953-02
8/27	Su	8:00 AM-1:00 PM	\$250	311953-03

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, techniques, and rope management skills. Note: Detailed directions will be emailed prior to start of program.

6/10-6/17	Sa	8:00 AM-2:00 PM	\$280	311952-01
7/8-7/15	Sa	8:00 AM-2:00 PM	\$280	311952-02
8/12-8/19	Sa	8:00 AM-2:00 PM	\$280	311952-03

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.



SPRINGBOARD & PLATFORM DIVING

SUMMER LEAGUE & LESSON REGISTRATION NOW OPEN!

- INTRODUCTORY LESSONS
- YOUTH SUMMER LEAGUE
- CAMPS
- COMPETITIVE TEAMS



FOR MORE INFORMATION VISIT WWW.NORCODIVING.COM INFO@NORCODIVING.COM



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	
CDDING	YOUTH SPORTS	GRADES	ADULT SPORTS
SPRING	Flag Football	K-8	Basketball
MARCH - MAY	Volleyball	4-8	Kickball
registration begins with			Softball
SPRING RECREATOR			Volleyball
			voneyban

	YOUTH SPORTS	GRADES	ADULT SPORTS
SUMMER	Boys & Girls Basketball	K-8	Basketball
MAY - JULY	SNAG Golf	1-8	Kickball
registration begins with	Softball	K-8	Softball
SUMMER RECREATOR	Tee Ball	5-6 yrs	Outdoor Volleyball
	CARA Track	3.5-16 yrs	

EARLY FALL	YOUTH SPORTS	GRADES	ADULT SPORTS
AUGUST - OCTOBER	CARA Cross Country	6-14 yrs	Basketball
registration begins with	Flag Football	K-8	Kickball
SUMMER AND FALL	High School Flag Football	9-12	Softball
RECREATOR	Volleyball	2-8	Volleyball
RECREATOR			

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





SPORTS

Online Sport Schedules & League Rules

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

Note: There will be no youth or adult league games on the following dates: 5/29, 6/19, 7/3-7/5.

ADULT SPORTS

Programs are for ages 16 years and older unless otherwise noted. Note: Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

BASKETBALL

Summer Adult Basketball

This is an Open league, meaning teams can be made up of any combination of players and is not specifically Men's or Mixed. Cost: \$500

Registration ends: 6/4 or when leagues fill

Season begins: week of 6/12

Number of games: 8

Location: Northside Aztlan Community Center

Open

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Friday Recreational 313001-01

Free Agent Team

Cost Per Person: \$90 Friday Recreational 313001-03

Friday Recreational 313001-0.

R Denotes alternate registration date

Classes in which adults are required to attend

w Denotes no web registration for program

Denotes program/activity has special membership pricing

Fall Adult Basketball R

This is an Open league, meaning teams can be made up of any combination of players and is not specifically Men's or Mixed. Cost: \$500

Registration ends: 9/3 or when leagues fill

Season begins: week of 9/11

Number of games: 8

Location: Northside Aztlan Community Center

Open	
Monday Recreational	413501-01

Free Agent Team Cost Per Person: \$90 Monday Recreational 413501-03

FLAG FOOTBALL

Fall 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.

Cost: \$350

Registration ends: 9/3 or when league fills

Season begins: week of 9/11

Number of games: 8

Location: Rolland Moore Park

Open

Monday Recreational

413011-01

Free Agent Team Cost Per Person: \$45

Monday Recreational

413011-02

KICKBALL

Summer Adult Kickball

Cost: \$450 Registration ends: 5/21 or when leagues fill Season begins: week of 5/29 Number of games: 10

Location: Rolland Moore Park Mixed

Friday Competitive313061-01Friday Recreational313061-02Free Agent TeamCost Per Person: \$48Friday Recreational313061-03

Fall Adult Kickball R

Cost: \$360 Registration ends: 8/27 or when leagues fill Season begins: week of 9/5 Number of games: 8

Location: Rolland Moore Park Mixed

Friday Competitive	413061-01	
Friday Recreational	413061-02	
Free Agent Team		
Cost Per Person: \$40		
Friday Recreational	413061-03	

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.

Do you qualify for programs like the National School Lunch Program, SNAP, Medicaid or the American Connectivity Program?

The City of Fort Collins offers benefits for Fort Collins households on a tight budget.

One application, multiple possible City of Fort Collins discounts!

- Discounted Connexion internet at \$19.95 per month
- An Annual Grocery Tax Rebate
- Reduced Fees for Recreation Programs and Access to City Facilities
- Discounted SPIN bikes & scooters
- And, more!



23-24888 | Auxiliary aids and services are available for persons with disabilities.





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/Fort Collins. League Coordinator may move a team's level of play based on previous record.

Summer Adult Softball

Cost: \$650

Registration ends: 5/21 or when leagues fill

Season begins: week of 5/29

Number of games: 10

**Mondays are double header leagues - No Games 5/29, 6/19, 6/26, 7/3.

Location: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park Men's

Sunday (A) 2HR+	313021-01
Sunday (B) 1HR	313021-02
**Monday (A) 2HR+	313021-03
**Monday (B) 1HR	313021-04
Tuesday (A) 2HR+	313021-06
Tuesday (B) 1HR	313021-07
Wednesday (A) 2HR+	313021-08
Wednesday (B) 1HR	313021-09
Thursday (A) 2HR+	313021-10
Thursday (B) 1HR	313021-11
Friday (B) 1HR	313021-12
Women's	
**Monday (B) 1HR	313022-01
Mixed	
Sunday A) 2HR+	313023-01
Sunday (B) 1HR	313023-02
Tuesday (A) 2HR+	313023-03
Tuesday (B) 1HR	313023-04
Wednesday (A) 2HR+	313023-05
Wednesday (B) 1HR	313023-06
Thursday (A) 2HR+	313023-07
Thursday (B) 1HR	313023-09
Friday (B) 1 HR	313023-10
Leisure	
**Monday Men's 40yrs+ Leisure	313021-05
Friday Men's Leisure	313021-14
Friday Mixed Leisure	313023-12
Free Agent Team	
Cost Per Person: \$70	
Friday Men's (B) 1HR	313021-13
**Monday Women's (B) 1HR	313022-02
Friday Mixed (B) 1HR	313023-11
	515025 11

Fall Adult Softball 🛽 🔒

Cost: \$520

Registration ends: 8/27 or when leagues fill

Season begins: Week of 9/4

Number of games: 8

*No games 9/4.

Location: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park Men's

ITIELT S	
Sunday (A) 2HR+	413021-01
Sunday (B) 1HR	413021-02
*Monday (A) 2HR+	413021-03
*Monday (B) 1HR	413021-04
Tuesday (A) 2HR+	413021-06
Tuesday (B) 1HR	413021-07
Wednesday (A) 2HR+	413021-08
Wednesday (B) 1HR	413021-09
Thursday (A) 2HR+	413021-10
Thursday (B) 1HR	413021-11
Friday (B) 1HR	413021-12
Women's	
*Monday (B) 1HR	413022-01
Mixed	
Sunday A) 2HR+	413023-01
Sunday (B) 1HR	413023-02
Tuesday (A) 2HR+	413023-03
Tuesday (B) 1HR	413023-04
Wednesday (A) 2HR+	413023-05
Wednesday (B) 1HR	413023-06
Thursday (A) 2HR+	413023-07
Thursday (B) 1HR	413023-09
Friday (B) 1 HR	413023-10
Leisure	
*Monday Men's 40yrs+ Leisure	413021-05
Friday Men's Leisure	413021-14
Friday Mixed Leisure	413023-12
Free Agent Team	
Cost Per Person: \$56	
Friday Men's (B) 1HR	413021-13
*Monday Women's (B) 1HR	413022-02
Friday Mixed (B) 1HR	413023-11

	R	Denotes alternate registration date
Ш	AC	Classes in which adults are required to attend
LEG	NW	Denotes no web registration for program
	M	Denotes program/activity has special membership pricing

VOLLEYBALL

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

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

Summer Outdoor Adult Grass Volleyball

Self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long.

Cost: \$60-\$120

Registration ends: 6/4 or when leagues fill

Season begins: week of 6/12

Location: Spring Canyon Park

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

Fall Adult Volleyball 🛽

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

Cost: \$310

Registration ends: 8/13 or when leagues fill

Season begins: week of 8/21

Number of games: 8

Location: TBD

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

R Denotes alternate registration date

Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing

YOUTH SPORTS

General Information

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

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

Coaches 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.

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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. Teams will be given two weeks of practices prior to the first game.

SUMMER SPORTS

BASKETBALL

Summer Boys & Girls Basketball

Teams formed by park practice location. Practices are held 1-2 times per week, outside; games scheduled in the evenings on various weeknights indoors. Grade based on the 2022-2023 school year. NBA replica jerseys provided.

