



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)







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NO



REGISTRATION DATES & TIMES

Review the registration dates below and mark your calendars! More registration details are available on page 7.



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Credits

Community Relations & Marketing

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Pagination Rachel Wilson

Jr. Rams Featured Kids

Oliver Dorado - age 10 Evan Tate – age 11 Leo Dorado - age 8 Emma Laurie – age 12 Lucy Tate – age 6 Sierra Dorado – age 5 Sam Tate – age 9 Henry Laurie – age 9

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.

Follow us @ParksandRecFC







ИО МАТТЕР Эмитеритери развитерие развитерие же то собщете то

Fort Collins

SIGN UP TODAY!

FCCONNEXION.COM



408 Mason Court | 970.221.6738 | fcmod.org

f 🞯 b 🖻 Recreator Fall/Winter 2023

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ADMISSION & PASS FEES

MULTI-FACILITY ADMISSION PASS					
	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Platinum Pass
Youth	\$100	\$28	\$140	\$252	-
Adult	\$120	\$39	\$195	\$350	-
60+	\$100	\$28	\$140	\$252	-
Family/Couple	-	\$67	\$335	\$600	-
85+	-	-	-	-	FREE
	25 admissions to use at any facility except City Park Pool, Club Tico, Pottery Studio, and the Racquet Complex Expires one year from the date of purchase.				
	SINGLE ADMISSION		ICE SKATI	NG RATES & RE	NTALS
	(One-time Drop-In Rate for One Facility) Public Skate Public Skate				Public Skate Group

Youth	\$5	Vouth Date
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

THE FARM ADMISSION RATES Daily Fee Barnyard Buddy

Under 2 Years	No Fee	\$95
2 Years & Older	\$5	Unlimited visits up to four people per visit (extra guests
Family/Couple	-	pay half admission). For more information, visit fcgov.com/thefarm.

CITY PARK POOL			
Daily Drop InTwilight Drop-in Rates (every day from 4:30 p.m. to close)			
Youth	\$7	\$5	
Adult	\$8	\$5	
60+	\$7	\$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.

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		

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.

YOU CAN REGISTER FOR PROGRAMS IN THREE WAYS:



ONLINE

Visit **fcgov.com/recreator** to register online. Click on "*Register Online*" **New users:** Click "Login" and select "Create an Account." Then follow the prompts. **Existing users:** Click "Login" and enter your username/household ID number and password.



IN PERSON

All Recreation facilities are able to assist with registering for programs. **See page 8** for information on open hours.



OVER THE PHONE

Call **970.221.6655** to register.

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

REGISTRATION DATES

Registration times have changed!

August 8 at 7 a.m.

Early registration for active participants of 50+ Membership

August 10 at 7 a.m. Registration for all programs

October 19 at 7 a.m.

EGEN

Registration for winter sports programs and winter pottery programs.

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.

INCLUSION SUPPORT

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

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

7

CITY OF FORT COLLINS RECREATION FACILITY OVERVIEW

CITY PARK POOL

1599 City Park Dr. • 970.221.6658 • 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 - 10:30 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*.



WHAT DO

BELLY DANCERS, PEEWEE HOCKEY PLAYERS, BIRDWATCHERS, AND SKATEBOARDERS

ALL HAVE IN COMMON?

by **MEGHAN WILLIS,** PARKS & RECREATION BOARD MEMBER

They have a place to thrive in Fort Collins' robust Parks and Recreation offerings. Ensuring sustainable funding for parks and recreation is a solid investment for residents of Fort Collins.

Like so many of us living in this awesome city, I moved to Fort Collins for the lifestyle. I fell in love with the community's values of outdoor living, local music and food, entrepreneurship, and education. It's been over 20 years since I moved to the area, and the joy and respite I have found in sharing our parks, trails, and recreation opportunities with family and friends keeps me here.

Programming through the Recreator and connection to outdoor spaces has been instrumental for our family's well-being and sense of community. From my kids' first ice skating and swim lessons at EPIC, to their only experiences with agriculture at Lee Martinez Farm, the breadth of offerings has met our family's needs every step of the way. As my family has grown up, a giant sledding hill has become a place to watch the stars, park bridges a place to fish from, and the big wooly mammoth a focal point for photography classes instead of climbing. We have lived here long enough to see the development of several neighborhood and community parks. Each new park is designed with inclusive and safe play equipment and access for mobilediverse residents, energy-saving and dark sky friendly lighting, and landscaping and irrigation plans to reduce water use. Walk through Spring Canyon Park at night and you'll notice the subtle way the lights brighten and dim as you move along the trails. In Twin Silo Park you'll notice the preservation of the creek and reduced water usage was central in the design.

I applied for the Parks and Recreation Advisory Board because I believe passionately in the power of access to high quality outdoor spaces and recreation opportunities on our collective mental and physical health, at all stages of life. I have experienced firsthand the peace that comes from walking our trails, swinging in a park full of imagination and natural beauty, and watching my kids thrive in the city sports leagues. What I was surprised to learn is that while the City has established funding for operational maintenance of existing parks and for development of new parks, there is currently no sustainable funding to replace, modernize, or update outdated assets.

Providing sustainable funding will reduce inequities experienced by those living close to older, outdated parks and address costs associated with repair or replacement of park installations and play equipment at the end of their lifecycle. This includes features that no longer meet safety, environmental, or ADA standards. Many of the City's older parks are in areas where residents experience lower socioeconomic status leaving older parks in older neighborhoods with inequitable access to quality outdoor spaces.

Each refresh/replacement effort presents an opportunity to improve park irrigation systems, the department's most expensive asset, and reduce ongoing maintenance costs by an estimated 15-25%. As part of these updates, the City will increase native vegetation and reduce water usage through more efficient irrigation. Timely replacement of lighting with newer, energy-efficient options will save money and help meet climate action goals.

Priority project planning and staffing is already in place and the Parks and Recreation Departments are well positioned to take quick action to upgrade, replace, and sustainably maintain equipment. A prioritized list of infrastructure replacement projects can be found online in the Infrastructure Replacement Management Plan at fcgov.com/parks/life-cycle-program.



Sustainable funding for parks and recreation will ensure residents throughout the City, and with diverse interests, will have access to high quality, engaging and safe parks and recreation opportunities for generations to come.



SPECIAL EVENTS FALL/WINTER 2023

SEPT 9



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. Registration not required. Age: 18 years & up

Location: Fort Collins Senior Center

9/9	Sa	10:00 AM-2:00 PM	No Fee





Treatsylvania 🕸

At this non-spooky Halloween event take a stroll through the barn and down Trick or Treat Street while knocking on doors to collect candy. Enjoy a hayride with the family as you enjoy the fall season. Tickets on sale starting October 3. Adults and kids who have aged out of the event may attend for free and do not need a ticket to enter the event. Only children participating in the event need to register.

Learn more at fcgov.com/treatsylvania.

Age: Newborn-10 years Location: The Farm

10/27	F	5:00-7:00 PM	\$8
10/28	Sa	5:00-7:00 PM	\$8
10/29	Su	1:00-3:00 PM	\$8
10/29	Su	5:00-7:00 PM	\$8

NOV **11**



Veterans Day Breakfast

Enjoy a morning of food, song, and patriotism to celebrate those who have honorably served our country. Presented by the Fort Collins Golden K Kiwanis Club and City of Fort Collins, Recreation Department. Posting of the colors begins at 8 a.m. with service songs to follow. Note: Registration not required.

Age: All

Location: Fort Collins Senior Center

11/11	Sa	7:00-10 AM	No Fee

24&25



Holiday Artisan Market

Find uniquely crafted holiday gifts at this premier craft fair. More than 100 artisans and crafters gather to share handmade creations with visitors. Note: Registration not required.

Age: All

Location: Fort Collins Senior Center

11/24 & 11/25	F,Sa	10:00 AM-4:00 PM	No Fee

SPECIAL EVENTS FALL/WINTER 2023





Winter S.O.A.P. Troupe Show

Be entertained this winter with S.O.A.P. (Slightly Older Adult Players) Troupe. Tickets must be purchased in advance at the Fort Collins Senior Center or by calling 970-221-6644. Note: Space is limited to 200. Age: All

Location: Fort Collins Senior Center

12/1	F	1:30 PM	\$8	Ticketed Event	
12/1	F	6:30 PM	\$8	Ticketed Event	
12/2	Sa	2:00 PM	\$8	Ticketed Event	





Breakfast with Santa 🙅

Join Santa for muffins, milk, and memories at The Farm! All the children will join Santa on a hayride, and special gift will highlight the morning! Note: One registration includes one child and one adult.

Age: 2-5 years

Location: The Farm

12/2	Sa	9:00-10:00 AM	\$25	108622-01	
12/3	Su	9:00-10:00 AM	\$25	108622-02	





Mister Tim Sings Holiday Classics

Classic holiday songs from the golden age of American pop music, sung by the golden crooning voice of Mister Tim. Plus parodies, comedy, audience singalongs, and holiday surprises.

Age: All Location: Fort Collins Senior Center

12/9	Sa	2:00-3:00 PM	\$8	Ticketed Event

DEC 16



Nutcracker - An Abridged Performance

Back by popular demand! Studio West Dance Center tells the story of the classical Tchaikovsky/Petipa ballet. The show will include excerpts of Flowers, Sugar Plum, Spanish, Chinese, Snow, Pas De Deaux, Soldier Doll, Ballerina Doll, Marzipan, March, and Angels. Tickets must be purchased in advance at the Fort Collins Senior Center or by calling 970-221-6644.

Age: All Location		ollins Senior Center			
12/10	<u> </u>	7.00 DM	¢.c	Tieleste d Freed	
12/16	Sa	3:00 PM	\$6	Ticketed Event	

4-31



Holiday Village

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

Age: All

Location: Fort Collins Senior Center

12/4-12/31	M-F	6:00 AM-9:00 PM	No Fee
12/4-12/31	Sa,Su	8:00 AM- 5:00 PM	No Fee



ADAPTIVE RECREATION OPPORTUNITIES

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

Inclusion Support

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. New to ARO? Visit fcgov.com/aro to complete a new participant information form to begin the support request process. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date.

Adaptive Programs

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

TR Consult

ARO provides assistance in recreation and leisure choices so you can be as independent as possible in the community and in your everyday life. A certified therapeutic recreation specialist (C.T.R.S.) will discuss your personal Support Form in a TR consult which includes a discussion of your strengths, needs, and leisure interests. Fill out your Support Form at fcgov.com/aro to schedule a consult with a C.T.R.S.

Attendants

Individuals who are not independent in activities of daily living may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Notify ARO staff to coordinate the support plan prior to class start date.

Volunteers

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 Sarah Olear, CTRS, 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

AQUATICS

If interested in scheduling Adaptive Swim Lessons, please contact Taylor Ingram, CTRS, at 970-224-6027, tingram@fcgov.com.

Adaptive H2O Fitness

Designed specifically for individuals with multiple sclerosis, stroke recovery, and neuromuscular disorders. Trained staff deliver exercise modifications and assistance. Exercises focus on maximizing and maintaining physical well-being, endurance, strength, and flexibility. Note: Personal care attendants are welcome to assist in and out of the water.

Age: 16 years & up Location: Mulberry Pool

9/11-10/11	M,W	10:00-11:00 AM	\$72	402228-01
10/16-11/1	5 M,W	10:00-11:00 AM	\$72	402228-02
11/27-12/2	20 M,W	10:00-11:00 AM	\$57.80	402228-03
1/8-2/7	M,W	10:00-11:00 AM	\$72	102228-01

ARTS & THEATRE PROGRAMS

Artistic Abilities Art Club

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

Age: 14 years & up

Location: CSU Visual Arts #D-102

9/14-10/12	Th	4:30-6:00 PM	\$70	402990-01
10/19-11/16	Th	4:30-6:00 PM	\$70	402990-02

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	

9/15-10/20	F	4:30-6:30 PM	\$60	402993-01

Holiday Gift Making Workshop

Create up to three unique gifts for the holidays.

Age: 16 years & up

Location: Fort Collins Senior Center

11/30-12/7 Th 4:00-5:30 PM \$40402491-01

EDUCATION PROGRAMS

Adaptive Cooking

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

Age: 16 years & up

Location: Fort Collins Senior Center

	Amorican	
AII	American	

/ /	carr			
9/20	W	5:00-6:30 PM	\$24	402401-01
Casserole	S			
10/4	W	5:00-6:30 PM	\$24	402401-02
Fall Fixins				
10/18	W	5:00-6:30 PM	\$24	402401-03
Holiday				
11/1	W	5:00-6:30 PM	\$24	402401-04
Sweet Tre	ats			
12/6	W	5:00-6:30 PM	\$24	102401-01
Taco Nigh	t			
1/17	W	5:00-6:30 PM	\$24	102401-02

Adaptive Music

Jam out with friends! Engage in a mix of creative vocal and instrumental music activities while learning more about musicianship. Note: Bring your own instruments or borrow basic rhythm instruments.

Age: 16 years & up

Location: Fort Collins Senior Center

9/11-10/16 M 5:00-6:00 PM \$60	402525-02
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Get Outdoors

Learn Leave No Trace principles, essential equipment, and basic hiking skills to spend time safely in the outdoors. This class is in partnership with Poudre Wilderness Volunteers.

Age: 16 years & up Location: Senior Center

9/6	W	6:00-8:00 PM	\$12	402412-01

Social Skills & Relationships

Facilitated by SOAR and EASE, learn about healthy relationships, communicating effectively, respecting boundaries and safety skills.

Age: 18 years & up

Location: Fort Collins Senior Center

9/12-10/24	Tu	5:00-6:15 PM	\$46	402410-01
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ICE PROGRAMS

Adaptive Ice Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement. Note: Class will not be held on 11/25.

Age: 5-15 years

Location: EPIC

9/9-10/21	Sa	9:45-10:15 AM	\$78	410356-01
10/28-12/16	Sa	9:45-10:15 AM	\$78	410356-02
1/13-2/10	Sa	9:45-10:15 AM	\$56	110356-01

OUTDOOR PROGRAMS

Adaptive Climbing

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

Age: 8 years & up

Location: Whetstone Climbing, 220 Smokey St.

11/7-12/12	Tu	5:30-7:00 PM	\$145	402765-01
1/2-1/30	Tu	5:30-7:00 PM	\$145	102765-01

Cheley Cabin Campout

Spend a weekend at Cheley Camp in Estes Park with other adaptive recreation programs from the Front Range area. Activities include hiking, fishing, climbing, and a themed dance. All lodging, meals, and activities included. Note: Designed for individuals who are independent in activities of daily living, or a care attendant must register for section 1A. Registration deadline is 9/15.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

9/29-10/1	F-Su	1:00-12:30 PM	\$225	402925-01
Attendant				
9/29-10/1	F-Su	1:00-12:30 PM	\$80	402925-1A

No Barriers Mountain Campus

Visit No Barriers accessible outdoor campus in Red Feather, Colorado, complete with high ropes course, climbing wall, nature trails, and facilitated team building activities. Note: Bring a sack lunch, snacks, and water.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

10/1	Su	8:00 AM-4:00 PM	\$90	402941-01
Attendant				
10/1	Su	8:00 AM-4:00 PM	No Fee	402941-02

PARALYMPIC SPORTS

Adaptive Boccia

A Paralympic sport adapted for athletes who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration, and ability to strategize. Note: Class will not be held on 11/20.

Age: 14 years & up

Location: Foothills Activity Center

10/2-12/4	М	10:30 AM-Noon	\$36	402464-01

Adaptive Fencing

Learn the basic techniques of the challenging and competitive sport for Paralympic fencing. Class led by Patricia Dykes, a United States Army veteran, Paralympic fencing athlete, and coach who has competed all over the world. Note: Modified instruction and equipment for varying ability levels available. Class will not be held on 11/23.

Age: 14 years & up

Location: Northside Aztlan Community Center

9/21-12/7	Th	6:00-7:30 PM	\$64	402468-01
5,21 12,7		0.007.00111	φui	102100 01

Wheelhair Tennis

Learn basic techniques and improve your skills during the fun and exciting Paralympic sport of wheelchair tennis. This 5-week class will be led by Akiji Koiwalakai, an experienced player and certified coach.

Age: 8 years & up

Location: Rolland Moore Tennis Courts

9/11-10/9	М	7:00-8:00 PM	\$44	402467-01

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Note: Class will not be held on 11/21.

Age: 14 years & up

Location: Northside Aztlan Community Center

9/26-12/5	Tu	6:00-8:00 PM	\$55	402560-01

TRIPS & TRAVEL

CSU Volleyball Game

Cheer on CSU's Women's Volleyball team as they take on New Mexico at this home game. Note: Ticket included.

Age: 16 years & up Location: Depart from Senior Center

11/16 Attendant	Th	6:15-9:00 PM	\$26	402317-01
Attendant 11/16	Th	6:15-9:00 PM	\$8	402317-1A

Drala Mountain Center

Take a drive up the beautiful Poudre Canyon to visit the Drala Mountain Center. Enjoy the peaceful grounds with nature walking trails and appreciate the unique architecture of The Great Stupa. Stop for lunch at The Mishawaka, a well-known music venue and restaurant, to have a meal while taking in the views. Note: Bring money for lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

10/6	F	9:00 AM-3:30 PM	\$46	402323-01
Attendant				
10/6	F	9:00 AM-3:30 PM	No Fee	402323-1A

Nutcracker

Get swept up in the magic of the season as Canyon Concert Ballet takes the stage with the annual classic holiday favorite, The Nutcracker - Performing with the Fort Collins Symphony at the Lincoln Center. Note: Ticket included. Registration deadline 11/18.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

12/9	Sa	1:15-4:30 PM	\$64	102328-01
Attendant				
12/9	Sa	1:15-4:30 PM	\$45	102328-02

S.O.A.P. Troupe Holiday Rehearsal Show

Help the Fort Collins Senior Center's S.O.A.P. Troupe theatre group prepare for their holiday show. Enjoy popcorn and treats before viewing a private showing of S.O.A.P. Troupe's rehearsal practice, followed by meeting the performers and a chance to check out the stage and props.

Age: 16 years & up

Location: Fort Collins Senior Center

11/30	Th	1:00-3:00 PM	\$8	402324-01
Attendant				
11/30	Th	1:00-3:00 PM	No Fee	402324-02

UNIFIED SPORTS

Adult Unified Basketball

Individuals of all abilities come together to play in a Unified Basketball League. Teams practice for two weeks to build basketball skills and then play in officiated games the remaining eight weeks. Individual Skill division is offered for those who would like to learn and practice basketball skills without playing in games. Note: On 1/13 and 2/17 games will be at Northside Aztlan Community Center.

Age: 16 years & up Location: Webber Middle School, 4201 Seneca St.

Competitive Division

1/6-3/9	Sa	3:30-7:30 PM	\$45	102951-01	
Recreation	nal Divi	ision			
1/6-3/9	Sa	3:30-7:30 PM	\$45	102951-02	
Individual	Skills				
1/6-3/9	Sa	3:30-7:30 PM	\$45	102951-03	

Adult Unified Flag Football

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

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Age: 16 years & up
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Location: City Park

9/11-10/30	M 5:30-6:30 F	PM \$45	402157-01
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Adult Unified Volleyball

Play on a Unified team to learn and practice volleyball skills and have a chance to compete in Special Olympics regional volleyball tournament.

Age: 16 years & up Location: Northside Aztlan Community Center

10/12-11/16	Th	6:00-7:00 PM	\$45	402959-01

TCDC 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.

Age: 8 years & up Location: Fort Collins Senior Center

9/5-10/10	Tu	5:50-7:00 PM	\$53	402987-01
10/17-11/28	Tu	5:50-7:00 PM	\$53	402987-02
12/5-12/19	Tu	5:50-7:00 PM	\$27	102987-01
1/9-2/13	Tu	5:50-7:00 PM	\$53	102987-02

Youth Unified Basketball

Modified techniques are used to teach the fundamentals of basketball and allow players of all abilities to participate. Note: No practice 2/19.

Age: 8 years & up

Location: Lopez Elementary, 637 Wabash St.

Single Child

i a			
М	5:00-6:00 PM	\$35	102952-01
М	5:00-6:00 PM	\$52	102952-02
	М	M 5:00-6:00 PM	M 5:00-6:00 PM \$35

Youth Unified Flag Football

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

Age: 8 years & up

Location: City Park					
Single Chil	d				
9/11-10/16 Family	М	4:15-5:15 PM	\$35	402158-01	
9/11-10/16	М	4:15-5:15 PM	\$52	402158-02	

FITNESS

Check out Oula classes listed in the Fitness section on page 66.

Adaptive Dance

Develop and strengthen your relationship between music and movements based off influences from various styles of dance, such as Latin, Swing, Blues, Ballroom, and Fusion. As you learn more about connecting your movements to the sounds you'll build confidence, rhythm, and unique ways to express yourself. Note: This class will be tailored to meet dancers where they are.

Age: 16 years & up Location: Senior Center

9/1-9/22	F	1:00-2:15 PM	\$30	402985-01
10/11-11/1	W	1:15-2:30 PM	\$30	402985-02

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.

Age: 16 years & up

Location: Fort Collins Senior Center

9/19-11/7 Tu 10:30-11:30 AM \$38 402982-01

Work Out Partners

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

Age: 16 years & up Location: TBA

Personal Trainer

9/18-11/10	\$280	402585-01
1/8-3/1	\$280	102585-03
Movement Mentor		
9/18-11/10	\$65	402585-02

Zumba Gold

A modified Zumba class that re-creates the same dance moves at a lower intensity. Focus on balance, range of motion, coordination, and have fun. No dance experience necessary. Note: Class will not be held on 10/9.

Age: 16 years & up Location: Foothills Activity Center

9/18-10/30 M 11:00-11:45 AM \$38 402983-01

SOCIAL PROGRAMS

Bowling

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

Age: 16 years & up

Location: Chippers Lanes North, 830 N College Ave.

9/16-10/21	Sa	12:30-1:30 PM	\$70	402906-01
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Day Program Groups

Join members of your day group to explore different recreational modalities! This 5-week series of Day Program Groups includes both indoor and outdoor activities to welcome autumn. For more information on group registration for day programs, call 970-224-6125. Note: Fees are per individual in a group; no fee for group providers/staff.

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

!					
F	6:00-8:00 PM	\$8	402405-01		
ish					
F	6:00-8:00 PM	\$8	402405-02		
F	6:00-8:00 PM	\$8	402405-03		
Winter Wonderland					
F	6:00-8:00 PM	\$8	102405-04		
ťs 202	4				
F	6:00-8:00 PM	\$8	102405-05		
	F sh F nderlar F t's 202	F 6:00-8:00 PM ish	F 6:00-8:00 PM \$8 ish F 6:00-8:00 PM \$8 F 6:00-8:00 PM \$8 inderland F 6:00-8:00 PM \$8 if 6:00-8:00 PM \$8		

Movie Night

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

9/27	W	5:00-9:00 PM	\$17	402403-01
10/25	W	5:00-9:00 PM	\$17	402403-02
11/29	W	5:00-9:00 PM	\$17	402403-03
1/24	W	5:00-9:00 PM	\$17	102403-04

Restaurant Night

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

9/13	W	5:30-8:30 PM	\$17	402406-01
10/11	W	5:30-8:30 PM	\$17	402406-02
11/8	W	5:30-8:30 PM	\$17	402406-03
12/13	W	5:30-8:30 PM	\$17	102406-04
1/10	W	5:30-8:30 PM	\$17	102406-05

ADAPTIVE YOUTH PROGRAMS

Friends4All

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

Age: 5-11 years Location: Foothills Activity Center

Making Friends

5				
9/8	F	4:30-6:00 PM	\$20	402512-01
Sharing with Friends				
10/6	F	4:30-6:00 PM	\$20	402512-02
Grateful f	or Frie	nds		
11/3	F	4:30-6:00 PM	\$20	402512-03
Celebrati	ng with	n Friends		
12/1	F	4:30-6:00 PM	\$20	102512-04

Sensory, Movement, & Play

Come move, play, and explore in this sensory-friendly, sensory-focused program! This course targets sensory considerations and allows little ones to explore and interact in multi-sensory environments.

Age: 3-5 years

1/12-2/2 F 9:30-11:00 AM \$82 102513-0	AM \$82 102513-01
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YOUTH PROGRAMS

ARTS & CRAFTS

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 a tablet if digital art is your preferred choice. Note: Class will not be held on 11/23.

Age: 10-13 years Location: Fort Collins Senior Center

9/14-10/26	Th	4:30-6:30 PM	\$82	403407-03
11/9-12/21	Th	4:30-6:30 PM	\$82	403407-04
1/11-2/15	Th	4:30-6:30 PM	\$82	103407-03

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.

Additional Family Pottery programs can be found on page 55.

Child Handbuilding

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

|--|

9/11-10/9	М	4:00-5:15 PM	\$74	404805-01
10/16-11/13	М	4:00-5:15 PM	\$74	404805-02
11/20-12/18	М	4:00-5:15 PM	\$74	404805-03
1/8-2/5	М	4:00-5:15 PM	\$79	104805-01

Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. Tools provided. Note: For children 5-7, some parent assistance may be required.

Age: 5-14 years

Age. 5 ing	cuis			
9/6-10/4	W	2:45-4:00 PM	\$74	404812-01
9/5-10/3	Tu	2:45-4:00 PM	\$74	404812-02
10/11-11/8	W	2:45-4:00 PM	\$74	404812-03
10/10-11/7	Tu	2:45-4:00 PM	\$74	404812-04
11/2-12/20	W	2:45-4:00 PM	\$74	404812-05
1/2-1/30	Tu	2:45-4:00 PM	\$79	104812-01
1/3-1/31	W	2:45-4:00 PM	\$79	104812-02

Youth Wheel & Handbuilding

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

Age: 9-13 years

jene ne j				
9/6-10/4	W	4:30-6:00 PM	\$74	404810-01
10/11-11/8	W	4:30-6:00 PM	\$74	404810-02
11/22-12/20	W	4:30-6:00 PM	\$74	404810-03
1/3-1/31	W	4:30-6:00 PM	\$79	104810-01

Teen Wheel & Handbuilding

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

Age: 13-17 years

	,			
9/5-10/3	Tu	4:30-6:30 PM	\$74	404815-01
10/10-11/17	Tu	4:30-6:30 PM	\$74	404815-02
11/21-12/19	Tu	4:30-6:30 PM	\$74	404815-03
1/2-1/30	Tu	4:30-6:30 PM	\$79	104815-01



DANCE & MOVEMENT

YOUTH DANCE WITH MS. BONNIE

Tip Toes & Tutus 🕸

Discover movement with your child through a structured class to explore dance concepts and gross motor activities. Caregivers are required to participate. Attire: Barefoot or ballet shoes. Note: Class will not be held on 12/25.

Age: 1-2 years

Location: Northside Aztlan Community Center

9/11-10/9	М	9:30-10:00 AM	\$60	421512-01
10/16-11/13	М	9:30-10:00 AM	\$60	421512-02
11/27-1/8	М	9:30-10:00 AM	\$72	421512-03

Creative Movement

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. Note: Class will not be held on 12/29.

Age: 3-5 years

Location: Northside Aztlan Community Center

9/15-10/13	F	9:30-10:15 AM	\$60	421515-01
10/20-11/17	F	9:30-10:15 AM	\$60	421515-02
12/1-1/12	F	9:30-10:15 AM	\$72	421515-03

Ballet & Tap

Dancers learn the basics of ballet and tap along with proper technique through games and use of imagination. Dancers learn correct technique and terminology as well as rhythm and how to put steps together. Attire: Ballet and tap shoes required. Note: Class will not be held on 12/25.

Age: 3-5 years

Location: Northside Aztlan Community Center

9/11-10/9	М	10:15-11:00 AM	\$60	421516-01
10/16-11/13	М	10:15-11:00 AM	\$60	421516-02
11/27-1/8	М	10:15-11:00 AM	\$72	421516-03

Age: 5-8 years

Location: Mulberry Pool

9/11-10/9	М	4:30-5:30 PM	\$80	421516-04
10/16-11/13	М	4:30-5:30 PM	\$80	421516-05
11/27-1/8	М	4:30-5:30 PM	\$96	421516-06

Ballet & Jazz

Dancers learn the basics of ballet and jazz along with proper technique through games and use of imagination. Dancers learn correct technique and terminology as well as rhythm and how to put steps together. Attire: Ballet shoes required. Note: Class will not be held on 12/25, 12/26.

Age: 3-5 years

Location: Mulberry Pool

9/12-10/10	Tu	9:30-10:15 AM	\$60	421517-01		
10/17-11/14	Tu	9:30-10:15 AM	\$60	421517-02		
11/28-1/9	Tu	9:30-10:15 AM	\$72	421517-03		
Age: 5-8 years						

Age: 5-8 years

Location: Mulberry Pool

9/11-10/9	М	5:40-6:40 PM	\$80	421517-04
10/16-11/13	М	5:40-6:40 PM	\$80	421517-05
11/27-1/8	М	5:40-6:40 PM	\$96	421517-06

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: Class will not be held on 12/27, 12/28.