314700-01

314003-26

Cost: \$110

Warren Park

Registration ends: 5/14 or when teams fill

Practices begin: week of 5/29

Number of games: 6

Mixed Grade: Kindergarten-1	
Foothills Activity Center	
Boys Grade 2/3	
City Dauly	

City Park	314001-01
Fossil Creek Park	314001-10
Lee Martinez Park	314001-15
Rogers Park	314001-02
Rolland Moore Park	314001-20
Spring Canyon Park	314001-05
Stewart Case Park	314001-31
Troutman Park	314001-25
Boys Grade 4/5	
City Park	314002-01
Fossil Creek Park	314002-11
Lee Martinez Park	314002-15
Rolland Moore Park	314002-20
Spring Canyon Park	314002-06
Troutman Park	314002-25
Warren Park	314002-30
Boys Grade 6/7/8	
City Park	314003-01
Fossil Creek Park	314003-11
Landings Park	314003-25
Lee Martinez Park	314003-15
Rolland Moore Park	314003-20
Spring Canyon Park	314003-06

Summer Boys & Girls Basketball continued

Girls Grade 2/3	
City Park	314004-01
Fossil Creek Park	314004-10
Lee Martinez Park	314004-15
Rogers Park	314004-02
Rolland Moore Park	314004-20
Spring Canyon Park	314004-05
Stewart Case Park	314004-31
Troutman Park	314004-25
Girls Grade 4/5	
City Park	314005-01
Fossil Creek Park	314005-10
Lee Martinez Park	314005-15
Rolland Moore Park	314005-20
Spring Canyon Park	314005-05
Troutman Park	314005-25
Warren Park	314005-30
Girls Grade 6/7/8	
City Park	314006-01
Fossil Creek Park	314006-10
Landings Park	314006-25
Lee Martinez Park	314006-15
Rolland Moore Park	314006-20
Spring Canyon Park	314006-05



LEARN HOW



SOFTBALL

Softball Mixed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, on Tuesday evenings. Team shirts included.

Cost: \$45

Registration ends: 5/7 or when teams fill

League begins: 6/7

Number of games: 6

Age: 5-6 years

Spring Canyon Park 314020-03

Girls' Softball

Learn and improve your slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBA). Grades 2-3 play coach pitch style softball. Grades 4-5 play player pitch. Grades 6-8 play fast pitch. Grade based on the 2022/2023 school year. Games played Tuesdays and/or Thursdays.

Cost: \$110

Registration ends: 5/7 or when teams fill

Practices begin: week of 5/22

Number of games: 6

Grade 2-3

314021-16
314021-17
314021-18
314021-19
314021-20
314022-16
314022-17
314022-18
314022-19
314022-20
314022-21
314023-20
314023-21
314023-22
314023-23
314023-24
314023-25
314023-26
314023-27
314023-28

RUNNING

C.A.R.A. Track

Basic techniques of track are taught. Compete in Colorado Association of Recreational Athletics (C.A.R.A.) track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules provided at the first practice. Fee includes team shirt and fees for track meets.

Cost: \$110

Registration ends: 5/28

Practices begins: 6/9

Location: Fort Collins High School

Age: 3.5-8 years			
M,W, F	9:00-10:15 AM	314031-01	
Age: 9-16	5 years		
M,W, F	10:30-11:45 AM	314031-02	

FALL SPORTS

FOOTBALL

Junior Rams Flag Football 🛽

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights. Junior Rams jersey included. Cost: \$110

Registration ends: 8/13 or when teams fill

Practices begin: week of 8/28

Number of games: 6

Grade Kindergarten-1

City Park	414010-01
Edora Park	414010-04
English Ranch Park	414010-07
Fossil Creek Park	414010-10
Greenbriar Park	414010-13
Spring Canyon Park	414010-16
Timnath Park	414010-19
Troutman Park	414010-22
Twin Silo	414010-23
Warren Park	414010-26
Grade 2–3	
Beattie Park	414011-01
Blevins Park	414011-04
City Park	414011-07
Edora Park	414011-10
English Ranch	414011-13

Junior Rams Flag Football continued

Fossil Creek	414011-16
Greenbriar Park	414011-19
Rolland Moore Park	414011-22
Spring Canyon Park	414011-25
Sugar Beet Park	414011-28
Timnath Park	414011-31
Troutman Park	414011-34
Warren Park	414011-37
Grade 4–5	
Beattie Park	414012-01
Blevins Park	414012-04
City Park	414012-07
Edora Park	414012-10
English Ranch	414012-13
Fossil Creek	414012-16
Greenbriar Park	414012-19
Rolland Moore Park	414012-22
Spring Canyon Park	414012-25
Sugar Beet Park	414012-28
Timnath Park	414012-31
Troutman Park	414012-34
Warren Park	414012-37
Grade 6–8	
Blevins	414013-01
Boltz	414013-04
CLP	414013-07
Kinard	414013-10
Lesher	414013-13
Lincoln	414013-16
Preston	414013-19
Timnath	414013-22

High School Flag Football 🛽 🔊

Want to continue your football career but tackle isn't for you? Join the Northern Colorado Flag Football League representing the City of Fort Collins! This program does require some travel, games are played on weekends throughout Northern Colorado. Practices are held twice a week. If enough players register to create multiple teams, the sports office will do its best to place players with others from their high school. A jersey will be provided to each player. Games will be played on Saturdays and Sundays. Note: Participants in this league may not also be on their high school football team.

Cost:\$ 130

Registration ends: 8/20 or when teams fill

Practices begin: week of 9/6

Number of games: 5 regular season games + post season tournament

Boys Grade 9-12	414014-01	
Girls Grade 9-12	414015-01	

RUNNING

C.A.R.A. Cross Country R

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

Cost: \$110

Registration ends: 8/13

Practices begin: week of 8/28

Age: 6-14 years

Location: Varies

August-October M,W,Sa,Sun	5:30-6:45 PM	414033-01
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VOLLEYBALL

Junior Rams Volleyball 🛽

Develop a sense of team play where participations, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1—2 times per week, matches are Saturdays and occasional weeknights. Practice days and times vary. All Junior Rams players receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Volleyball.

Cost: \$110

Registration ends: 8/13 or when teams fill

Practices begin: week of 8/28

Number of games: 6

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

Middle School Volleyball R Cost: \$110

.051. 9110

Registration ends: 8/13 or when teams fill

Practices begin: week of 8/28

Number of games: 6

Grade 6–8

Blevins	414943-01
Boltz	414943-03
CLP	414943-05
Kinard	414943-07
Lesher	414943-09
Lincoln	414943-11
Preston	414943-13
Webber	414943-17
Wellington	414943-19
Mountain Sage	414943-21





REDUCED FEE PROGRAM

Reduced fees available for income-qualified 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. | 23-24885

SKYHAWKS SUMMER SPORTS CAMPS

**Registration for camps began in January – some camps may be full.

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

SoccerTots					
Location: F	ossil C	reek Park			
6/12-6/16	M-F	9:15 AM-9:45 AM	\$57	314071-31	
HoopsterTo	ots				
Location: N	Location: Northside Aztlan Community Center				
6/26-6/30	M-F	9:15 AM-9:45 AM	\$57	314071-35	
BaseballTots					
Location: Rolland Moore Park					
7/10-7/14	M-F	9:15 AM-9:45 AM	\$57	314071-33	

AGE: 2.5-3.5 YEARS

SoccerTots				
Location: F	ossil C	reek Park		
6/12-6/16	M-F	10:00 AM-10:45 AM	\$85	314071-32
HoopsterTo	ots			
Location: N	lorthsi	de Aztlan Communit	ty Center	
6/26-6/30	M-F	10:00 AM-10:45 AM	\$85	314071-36
BaseballTo	ts			
Location: Rolland Moore Park				
7/10-7/14	M-F	10:00 AM-10:45 AM	\$85	314071-34

AGE: 3.5-4.5 YEARS

SoccerTots Location: Fossil Creek Park					
6/12-6/16	M-F	11:00 AM-11:45 AM	\$85	314071-37	
HoopsterTo	ots				
Location: N	lorthsi	de Aztlan Communi	ty Center		
6/26-6/30	M-F	11:00 AM-11:45 AM	\$85	314071-38	
BaseballTots					
Location: Rolland Moore Park					
7/10-7/14	M-F	11:00 AM-11:45 AM	\$85	314071-39	

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.

D N U	R	Denotes alternate registration date
ш	AC	Classes in which adults are required to attend
5	NW	Denotes no web registration for program
Ш	M	Denotes program/activity has special membership pricing

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: (Greenb	riar Park				
6/19-6/23	M-F	9:00 AM-Noon	\$165	314071-24		
Location: \	Location: Warren Park					
7/5-7/7	W-F	9:00 AM-Noon	\$100	314071-07		
Location: Spring Canyon Park						
7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-16		
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: S	Location: Spring Canyon						
6/26-6/30	M-F	9:00 AM-Noon	\$165	314071-27			
Location: Twin Silo							
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

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	



Preston Middle School June 12 - 16 Early Elementary | 1st-3rd grade Elementary | 4th-6th grade Middle School | 7th-9th grade

STEM-X is a fun, hands-on summer program for students entering Grades 1-9. STEM and STEM adjacent classes are taught by licensed teachers who have passion for and expertise in their fields. STEM-X is offered as two, one-week sessions.



For more information: https://www.psdfutureready.org/stem-x

Open to ALL students from any public, private, or international

school. Fee waivers available to those who qualify.