Age: 3-5 years

Location: Northside Aztlan Community Center

9/13-10/11	W	9:30-10:15 AM	\$60	421518-01
10/18-11/15	W	9:30-10:15 AM	\$60	421518-02
11/29-1/10	W	9:30-10:15 AM	\$72	421518-03

Age: 5-8 years

Location: Mulberry Pool

9/14-10/12	Th	4:30-5:30 PM	\$80	421518-04
10/19-11/16	Th	4:30-5:30 PM	\$80	421518-05
11/30-1/11	Th	4:30-5:30 PM	\$96	421518-06

Age: 9-12 years

Location: Mulberry Pool

9/14-10/12	Th	5:40-6:40 PM	\$80	421518-07
10/19-11/16	Th	5:40-6:40 PM	\$80	421518-08
11/30-1/11	Th	5:40-6:40 PM	\$96	421518-09

EGENI

Classes in which adults are required to attend

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



FORT COLLINS ARTIET STUDIO TOUR AND SALE

OCTOBER 21 & 22

VISIT ARTIST STUDIOS ACROSS FORT COLLINS











EREE

EVEN

OCTOBER 14–22 STUDIO TOUR PREVIEW EXHIBIT SEE ARTWORK FROM ALL INCLUDED STUDIOS

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DeL Corazon Family Fund







For more info and studio locations, visit **fcgov.com/studiotour**

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PERFORMANCE PATH DANCE CLASSES WITH MS. BONNIE

Tiny Dancers, Performance Path

Children learn pre-ballet and tap while having fun with imagination games and gross motor activities. Each week alternates between tap and ballet. Attire: Ballet and tap shoes required. Note: Class will not be held on 11/23, 12/28.

Age: 2 years

Location: Northside Aztlan Community Center

9/14-1/18	Th	9:30-10:00AM	\$272	421505-01

Ballet & Tap, Performance Path

With a faster pace and a focus on technical elements, these classes put dancers on a track to be stage-ready and perform in a formal Winter recital on Saturday, January 20. Additional costs required for props/costumes; total additional cost under \$30. Note: Class will not be held on 11/23, 12/28.

Location: Northside Aztlan Community Center

Age:	3-5	years
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3 3				
9/14-1/18	Th	10:15-10:45AM	\$272	421506-01
Age: 5-8 y	ears			
9/14-1/18	Th	4:30-5:30 PM	\$306	421506-02

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:	9	years	&	up	
------	---	-------	---	----	--

9/14-1/18 Th 5:40-6:40 PM \$306 421506-03

Ballet & Jazz, Performance Path

With a faster pace and a focus on technical elements, these classes put dancers on a track to be stage-ready and perform in a formal Winter recital on Saturday, January 20. Additional costs required for props/costumes; total additional cost under \$30. Note: Class will not be held on 11/21, 12/26.

```
Age: 3-5 years
```

9/12-1/16	Tu	10:30-11:15AM	\$272	421507-01			
Age: 5-8 years							
Location:	Mulbe	rry Pool					
9/12-1/16	Tu	4:30-5:30 PM	\$306	421507-02			
• •	Age: 9 years & up						
Location:	Mulbe	rry Pool					
9/12-1/16	Tu	5:40-6:40 PM	\$306	421507-03			

Hip Hop, Performance Path

With a faster pace and a focus on technical elements, these classes put dancers on a track to be stage-ready and perform in a formal Winter recital on Saturday, January 20. Additional costs required for props/costumes; total additional cost under \$30. Note: Class will not be held on 11/22, 12/27

Age: 3-5 years

Location: Northside Aztlan Community Center

- /+= + /+=			+=		
Age: 9 years & up Location: Mulberry Pool					
9/13-1/17	W	4:30-5:30 PM	\$306	421508-02	
Age: 5-8 years Location: Mulberry Pool					
9/13-1/17	W	10:30-11:15AM	\$272	421508-01	

9/13-1/17	W	5:40-6:40 PM	\$306	421508-03

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 through the performance path options. Schedule for dance performances will be shared once enrolled in the program. Attire: Dancers will have to purchase black dance pants, a performance top, and accessories; total additional cost under \$30. Note: Class will not be held on 11/21, 11/25, 12/26, 12/30.

Age: 7-9 years

Location: Northside Aztlan Community Center

9/16-1/13 Sa 10:00-11:00AM \$210 421509-01 Age: 10 years & up Location: Tuesdays- Mulberry Pool, Saturdays- Northside Aztlan Community Center

9/12-1/16	Tu	6:45-7:45 PM	\$306	421509-02
	Sa	11:15AM-12:30PM		

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.

DANCE, TUMBLING & COMBO CLASSES WITH MS. MARSHA

Roly Polys 🥸

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

Location: Foothills Activity Center

ſS			
W	10:30-11:15 AM	\$48	421708-01
Tu	11:00-11:45 AM	\$48	421708-02
W	10:30-11:15 AM	\$48	421708-03
W	10:30-11:15 AM	\$48	421708-04
Tu	11:00-11:45 AM	\$36	421708-05
W	10:30-11:15 AM	\$36	421708-06
'S			
Tu	11:00-11:45 AM	\$48	421708-07
W	9:30-10:15 AM	\$48	421708-08
W	9:30-10:15 AM	\$48	421708-09
Tu	11:00-11:45 AM	\$48	421708-10
W	9:30-10:15 AM	\$48	421708-11
W	9:30-10:15 AM	\$36	421708-12
	W Tu W Tu W S S Tu W W Tu W U W	W 10:30-11:15 AM Tu 11:00-11:45 AM W 10:30-11:15 AM W 10:30-11:15 AM Tu 11:00-11:45 AM W 10:30-11:15 AM Tu 11:00-11:45 AM W 10:30-11:15 AM W 10:30-11:15 AM W 10:30-11:45 AM W 9:30-10:15 AM Tu 11:00-11:45 AM W 9:30-10:15 AM Tu 11:00-11:45 AM W 9:30-10:15 AM W 9:30-10:15 AM W 9:30-10:15 AM	W 10:30-11:15 AM \$48 Tu 11:00-11:45 AM \$48 W 10:30-11:15 AM \$48 W 10:30-11:15 AM \$48 Tu 11:00-11:45 AM \$36 W 10:30-11:15 AM \$36 Tu 11:00-11:45 AM \$36 S Tu 11:00-11:45 AM \$48 W 9:30-10:15 AM \$48 Tu 11:00-11:45 AM \$48 W 9:30-10:15 AM \$48

Tumble Bumbles

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

Location: Foothills Activity Center

Age: 4-5 years

8/29-9/19	Tu	4:30-5:30 PM	\$56	421702-01
9/26-10/17	Tu	4:30-5:30 PM	\$56	421702-02
10/24-11/14	Tu	4:30-5:30 PM	\$56	421702-03
11/28-12/12	Tu	4:30-5:30 PM	\$42	421702-04

Age: 5-6 years

8/29-9/19	Tu	6:00-7:00 PM	\$56	421702-05
9/26-10/17	Tu	6:00-7:00 PM	\$56	421702-06
10/24-11/14	Tu	6:00-7:00 PM	\$56	421702-07
11/28-12/12	Tu	6:00-7:00 PM	\$56	421702-08

Age: 6-7 years

J · · · J · ·				
8/30-9/20	W 4	:30-5:30 PM	\$56	421702-09
9/27-10/18	W 4	:30-5:30 PM	\$56	421702-10
10/25-11/15	W 4	:30-5:30 PM	\$56	421702-11
11/29-12/13 \	W 4	:30-5:30 PM	\$42	421702-12

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

8/30-9/20	W	6:00-7:15 PM	\$64	421703-01
9/27-10/18	W	6:00-7:15 PM	\$64	421703-02
10/25-11/15	W	6:00-7:15 PM	\$64	421703-03
11/29-12/13	W	6:00-7:15 PM	\$48	421703-04

Dancin' Dumplins

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

Location: Foothills Activity Center

Age: 3-4 y	ears			
8/31-9/14	Th	11:00-11:45 AM	\$36	421704-01
9/21-10/5	Th	11:00-11:45 AM	\$36	421704-02
Age: 5-7 y	ears			
8/31-9/14	Th	4:30-5:30 PM	\$70	421704-04

Dancin' Dumplins, Performance Class

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

Location: Foothills Activity Center

Age: 3-4 years			
10/12-12/14 Th	11:00-11:45 AM	\$108	421704-03
Age: 5-7 years			
10/5-12/14 Th	4:30-5:30 PM	\$140	421704-05

Jazz Dance Gymnastics

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

Age: 7-9 years

Location: Foothills Activity Center

8/31-9/28	Th	6:00-7:15 PM	\$80	421705-01

Tappin' & Tumblin', Performance Class

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

Age: 7-9 years

Location: Foothills Activity Center

10/5-12/14	Th	6:00-7:15 PM	\$160	421706-01

DAY CAMPS

AFTER SCHOOL ACTIVITIES

Curious Kids in the Kitchen

A cooking class for young chefs looking to step up their culinary game! Each series will explore a different way to transform simple ingredients into completely different, tasty dishes! From crispy Persian rice and risotto to fresh tagliatelle and ravioli, get ready to learn some new cooking skills and build new friendships. Note: Class will not be held on 11/20. Age: 5-7 years

Age. J-7 years

Location: Northside Aztlan Community Center

Pastas				
12/4-12/18	М	4:30-6:00 PM	\$42	415554-02
Rice				
1/8-1/29	М	4:30-6:00 PM	\$56	115554-01

Creative Chefs

Get creative in the kitchen while learning basic knife skills, food safety, and foundational culinary techniques! Young chefs will make new friends and build self-confidence and independence while learning the importance of self-care and healthy habits through nutrition! Note: Class will not be held on 11/21.

Age: 8-11 years

Location: Northside Aztlan Community Center

Pastas

12/5-12/19	Tu	4:30-6:00 PM	\$42	415553-02
Rice				
1/9-1/30	Tu	4:30-6:00 PM	\$56	115553-01

Music Maestros

Students learn about music through play! Note: Class will not be held on 11/22.

Age: 7-10 years

Location: Foothills Activity Center

11/8-12/6	W	4:30-5:30 PM	\$56	415568-01		
Location: Northside Aztlan Community Center						
1/10-1/31	W	4:30-5:30 PM	\$56	115568-01		

Mystery Sciences

Find your inner scientist and discover the mysterious world of science by solving problems, creating new inventions, and engaging in science experiments and games. Note: Class will not be held on 11/21.

Age: 7-10 years

Location: Foothills Activity Center

Earth Science

Location: Northside Aztlan Community Center Crazy Chemistry					

1/11-2/1 Th 4:30-5:30 PM \$56 115567-01

LEGO Engineering Enrichments

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

Age: 6-10 years

Location: Foothills Activity Center

Pokémon Master Engineering

1 oncention	i i iustei	Engineering				
9/22	F	4:00-5:30 PM	\$30	416770-01		
Spooktacular Halloween Workshop						
10/20	F	4:00-5:30 PM	\$30	416770-02		
Wizarding World of Engineering						
11/10	F	4:00-5:30 PM	\$30	416770-03		
Winter Wonderland Workshop						
1/5	F	4:00-5:30 PM	\$30	116770-01		

Kids Night In

Kids meet new friends, play gym games, and enjoy dinner and a movie while their adults run errands or enjoy an evening out. Sibling enrollments are discounted after one full-priced enrollment. Siblings ages 3-4 years must be fully toilet trained and can only attend with a sibling ages 5-11 years.

Age: 5-11 years

Location: Northside Aztlan Community Center

12/15	F	5:00-8:00 PM	\$25	415590-01
1/19	F	5:00-8:00 PM	\$25	115590-03
Sibling(s)				
12/15	F	5:00-8:00 PM	\$15	415590-02
1/19	F	5:00-8:00 PM	\$15	115590-04

EGENI

Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing

SCHOOL'S OUT PROGRAMS

CAMP FUNQUEST

Camp FunQuest is Recreation's licensed day camp program for children in grades K-5. Engaging activities are designed with children's age, developmental stage, and interests in mind and include games, crafts, S.T.E.M. explorations, and outdoor physical activity. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle, and appropriate clothing/gear for outdoor play each day. Note: Full camp itineraries will be emailed the week prior to program start dates.

Enrollment Information

An emailed invitation to complete online health profiles through ePACT Emergency Network will be sent after registration. All enrolled children must have a completed online health profile through ePACT Emergency Network before program starts. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records or exemption forms, and any required medication administration forms.

Adaptive Recreation Opportunities in Camp FunQuest

Interested in participation support related to a disability? Requests must be received at least two weeks prior to program start date and will be processed in the order of registration. Visit fcgov.com/ARO for more details and to complete a Program Support Information Form. For information on general behavior expectations and policies in camp, refer to the Camp FunQuest Participation Manual at fcgov.com/youth-programs.

School's Out Days

Age: 5-11 years

Location: Northside Aztlan Community Center

Cooking Frenzy

cooking i	i Clizy					
9/22	F	7:30 AM-5:30 PM	\$64	415533-01		
Fall Galore	į					
10/19	Th	7:30 AM-5:30 PM	\$64	415533-02		
Field Trip:	Pump	kin Patch				
10/20	F	7:30 AM-5:30 PM	\$64	415533-03		
Extreme S	cience					
11/10	F	7:30 AM-5:30 PM	\$64	415533-04		
Water Wo	nderla	nd				
11/20	М	7:30 AM-5:30 PM	\$64	415533-05		
Field Trip: Loveland Laser Tag						
11/21	Tu	7:30 AM-5:30 PM	\$64	415533-06		
Field Trip:	Field Trip: Ice Skating & Movie					
1/15	М	7:30AM-5:30PM	\$64	115532-01		

Winter Break Camp

Age: 5-11 years Location: Northside Aztlan Community Center

S.T.E.A.M	Ahead!				
12/27-12/2	9 W-F	7:30 AM-5:30 PM	\$174	415530-01	
Snow, Ice, & Hot Cocoa- Oh My!					
1/3-1/5	W-F	7:30 AM-5:30 PM	\$174	115530-01	

LEGO ENGINEERING CAMPS

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

Thanksgiving Break- Minecraft Engineering Location: Foothills Activity Center

Age: 5-7 ye	ears				
11/20-11/21	M,Tu	9:00 AM-Noon	\$80	416771-01	
Age: 8-12 years					
11/20-11/21	M,Tu	1:00-4:00 PM	\$80	416771-02	

Winter Break - S.T.E.M. Explorations

Age: 5-7 years	•		
12/27-12/29 W-F	9:00 AM-Noon	\$120	416772-01
Age: 8-12 years			
12/27-12/29 W-F	1:00-4:00 PM	\$120	416772-02

Ultimate Babysitting Bootcamp

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification from the American Safety and Health Institute. Note: Bring paper, pencil, water bottle, and a sack lunch/snack.

Age: 11-16 years Location: Foothills Activity Center

9/16	Sa	9:00 AM-3:00 PM	\$85	416750-01
10/14	Sa	9:00 AM-3:00 PM	\$85	416750-02
11/18	Sa	9:00 AM-3:00 PM	\$85	416750-03
1/15	М	9:00 AM-3:00 PM	\$85	116750-02

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.

EARLY LEARNING

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 April and opportunities for family engagement events including picnics, seasonal performances, and transition celebrations will be communicated to enrolled families throughout the school year.

Enrollment Information, Initial Registration & Monthly Tuition Fees

Enrollment began in April 2023, limited spaces may be available.