Spark Passion

Build Confidence

Inspire Action


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-T	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 y	ears			

Location: Spring Canyon Community Park

7/17-7/21	M-F	9:00 AM-12:00 PM	\$165	314071-06

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 Community Park

		•			
6/12-6/16	M-F	9:00 AM-Noon	\$165	314071-05	
Location:	Harmo	ny Park			
7/17-7/21	M-F	9:00 AM-Noon	\$165	314071-19	
Location: City 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	\$30	314071-40	
Location	: Twin S	ilo Community Pa	rk		
7/6	T	9:00 AM-Noon	\$30	314071-41	
Location: Spring Canyon Community Park					
7/7	F	9:00 AM-Noon	\$30	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

Location: Warren Park					
6/26-6/29	M-TH	1:00 PM-4:00 PM	\$132	314071-20	
6/5-6/8	M-TH	1:00 PM-4:00 PM	\$132	314071-08	

7/24-7/28 M-F 9:00 AM-Noon \$165 314071-30	7/24-7/28	M-F	9:00 AM-Noon	\$165	314071-30
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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 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 Community Park

			•	
7/10-7/14	M-F	9:00 AM-Noon	\$165	314071-11
Softball				
Location:	Rolland	l Moore Communi	ty 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 Community Park

6/5-6/9	M-F	9:00 AM-Noon	\$165	314071-10
Location:	Cotton	wood 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 Community Park					
7/24-7/28	M-F	9.00 AM-Noon	\$165	314071-45	

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:	Westfie	eld Park				
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.

Age: 11-14 years

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	2-01
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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 \$240	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	7/31-8/3	M-Th	9:00 AM-3:00 PM	\$240	314072-07
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OTHER SUMMER CAMPS

Challenger Soccer Camp

Coached by a team of international and US-based staff, this week-long soccer camp improves your child's soccer skills while providing a unique cultural experience. An age-appropriate practice is used to help players develop at their own pace, learn new skills and become an all-round better player. An educational approach uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship, and leadership. All campers receive a soccer ball and t-shirt at camp, a jersey for early registration, and a certificate of completion. Register at challengersports.com. Questions? Contact camps@challengersports.com.

Location: City Park

Tiny Tykes Age: 4-5 ye	ears			
7/24-7/28	M-F	8:00 AM-8:45 AM	\$105	
Half Day Age: 5-14 y	ears			
7/24-7/28	M-F	9:00 AM-Noon	\$215	
Overtime (Age: 5-14 y		e registered for Half	Day)	
7/24-7/28	M-Th	1:00 PM-3:00 PM	\$95	

Ultimate

Learn to play one of the fastest growing field sports in America. Ultimate is a fast-moving, non-contact sport that combines elements of football, soccer, and basketball and is played with a flying disc. Camps are mixed gender and are great for new and experienced players; you only need running shoes or soccer-style cleats. Register at altitudeyouthultimate. org/play/summer-camps/.

Location: City Park

Age: 9-15 y	/ears			
6/5-6/8	M-Th	9:00 AM-1:00 PM	\$230	
6/19-6/22	M-Th	9:00 AM-1:00 PM	\$230	
Age: 13-17	years			
6/126/-15	M-Th	9:00 AM-1:00 PM	\$230	

INCLUSION SUPPORT

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

MARTIAL ARTS

Shotokan Karate Beginner

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

Age: 7 years & up

Location: Club Tico

5/1-5/24	M,W	5:00-6:00 PM	\$57	322122-01
6/5-6/28	M,W	5:00-6:00 PM	\$57	322122-02
7/10-8/2	M,W	5:00-6:00 PM	\$57	322122-03
8/7-8/30	M,W	5:00-6:00 PM	\$57	322122-04

Shotokan Karate Intermediate

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

Age: 7 years & up

Location: Club Tico

5/1-5/24	M,W	6:00-7:00 PM	\$57	322123-01
6/5-6/28	M,W	6:00-7:00 PM	\$57	322123-02
7/10-8/2	M,W	6:00-7:00 PM	\$57	322123-03
8/7-8/30	M,W	6:00-7:00 PM	\$57	322123-04

SHARE YOUR FAVORITE PARKS AND RECREATION **MOMENTS WITH US!**



Shotokan Karate Advanced

Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

5/1-5/24	M,W	7:00-8:00 PM	\$57	322124-01
6/5-6/28	M,W	7:00-8:00 PM	\$57	322124-02
7/10-8/2	M,W	7:00-8:00 PM	\$57	322124-03
8/7-8/30	M,W	7:00-8:00 PM	\$57	322124-04

CHEERLEADING

Cheer Recreational Team

This high energy recreational cheerleading team is designed to help you learn jumps, motions, stunts, dance, and tumbling through sportsmanship and teamwork. Each session the cheer team will be performing in house or at a community event. Poms provided. Note: No class on 7/3, 7/4.

Age: 5-9 years

Location: Foothills Activity Center

		,				
6/5-7/17	М	5:15-6:10 PM	\$100	314737-01		
7/24-8/28	М	5:15-6:10 PM	\$106	314737-02		
Location: (Location: Club Tico					
6/6-7/18	Tu	4:50-5:45 PM	\$100	314137-01		
6/25-8/29	Tu	4:50-5:45 PM	\$100	314137-02		
Age: 9-13 years						

Location: Foothills Activity Center

6/5-7/17	М	6:15-7:10 PM	\$100	314737-03
7/24-8/28	М	6:15-7:10 PM	\$100	314737-04

YOUNGSTERS

Parent/Child SNAG Scramble

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

Location: City Park

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Grade: 1-2	2			
8/2	W	5:30-7:00 PM	\$25	314093-01
Grade: 3-	5			
8/2	W	6:30-8:00 PM	\$25	314093-02
Grade: 6-	8			
8/2	W	7:00-8:00 PM	\$25	314093-03

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



TENNIS

General Information

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

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Players learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

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

Registration

For full program information, court availability and to register for programs, visit lewistennis.com or call 970-493-7000. Discounts available for additional family members and reduce fee program.

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

Programs are designated for those 18 years and older unless otherwise noted.

Adult, Beginner

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Age: 18 years & up

Location: I	Rolland	Moore	30 Day Adv	No Adv	
5/29-6/7	M,W	6:00-7:30 PM	\$98	\$105	323005-01
6/12-6/21	M,W	6:00-7:30 PM	\$98	\$105	323005-02
6/26-7/5	M,W	6:00-7:30 PM	\$98	\$105	323005-03
7/10-7/19	M,W	6:00-7:30 PM	\$98	\$105	323005-04
7/24-8/2	M,W	6:00-7:30 PM	\$98	\$105	323005-05
8/7-8/16	M,W	6:00-7:30 PM	\$98	\$105	323005-06

Adult, Intermediate

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!

Age:18 years & up

Location:	Rolland	Moore	30 Day Adv	No Adv	
5/29-6/7	M,W	7:30-9:00 PM	\$ 98	\$105	323006-01
6/12-6/21	M,W	7:30-9:00 PM	\$ 98	\$105	323006-02
6/26-7/5	M,W	7:30-9:00 PM	\$ 98	\$105	323006-03
7/10-7/19	M,W	7:30-9:00 PM	\$ 98	\$105	323006-04
7/24-8/2	M,W	7:30-9:00 PM	\$ 98	\$105	323006-05
8/7-8/16	M,W	7:30-9:00 PM	\$ 98	\$105	323006-06

YOUTH PROGRAMS

Junior classes at Lee Martinez Community Park – New!

10 & YOUNGER

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.

New this year! Weekly tournaments for players 10 years and younger.

Little Lobber

Age: 4–6 years

Location: I	Location: Fossil Creek Park		30 Day Adv	No Adv	
5/29-6/7	M,W	8:00-8:45 AM	\$51	\$56	323015-01
6/12-6/21	M,W	8:00-8:45 AM	\$51	\$56	323015-02
6/26-7/5	M,W	8:00-8:45 AM	\$51	\$56	323015-03
7/10-7/19	M,W	8:00-8:45 AM	\$51	\$56	323015-04
7/24-8/2	M,W	8:00-8:45 AM	\$51	\$56	323015-05
8/7-8/9	M,W	8:00-8:45 AM	\$25	\$28	323015-06
5/30-6/8	Tu,Th	8:00-8:45 AM	\$51	\$56	323015-07
6/13-6/22	Tu,Th	8:00-8:45 AM	\$51	\$56	323015-08
6/27-7/6	Tu,Th	8:00-8:45 AM	\$51	\$56	323015-09
7/11-7/20	Tu,Th	8:00-8:45 AM	\$51	\$56	323015-10
7/25-8/3	Tu,Th	8:00-8:45 AM	\$51	\$56	323015-11

Thinking of QUITTING?

Hea

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

Little Lobber continued

8/8-8/10	Tu,Th	8:00-8:45 AM	\$25	\$28	323015-12
5/27-6/17	Sa	8:00-8:45 AM	\$51	\$56	323015-13
6/24-7/15	Sa	8:00-8:45 AM	\$51	\$56	323015-14
7/22-8/12	Sa	8:00-8:45 AM	\$51	\$56	323015-15
Location: I	Fossil Ri	dge High School	30 Day Adv	No Adv	
5/29-6/7	M,W	8:00-8:45 AM	\$51	\$56	323035-01
6/12-6/21	M,W	8:00-8:45 AM	\$51	\$56	323035-02
6/26-7/5	M,W	8:00-8:45 AM	\$51	\$56	323035-03
7/10-7/19	M,W	8:00-8:45 AM	\$51	\$56	323035-04
7/24-8/2	M,W	8:00-8:45 AM	\$51	\$56	323035-05
8/7-8/9	M,W	8:00-8:45 AM	\$25	\$28	323035-06
5/30-6/8	Tu,Th	8:00-8:45 AM	\$51	\$56	323035-07
6/13-6/22	Tu,Th	8:00-8:45 AM	\$51	\$56	323035-08
6/27-7/6	Tu,Th	8:00-8:45 AM	\$51	\$56	323035-09
7/11-7/20	Tu,Th	8:00-8:45 AM	\$51	\$56	323035-10
7/25-8/3	Tu,Th	8:00-8:45 AM	\$51	\$56	323035-11
8/8-8/10	Tu,Th	8:00-8:45 AM	\$25	\$28	323035-12
Location: I	Rolland	Moore	30 Day	No	
			Adv	Adv	
5/29-6/7	M,W	8:00-8:45 AM	\$51	\$56	323055-01
6/12-6/21	M,W	8:00-8:45 AM	\$51	\$56	323055-02
6/26-7/5	M,W	8:00-8:45 AM	\$51	\$56	323055-03
7/10-7/19	M,W	8:00-8:45 AM	\$51	\$56	323055-04
7/24-8/2	M,W	8:00-8:45 AM	\$51	\$56	323055-05
8/7-8/9	M,W	8:00-8:45 AM	\$25	\$28	323055-06
5/30-6/8	Tu,Th	8:00-8:45 AM	\$51	\$56	323055-07
6/13-6/22	Tu,Th	8:00-8:45 AM	\$51	\$56	323055-08
6/27-7/6	Tu,Th	8:00-8:45 AM	\$51	\$56	323055-09
7/11-7/20	Tu,Th	8:00-8:45 AM	\$51	\$56	323055-10
7/25-8/3	Tu,Th	8:00-8:45 AM	\$51	\$56	323055-11
8/7-8/11	Tu,Th	8:00-8:45 AM	\$25	\$28	323055-12
Location: I	ee Mar	tinez Park	30 Day Adv	No Adv	
5/29-6/7	M,W	8:00-8:45 AM	\$51	\$56	323075-01
6/12-6/21	M,W	8:00-8:45 AM	\$51	\$56	323075-02
6/26-7/5	M,W	8:00-8:45 AM	\$51	\$56	323075-03
7/10-7/19	M,W	8:00-8:45 AM	\$51	\$56	323075-04
7/24-8/2	M,W	8:00-8:45 AM	\$51	\$56	323075-05
8/7-8/11	M,W	8:00-8:45 AM	\$25	\$28	323075-06
5/30-6/8	Tu,Th	8:00-8:45 AM	\$51	\$56	323075-07
6/13-6/22	Tu,Th	8:00-8:45 AM	\$51	\$56	323075-08
6/27-7/6	Tu,Th	8:00-8:45 AM	\$51	\$56	323075-09
7/11-7/20	Tu,Th	8:00-8:45 AM	\$51	\$56	323075-10
7/25-8/3	Tu,Th	8:00-8:45 AM	\$51	\$56	323075-11
8/7-8/11	Tu,Th	8:00-8:45 AM	\$25	\$28	323075-12

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

Location: Fossil Creek Community Park

Location	05511	creek commanity i	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323013-01
6/12-6/23	M-F	8:50-10:20 AM	\$191	\$210	323013-02
6/26-7/7	M-F	8:50-10:20 AM	\$191	\$210	323013-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	\$210	323013-04
7/24-8/4	M-F	8:50-10:20 AM	\$191	\$210	323013-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323013-06
5/27-6/17	Sa	8:50-10:20 AM	\$77	\$84	323013-07
6/24-7/15	Sa	8:50-10:20 AM	\$77	\$84	323013-08
7/22-8/12	Sa	8:50-10:20 AM	\$77	\$84	323013-09
Location: I	ossil	Ridge High School	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323033-01
6/12-6/23	M-F	8:50-10:20 AM	\$191	\$210	323033-02
6/26-7/7	M-F	8:50-10:20 AM	\$191	\$210	323033-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	\$210	323033-04
7/24-8/4	M-F	8:50-10:20 AM	\$191	\$210	323033-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323033-06
Location: I	Rollan	d Moore	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323053-01
6/12-6/23	M-F	8:50-10:20 AM	\$191	\$210	323053-02
6/26-7/7	M-F	8:50-10:20 AM	\$191	\$210	323053-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	\$210	323053-04
7/24-8/4	M-F	8:50-10:20 AM	\$191	\$210	323053-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323053-06
Location: I	ee Ma	artinez Park	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323073-01
6/12-6/23	M-F	8:50-10:20 AM	\$191	\$210	323073-02
6/26-7/7	M-F	8:50-10:20 AM	\$191	\$210	323073-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	\$210	323073-04
7/24-8/4	M-F	8:50-10:20 AM	\$191	\$210	323073-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323073-06

Aces

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players are encouraged to participate in novice level tournaments.

Age: 9-10 years

Location: Fossil Creek Community Park

Location	05511 (30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323010-01
6/12-6/23	M-F	8:50-10:20 AM	\$191	\$210	323010-02
6/26-7/7	M-F	8:50-10:20 AM	\$191	\$210	323010-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	\$210	323010-04
7/24-8/4	M-F	8:50-10:20 AM	\$191	\$210	323010-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323010-06
5/27-6/17	Sa	8:50-10:20 AM	\$77	\$84	323010-07
6/24-7/15	Sa	8:50-10:20 AM	\$77	\$84	323010-08
7/22-8/12	Sa	8:50-10:20 AM	\$77	\$84	323010-09
Location: F	ossil F	Ridge High School	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323030-01
6/12-6/23	M-F	8:50-10:20 AM	\$191		323030-02
6/26-7/7	M-F	8:50-10:20 AM	\$191		323030-03
7/10-7/21	M-F	8:50-10:20 AM	\$191	· ·	323030-04
7/24-8/4	M-F	8:50-10:20 AM	\$191		323030-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323030-06
Location: F	Rolland	d Moore	30 Day	No	
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	
6/12-6/23	M-F	8:50-10:20 AM	\$191		323050-02
6/26-7/7	M-F	8:50-10:20 AM	\$191		323050-03
7/10-7/21	M-F	8:50-10:20 AM	\$191		323050-04
7/24-8/4	M-F	8:50-10:20 AM	\$191		323050-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323050-06
Location: L	.ee Ma	rtinez Park	30 Day		
			Adv	Adv	
5/29-6/9	M-F	8:50-10:20 AM	\$191	\$210	323070-01
6/12-6/23	M-F	8:50-10:20 AM	\$191		323070-02
6/26-7/7	M-F	8:50-10:20 AM	\$191		323070-03
7/10-7/21	M-F	8:50-10:20 AM	\$191		323070-04
7/24-8/4	M-F	8:50-10:20 AM	\$191		323070-05
8/7-8/11	M-F	8:50-10:20 AM	\$95	\$105	323070-06

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.

MIDDLE SCHOOL

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger

New players learn the basics of the game, play games, learn scoring and rules.

Age: 11-13 years

Location: Fossil Creek Community Park

Location:	FOSSII CI	reek Community Pai			
			30 Da		
- 100 0 10	=	10 70 111 10 70 014	Adv	Adv	
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323011-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323011-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323011-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323011-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323011-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323011-06
5/27-6/17	Sa	10:30 AM-12:30 PM	\$102	\$112	323011-07
6/24-7/15	Sa	10:30 AM-12:30 PM	\$102	\$112	323011-08
7/22-8/12	Sa	10:30 AM-12:30 PM	\$102	\$112	323011-09
Location:	Fossil R	idge High School	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323031-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323031-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323031-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323031-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323031-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323031-06
Location:	Rolland	Moore	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323051-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323051-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323051-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323051-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323051-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323051-06
		tinez Park	30 Day Adv	-	525051 00
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323071-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323071-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323071-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323071-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323071-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323071-06
	Classes ir	alternate registration dat n which adults are require no web registration for p	ed to atte rogram	nd	