Fall 2023 & Spring 2024 semester fees are based on \$20.50 per scheduled day of classes and are divided into 5 monthly payments that are due prior to the 1st of each month. Tuition must be paid in full by December 1, 2023 to guarantee autoenrollment into the Spring 2024 semester. Tuition may be prorated for mid-session enrollments. Note: Space is limited. When enrolling, the first month's tuition is due to reserve your space in the program:

Funtime Preschool (ages 3-4) \$553.50 (\$110.70/month) Funtime Pre-K (ages 4-5) \$779 (\$155.80/month)

Emergency Contact & Student Health Information

An invitation to complete an online member profile through ePACT Emergency Network will be emailed in June. 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. A Backto-School night will be held in August to learn more about the program and requirements.

Funtime for Preschoolers

Children must have turned 3 by 10/1/2023. Note: A minimum of \$110.70 is due at time of enrollment.

Age: 3-4 ye	ears			
9/5-12/14	Tu,Th	9:00 AM-Noon	\$553.50	417501-01

Funtime Pre-K

Children must have turned 4 by 10/1/2023. Note: A minimum payment of \$155.80 is due at time of enrollment.

Age: 4-5 years

Age. 10 J	cuis		
9/6-12/15	M,W,F 9:00 AM-Noon	\$779	417500-01
9/6-12/15	M,W,F 1:00-4:00 PM	\$779	417500-02

CHILD & CAREGIVER OPEN GYM

Play Café 🕓 🖤

Infants and toddlers attend with their caregivers for social and play time. Caregivers enjoy provided tea and coffee while connecting with other adults. Floor mats, soft toys and other playthings are set up for the littles. Registration is not required; a \$4 drop-in fee per adult/child pair is paid upon arrival. Note: Program is not held on Poudre School District School Out Days 11/22, 12/27, 1/3.

Age: Newborn-18 months Location: Foothills Activity Center

9/6 – 1/31 W 1:00-3:00 PM \$4 Drop-in fee

Tot Gym 😣 🖤

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. Registration is not required; a \$4 drop-in fee per child is paid upon arrival. Free admission for adults and babies accompanying an older sibling, who will not be participating in tot gym. Note: Program is not held on Poudre School District School Out Days 9/4, 9/22, 10/19, 10/20, 11/10, 11/20-11/24, 12/25-12/29, 1/1-5, 1/15.

Age: 1-5 years Location: Northside Aztlan Community Center

9/5-1/31	M-F	10:00 AM-12:00 PM	\$4 Drop-in fee

z	AC	Classes
Ц 5	NW	Denotes

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

PRESCHOOL PREP PROGRAMS

Curious Twos 🕸

Attention is directed through structured stories and circle games while opportunities for sensory experiences, process art and cooperative play provide a positive first step to independent learning. Note: A caregiver is required to stay on-site during class times.

Age: 2 years

Location: Northside Aztlan Community Center

Colors

11/28-12/14	Tu,Th	9:30-10:30 AM	\$90	417531-02
Winter Wo	nderlar	nd		
1/16-2/1	Tu,Th	9:30-10:30 AM	\$90	117531-01

Preschool Discovery

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

Age: 3-4 years

Location: Foothills Activity Center

Down on the Farm				
10/30-11/15	M,W	9:30-11:00 AM	\$126	417533-01

Location: Northside Aztlan Community Center

Winter Wonderland

11/27-12/13	M,W	9:30-11:00 AM	\$126	417533-02
Over in the	e Arctic			
1/15-1/31	M,W	9:30-11:00 AM	\$126	117533-01

Fun & Fitness

Participate in fun songs and games while making new friends! Children enjoy stories and crafts in between intentional structured physical activities. Note: Class will not be held on 11/21, 11/23, 12/26, 12/28.

Age: 3-5 years

Location: Foothills Activity Center

Music & Movement

9/12-9/28	Tu,Th	9:30-11:00 AM	\$126	417701-01
Toss & Tum	ble			
10/3-10/19	Tu,Th	9:30-11:00 AM	\$126	417701-02
Yoga & Dar	nce			
10/24-11/9	Tu,Th	9:30-11:00 AM	\$126	417701-03
Races & Re	lays			
11/14-12/7	Tu,Th	9:30-11:00 AM	\$126	417701-04
Games & Sports				
12/12-1/4	Tu,Th	9:30-11:00 AM	\$126	417701-05

SKILL BASED CLASSES

Little Scientists 🕸

Foster curiosity in your young learner by working alongside them to conduct fun experiments in this hands-on science class! Note: A caregiver is required to attend with child.

Age: 2-3.5 years

Location: Northside Aztlan Community Center

12/1-12/15	F	10:00-10:45 AM	\$45	417542-01
1/19-2/2	F	10:00-10:45 AM	\$45	117542-01

Creation Station

Let your imagination run wild with a variety of different art mediums. Children will express feelings through independent manipulation of materials and are then guided through music and storytelling to learn directives and active listening. Note: Class will not be held on 12/28.

Age: 4-6 years

Location: Foothills Activity Center

11/2-11/16	Th	11:30 AM-12:30 PM	\$72	417544-01

Location: Northside Aztlan Community Center

11/30-12/14	Th	11:30 AM-12:30 PM	\$72	417544-02
12/21-1/11	Th	11:30 AM-12:30 PM	\$72	417544-03

Small Hands, Big Messy Art

Children and caregivers get hands-on to create unique masterpieces as they explore a variety of materials including paint, playdough and more! Note: A caregiver is required to attend with child. Note: Class will not be held on 11/10, 12/29. Age: 1.5-2 years

Location: Footbills Activity Center

Location: Footimis Activity Center					
11/3-11/17	F	10:00-10:45 AM	\$30	417521-01	
Location: Northside Aztlan Community Center					
	NULLI	iside Aztian Commu	ity cente	•1	

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.

FARM

All classes in The Farm section take place at The Farm

Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, you help provide the food and care of your animal. It's easy to adopt, choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December. Your adopted animal stays at The Farm where it is cared for by Farm staff and welcome your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity. For more information and to fill out an adoption form, visit fcgov.com/thefarm.

The Farm Store

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

The Farm Museum

Take a walk-through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used and test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Don't forget to 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. Pony tokens available for \$7 per rider. Pony rides are available weather permitting.

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

Farm Chores with The Family 🤒

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

Age. All				
9/10	Su	8:30-9:30 AM	\$35	408615-01
9/17	Su	8:30-9:30 AM	\$35	408615-02

Li'l Dumplin' Farmers 🙅

Explore the barnyard and participate in farm chores including gathering eggs and feeding the pigs. After chores are done the class has a picnic lunch with the animals. Note: Bring a sack lunch.

Age: 2 years

<u> </u>				
9/11-9/25	М	11:00 AM-Noon	\$41	408609-01
10/2-10/16	М	11:00 AM-Noon	\$41	408609-02

Li'l Dumplin's & Beyond 🍄

All the favorite chores from Lil' Dumplin's plus a few added touches. Gather eggs, participate in farm chores, and ride the ponies, create a mini scrapbook using pictures taken during class, and take home a souvenir t-shirt.

Age: 2 years

9/11-9/25	М	9:30-10:30 AM	\$56	408624-01
10/2-10/16	М	9:30-10:30 AM	\$56	408624-02

Little Peepers

Explore the barnyard, gather eggs, learn about cow's milk, and read stories in the hayloft.

Age: 3 years

10/3-10/17	Tu	9:00-10:00 AM	\$36	408610-04
10/3-10/17	Tu	10:15-11:15 AM	\$36	408610-06

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 fulltime participant with your pony rider. Parent and child must wear close-toed shoes.

Age: 3-5 years

Age. 5 5 Jeans					
9/9-9/30	Sa	9:45-10:45 AM	\$71	408614-03	
9/10-10/1	Su	10:45-11:45 AM	\$71	408614-05	

EGEND

Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing

Pee Wee Farmers

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

Age: 4-5 years

9/5-9/26	Tu	1:30-3:00 PM	\$51	408606-01
9/6-9/27	W	9:30-11:00 AM	\$51	408606-02
9/7-9/28	Th	1:30-3:00 PM	\$51	408606-04
9/8-9/29	F	9:30-11:00 AM	\$51	408606-05
9/8-9/29	F	1:30-3:00 PM	\$51	408606-06

After School Farmers

Experience life on a farm by participating in farm activities hands on. Learn about the animals, take a hayride, feed the animals, and enjoy some surprises too!

Age: 6-10 years

	-			
9/6-9/27	W	4:00-5:30 PM	\$51	408601-01

The Great Pumpkin

All things pumpkin - Charlie Brown style! Gather in the barn for a story, snacks, and make a Classic Peanuts costume. We might even find the Great Pumpkin!

Age: 4-6 years

10/7 Sa 9:00	-10:00 AM \$20	408635-01



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.



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.

General Information

- All ice programs are held at EPIC unless otherwise noted.
- Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors and follow 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 lessons 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 lightweight jacket
- Skating dresses with tights or leggings/pants that are easy to move in
- · Loose or bulky clothing is not recommended

Public Skate

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/iceskating for a current schedule. See page 6 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

Freestyle

Interested in learning more about competitive or recreational figure skating programs? Call 970-221-6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

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

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, 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

HOCKEY

Beginner Cub Hockey

Focus on basic hockey and skating skills. Practice on Tuesdays; recreational games on Thursdays. Full hockey gear required. Rental skates included. Sticks available for purchase at equipment check-out for \$15. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Equipment handout is Thursday, 9/7 for September session and Thursday, 1/11 for January session from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following last game of the session.

Age: 5-8 years

9/12-11/16		4:15-5:00 PM	\$286	410372-01
1/16-3/7	Tu,Th	4:15-5:00 PM	\$229	110372-01

Additional hockey programs available to ages 8 years and older are listed in Adult Hockey section on page 73.

LEARN TO SKATE PROGRAMS

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 11/25.

Age: 4-5 years

Age. + 5 je	uis			
8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410302-01
8/22-9/14	Tu,Th	9:00-9:30 AM	\$89	410302-02
9/9-10/21	Sa	9:45-10:15 AM	\$78	410302-03
9/9-10/21	Sa	10:30-11:00 AM	\$78	410302-04
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410302-05
9/19-10/12	Tu,Th	9:00-9:30 AM	\$89	410302-06
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410302-07
10/17-11/16	Tu,Th	9:00-9:30 AM	\$111	410302-08
10/28-12/16	Sa	9:45-10:15 AM	\$78	410302-09
10/28-12/16	Sa	10:30-11:00 AM	\$78	410302-10
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410302-11
11/28-12/21	Tu,Th	9:00-9:30 AM	\$89	410302-12
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110302-01
1/9-2/8	Tu,Th	9:00-9:30 AM	\$111	110302-02
1/13-2/10	Sa	9:45-10:15 AM	\$56	110302-03
1/13-2/10	Sa	10:30-11:00 AM	\$56	110302-04

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/25.

Age: 4-5 years

8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410304-01
8/22-9/14	Tu,Th	9:30-10:00 AM	\$89	410304-02
9/9-10/21	Sa	10:30-11:00 AM	\$78	410304-03
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410304-04
9/19-10/12	Tu,Th	9:30-10:00 AM	\$89	410304-05
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410304-06
10/17-11/16	Tu,Th	9:30-10:00 AM	\$111	410304-07
10/28-12/16	Sa	10:30-11:00 AM	\$78	410304-08
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410304-09
11/28-12/21	Tu,Th	9:30-10:00 AM	\$89	410304-10
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110304-01
1/9-2/8	Tu,Th	9:30-10:00 AM	\$111	110304-02
1/13-2/10	Sa	10:30-11:00 AM	\$56	110304-03

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Class will not be held on 11/25.

Age: 5-15 years

Age. 5 15 ju	curs			
8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410306-01
8/22-9/14	Tu,Th	5:30-6:00 PM	\$89	410306-02
8/22-9/14	Tu,Th	10:00-10:30 AM	\$89	410306-03
9/9-10/21	Sa	10:30-11:00 AM	\$78	410306-04
9/9-10/21	Sa	11:15-11:45 AM	\$78	410306-05
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410306-06
9/19-10/12	Tu,Th	5:30-6:00 PM	\$89	410306-07
9/19-10/12	Tu,Th	10:00-10:30 AM	\$89	410306-08
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410306-09
10/17-11/16	Tu,Th	5:30-6:00 PM	\$111	410306-10
10/17-11/16	Tu,Th	10:00-10:30 AM	\$111	410306-11
10/28-12/16	Sa	10:30-11:00 AM	\$78	410306-12
10/28-12/16	Sa	11:15-11:45 AM	\$78	410306-13
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410306-14
11/28-12/21	Tu,Th	5:30-6:00 PM	\$89	410306-15
11/28-12/21	Tu,Th	10:00-10:30 AM	\$89	410306-16
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110306-01
1/9-2/8	Tu,Th	10:00-10:30 AM	\$111	110306-02
1/13-2/10	Sa	10:30-11:00 AM	\$56	110306-04
1/13-2/10	Sa	11:15-11:45 AM	\$56	110306-05

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 old and never skated. Note: Class will not be held on 11/25.

Age: 5-15 years

/ gc. 5 15 jc	curs			
8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410310-01
8/22-9/14	Tu,Th	10:30-11:00 AM	\$89	410310-02
9/9-10/21	Sa	10:30-11:00 AM	\$78	410310-03
9/9-10/21	Sa	11:15-11:45 AM	\$78	410310-04
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410310-05
9/19-10/12	Tu,Th	10:30-11:00 AM	\$89	410310-06
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410310-07
10/17-11/16	Tu,Th	10:30-11:00 AM	\$111	410310-08
10/28-12/16	Sa	10:30-11:00 AM	\$78	410310-09
10/28-12/16	Sa	11:15-11:45 AM	\$78	410310-10
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410310-11
11/28-12/21	Tu,Th	10:30-11:00 AM	\$89	410310-12
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110310-01
1/9-2/8	Tu,Th	10:30-11:00 AM	\$111	110310-02
1/13-2/10	Sa	10:30-11:00 AM	\$56	110310-03
1/13-2/10	Sa	11:15-11:45 AM	\$56	110310-04

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 11/25.

Age: 5-15 years

8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410314-01
9/9-10/21	Sa	11:15-11:45 AM	\$78	410314-03
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410314-04
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410314-06
10/28-12/16	Sa	11:15-11:45 AM	\$78	410314-08
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410314-09
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110314-01
1/13-2/10	Sa	11:15-11:45 AM	\$56	110314-03

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 11/25.