M Denotes program/activity has special membership pricing

Competitive

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

Age: 11-13 years

Location: F	ossil C	reek Park	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323012-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323012-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323012-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323012-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323012-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323012-06
5/27-6/17	Sa	10:30 AM-12:30 PM	\$102	\$112	323012-07
6/24-7/15	Sa	10:30 AM-12:30 PM	\$102	\$112	323012-08
7/22-8/12	Sa	10:30 AM-12:30 PM	\$102	\$112	323012-09
Location: F	ossil R	idge High School	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30 AM-12:30 PM	\$255	\$280	323032-01
6/12-6/23	M-F	10:30 AM-12:30 PM	\$255	\$280	323032-02
6/26-7/7	M-F	10:30 AM-12:30 PM	\$255	\$280	323032-03
7/10-7/21	M-F	10:30 AM-12:30 PM	\$255	\$280	323032-04
7/24-8/4	M-F	10:30 AM-12:30 PM	\$255	\$280	323032-05
8/7-8/11	M-F	10:30 AM-12:30 PM	\$128	\$140	323032-06
Location: F	Rolland	Moore	30 Day	No Adv	
			AUV		
5/29-6/9	M-F	10:30 AM-12:30 PM	Adv \$255		323052-01
5/29-6/9 6/12-6/23	M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255	\$280	323052-01 323052-02
5/29-6/9 6/12-6/23 6/26-7/7		10:30 AM-12:30 PM	\$255 \$255	\$280 \$280	
6/12-6/23	M-F		\$255	\$280 \$280 \$280	323052-02
6/12-6/23 6/26-7/7	M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255	\$280 \$280 \$280 \$280	323052-02 323052-03
6/12-6/23 6/26-7/7 7/10-7/21	M-F M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$280	323052-02 323052-03 323052-04
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4	M-F M-F M-F M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$280 \$140	323052-02 323052-03 323052-04 323052-05
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11	M-F M-F M-F M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$255 \$128 30 Day	\$280 \$280 \$280 \$280 \$280 \$280 \$140 No	323052-02 323052-03 323052-04 323052-05
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: L 5/29-6/9 6/12-6/23	M-F M-F M-F M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM tinez Park 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$140 No Adv	323052-02 323052-03 323052-04 323052-05 323052-06
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: L 5/29-6/9 6/12-6/23 6/26-7/7	M-F M-F M-F M-F M-F .ee Mar	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM tinez Park 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255 \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280 \$280	323052-02 323052-03 323052-04 323052-05 323052-06 323072-01
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: L 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21	M-F M-F M-F M-F ee Mar M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM tinez Park 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$140 \$140 No Adv \$280 \$280 \$280 \$280	323052-02 323052-03 323052-04 323052-05 323052-06 323052-02 323052-02 323052-03 323052-04
6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: L 5/29-6/9 6/12-6/23 6/26-7/7	M-F M-F M-F M-F ee Mar M-F M-F	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM tinez Park 10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	\$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255 \$255 \$255	\$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280	323052-02 323052-03 323052-04 323052-05 323052-06 323072-01 323052-02 323052-02

Wimbledon

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

Age: 14-18 years

Location: F	ossil C	reek Park	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30AM-12:30 PM	\$255	\$280	323016-01
6/12-6/23	M-F	10:30AM-12:30 PM	\$255	\$280	323016-02
6/26-7/7	M-F	10:30AM-12:30 PM	\$255	\$280	323016-03
7/10-7/21	M-F	10:30AM-12:30 PM	\$255	\$280	323016-04
7/24-8/4	M-F	10:30AM-12:30 PM	\$255	\$280	323016-05
8/7-8/11	M-F	10:30AM-12:30 PM	\$128	\$140	323016-06
5/27-6/17	Sa	10:30AM-12:30 PM	\$102	\$112	323016-07
6/24-7/15	Sa	10:30AM-12:30 PM	\$102	\$112	323016-08
7/22-8/12	Sa	10:30AM-12:30 PM	\$102	\$112	323016-09
Location: F	ossil R	idge High School	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30AM-12:30 PM	\$255	\$280	323036-01
6/12-6/23	M-F	10:30AM-12:30 PM	\$255	\$280	323036-02
6/26-7/7	M-F	10:30AM-12:30 PM	\$255	\$280	323036-03
7/10-7/21	M-F	10:30AM-12:30 PM	\$255	\$280	323036-04
7/24-8/4	M-F	10:30AM-12:30 PM	\$255	\$280	323036-05
8/7-8/11	M-F	10:30AM-12:30 PM	\$128	\$140	323036-06
Location: R	Rolland	Moore	30 Day		
- 100 0 10	=	10 70 111 10 70 011	Adv	Adv	707050 01
5/29-6/9	M-F	10:30AM-12:30 PM	\$255		323056-01
6/12-6/23	M-F	10:30AM-12:30 PM	\$255		323056-02
6/26-7/7	M-F	10:30AM-12:30 PM	\$255		323056-03
7/10-7/21	M-F	10:30AM-12:30 PM	\$255		323056-04
7/24-8/4	M-F	10:30AM-12:30 PM	\$255		323056-05
8/7-8/11	M-F	10:30AM-12:30 PM	\$128	\$140	323056-06
Location: L	ee Mar	tinez Park	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30AM-12:30 PM	\$255	\$280	323076-01
5/29-6/9 6/12-6/23	M-F	10:30AM-12:30 PM	\$255 \$255		323076-01
		10:30AM-12:30 PM			323076-02
6/26-7/7	M-F		\$255		
7/10-7/21	M-F	10:30AM-12:30 PM	\$255	· .	323076-04
7/24-8/4	M-F	10:30AM-12:30 PM	\$255		323076-05
8/7-8/11	M-F	10:30AM-12:30 PM	\$128	\$140	323076-06

Grand Slam

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

Age: 14-18 years

Location: I	Fossil C	reek Park	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30AM-12:30 PM	\$255	\$280	323014-01
6/12-6/23	M-F	10:30AM-12:30 PM	\$255	\$280	323014-02
6/26-7/7	M-F	10:30AM-12:30 PM	\$255	\$280	323014-03
7/10-7/21	M-F	10:30AM-12:30 PM	\$255	\$280	323014-04
7/24-8/4	M-F	10:30AM-12:30 PM	\$255	\$280	323014-05
8/7-8/11	M-F	10:30AM-12:30 PM	\$128	\$140	323014-06
5/27-6/17	Sa	10:30AM-12:30 PM	\$102	\$112	323014-07
6/24-7/15	Sa	10:30AM-12:30 PM	\$102	\$112	323014-08
7/22-8/12	Sa	10:30AM-12:30 PM	\$102	\$112	323014-09
Location: I	Fossil R	idge High School	30 Day Adv	No Adv	
5/29-6/9	M-F	10:30AM-12:30 PM	\$255	\$280	323034-01
6/12-6/23	M-F	10:30AM-12:30 PM	\$255	\$280	323034-02
6/26-7/7	M-F	10:30AM-12:30 PM	\$255	\$280	323034-03
7/10-7/21	M-F	10:30AM-12:30 PM	\$255	\$280	323034-04
// 10-// 21	1.1.1	10100/111121001111	+		
7/24-8/4	M-F	10:30AM-12:30 PM	\$255		
			•	\$280	323034-05
7/24-8/4	M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM	\$255	\$280 \$140	323034-05
7/24-8/4 8/7-8/11	M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day	\$280 \$140 No Adv	323034-05 323034-06
7/24-8/4 8/7-8/11 Location: I	M-F M-F Rolland	10:30AM-12:30 PM 10:30AM-12:30 PM Moore	\$255 \$128 30 Day Adv	\$280 \$140 No Adv \$280	323034-05 323034-06 323054-01
7/24-8/4 8/7-8/11 Location: I	M-F M-F Rolland M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255	\$280 \$140 No Adv \$280 \$280	323034-05 323034-06 323054-01 323054-02
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23	M-F M-F Rolland M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280	323034-05 323034-06 323054-01 323054-02 323054-03
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7	M-F M-F Rolland M-F M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280	323034-05 323034-06 323054-01 323054-02 323054-03 323054-04
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21	M-F M-F Rolland M-F M-F M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280	323034-05 323034-06 323054-01 323054-02 323054-03 323054-04 323054-04
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4	M-F M-F Rolland M-F M-F M-F M-F M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$280 \$280	323034-05 323034-06 323054-01 323054-02 323054-03 323054-04 323054-04
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11	M-F M-F Rolland M-F M-F M-F M-F M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255 \$255 \$128 30 Day	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$280 \$280 \$280	323034-05 323034-06 323054-02 323054-02 323054-03 323054-04 323054-06
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: I	M-F M-F Rolland M-F M-F M-F M-F M-F M-F Lee Mar	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM tinez Park	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280	323034-05 323034-06 323054-01 323054-02 323054-03 323054-04 323054-06 323054-06 323054-06
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: I 5/29-6/9	M-F M-F Rolland M-F M-F M-F M-F M-F Lee Mar M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM tinez Park 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280 \$280 \$280	323034-05 323034-06 323054-01 323054-02 323054-03 323054-04 323054-06 323054-06 323054-06 323074-01 323074-01
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21	M-F M-F Rolland M-F M-F M-F M-F M-F Lee Mar M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM tinez Park 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280 \$280 \$280 \$280	323034-05 323034-06 323054-02 323054-02 323054-03 323054-05 323054-06 323054-06 323074-01 323074-02 323074-02
7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7 7/10-7/21 7/24-8/4 8/7-8/11 Location: I 5/29-6/9 6/12-6/23 6/26-7/7	M-F M-F Rolland M-F M-F M-F M-F M-F Lee Mar M-F M-F M-F M-F	10:30AM-12:30 PM 10:30AM-12:30 PM Moore 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM tinez Park 10:30AM-12:30 PM 10:30AM-12:30 PM 10:30AM-12:30 PM	\$255 \$128 30 Day Adv \$255 \$255 \$255 \$255 \$255 \$128 30 Day Adv \$255 \$255 \$255 \$255	\$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280 \$140 No Adv \$280 \$280 \$280 \$280 \$280	323034-05 323034-06 323054-02 323054-02 323054-02 323054-04 323054-06 323054-06 323074-01 323074-02 323074-03 323074-04 323074-04

INCLUSION SUPPORT

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

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.

Location: Rolland Moore

Age: 12-18 years

TIER #1 (Most Advanced)		30 Da	y No		
& TIER #2	(Middle	Level)	Adv	Adv	
5/29-6/9	M-F	1:00-3:00PM	\$310	\$335	323058-01
6/12-6/23	M-F	1:00-3:00PM	\$310	\$335	323058-02
6/26-7/7	M-F	1:00-3:00PM	\$310	\$335	323058-03
7/10-7/21	M-F	1:00-3:00PM	\$310	\$335	323058-04
7/24-8/4	M-F	1:00-3:00PM	\$310	\$335	323058-05
8/7-8/11	M-F	1:00-3:00PM	\$155	\$168	323058-06
TIER #3 (L	east Ad	vanced)	30 Da	y No	
TIER #3 (L	east Ad	vanced)	30 Day Adv	y No Adv	
5/29-6/9	east Ad M-F	vanced) 3:00-5:00PM		· · ·	323059-01
			Adv	Adv \$335	323059-01 323059-02
5/29-6/9	M-F	3:00-5:00PM	Adv \$310	Adv \$335 \$335	
5/29-6/9 6/12-6/23	M-F M-F	3:00-5:00PM 3:00-5:00PM	Adv \$310 \$310	Adv \$335 \$335 \$335	323059-02
5/29-6/9 6/12-6/23 6/26-7/7	M-F M-F M-F	3:00-5:00PM 3:00-5:00PM 3:00-5:00PM	Adv \$310 \$310 \$310	Adv \$335 \$335 \$335 \$335 \$335	323059-02 323059-03

Junior Tournaments

Enter tournaments at lewistennis.com.

5/20	Spring Extreme (Level 7)
6/17	Jumpin' Summer (Level 7)
6/23-24	Lightning Summer Championships (Level 6)
7/15	Firecracker Blast (Level 7)
7/21-22	Rocking Summer (Level 6)
8/4-5	Summer Blow Out (Level 6)
8/26	Back to School (Level 7)
9/9	Remembrance Day Challenger (Level 7)
10/14	Eric Hermann Middle School Doubles Tournament
	(Non-Sanctioned)

Junior Red, Orange & Green Ball Tournaments

These tournaments are for rookie tournament players. Note: All tournaments will have a player BBQ after play.

5/5	Green Ball #1 & #2 (11-18yrs)
6/9	Orange Ball (10 & Under)
6/30	Green Ball (11-18yrs)
7/14	Green Ball (11-18yrs)
7/28	Orange Ball (10 & Under)
8/11	Green Ball (11-18yrs)

LEWIS TENNIS OVER 50 YEARS TEACHING THE GAME OF TENNIS



Programs for Juniors and Adults

- **NEW** 10 and under program with weekly tournaments
- Middle School and High School
- Adult Programs
- Performance training and league coaching
- Private lessons
- Clinics for all levels
- Complete pro shop
- Tournaments
- Round Robins
- Racquet stringing

For more info call 970-493-7000 or visit lewistennis.com



Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 | 22-23933



WELLNESS

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

Am I Hungry? Mindful Eating

In this two-part series, get resources for overseeing your eating instead of feeling out of control, as well as tools for reducing mindless and emotional eating and balancing out overeating and deprivation cycles. Facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

0/27 0/25 10,111 1.00 2.50 FM 10100 525405 01	6/27-6/29	Tu,Th	1:00-2:30 PM	No Fee	325403-01
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Blue Zones

Come learn about Power 9: Lifestyle Habits of the World's Healthiest, Longest-Lived People and how to live the healthiest into the later years of life. Dan Buettner has studied areas in the world where people live the longest and without chronic conditions. Come discover the secrets to healthy aging.

8/10 Th 1:00-2:00 PM No Fee 325405-01

Bossy Bladder

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

6/6	Tu	11:00 AM-Noon	No Fee	325411-01
7/20	Th	1:00-2:00 PM	No Fee	325411-02
8/21	М	9:00-10:00 AM	No Fee	325411-03

Caregiver Resiliency

Learn strategies and tips on being a resilient caregiver while caring for someone living with dementia.

8/22	Tu	10:30-11:30 AM	No Fee	325408-01
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Dementia Conversations

Learn tips on how to have caring conversations with family about topics such as going to the doctor, deciding when to stop driving, and making legal and financial plans.

7/26	W	3:30-4:30 PM	No Fee	325409-01
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Fitness at Home

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

6/22	Th	11:00 AM-Noon	No Fee	325413-01
7/25	Tu	1:00-2:00 PM	No Fee	325413-02
8/30	W	9:00-10:00 AM	No Fee	325413-03

Get Your Advance Directives Done

Learn how to create medical health care directives. Materials for class are available via email upon request. Follow-up consultation and notarization of directives option available.

	6/6 T	u 3:00-4	4:30 PM No	Fee 325406-0	1
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Home Safety/Fall Prevention

More than one-third of the senior population falls each year. Covell Care teaches you how you can keep yourself or a loved one safe at home and in the community.

6/13	Tu	11:00 AM-Noon	No Fee	325412-01
7/6	Th	1:00-2:00 PM	No Fee	325412-02
8/17	Th	9:00-10:00 AM	No Fee	325412-03

Living Well with Lifelong Health

Living a healthy life with one or more health issues involves learning self-management skills to help you function at your best, regardless of your chronic condition. This six-week class gives you the practical skills and tools to help manage symptoms, set goals, problem-solve, stay active and enjoy the things that are most important to you.

7/13-8/17 Th 9:30 AM-Noon No Fee 325401-01 Remembering our Wisdom: Unfolding the Hidden

Gems of our Aging

Mindfulness provides a way to settle into our minds and bodies to discover purpose and meaning in our lives. Discuss mindfulness practices on how to bring wisdom fully present in your life and appreciate the aging process. Facilitated by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

8/8	Tu	2:00-3:30 PM	No Fee	325404-01

Resilience for Mind & Body

When we develop a resilient mindset, we are better able to stay calm, joyful, and healthy. Through a combination of hilarious, interactive exercises, deep breathing, and gentle movements, learn skills to cope with lifes smaller, annoying challenges as well as larger concerns. No experience required. Participants can be seated if necessary.

6/1	Th	8:15-9:00 AM	No Fee	325414-01
7/6	Th	8:15-9:00 AM	No Fee	325414-02
8/8	Tu	8:15-9:00 AM	No Fee	325414-03

Social Security Overview

As you approach retirement, you will start see a flood of information that may or may not be fully accurate. Josh Weller, Public Affairs Specialist with the Social Security Administration, will provide an overview of Social Security benefits including how benefits are calculated, eligibility factors, application process, and more.

7/20	Th	2:00-3:00 PM	No Fee	325410-01

The ABZzzz's of Sleep

UCHealth Community Health RN Julie Knighton will share sleep-management tips to help you identify and overcome age-related sleep problems, get a good night's rest, and improve the quality of your waking life.

7/18	Tu	10:00-11:00 AM	No Fee	325402-01



The Conversation Project

90% of Americans feel it is important to talk about end-of-life issues however, fewer than 30% have done so. Journalist Ellen Goodman shares an impactful program to help people get this very important conversation started prior to a health crisis or emergency.

9/5 Tu 2:00-3:30 PM No Fee 425415-0)1
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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.

6/6 Tu 10:00-11:00 AM No Fee 325400-0	-01
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Virtual Dementia Tour

The Virtual Dementia Tour is an evidence-based, patented program designed to give people the opportunity to experience what dementia is like through an individualized, experiential tour along with a short presentation on Understanding Alzheimer's and Dementia. This class is a collaboration between the Colorado Center for Nursing Excellence, The Alzheimer's Association, and UCHealth Aspen Club.

6/14 W 10:00-11:00 AM No Fee 325407-01

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.

6/13, 6/29 8:30-10:30 AM

COVID-19 Booster Clinic

Schedule an appointment with Larimer County at Larimer.gov/ covidvaccine or call 970-498-5500 to get up to date on COVID boosters. ONLY for individuals with Medicaid OR without insurance.

6/21 W 12:00-4:00 PM

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.

5/11, 6/8, 7/13, 8/10 12:30-2:00 PM



50+

All 50+ programs are specifically designed for ages 50 years and older and held at the Fort Collins Senior Center unless otherwise noted.

Participants must check-in at the front desk for all programs and activities.

Membership 50+

Membership 50+ is \$30 annually. Scholarships for membership available. Programs with special membership pricing are noted throughout the Recreator with **(**). Additional discounts do not apply on membership programs. If no fee is listed for a membership program, the program is exclusive to Membership 50+. Membership 50+ benefits include:

- •\$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions.
- Free admission to drop-in programs including Pool Room, Library & Media Center, Bingo, and Cards & Games at the Senior Center.
- •2-day advance registration to Recreator programs.
- Member discounts on select services and activities.
- Membership in member-only Outdoor Recreation clubs. For more information see page 57.
- •Birthday and anniversary celebrations.
- Notary service.

Fort Collins Senior Center Orientations

Interested in learning more about the Fort Collins Senior Center? Join us for a tour!

First Monday of each month	4:30 PM
Third Thursday of each month	9:00 AM

Bingo 🚺

Compete in bingo for prizes. Note: Must register eight days prior.

6/19	М	1:30-2:30 PM	No Fee	312401-01
7/17	М	1:30-2:30 PM	No Fee	312401-02
8/21	М	1:30-2:30 PM	No Fee	312401-03

Cards & Games 🚺

All Games

Note: Includes Texas hold'em, euchre, dominoes, bridge, etc.-any game a person would like to play. Games will not be held on 6/19 & 7/4.