Age: 4-5 years

8/22-9/14	Tu,Th	4:45-5:15 PM	\$89	410316-01
9/9-10/21	Sa	10:30-11:00 AM	\$78	410316-03
9/19-10/12	Tu,Th	4:45-5:15 PM	\$89	410316-04
10/17-11/16	Tu,Th	4:45-5:15 PM	\$111	410316-06
10/28-12/16	Sa	10:30-11:00 AM	\$78	410316-08
11/28-12/21	Tu,Th	4:45-5:15 PM	\$89	410316-09
1/9-2/8	Tu,Th	4:45-5:15 PM	\$111	110316-01
1/13-2/10	Sa	10:30-11:00 AM	\$56	110316-03

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three-turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/25. Age: 5-15 years

//gc. 5 15 y	cuis			
8/22-9/14	Tu,Th	5:30-6:00 PM	\$89	410318-01
9/9-10/21	Sa	11:15-11:45 AM	\$78	410318-02
9/19-10/12	Tu,Th	5:30-6:00 PM	\$89	410318-03
10/17-11/16	Tu,Th	5:30-6:00 PM	\$111	410318-04
10/28-12/16	Sa	11:15-11:45 AM	\$78	410318-05
11/28-12/21	Tu,Th	5:30-6:00 PM	\$89	410318-06
1/9-2/8	Tu,Th	5:30-6:00 PM	\$111	110318-01
1/13-2/10	Sa	11:15-11:45 AM	\$56	110318-02

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight-line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/25.

Age: 5-15 years

5				
8/22-9/14	Tu,Th	5:30-6:00 PM	\$89	410322-01
9/9-10/21	Sa	11:15-11:45 AM	\$78	410322-02
9/19-10/12	Tu,Th	5:30-6:00 PM	\$89	410322-03
10/17-11/16	Tu,Th	5:30-6:00 PM	\$111	410322-04
10/28-12/16	Sa	11:15-11:45 AM	\$78	410322-05
11/28-12/21	Tu,Th	5:30-6:00 PM	\$89	410322-06
1/9-2/8	Tu,Th	5:30-6:00 PM	\$111	110322-01
1/13-2/10	Sa	11:15-11:45 AM	\$56	110322-02

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 11/25.

Age: 5-15 years

5				
8/22-9/14	Tu,Th	5:15-6:00 PM	\$145	410326-01
9/9-10/21	Sa	9:30-10:15 AM	\$127	410326-02
9/19-10/12	Tu,Th	5:15-6:00 PM	\$145	410326-03
10/17-11/16	Tu,Th	5:15-6:00 PM	\$181	410326-04
10/28-12/16	Sa	9:30-10:15 AM	\$127	410326-05
11/28-12/21	Tu,Th	5:15-6:00 PM	\$145	410326-06
1/9-2/8	Tu,Th	5:15-6:00 PM	\$181	110324-01
1/13-2/10	Sa	9:30-10:15 AM	\$91	110324-02

Field Moves

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

Age: 5-15 years

8/22-9/12	Tu	6:15-6:45 PM	\$49	410330-01
9/19-10/10	Tu	6:15-6:45 PM	\$49	410330-02
10/17-11/14	Tu	6:15-6:45 PM	\$61	410330-03
11/28-12/19	Tu	6:15-6:45 PM	\$49	410330-04
1/9-2/6	Tu	6:15-6:45 PM	\$61	110330-01

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.



Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 11/25. Age: 5-15 years

, iger o io j	caro			
8/22-9/14	Tu,Th	5:15-6:00 PM	\$145	410332-01
9/9-10/21	Sa	9:30-10:15 AM	\$127	410332-02
9/19-10/12	Tu,Th	5:15-6:00 PM	\$145	410332-03
10/17-11/16	Tu,Th	5:15-6:00 PM	\$181	410332-04
10/28-12/16	Sa	9:30-10:15 AM	\$127	410332-05
11/28-12/21	Tu,Th	5:15-6:00 PM	\$145	410332-06
1/9-2/8	Tu,Th	5:15-6:00 PM	\$181	110332-01
1/13-2/10	Sa	9:30-10:15 AM	\$91	110332-02

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz threeturns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 11/25.

Age: 5-15 years

5 5				
8/22-9/14	Tu,Th	5:15-6:00 PM	\$145	410334-01
9/9-10/21	Sa	9:30-10:15 AM	\$127	410334-02
9/19-10/12	Tu,Th	5:15-6:00 PM	\$145	410334-03
10/17-11/16	Tu,Th	5:15-6:00 PM	\$181	410334-04
10/28-12/16	Sa	9:30-10:15 AM	\$127	410334-05
11/28-12/21	Tu,Th	5:15-6:00 PM	\$145	410334-06
1/9-2/8	Tu,Th	5:15-6:00 PM	\$181	110334-01
1/13-2/10	Sa	9:30-10:15 AM	\$91	110332-02

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. Note: Class will not be held on 11/25.

Age: 5-15 years

8/22-9/14	Tu,Th	5:15-6:00 PM	\$145	410336-01
9/9-10/21	Sa	9:30-10:15 AM	\$127	410336-02
9/19-10/12	Tu,Th	5:15-6:00 PM	\$145	410336-03
10/17-11/16	Tu,Th	5:15-6:00 PM	\$181	410336-04
10/28-12/16	Sa	9:30-10:15 AM	\$127	410336-05
11/28-12/21	Tu,Th	5:15-6:00 PM	\$145	410336-06
1/9-2/8	Tu,Th	5:15-6:00 PM	\$181	110336-01
1/13-2/10	Sa	9:30-10:15 AM	\$91	110336-02
OPEN SWIM GENERAL INFO

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.

Additional family pool classes are listed on page 50.

LEARN TO SWIM

LEARN TO SWIM POLICIES

- At the discretion of the head instructor, if it is evident that a child is not water ready before the second lesson, the head instructor contacts the parent for dismissal. A full refund is issued for the class.
- Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is 4 participants.
- Make-up lessons are not available.
- Progress cards that are not picked up on the last day of class are held for one week at the lesson facility.
- To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/ therapy/coaching.

LEARN TO SWIM LEVELS

Baby & Me

Age: 6 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 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 is comfortable going underwater, 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

Designed for those 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.

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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing



LEARN TO SWIM CLASS SCHEDULE



Cundou More		Session 1	Session 2	Session 3
Sunday Mori	ning	9/17-10/15	10/22-11/19	1/21-2/18
Class	Fee:	\$43.50	\$43.50	\$43.50
	9:30 AM	401410.41A	401410.42A	101410.41A
Baby & Me	10:40 AM	401410.41B	401410.42B	101410.41B
	11:15 AM	401410.41C	401410.42C	101410.41C
Preschool 1	10:05 AM	401416.41A	401416.42A	101416.41A
Preschool I	11:15 AM	401416.41B	401416.42B	101416.41B
Preschool 2	9:30 AM	401418.41A	401418.42A	101418.41A
Preschool Z	10:40 AM	401418.41B	401418.42B	101418.41B
l evel 1	10:05 AM	401422.41A	401422.42A	101422.41A
Lever	10:40 AM	401422.41B	401422.42B	101422.41B
Level 2	11:15 AM	401424.41A	401424.42A	101424.41A
Adult	9:30 AM	401438.41A	401438.42A	101438.41A
Adult	10:05 AM	401438.41B	401438.42B	101438.41B



Monday/We	dnesdav	Session 1	Session 2	Session 3
Evening		9/11-10/11	10/16-11/15	1/17-2/14*
Class	Fee:	\$86.00	\$86.00	\$77.00
	4:45 PM	401310.11A	401310.12A	101310.12A
Baby & Me	5:20 PM	401310.11B	401310.12B	101310.12B
	5:55 PM	401310.11C	401310.12C	101310.12C
	4:45 PM	401316.11A	401316.12A	101316.12A
Preschool 1	5:20 PM	401316.11B	401316.12B	101316.12B
	6:30 PM	401316.11C	401316.12C	101316.12C
Preschool 2	5:20 PM	401318.11A	401318.12A	101318.12A
Preschool Z	5:55 PM	401318.11B	401318.12B	101318.12B
Level 1	5:55 PM	401322.11A	401322.12A	101322.12A
Level I	6:30 PM	401322.11B	401322.12B	101322.12B
Level 2	4:45 PM	401324.11A	401324.12A	101324.12A
Level Z	5:55 PM	401324.11B	401324.12B	101324.12B
Level 3	6:30 PM	401326.11A	401326.12A	101326.12A
Level 4	4:45 PM	401328.11A	401328.12A	101328.12A
Level 5	5:20 PM	401330.11A	401330.12A	101330.12A
Adult	6:30 PM	401338.11A	401338.12A	101338.12A

*No class on Monday, January 22

Tuesday/Th	ursday	Session 1	Session 2	Session 3
Evening		9/12-10/12	10/17-11/16*	1/16-2/15
Class	Fee:	\$86.00	\$77.50	\$96.00
	4:45PM	401216.21A	401216.22A	101216.21A
Preschool	5:55 PM	401216.21B	401216.22B	101216.21B
•	6:30 PM	401216.21C	401216.22C	101216.21C
	4:45 PM	401218.21A	401218.22A	101218.21A
Preschool	5:20 PM	401218.21B	401218.22B	101218.21B
2	5:55 PM	401218.21C	401218.22C	101218.21C
	4:45 PM	401222.21A	401222.22A	401222.21A
Level 1	5:20 PM	401222.21B	401222.22B	401222.21B
	6:30 PM	401222.21C	401222.22C	401222.21C
	5:20 PM	401224.21A	401224.22A	101224.21A
Level 2	5:55 PM	401224.21B	401224.22B	101224.21B
	6:30 PM	401224.21C	401224.22C	101224.21C
Level 3	4:45 PM	401226.21A	401226.22A	101226.21A
Level 5	5:55 PM	401226.21B	401226.22B	101226.21B
Level 4	5:20 PM	401228.21A	401228.22A	101228.21A
Level 5	6:30 PM	401230.21A	401230.22A	101230.21A
*No class on Tuesday, October 31			ay, October 31	

Sunday		Session 1	Session 2	Session 3
Afternoon		9/17-10/15	10/22-11/19	1/21-2/18
Class	Fee:	\$43.50	\$43.50	\$48.50
Dreacheal	3:15 PM	401216.41A	401216.42A	101216.41A
Preschool	4:25 PM	401216.41B	401216.42B	101216.41B
	5:00 PM	401216.41C	401216.42C	101216.41C
Preschool	3:15 PM	401218.41A	401218.42A	101218.41A
2	4:25 PM	401218.41B	401218.42B	101218.41B
	3:15 PM	401222.41A	401222.42A	101222.41A
Level 1	3:50 PM	401222.41B	401222.42B	101222.41B
	5:00 PM	401222.41C	401222.42C	101222.41C
Level 2	4:25 PM	401224.41A	401224.42A	101224.41A
LeverZ	5:00 PM	401224.41B	401224.42B	101224.41B
Level 3	3:50 PM	401226.41A	401226.42A	101226.41A
Level 5	5:00 PM	401226.41B	401226.42B	101226.41B
Level 4	3:50 PM	401228.41A	401228.42A	101228.41A
Level 5	4:25 PM	401230.41A	401230.42A	101230.41A
Teen	3:50 PM	401235.41A	401235.42A	101235.41A
Adult	3:15 PM	401238.41A	401238.42A	101238.41A



Saturday		Session 1	Session 2	Session 3
Morning		9/16-10/14	10/21-11/18	1/20-2/17
Class	Fee:	\$43.50	\$43.50	\$48.50
Durahari	9:30 AM	401216.31A	401216.32A	101216.31A
Preschool 1	10:05 AM	401216.31B	401216.32B	101216.31B
1	10:40 AM	401216.31C	401216.32C	101216.31C
.	9:30 AM	401218.31A	401218.32A	101218.31A
Preschool 2	10:40 AM	401218.31B	401218.32B	101218.31B
2	11:15 AM	401218.31C	401218.32C	101218.31C
	9:30 AM	401222.31A	401222.32A	101222.31A
Level 1	10:05 AM	401222.31B	401222.32B	101222.31B
	11:15 AM	401222.31C	401222.32C	101222.31C
Level 2	10:05 AM	401224.31A	401224.32A	101224.31A
Leverz	10:40 AM	401224.31B	401224.32B	101224.31B
Level 3	10:05 AM	401226.31A	401226.32A	101226.31A
Levers	11:15 AM	401226.31B	401226.32B	101226.31B
Level 4	10:40 AM	401228.31A	401228.32A	101228.31A
Level 5	9:30 AM	401230.31A	401230.32A	101230.31A
Teen	11:15 AM	401235.31A	401235.32A	101235.31A

SPORTS

See page 78 for a the year at a glance sports schedule.

Youth Sports Philosophy

The leagues offered by the Recreation Department are intended to be developmental in nature where learning the skills of the sport and having fun are paramount and winning is secondary. We ask that all adults involved, coaches, parents/ guardians, and other fans keep this in mind when attending practices and games.

Youth Sports General Information

- Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.
- Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.
- Tournaments are only played in the middle school divisions of all leagues as well as intermediate leagues.
- Teams practice 1-2 times per week based on availability. Two weeks of practice will be held prior to the first game.
- Outdoor leagues practice on a first-come, first-served basis at the location (or nearby park with approval from Recreation Staff) indicated when registering.
- Indoor leagues scheduled practice times and locations are determined by staff prior to the season. In the event of gym cancelations, teams may practice at locations that differ from registration site.

Coaching Criteria

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

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/ instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone the ability to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies. Volunteer coaches are expected to always act in the best interests of young athletes and must agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970-416-4280.

EARLY FALL SPORTS

Note: Registration for the early fall sports opened in June, some teams may be full.

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: 6/22 to 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
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 inaugural Northern Colorado Flag Football League representing the City of Fort Collins! Some travel required. Games played on weekends throughout Northern Colorado. 5 regular season games plus an end of season tournament. A jersey will be provided to each player. Note: Participants in this league may not also be on their high school football team.

Cost: \$130

Registration: 6/22 to 8/20; or when teams fill

Practices Begins: week of 9/4

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

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

RUNNING

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

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

Cost: \$110

Registration: 6/22 to 8/14

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

VOLLEYBALL

Junior Rams Volleyball

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 game.

Cost: \$110

Registration: 6/22 to 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

Cost: \$110

Registration: 6/22 to 8/13; or when teams fill

Practices begin: week of 8/28

Number of games: 6 Grade 6–8

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



Let's Beat (the Drum for) Breast Cancer Rally

Sunday, Oct. 1, 2023 **1 p.m.** – **2 p.m.** Old Town Square in Fort Collins, CO

Join local experts, community advocates, and breast cancer survivors for a special gathering in honor of Breast Cancer Awareness Month. Featuring a unique blend of percussionists from local bands to **"Beat the Drum"** for breast cancer prevention, all are invited to enjoy the music and **raise your voice** to support this lifesaving message.



LATE FALL SPORTS

BASKETBALL

All Junior Ram players will receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Basketball game.

Boy's Junior Rams Basketball

Games held on Saturdays. Note: Practices and games will not be held the week of 11/20.

Cost: \$110

Registration: 8/10 to 10/11; or when teams fill

Practices begin: week of 10/23

Number of games: 6

Grade: Kindergarten-1

Foothills Activity Center	414906-15
Northside Aztlan Community Center	414906-01

Grade: 2–3		Grade: 4–5	
Bacon	414907-01	Bacon	414908-01
Bauder	414907-03	Bauder	414908-03
Beattie	414907-05	Beattie	414908-05
Bennett	414907-07	Bennett	414908-06
Bethke	414907-09	Bethke	414908-09
CLP	414907-11	CLP	414908-11
Dunn	414907-13	Dunn	414908-13
Eyestone	414907-15	Eyestone	414908-15
Harris	414907-17	Harris	414908-17
lrish	414907-19	lrish	414908-19
Johnson	414907-21	Johnson	414908-20
Kruse	414907-24	Kruse	414908-22
Laurel	414907-25	Laurel	414908-25
Liberty Common	414907-60	Liberty Common	414908-26
Linton	414907-27	Linton	414908-27
Lopez	414907-29	Lopez	414908-29
McGraw	414907-31	McGraw	414908-31
O'dea	414907-33	O'dea	414908-33
Olander	414907-35	Olander	414908-35
Polaris	414907-36	Putnam	414908-37
Putnam	414907-37	Rice	414908-39
Rice	414907-39	Riffenburgh	414908-41
Riffenburgh	414907-41	Shepardson	414908-43
Shepardson	414907-43	Tavelli	414908-45
Tavelli	414907-45	Polaris	414908-62
Timnath	414907-47	Timnath	414908-47
Traut	414907-49	Traut	414908-49
Werner	414907-51	Werner	414908-51
Zach	414907-53	Zach	414908-53

Middle School Boys Basketball

Games played on Fridays and Saturdays. School t-shirt jerseys provided. Note: Practices/games will not be held on the week of 11/20.

Cost: \$110

Registration: 8/10 to 10/11 or when teams fill

Practices begin: week of 10/23

Number of games: 5 + post season tournament

Grade: 6		Grade: 7–8	
Blevins	414909-01	Blevins	414910-01
Boltz	414909-05	Boltz	414910-05
CLP	414909-10	CLP	414910-10
Kinard	414909-15	Kinard	414910-15
Lesher	414909-20	Lesher	414910-20
Lincoln	414909-25	Lincoln	414910-26
Preston	414909-30	Preston	414910-25
Timnath	414909-33	Timnath	414910-30
Webber	414909-35	Webber	414910-35
Wellington	414909-40	Wellington	414910-40

Girls Intermediate Basketball

Games played on Friday evenings. Junior Nuggets Jersey provided. Note: Practices/games will not be held on the week of 11/20.

Cost: \$120

Registration: 8/10 to 10/4; or when teams fill

Practices begin: week of 10/16

Number of games: 6 + post season tournament

4th/5th	414912-01
6th-8th	414913-01

AC EGEN NW

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

WINTER SPORTS

BASKETBALL

All Junior Ram players will receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Basketball game.

Girl's Junior Rams Basketball

Games played on Saturdays. Cost: \$110 Registration: 8/10 to 12/17; or when teams fill Practices begin: week of 1/8/24 Number of games: 6

Grade: Kindergarten–1	
Foothills Activity Center	114906-07
Northside Aztlan Community Center	114906-06

Bacon 114907-01 Bauder 114907-03 Beattie 114907-05 Bennett 114907-07 Bethke 114907-13 Eyestone 114907-15 Harris 114907-17 Irish 114907-17 Irish 114907-17 Johnson 114907-21 Kruse 114907-23 Laurel 114907-23 Laurel 114907-27 Lopez 114907-27 Lopez 114907-31 Odea 114907-33 Olander 114907-33 Rifenburgh 114907-43 Shepardson 114907-43 Favelli 114907-43 Polaris 114907-47 <t< th=""><th>Grade: 2–3</th><th></th></t<>	Grade: 2–3	
Beattie 114907-05 Beanett 114907-07 Bethke 114907-07 Dunn 114907-11 Dunn 114907-13 Eyestone 114907-15 Harris 114907-17 Irish 114907-19 Johnson 114907-21 Kruse 114907-23 Laurel 114907-23 Laurel 114907-27 Lopez 114907-27 Lopez 114907-27 Dolea 114907-31 Odea 114907-33 Olander 114907-37 Rice 114907-37 Rice 114907-41 Shepardson 114907-43 Tavelli 114907-38 Timnath 14907-47 Werner 114907-51	Bacon	114907-01
Bennett 114907-07 Bethke 114907-09 CLP 114907-11 Dunn 114907-13 Eyestone 114907-15 Harris 114907-17 Irish 114907-21 Kruse 114907-21 Kruse 114907-23 Laurel 114907-23 Laurel 114907-25 Linton 114907-27 Lopez 114907-27 Dodea 114907-31 Odea 114907-33 Olander 114907-37 Rice 114907-37 Rice 114907-37 Rice 114907-41 Shepardson 114907-43 Tavelli 114907-43 Polaris 114907-38 Timnath 14907-47 Werner 114907-51	Bauder	114907-03
Bethke 114907-09 CLP 114907-11 Dunn 114907-13 Eyestone 114907-15 Harris 114907-17 Irish 114907-19 Johnson 114907-21 Kruse 114907-23 Laurel 114907-25 Linton 114907-27 Lopez 114907-27 Odea 114907-31 Odea 114907-33 Olander 114907-35 Putnam 114907-37 Rice 114907-37 Rice 114907-37 Rice 114907-37 Rice 114907-37 Rice 114907-41 Shepardson 114907-43 Tavelli 114907-43 Polaris 114907-38 Timnath 14907-47 Werner 114907-51	Beattie	114907-05
CLP114907-11Dunn114907-13Eyestone114907-15Harris114907-17Irish114907-21Kruse114907-23Laurel114907-25Linton114907-27Lopez114907-27Odea114907-31Odea114907-33Olander114907-37Rice114907-37Rice114907-37Rice114907-41Shepardson114907-43Tavelli114907-38Timnath14907-49Werner114907-51	Bennett	114907-07
Dunn114907-13Eyestone114907-15Harris114907-17Irish114907-19Johnson114907-21Kruse114907-23Laurel114907-25Linton114907-27Lopez114907-29McGraw114907-31Odea114907-35Putnam114907-37Rice114907-37Rice114907-41Shepardson114907-43Tavelli114907-43Polaris114907-38Timnath14907-49Werner114907-51	Bethke	114907-09
Eyestone 114907-15 Harris 114907-17 Irish 114907-17 Irish 114907-19 Johnson 114907-21 Kruse 114907-23 Laurel 114907-25 Linton 114907-27 Lopez 114907-29 McGraw 114907-31 Odea 114907-33 Olander 114907-37 Rice 114907-37 Rice 114907-37 Rice 114907-41 Shepardson 114907-43 Tavelli 114907-43 Polaris 114907-38 Timnath 14907-47 Werner 114907-51	CLP	114907-11
Harris114907-17Irish114907-19Johnson114907-21Kruse114907-23Laurel114907-23Laurel114907-27Lopez114907-27Lopez114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-45Polaris114907-47Traut114907-49Werner114907-51	Dunn	114907-13
Irish114907-19Johnson114907-21Kruse114907-23Laurel114907-25Linton114907-27Lopez114907-29McGraw114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-38Timnath14907-49Werner114907-51	Eyestone	114907-15
Johnson 114907-21 Kruse 114907-23 Laurel 114907-25 Linton 114907-27 Lopez 114907-29 McGraw 114907-31 Odea 114907-33 Olander 114907-35 Putnam 114907-37 Rice 114907-37 Rice 114907-41 Shepardson 114907-43 Tavelli 114907-43 Polaris 114907-38 Timnath 14907-49 Werner 114907-51	Harris	114907-17
Kruse114907-23Laurel114907-25Linton114907-27Lopez114907-29McGraw114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-38Timnath14907-49Werner114907-51	Irish	114907-19
Laurel114907-25Linton114907-27Lopez114907-29McGraw114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-45Polaris114907-47Timnath14907-47Traut114907-49Werner114907-51	Johnson	114907-21
Linton114907-27Lopez114907-29McGraw114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-45Polaris114907-47Traut114907-49Werner114907-51	Kruse	114907-23
Lopez 114907-29 McGraw 114907-31 Odea 114907-33 Olander 114907-35 Putnam 114907-37 Rice 114907-39 Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Laurel	114907-25
McGraw114907-31Odea114907-33Olander114907-35Putnam114907-37Rice114907-39Riffenburgh114907-41Shepardson114907-43Tavelli114907-45Polaris114907-38Timnath14907-49Werner114907-51	Linton	114907-27
Odea 114907-33 Olander 114907-35 Putnam 114907-37 Rice 114907-39 Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Lopez	114907-29
Olander 114907-35 Putnam 114907-37 Rice 114907-39 Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	McGraw	114907-31
Putnam 114907-37 Rice 114907-39 Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Odea	114907-33
Rice 114907-39 Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Olander	114907-35
Riffenburgh 114907-41 Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Putnam	114907-37
Shepardson 114907-43 Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Rice	114907-39
Tavelli 114907-45 Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Riffenburgh	114907-41
Polaris 114907-38 Timnath 14907-47 Traut 114907-49 Werner 114907-51	Shepardson	114907-43
Timnath 14907-47 Traut 114907-49 Werner 114907-51	Tavelli	114907-45
Traut 114907-49 Werner 114907-51	Polaris	114907-38
Werner 114907-51	Timnath	14907-47
	Traut	114907-49
Zach 114907-53	Werner	114907-51
	Zach	114907-53

Grade: 4–5	
Bacon	11

Bacon	114908-01
Bauder	114908-03
Beattie	114908-05
Bennett	114908-07
Bethke	114908-09
CLP	114908-11
Dunn	114908-13
Eyestone	114908-15
Harris	114908-17
Irish	114908-19
Johnson	114908-21
Kruse	114908-23
Laurel	114908-25
Linton	114908-27
Lopez	114908-29
McGraw	114908-31
O'dea	114908-33
Olander	114908-35
Putnam	114908-37
Rice	114908-39
Riffenburg	114908-41
Shepardson	114908-43
Tavelli	114908-45
Liberty Common	114908-26
Timnath	114908-47
Traut	114908-49
Werner	114908-51
Zach	114908-53

Girls Middle School Basketball

Games played on Fridays and Saturdays. Game t-shirt is provided.

Cost: \$110

Registration: 8/10 to 12/17; or when teams fill

Practices begin: week of 1/8/24

Number of games: 5 + post season tournament

Grade: 6-8

Liberty Common	114909-16
Blevins	114909-01
Boltz	114909-03
CLP	114909-05
Kinard	114909-07
Lesher	114909-09
Lincoln	114909-11
Preston	114909-12
Timnath	114909-13
Webber	114909-15
Wellington	114909-17

Boys Intermediate Basketball

Games played on Friday evenings and Saturdays. Note: Junior Nuggets Jersey will be provided.

Cost: \$120

Registration: 8/10 to 12/17; or when teams fill

Practices begin: week of 1/8/24

Number of games: 6 + post season tournament

4th/5th	114903-01
6th	114904-01
7th/8th	114905-01

Boys High School Basketball

This program will provide coaching and instruction for the game of basketball to high school aged boys that do not play for their school. Games played against other teams from around Northern Colorado. Program requires some travel for games on weekends. Note: A jersey will be provided.

Cost: \$140

Registration: 8/10 to 12/17; or when teams fill

Practices begin: week of 1/8/24

Number of games: 6

9th-12th

114916-01



WRESTLING

Wrestling

Designed for the beginner, as well as the experienced wrestler. Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Wrestling techniques and conditioning will be taught. Note: Singlet and headgear rental included in registration; wrestling shoes not included (wrestlers can compete in socks or wresting shoes).

Cost: \$135

Registration: 8/10 to 12/17; or when teams fill Practices begin: week of 1/8/24

Number of events: 5 + end of season tournament

Grade: K–5

Blevins	114911-01
Boltz	114911-02
Lesher	114911-05
Lincoln	114911-06
Preston	114911-07
Webber	114911-08
Wellington	114911-09



Register for winter sports on Oct. 19.

SPORT ACADEMIES

Wrestling

Designed to introduce wrestling prior to the start of the wrestling season. Participants are given the opportunity to compete in a dual at the end of the academy. Note: Singlet and headgear rental included in registration; wresting shoes not included (wrestlers can compete in socks or wrestling shoes). Class will not be held 11/21, 11/23.

Cost: \$105			
Grade: K-5			
Location: T	BD		
11/6-12/9	M,W	5:30PM-7:00 PM	414711-01

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.

YOUNGSTERS

SUPERTOTS

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

All SuperTots programs will be held at Foothills Activity Center unless otherwise noted.

SuperTots Sampler

Kiddos get the opportunity to try out a variety of sports like baseball, basketball, cheerleading, flag football, soccer, and volleyball.

Age: 2-2.5 years

9/12-10/10	Т	9:15-9:45 AM	\$65	414780-01
9/13-10/11	W	9:15-9:45 AM	\$65	414780-02
9/15-10/13	F	9:15-9:45 AM	\$65	414780-03

Age: 2.5-3.5 years

J				
9/12-10/10	Т	10:00-10:45 AM	\$100	414780-04
9/13-10/11	W	10:00-10:45 AM	\$100	414780-05
9/15-10/13	F	10:00-10:45 AM	\$100	414780-06

Age: 3.5-4.5 years

3				
9/12-10/10	Т	11:00-11:45 AM	\$100	414780-07
9/13-10/11	W	11:00-11:45 AM	\$100	414780-08
9/15-10/13	F	11:00-11:45 AM	\$100	414780-09

SoccerTots

SoccerTots focuses on developing motor skills and selfconfidence while also learning balance, dribbling, foot-eye coordination and running control. An element of light competition is also introduced.

Age: 2-2.5 years

• •				
10/17-11/14	Т	9:15-9:45 AM	\$65	414780-10
10/18-11/15	W	9:15-9:45 AM	\$65	414780-11
10/20-11/17	F	9:15-9:45 AM	\$65	414780-12

Age: 2.5-3.5 years

-	-			
10/17-11/14	Т	10:00-10:45 AM	\$100	414780-13
10/18-11/15	W	10:00-10:45 AM	\$100	414780-14
10/20-11/17	F	10:00-10:45 AM	\$100	414780-15

Age: 3.5-4.5 years

	- , -			
10/17-11/14	Т	11:00-11:45 AM	\$100	414780-16
10/18-11/15	W	11:00-11:45 AM	\$100	414780-17
10/20-11/17	F	11:00-11:45 AM	\$100	414780-18

MARTIAL ARTS

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Participants may be divided into groups based on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before intermediate level. Note: Class will not be held 11/20, 11/22.

Age: 7 years & up Location: Club Tico

9/6-9/27	M,W	5:00-6:00 PM	\$40	422122-01
10/2-10/25	M,W	5:00-6:00 PM	\$45	422122-02
10/30-11/29	M,W	5:00-6:00 PM	\$45	422122-03
12/4-12/20	M,W	5:00-6:00 PM	\$35	422122-04
1/8-1/31	M,W	5:00-6:00 PM	\$45	422122-05

Shotokan Karate, Intermediate

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

Age: 7 years & up Location: Club Tico

9/6-9/27	M,W	6:00-7:00 PM	\$40	422123-01
10/2-10/25	M,W	6:00-7:00 PM	\$45	422123-02
10/30-11/29	M,W	6:00-7:00 PM	\$45	422123-03
12/4-12/20	M,W	6:00-7:00 PM	\$35	422123-04
1/8-1/31	M,W	6:00-7:00 PM	\$45	422123-05

Shotokan Karate, Advanced

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and develop more advanced techniques.