6/5-8/28	М	12:30-4:00 PM	No Fee	312404-01
6/7-8/30	W	12:30-4:00 PM	No Fee	312404-04
Pinochle,	Mahjor	ng, & Party Bridge		
6/6-8/29	Tu	12:30-4:00 PM	No Fee	312404-02
Pinochle				
6/2-8/25	F	12:30-4:00 PM	No Fee	312404-05
Bridge				
6/1-8/31	Th	12:30-4:00 PM	No Fee	312404-06

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.

END	R AC	Denotes alternate registration date Classes in which adults are required to attend
LEG	NW M	Denotes no web registration for program Denotes program/activity has special membership pricing

CLUBS & ORGANIZATIONS

Front Range Forum

Front Range Forum is a lifelong learning focusedn educational and social organization associated with the Fort Collins Senior Center. Pay the membership fee and receive unlimited access to classes in literature, history, music, current events, and popular culture as well activities that include film programs, lunch-time lectures, and excursions. Front Range Forum has something for everyone interested in expanding their worlds and forming new friendships. For more information visit frontrangeforum.org. Note: Only Front Range Forum Members are permitted to attend Front Range Forum programs; exception is made for the occasional free and open to the public program.

Summer Membership Fee

4/1-8/31 \$39

MEMBERSHIP FEES INCLUDE:

More to Explore

Learn more about Fort Collins and surrounding areas through carefully chosen group outings.

207410-01

Meeting days and times vary.

Lunch & Learn

Bring a sack lunch and engage in presentations and facilitator led discussions

First and Third Wednesday of each month 11:45-12:45 PM

Great Questions

Participate in lively debates surrounding a given question such as, "is it ever ok to lie?"

Fourth Wednesday of each month 1:30-3:00 PM

Hot Shots Photo Group:

Photo enthusiasts meet to share photos, ideas, and techniques.

TBD

Mystery Book Club

Discuss favorite whodunits with fellow bibliophiles

Third Wednesday of each month 1:00-3:00 PM

Front Range Forum Goes to the Movies

Watch a movie and participate in a facilitator led discussion afterwards.

Second Wednesday of the month 1:30-4:00 PM

FRONT RANGE FORUM FREE INTRO CLASS OPEN TO THE PUBLIC - NEW!

Detective Tales from Wyoming

Join our four-week Wyoming Mysteries Course and discover four detective mysteries set in Wyoming by top authors C.J. Box, Craig Johnson, and Margaret Coel. Explore characters, themes, and settings through discussions and analysis. Note: No class on 6/8, 6/22, 7/6.

6/1-7/13 Th 9:30-11:30 AM No Fee	307409-01
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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 each month. For more information contact Ashley Ruffer at aruffer@fcgov.com.

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 7/14. Note: No class on 6/9, 6/23.

6/2-6/30 F 10:00-11:00 AM \$20 312490-

EXPLORE & LEARN: TECH SKILLS FOR OLDER ADULTS

These classes are designed for older adults interested in learning about smartphones, computers, tablets, and the internet. View presentations, participate in group discussions, and get one on one assistance with personal devices. Resources provided at each class for at-home 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. Learn how to adjust the font size, add captions to YouTube videos, adjust cursor (mouse) size and speed, use text-to-speech, and more.

6/2 F 10:30 AM-12:30 PM	\$8	307487-01
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Facebook Marketplace & Safe Practices to Buy & Sell Items

Facebook Marketplace is a social media platform that allows users to sell and buy items for cheap. 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 Marketplace and strategies to keep yourself safe.

6/16 F 10:30 AM-12:30 PM \$8 307487-02

Zoom: Video Chat with Friends & Family

Zoom can be used on computers, tablets, and smartphones for video chatting with friends and family for free. Learn how to set up a Zoom account, join a meeting, create a meeting for others to join, share your screen, and more. Instructors will also assist with mic and speaker setup.

	6/30	F	10:30 AM-12:30 PM	\$8	307487-03
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Text Using Smart Phones

Text is a quick and informal way to communicate with others using a smartphone. This class will 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 checking that they have a cell phone provider such as Verizon or AT&T.

7/14	F	10:30 AM-12:30 PM	\$8	307487-04

Email for Outlook & Gmail

An alternative form of communication, besides text and phone, is email. Learn 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.

7/28 F 10:30 AM-12:30 PM \$8 307487-05

Google Search & Finding Reliable Websites

The internet can be a great source to find information on topics like recipes, treatments for diseases, recent news, restaurant reviews, and more. However, not all websites are trustworthy and reliable. Some information on the internet may be untrue or include biases. Explore how to look up a topic using Google Search and best practices for finding reliable information.

8/4 F 10:30 AM-12:30 PM \$8	8 307487-06
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SOCIAL PROGRAMS

And Then it is Winter

Together 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 6/19, 7/3, 7/17, 7/31, 8/7, 8/21.

Age: 70 years & up

6/12 9/29 M 10.70 11.70 AM ¢E 712411 01	<u> </u>				
0/12-0/20 M 10.30-11.30 AM \$5 512411-01	6/12-8/28	М	10:30-11:30 AM	\$5	312411-01

Donut Make U Wonder 🚺

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

C/2 0/25	-	10 00 11 00 414		712412 01
6/2-8/25	F	10:00-11:00 AM	No Fee	312412-01

SOAP Troupe Acting

SOAP (Slightly Older Adult Players) Troupe writes and performs two shows per year (May & December) which feature 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, in addition to weekly rehearsals and activities.

6/1-8/31	Tu	1:00-3:00 PM	\$30	313410-01



Senior Serenaders

The Senior Serenaders practice and perform seasonal themed music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Betsy Emond at 970-224-6030, bemond@fcgov.com. Note: No class on 6/19, 7/17, 8/14.

6/5-8/28 M 9:30-11:00 AM \$15 312413-01

Social Dancing at the Senior Center (Formerly Prairie Sage Dances)

Grab a loved one or a friend and join in 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 aruffer@fcgov.com.

6/5	М	6:30-9:00 PM	\$8	Big Twang Theory			
(Denim a	and Lace I	Dance)					
6/19	М	6:30-9:00 PM	\$8	Vic Anderson			
(Father's	Day Dan	ce- Wear Blue)					
7/3	М	6:30-9:00 PM	\$8	Big Twang Theory			
(Red, White and Blue Dance)							
7/17	М	6:30-9:00 PM	\$8	High Plains			
8/7	М	6:30-9:00 PM	\$8	Big Twang Theory			
(Hawaiia	(Hawaiian Dance)						
8/21	М	6:30-9:00 PM	\$8	Rusty Chaps			

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.

6/15	Th	3:00-5:00 PM	No Fee	312464-01
7/20	Th	3:00-5:00 PM	No Fee	312464-02
8/17	Th	3:00-5:00 PM	No Fee	312464-03

The Writers' Group 🚺

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. For more information contact Betsy Emond at 970.224.6030, bemond@ fcgov.com. Note: Group will not be held on 7/4.

Age: 18 ye	ars & ι	ID		
6/6-8/29	Tu	9:30 AM-Noon	No Fee	312907-01

FRIDAY MOVIES

Annual Social Membership or an active pass required; or payment of the daily facility drop-in rate

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. Starring Channing Tatum, Amanda Seyfried, and Richard Jenkins. Rated PG-13.

6/16 F 1:00-4:00 PM

Mrs. Harris Goes to Paris (2022)

London housecleaner Ada Harris thinks her lonely life might turn around if she can become the owner of a Christian Dior gown. Winning over the elite people from Paris will not be easy, but Ada hopes her irrepressible charm will do the trick. Starring Lesley Manville, Isabella Huppert, and Lambert Wilson. Rated PG.

7/21 F 1:00-4:00 PM

King Richard (2021)

Based on the true story that will inspire the world. Richard Williams, father of legendary champions Venus and Serena Williams, shows how family and perseverance can achieve the impossible and impact the world. Starring Will Smith, Aunjanue Ellis, and Saniyya Sidney. Rated PG-13.

8/18 F 1:00-4:00 PM

SPECIAL INTERESTS

ADULT CAMP - NEW!

Adult Camp offers traditional and reimagined camp activities to nourish social, intellectual, and playful pursuits. Activities include time dedicated to social networking, introduction to recreation activities, field trips, and of course snack time! Note: bring a sack lunch, water bottle, and sunscreen.

8/7-8/11 M-F 8:30 AM-12:30 PM 5	\$130	307402-01
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Adult Camp Daily Schedule

•	-
8:15 AM	Pick up, if requested
8:30-9:30 AM	Camp Check-In/Social Time/Daily Agenda
9:30-10:30 AM	Activity 1
10:30-11:00 AM	Coffee and Snack Time
11:00-11:45 AM	Activity 2
11:45 AM-12:15 PM	Lunch
12:15-12:30 PM	Wind Down/Next Day Agenda
12:30 PM	Drop off, if requested

- R Denotes alternate registration date
- Classes in which adults are required to attend

w Denotes no web registration for program

M Denotes program/activity has special membership pricing

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HISTORY HOUR

Calling all history lovers! Every month, presenters speak about a variety of topics from the fascinating history of Colorado and beyond. Guest speakers will present for approximately 50 minutes with time for questions after.

Dickerson Sisters: Folk Art & Ties to Nature

Learn about the lives of Alice and Helen Dickerson and their ties to the area's mountain communities. Complementing a discussion of their lives will be a display of their artistic pine needle baskets, collages, and nature art. If you have possession of your own Dickerson Sister piece, or a good story related to their history, bring it along!

6/9 F 5:00-6:00 PM \$9 Ticketed Event

Final Remarks: Gravestones & Personal Memorials Gravestones exist to document the life statistics and passing of an individual. Sometimes they are an opportunity for a memorial or prayer, but frequently they are the last opportunity for a person to make a personal statement, complaint, or remark that denotes their unique character and personal life. This presentation looks at some of the strange, thoughtful, and often humorous final words of our predecessors.

7/14 F 5:00-6:00 PM \$9 Ticketed Event

History of the Great Western Sugar Company

Kenneth Jessen will showcase the history of the Great Western Sugar Company, how beets are grown and how they are refined into granular sugar. This presentation also covers the history of those associated with the company, and the unfortunate demise of the sugar company.

8/11 F 5:00-6:00 PM \$9 Ticketed Event

RESOURCES

Library/Media Center

The Library/Media Center offers a quiet location for reading, reflection, relaxing, or use of 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. 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 970-472-9630 x1 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

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.

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 time frames. Pick-up time will be confirmed via phone the day prior to the trip. 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.

Rockies Games

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

vs. Florida Marlins

5/25	Ih	10:30 AM-7:00 PM	\$50	205901-01		
vs. Los Ai	ngeles A	Angels				
6/25	Su	10:30 AM-7:00 PM	\$50	305901-01		
vs. Houston Astros						
7/19	W	10:30 AM-7:00 PM	\$50	305901-02		
vs. Arizona Diamondbacks						
8/16	W	10:30 AM-7:00 PM	\$50	305901-03		

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Casino Trips 🚺 🗖

A day in the mountains at Blackhawk.

Location: Rolland Moore Parking Lot

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6/20	Tu	8:30 AM-5:00 PM	\$25	305910-01
8/1	Tu	8:30 AM-5:00 PM	\$25	305910-02

OUT TO LUNCH 🚳 👁

Individuals are responsible for purchasing their own meals unless otherwise noted.

Seven Keys Sunday Brunch, Estes Park

Formerly the Baldpate Inn, the Seven Keys Lodge features a sprawling key collection and historical artifacts. Join us for a picturesque view and enjoy a buffet of Sunday brunch favorites. Note: Brunch cost is included with registration.

6/11 Su 9:30 AM-	00 PM \$53 305930-01
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Great Scott's Eatery, Broomfield

Vintage/retro atmosphere celebrating the 50's thru the 80's. Fresh, locally produced foods, burgers, sandwiches, salads, and more.

7/27 Th 10:30 AM-4:00 PM \$25 305930-02

Raff's Tavern at Highlands Meadow, Windsor

Raff's Tavern in Windsor features a full menu of American favorites. Come enjoy the new Highlands Meadows Golf Course and Tavern.

8/24	Th	11:00 AM-3:00 PM	\$25	305930-03

SPECIALTY TRIPS

Individuals are responsible for purchasing their own meals unless otherwise noted.

Denver Zoo 🔶

The Denver Zoo spans 75 acres and is home to more than 4,000 animals including rare Amur Leopards, okapi, black rhinoceros, elephants, orangutans, and Komodo Dragons. Watch live shows or feeding demonstrations of sea lions, penguins, or elephants (depending on staff and weather).

6/7 W 9:00 AM-5:00 PM \$49 305932-01

Sunrise Silhouettes Alpaca Farm 💻

Owner Laura Krum has been involved with alpacas for more than 14 years. She has often been called an "Alpaca Whisperer." Along with her husband Eric and their four boys they enjoy helping others experience the amazing connections alpacas create. Note: Late lunch available for purchase at 1 p.m.

6/15 Th 9:30 AM-4:00 PM \$35 305932-02

Drums Along the Rockies, CSU Stadium

Enjoy this elite marching band competition with the top performers of the region. Note: Bring a credit card for any purchases, cash is not accepted.

7/15 Sa 6:00-10:30 PM \$30 305932-03

Lazy B Ranch Chuckwagon Show •

The Lazy B's authentic Cowboy Chuckwagon Supper is the best in Colorado. The Lazy B delivers a delightful mix of cowboy music, skits, and humor, accompanied by an authentic cowboy dinner. Note: Cost of dinner included in total price.

7/18 Tu 3:45-9:30 PM \$76 305932-05

CU Museum of Natural History

Specializing in natural history collections of the Rocky Mountains and Plains regions, the museum is home to over four million artifacts.

8/3 Th 9:00 AM-4:00 PM	\$30	305932-04
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TOUR & FEAST

Individuals are responsible for purchasing their own meals, unless otherwise noted.

Colorado Railroad Museum 💻

Wear your walking shoes and take a step back in time while visiting the Colorado Railroad Museum. A large, outdoor exhibit area and active rail yard. The trip includes a ride on-board a passenger car pulled by a powerful locomotive.

6/29 Th 10:30 AM-5:00 PM \$43 305933-01

International Hearing Dog, Inc 💻

IHD Inc.'s mission is to empower individuals who are d/Deaf and hard of hearing by purposefully training specially selected dogs to alert to sounds, carefully matching these dogs with handlers and supporting the paired teams throughout the lifetime of the match.

7/11 Tu	u 10:30 /	AM-4:00 PM	\$33	305933-02

Estes Park Hydro plant and Stanley Home Tour

Visit the home of F.O. and Flora Stanley, located west of the Stanley Hotel. After lunch we will visit the historic hydro plant built by F.O. Stanley to power his hotel in 1909.

8/29	Tu	9:00 AM-4:00 PM	\$41	305933-03



THE FORT COLLINS PARK ADVENTURE

by JONATHAN CORLEY and NICK ARMSTRONG, Parks and Recreation Advisory Board co-chair

The city of Fort Collins has 53 parks spanning over 1,000 acres and one family spent last summer visiting every park Fort Collins has to offer. Nick Armstrong, his wife Stacy, and their two kids wanted a big, but achievable, milestone for their summer to-do list and visiting all 53 parks seemed like the perfect challenge.

Nick grew up in Colorado and arrived in Fort Collins in 2003 to attend Colorado State University. He graduated in 2007 and has never left! He and his wife met in 2010 and were married that same year. From the start, it was clear Fort Collins is a special place to them both, and they have since done all they can to stay involved locally. They bought a house together in northeast Fort Collins and started a family. Not having a park nearby at the time, their kids needed somewhere to play and became familiar with the city's parks. Parks and recreation became a way for their family to explore their community.

I spoke with Nick about his family's experience with this substantial goal. Our parks offer a ton of various activities and play areas. During their adventure Nick found that his favorite park was Creekside Park. He enjoyed discovering a musical art installation there. Nick is a big fan of mixed-use spaces and his geeky highlight was seeing that Woodwest Park is also a functional stormwater basin. Stacy's favorite was Traverse Park because of the fun play structure available for her kids. Their kids loved Sugar Beet Park because of all the different textures and various play areas it offered.

As our community grows, the usage of these great parks will only grow, and with our enjoyment we each also have a part to play. That can mean picking up some stray litter, volunteering to mulch a tree, and also through approving measures like the Infrastructure Replacement Program when they arrive on your ballot. You can also check out FoCo Parks Forever program (focoparksforever.org) for how to maintain our parks and keep them unique and special.

We hope the Armstrongs inspired you to explore our parks and open spaces. With 53 parks to choose from, we encourage you to visit a few and find a favorite of your own.



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. Lemav 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. 62 Ā 1#

Cottonwood Glen Park 3074 S. Overland Trl. **F** 6 (††) 1æ



2401 Bar Harbor Dr.

Creekside Park 200 Johnson Dr

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Greenbriar Park 730 Willox Ln. 67 **F** ĺæ

Homestead Park 7045 Avondale Rd. **(?)** 🖪 <u>(</u>

Iron Horse Park 769 Ouzel Dr.

Landings Park 4351 Boardwalk Dr. (F) Pa 68 Læ.

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. F **~~** 1/4



Rabbit Brush Park 1114 Elgin Ct.



Registry Park 6820 Ranger Dr. 🕒 🛞 🗲

Richards Lake Park 2945 Parkside Dr.



Rogers Park 臣 Ш Læ. 2515 W. Mulberry St.

Soft Gold Park 520 Hickory St.



Spring Park 2100 Matthews St. F AX



Traverse Park Trail Head Neighborhood 683 1-# Ś

Warren Park 1101 E. Horsetooth Rd.



- **Washington Park** Ξ 301 Maple St.
- Waters Way Park $(\dot{\mathbf{q}}\dot{\mathbf{q}})$ 1æ 715 Fairbourne Wav



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





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

URBAN PARKS

Civic Center Park 225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park 120 W. Oak St.

SPECIAL USE PARKS

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Archery Range 2825 SW Frontage Rd.

Poudre River Whitewater Park 201 E. Vine Dr. 1æ



Ridgeview Park 4700 Hinsdale Dr. Nearby School: McGraw Elementary

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.



At The Youth Clinic, Your Family is Our Family

Caring For Our Future Generations Since 1969

The Youth Clinic family consists of 20+ providers that care for your child from birth to college. The size and experience of our family of providers means we can offer specialists and classes for every phase of your child's life.



Well Care Visits for Kids & Teens



Classes & Programs for All Ages & Stages



Phone Nurse Triage Available

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4 Convenient Northern Colorado Locations

Looking for a New Pediatrician?

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