Age: 7 years & up

Location: Club Tico

9/6-9/27	M,W	7:00-8:00 PM	\$40	422124-01
10/2-10/25	M,W	7:00-8:00 PM	\$45	422124-02
10/30-11/29	M,W	7:00-8:00 PM	\$45	422124-03
12/4-12/20	M,W	7:00-8:00 PM	\$35	422124-04
1/8-1/31	M,W	7:00-8:00 PM	\$45	422124-05

CHEERLEADING

TCDC Cheer Team

Ready, OK! Kids will flip over these high-energy Recreational Cheer Teams. September session will enjoy cheering for the youth football program. If your child is looking for a fun way to learn dances, tumbling, jumps and stunting through sportsmanship and teamwork, these teams are for you. Each session will include a Community Performance. Poms provided for use. Additional t-shirt fee of \$20.

Location: Foothills Activity Center

Age: 4-8 years

, igei i e je	ano			
9/11-10/16	М	5:15-6:10 PM	\$105	414737-01
10/23-11/27	М	5:15-6:10 PM	\$105	414737-02
12/4-12/18	М	5:15-6:10 PM	\$55	414737-03
1/8-2/12	М	5:15-6:10 PM	\$105	414737-04

Age: 8-13 years

М	6:15-7:10 PM	\$105	414737-05
М	6:15-7:10 PM	\$105	414737-06
М	6:15-7:10 PM	\$55	414737-07
М	6:15-7:10 PM	\$105	414737-08
	M M M	M 6:15-7:10 PM M 6:15-7:10 PM M 6:15-7:10 PM	M 6:15-7:10 PM \$105 M 6:15-7:10 PM \$105 M 6:15-7:10 PM \$55



TENNIS

General Information

Lewis Tennis School directs all tennis programs for the Recreation Department. With 55 years of experience in the tennis industry, Lewis Tennis School provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

Rolland Moore Pro Shop

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

Fall hours are 3-6:30 p.m. Monday thru Friday and 10 a.m.-4 p.m. Saturday (weather permitting)

Programs

Weekday programs are offered at Rolland Moore Racquet Complex with Saturday classes at Fossil Creek Park for the first two sessions.

Special Events

Evening round robins and tournaments are available for both youth and adults throughout the season. Check the pro shop for more details.

YOUTH 10 & UNDER

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Little Lobber

Young players will develop their basic hand and eye coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized. Note: Class will not be held on Thanksgiving week.

Age: 4-6 years Location: Rolland Moore			Early Bird	Regul Rate	ar
10/21-11/11	Sa	10:00-10:45 AM	\$50	\$55	423055-01
11/18-12/16	Sa	10:00-10:45 AM	\$50	\$55	423055-02

			Early	Regul	ar
Location: Fossil Creek			Bird	Rate	
8/26-9/16	Sa	10:00-10:45 AM	\$50	\$55	423015-01
9/23-10/14	Sa	10:00-10:45 AM	\$50	\$55	423015-02

Future Stars

Learn basic stroking fundamentals, rules, and play fun games to develop skills. Players will learn the correct way to hit the ball 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. Note: Class will not be held on Thanksgiving week.

Age: 7-8 years				Regular	
Location: Ro	olland M	oore	Bird	Rate	
8/21-9/13	M,W	4:00-5:30 PM	\$150	\$165 423053	-01
9/18-10/11	M,W	4:00-5:30 PM	\$150	\$165 423053-	-02
10/16-11/8	M,W	4:00-5:00 PM	\$150	\$165 423053	-03
11/13-12/13	M,W	4:00-5:30 PM	\$150	\$165 423053-	04
10/21-11/11	Sa	11:00 AM-12:30 PM	\$75	\$83 423053-	-05
11/18-12/16	Sa	11:00 AM-12:30 PM	\$75	\$83 423053-	·06
			Early	Regular	
Location: Fossil Creek			Bird	Rate	
8/26-9/16	Sa	11:00 AM-12:30 PM	\$75	\$83 423013	-01
9/23-10/14	Sa	11:00 AM-12:30 PM	\$75	\$83 423013-	-02

Aces

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. As players progress, they will develop more advanced strokes such as topspin and slice serves and develop match skills. Players will be encouraged to participate in novice level tournaments. Note: Class will not be held Thanksgiving week.

Age: 9-10 y Location: Ro		oore	Early Bird	Regular Rate
8/21-9/13	M,W	4:00-5:30 PM	\$150	\$165 423050-01
9/18-10/11	M,W	4:00-5:30 PM	\$150	\$165 423050-02
10/16-11/8	M,W	4:00-5:00 PM	\$150	\$165 423050-03
11/13-12/13	M,W	4:00-5:30 PM	\$150	\$165 423050-04
10/21-11/11	Sa	11:00 AM-12:30 PM	\$75	\$83 423050-05
11/18-12/16	Sa	11:00 AM-12:30 PM	\$75	\$83 423050-06

			-	Regul	ar
Location: Fossil Creek			Bird	Rate	
8/26-9/16	Sa	11:00 AM-12:30 PM	\$75	\$83	423010-01
9/23-10/17	Sa	11:00 AM-12:30 PM	\$75	\$83	423010-02

MIDDLE SCHOOL

Middle School/High School Special - NEW!

An exciting new 5-week middle school/high school program will be held from August 28 through September 29. The program is designed to accommodate players that are not able to participate on their school teams. The goal of the program is to provide a fun, exciting, social, and competitive environment as players develop sound fundamentals and important life skills like goal setting and sportsmanship. Practice two days per week plus match play and BBQ on Fridays. The program is a partnership between Lewis Tennis School, Poudre School District, and National Junior Tennis and Learning (NJTL).

Location: R	olland Moore	Early Bird	Regular Rate
8/28-9/29	M,W,F 3:30-5:30 PM	TBA	423060-01
8/29-9/29	Tu,Th,F 3:30-5:30 PM	TBA	423060-02

Regular Middle

Note: Class will not be held Thanksgiving week.

Location: Rolland Moore			Early Bird	Regul Rate	ar
10/17-11/9	Tu,Th	4:30-6:30 PM	\$199	\$219	423061-01
11/14-12/14	Tu,Th	4:30-6:30 PM	\$199	\$219	423061-02
10/21-11/11	Sa	1:00-3:00 PM	\$99	\$109	423061-03
11/18-12/16	Sa	1:00-3:00 PM	\$99	\$109	423061-04

Location: Fo	ossil (Creek		Regular Rate
8/27-9/16	Sa	1:00-3:00 PM	\$99	\$109 423062-01
9/23-10/14	Sa	1:00-3:00 PM	\$99	\$109 423062-02

HIGH SCHOOL

Regular High School

Note: Class will not be held Thanksgiving week.

Location: R	loore	Early Bird	Regula Rate	r	
8/22-9/14	Tu,Th	5:30-7:30 PM	\$199	\$219	423063-01
9/19-10/12	Tu,Th	5:30-7:30 PM	\$199	\$219	423063-02
10/17-11/9	Tu,Th	4:30-6:30 PM	\$199	\$219	423063-03
11/14-12/14	Tu,Th	4:30-6:30 PM	\$199	\$219	423063-04
10/21-11/11	Sa	1:00-3:00 PM	\$99	\$109	423063-05
11/18-12/16	Sa	1:00-3:00 PM	\$99	\$109	423063-06
Location: Fo	ek	Early Bird	Regula Rate	r	
8/26-0/16	52	1.00-2.00 DM	¢00	¢100	123061-01

			2		
8/26-9/16	Sa	1:00-3:00 PM	\$99	\$109	423064-01
9/23-10/14	Sa	1:00-3:00 PM	\$99	\$109	423064-02

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Note: Class will not be held Thanksgiving week.

Age: 14-18 y Location: R		1oore	Early Bird	Regular Rate	
8/21-9/13	M,W	4:30-6:30 PM	\$248	\$268	423058-01
9/18-10/11	M,W	4:30-6:30 PM	\$248	\$268	423058-02
10/16-11/8	M,W	4:30-6:30 PM	\$248	\$268	423058-03
11/13-12/13	M,W	4:30-6:30 PM	\$248	\$268	423058-04

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

Thinking of QUITTING?

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

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

*Free for residents of the Health District

970-224-5209 healthdistrict.org/quitsmoking Health District











The Jr. Rams program is a partnership between Colorado State University (CSU) and the City of Fort Collins Recreation Department. The goal of the Jr. Rams program is to develop a community partnership showcasing support for CSU Athletics, building future Ram fans at a young age, and providing young athletes opportunities to engage with Division I collegiate athletics.

All Jr. Rams receive a specialized Jr. Rams jersey which changes colors each season - from traditional green and white to the orange Aggie uniforms and blue state pride jerseys. Volleyball and Basketball Jr. Rams also receive tickets to watch the CSU Rams take the court during the season. Each football season, all Jr. Rams are invited to attend "Jr. Ram Dav" at Canvas Stadium. where families receive discounted game day tickets and are recognized on the field before the game.

Since the program began in 2016, approximately 20,000 children have participated in Jr. Rams programs. We're proud to be a Jr. Ram and look forward to welcoming you to the team. Go Rams!

Interested in coaching?

Coaching is a great way to give back to the community. Recreation programs are looking for coaches to participate in 1-2 practices per week and games typically hosted on Saturday mornings. Coaches receive a Jr. Rams Coach T-shirt – and the more years you coach, incentive gifts are provided. For more info, call 970-416-2480 today!



ADULT PROGRAMS

AQUA FITNESS & AQUATICS

AQUA FITNESS

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

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

Drop-In Policy

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

Note: Classes will not be held 9/4 and 1/15.

Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3.5-4.5 feet.

Location: Fort Collins Senior Center

9/6-11/20	M,W,F 10:00-11:00 AM	Daily Drop-In Fee
11/27-2/2	M,W,F 10:00-11:00 AM	Daily Drop-In Fee

LOW INTENSITY

Basic H2O

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

Location: Fort Collins Senior Center

9/6-9/29	M,W,F	8:00-9:00 AM	\$45	400412-01
10/2-10/27	M,W,F	8:00-9:00 AM	\$49	400412-02
10/30-11/20	M,W,F	8:00-9:00 AM	\$41	400412-03
11/27-12/22	M,W,F	8:00-9:00 AM	\$49	400412-04
1/3-2/2	M,W,F	8:00-9:00 AM	\$53	100412-01

Twinges

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

Location: EPIC

9/6-9/29	M,W,F	7:30-8:30 AM	\$45	400314-01
10/2-10/27	M,W,F	7:30-8:30 AM	\$49	400314-02
10/30-11/20	M,W,F	7:30-8:30 AM	\$41	400314-03
11/27-12/22	M,W,F	7:30-8:30 AM	\$49	400314-04
9/6-9/29	M,W,F	8:30-9:30 AM	\$45	400314-05
10/2-10/27	M,W,F	8:30-9:30 AM	\$49	400314-06
10/30-11/20	M,W,F	8:30-9:30 AM	\$41	400314-07
11/27-12/22	M,W,F	8:30-9:30 AM	\$49	400314-08
1/3-2/2	M,W,F	7:30-8:30 AM	\$53	400314-01
1/3-2/2	M,W,F	8:30-9:30 AM	\$53	400314-02

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.

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

9/6-9/29	M,W,F	12:15-1:15 PM	\$45	400416-01
10/2-10/27	M,W,F	1:15-2:15 PM	\$49	400416-02
10/30-11/20	M,W,F	12:15-1:15 PM	\$41	400416-03
11/27-12/22	M,W,F	12:15-1:15 PM	\$49	400416-04
9/6-9/29	M,W,F	1:15-2:15 PM	\$45	400416-05
10/2-10/27	M,W,F	1:15-2:15 PM	\$49	400416-06
10/30-11/20	M,W,F	1:15-2:15 PM	\$41	400416-07
11/27-12/22	M,W,F	1:15-2:15 PM	\$49	400416-08
1/3-2/2	M,W,F	12:15-1:15 PM	\$53	100416-01
1/3-2/2	M,W,F	1:15-2:15 PM	\$53	100416-02

You've Been Served

Water volleyball is a team sport derived from volleyball. Games are played in the water with a beach ball. Have fun, laugh, make new friends, and exercise in a non-competitive game.

Location: Fort Collins Senior Center

9/5-9/28	Tu,Th	4:00-5:00 PM	\$33	400402-01
10/3-10/26	Tu,Th	4:00-5:00 PM	\$33	400402-02
10/31-11/21	Tu,Th	4:00-5:00 PM	\$29	400402-03
11/28-12/21	Tu,Th	4:00-5:00 PM	\$33	400402-04
1/2-2/1	Tu,Th	4:00-5:00 PM	\$41	100402-01

MEDIUM INTENSITY

Advanced Water Fitness

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

Location: EPIC

9/6-9/29	M,W,F 7:30-8:30 AM	\$45	400324-01
10/2-10/27	M,W,F 7:30-8:30 AM	\$49	400324-02
10/30-11/20	M,W,F 7:30-8:30 AM	\$41	400324-03
11/27-12/22	M,W,F 7:30-8:30 AM	\$49	400324-04
1/3-2/2	M,W,F 7:30-8:30 AM	\$52	100324-01
Location: F	ort Collins Senior Ce	nter	
9/6-9/29	M,W,F 9:00-10:00 AM	M \$45	400424-01
10/2-10/27	M.W.F 9:00-10:00 AM	٩ \$49	400424-02

10/2 10/2/	, , .	5.00 10.00 ATT	ΨŦJ	400424 02
10/30-11/20	M,W,F	9:00-10:00 AM	\$41	400424-03
11/27-12/22	M,W,F	9:00-10:00 AM	\$49	400424-04
1/3-2/2	M,W,F	9:00-10:00 AM	\$52	100424-01

Aqua Zumba®

Aqua Zumba[®] combines some of the 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

9/6-9/27	Wed	6:00-7:00 PM	\$17	400428-01
10/4-10/25	Wed	6:00-7:00 PM	\$17	400428-02
11/1-12/20	Wed	6:00-7:00 PM	\$29	400428-03
1/3-1/31	Wed	6:00-7:00 PM	\$21	100428-01

Classics

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

Location: Fort Collins Senior Center

9/6-9/29	M,W,F	6:00-7:00 AM	\$45	400422-01
10/2-10/27	M,W,F	6:00-7:00 AM	\$49	400422-02
10/30-11/20	M,W,F	6:00-7:00 AM	\$41	400422-03
11/27-12/22	M,W,F	6:00-7:00 AM	\$49	400422-04
9/6-9/29	M,W,F	5:00-6:00 PM	\$45	400422-05
10/2-10/27	M,W,F	5:00-6:00 PM	\$49	400422-06
10/30-11/20	M,W,F	5:00-6:00 PM	\$41	400422-07
11/27-12/22	M,W,F	5:00-6:00 PM	\$49	400422-08
9/5-9/28	Tu,Th	8:00-9:00 AM	\$33	400422-09
10/3-10/26	Tu,Th	8:00-9:00 AM	\$33	400422-10
10/31-11/21	Tu,Th	8:00-9:00 AM	\$29	400422-11
11/28-12/21	Tu,Th	8:00-9:00 AM	\$33	400422-12
9/5-9/28	Tu,Th	9:00-10:00 AM	\$33	400422-13
10/3-10/26	Tu,Th	9:00-10:00 AM	\$33	400422-14
10/31-11/21	Tu,Th	9:00-10:00 AM	\$29	400422-15
11/28-12/21	Tu,Th	9:00-10:00 AM	\$33	400422-16
9/5-9/28	Tu,Th	10:00-11:00 AM	\$33	400422-17
10/3-10/26	Tu,Th	10:00-11:00 AM	\$33	400422-18
10/31-11/21	Tu,Th	10:00-11:00 AM	\$29	400422-19
11/28-12/21	Tu,Th	10:00-11:00 AM	\$33	400422-20
9/5-9/28	Tu,Th	7:00-8:00 PM	\$33	400422-21
10/3-10/26	Tu,Th	7:00-8:00 PM	\$33	400422-22
10/31-11/21	Tu,Th	7:00-8:00 PM	\$29	400422-23
11/28-12/21	Tu,Th	7:00-8:00 PM	\$33	400422-24
1/3-2/2	M,W,F	6:00-7:00 AM	\$53	100422-01
1/3-2/2	M,W,F	5:00-6:00 PM	\$53	100422-02
1/2-2/1	Tu,Th	8:00-9:00 AM	\$41	100422-03
1/2-2/1	Tu,Th	9:00-10:00 AM	\$41	100422-04
1/2-2/1	Tu,Th	10:00-11:00 AM	\$41	100422-05
1/2-2/1	Tu,Th	7:00-8:00 PM	\$41	100422-06

Prenatal

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

Location: Fort Collins Senior Center

9/5-9/28	Tu,Th	5:00-6:00 PM	\$33	400418-01
10/3-10/26	Tu,Th	5:00-6:00 PM	\$33	400418-02
10/31-11/21	Tu,Th	5:00-6:00 PM	\$29	400418-03
11/28-12/21	Tu,Th	5:00-6:00 PM	\$33	400418-04
1/2-2/1	Tu,Th	5:00-6:00 PM	\$41	100418-01

Twist & Shout

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

Location: Fort Collins Senior Center

9/6-9/29	M,W,F	4:00-5:00 PM	\$45	400426-01
10/2-10/27	M,W,F	4:00-5:00 PM	\$49	400426-02
10/30-11/20	M,W,F	4:00-5:00 PM	\$41	400426-03
11/27-12/22	M,W,F	4:00-5:00 PM	\$49	400426-04
1/3-2/2	M,W,F	4:00-5:00 PM	\$53	100426-01

HIGH INTENSITY

Deep H2O

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

Location: EPIC

9/6-9/27	M,W,F, 12:15-1:15 PM	\$41	400330-01
10/2-10/25	M,W,F 12:15-1:15 PM	\$45	400330-02
10/30-11/20	M,W,F 12:15-1:15 PM	\$61	400330-03
11/27-12/20	M,W,F 12:15-1:15 PM	\$45	400330-04
1/3-1/31	M,W,F 12:15-1:15 PM	\$53	100330-01

AQUATICS PROGRAMS

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.

Aquatics 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.

11/12	Su	8:00 AM-5:40 PM	\$120.36	401341-01	

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, complete prior to first day of class. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

Class fees will be waived for the people who successfully pass the class and work at the City of Fort Collins as a lifeguard for 90 consecutive days. For more information contact Krista Hobbs at 970-221-6335, khobbs@fcgov.com.

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

/ (gei 10	Jeans (N)	the last day of the		
1/5	F	6:00-9:30 PM	\$326	101340-01
1/6-1/7	Sa,Su	8:00 AM-5:00 PM	1	

FAMILY PROGRAMS

Discover Scuba Diving

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Note: Prior to class start, call CSDA at 970-286-0072 to complete required additional paperwork.

Age: 10 years & up

J				
9/16	Sa	11:00-12:30 PM	\$36	401352-01
10/28	Sa	11:00-12:30 PM	\$36	401352-02
11/18	Sa	11:00-12:30 PM	\$36	401352-03
12/16	Sa	11:00-12:30 PM	\$36	101352-01
1/27	Sa	11:00-12:30 PM	\$36	101352-02

Discover Snorkeling

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or personal gear may be worn. Must be 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

9/16	Sa	11:00-12:30 PM	\$26	401353-01
10/28	Sa	11:00-12:30 PM	\$26	401353-02
11/18	Sa	11:00-12:30 PM	\$26	401353-03
12/16	Sa	11:00-12:30 PM	\$26	101353-01
1/27	Sa	11:00-12:30 PM	\$26	101353-02

Scuba Challenge

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

Age: 10 years & up

	,	. •		
9/6	W	5:30-8:00 PM	\$22	401356-01
9/20	W	5:30-8:00 PM	\$22	401356-02
10/4	W	5:30-8:00 PM	\$22	401356-03
10/18	W	5:30-8:00 PM	\$22	401356-04
11/1	W	5:30-8:00 PM	\$22	401356-05
11/15	W	5:30-8:00 PM	\$22	401356-06
11/29	W	5:30-8:00 PM	\$22	401356-07
12/13	W	5:30-8:00 PM	\$22	101356-01
12/27	W	5:30-8:00 PM	\$22	101356-02
1/10	W	5:30-8:00 PM	\$22	101356-03
1/24	W	5:30-8:00 PM	\$22	101356-04

Adult Learn To Swim

Introduction to basic aquatics skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke. See page 36 for full learn to swim schedule.

ARTS & EDUCATION

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

ART 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 a pencil and sketch book or a tablet if digital art is your preferred choice.

Age: 14 years & up

Location: Fort Collins Senior Center

9/12-10/17	Tu	4:30-6:30 PM	\$82	403407-01
11/7-12/12	Tu	4:30-6:30 PM	\$82	403407-02
1/9-2/13	Tu	4:30-6:30 PM	\$82	103407-01

DROP-IN PROGRAMS

Creative Art & Ink - NEW!

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

9/8-11/17	F	9:30-11:30 AM	No Fee	403495-01
12/1-2/23	F	9:30-11:30 AM	No Fee	103495-01

Open Studio

Open shop time. Tools are available for use with jewelry, stained glass, and woodworking. A shop attendant is on duty to assist with questions. Stained glass focus on Tuesday, woodwork focus on Thursday. Note: Production work or work on items for sale is not permitted. Preregistration recommended. 12 participant max. Class will not be held on 11/21, 11/22, 11/23.

9/5-11/30	Tu, Th 9:00 AM-Noon	\$8	403497-01
12/5-2/29	Tu, Th 9:00 AM-Noon	\$8	103497-01

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.

FIBER ARTS

Needle Felting for the Holidays - NEW!

Using 100% wool, a felting needle, and pad, learn the steps to create these delightful, holiday-themed pieces.

Pumpkins				
9/28	Th	9:30 AM-12:30 PM	\$36	403416-01
Halloween	Witch			
10/12	Th	9:30 AM-12:30 PM	\$36	403416-02
Colorful Tu	irkey			
11/20	М	9:30 AM-12:30 PM	\$36	403416-03
Reindeer				
12/14	Th	9:30 AM-12:30 PM	\$36	103416-01
Snowmen				
1/25	Th	9:30 AM-12:30 PM	\$36	103416-02

Silk Painting

Paint a 7" x 54" pure silk, hemmed scarf. When complete, scarves are hand washable. All supplies provided. Note: Bring an apron.

Silk Painting-Technique 1

Choose your colors and paint-free form.

9/23	Sa	6:00-8:30 PM	\$70	403468-01
10/5	Th	6:00-8:30 PM	\$70	403468-02
11/1	W	6:00-8:30 PM	\$70	403468-03

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.

9/18-9/19	M,Tu	6:30-7:30 PM	\$90	403468-04
10/17-10/18	Tu,W	6:30-7:30 PM	\$90	403468-05
11/9-11/10	Th,F	6:30-7:30 PM	\$90	403468-06

GENERAL ARTS

Crafternoons

Enjoy an afternoon of themed crafting. All Supplies provided.

Fabric scrap birds

i ubile selup	0 01100				
9/15	F	1:00-3:00 PM	\$36	403418-01	
Paper Lante	erns				
10/13	F	1:00-3:00 PM	\$36	403418-02	
Fairy Door					
11/17	F	1:00-3:00 PM	\$36	403418-03	
Holiday Home Decorations					
12/15	F	1:00-3:00 PM	\$36	103418-03	
Photo Frame					
1/12	F	1:00-3:00 PM	\$36	103418-02	

Brain Stimulation through Art - NEW!

Designed for seniors living with dementia. Enjoy a variety of art activities to enhance mood, self-esteem, cognition, and a general sense of well-being. Caregivers are requested to attend class or stay at the facility. Note: Class will not be held on 11/24.

9/15-10/20	F	9:30-11:30 AM	\$82	403409-01
10/27-12/-15	F	9:30-11:30 AM	\$82	403409-02
1/12-2/16	F	9:30-11:30 AM	\$82	103409-01

GLASS ARTS

Holidays in Stained Glass, Foil Method

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

9/25-10/16	Μ	1:00-4:00 PM	\$90	403463-01

Mosaic With Stained Glass

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

10/30-11/20 M 1:00-4:00 PM \$90	403433-01
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Stained Glass, Foil Beginner

Create two or more suncatchers using the copper foil method of stained glass. Learn to cut glass, grind, foil, solder, and finish. No prior experience needed. Note: Some supplies provided. Supply list available at registration; approximate cost is \$40.

1/8-1/29	М	1:00-4:00 PM	\$90	103461-01

JEWELRY

Cold Connection Metalsmithing

Learn how to cut and pierce metal and connect pieces using various techniques such as rivets and tabs. Create interesting pieces of wearable art out of copper and brass without soldering. Beginner-friendly class; all levels are welcome. Note: Class will not be held on 11/25.

9/16-10/21	Sa	2:00-4:00 PM	\$112	403459-01
11/4-12/16	Sa	2:00-4:00 PM	\$112	403459-02

Jewelry, Beginner

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

9/12-10/24	Tu	2:30-4:30 PM	\$112	403486-01
11/7-12/19	Tu	2:30-4:30 PM	\$112	403486-02

Jewelry, Casting

Learn the basic lost wax process in casting. Focus on forming, spruing, investment, burn-out, and centrifugal casting. Attention on finishing and surface treatment techniques covered to create finished cast pieces. Note: Tools and some supplies provided. Supply list available at registration; approximate cost is \$55-\$80.

11/7-12/19	Tu	5:00-7:00 PM	\$112	403487-01

Jewelry Lapidary

Learn basic process for rock and gem cutting and grinding. Learn to cut and polish cabochon stones (smooth rounded top, flat bottom) and how to cut stones to fill in already finished jewelry. Bring in your own stones or select from those provided.

11/7-12/19 Tu	5:00-7:00 PM	\$112	403489-01
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MIXED MEDIA PROGRAMS

Art Journaling

Tell your story through art. Explore a variety of mixed media to create your art journal using the Soul Pages Visual Journaling method developed by Rakefet Hardar, taught by a certified instructor. All supplies included.

9/5-9/26	Tu	1:00-3:30 PM	\$92	403415-01
11/7-11/28	Tu	12:30PM-3:00 PM	\$92	403415-02

Fun with Mixed Media

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

9/14	Th	10:00 AM-12:00 PM	\$35	403414-01
10/19	Th	10:00 AM-12:00 PM	\$35	403414-02
11/16	Th	10:00 AM-12:00 PM	\$35	403414-03
12/7	Th	10:00 AM-12:00 PM	\$35	103414-01
1/18	Th	10:00 AM-12:00 PM	\$35	103414-02

PAINTING

Watercolor

Learn how to paint with watercolor. Complete multiple small paintings as you learn how to use and mix colors, control the water to paint ratio, and how to fix mistakes. Designed for beginners, but all levels welcome. Note: Class will not be held on 11/25.

9/16-10/14	Sa	11:00 AM-1:00 PM	\$75	403480-01
10/28-12/2	Sa	11:00 AM-1:00 PM	\$75	403480-02
1/6-2/3	Sa	11:00am-1:00pm	\$75	103480-01

WOODWORKING

Woodworking, Beginner

Introduction to the use of power tools, hand tools, woods, and finishing. Pick and build one of two projects provided. Some supplies provided. Supply list available at first class; approximate cost is \$30-40. Note: Must attend first class. 9/13-10/18 W 3:00-5:00 PM \$118 403490-01

Woodworking, Intermediate

Learn different methods of joining wood together through this introduction to joinery.. Participants select a project of their own design; a drawing is needed with a maximum size of 30 inches Note: Must attend first class.

403491-01



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 Studio. Only 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 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 can be picked up on designated dates listed below between 11 a.m. 2 p.m. or during lab times. Pieces that are not claimed on these dates are kept for one session after a completed program and are then disposed of.
 - o Fall pick-up dates: 11/4, 12/2, & 1/13
 - Winter pick-up dates: 2/24 & 3/30
- 2024 Pottery changes include the following:
 - Paid waitlists.
 - 25 lbs. clay bags for \$30.
 - Pottery tool kits for \$16.

Pottery Lab

Lab is included for adult students currently enrolled in a class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. Required prerequisites: Handbuilding & Wheel Beginner, Beginner +, Intermediate, Creative Clay Craft, or Handbuilding Expressions. Staff is in attendance; no formal instruction is provided. Lab fee includes 1 bag of clay for a 10-week session, 1/2 a bag for a 5-week session. Note: Production work is not permitted.

Open Lab Times for 10 week-classes

M-Sa	11:00 /	11:00 AM-2:00 PM				
T & Th	7:30-1	0:00 PM				
9/5-11/18	M-Sa	11:00 AM-2:00 PM	\$185	404899-01		
11/18-12/22	M-Sa	11:00 AM-2:00 PM	\$92.50	404899-02		
1/2-3/10	M-Sa	11:00 AM-2:00 PM	\$190	104899-01		

Adult Handbuilding & Sculpture

Explore the world of clay. Make functional pots and whimsical, imaginative clay objects while learning handbuilding techniques.

Location: Fort Collins Senior Center

10/15-11/12	Su	1:00-2:30 PM	\$74	404876-01
1/7-2/4	Su	1:00-2:30 PM	\$79	104876-01

Creative Clay Craft

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

9/8-11/10	F	9:00-11:00 AM	\$185	404885-01
1/5-3/8	F	9:00-11:00 AM	\$190	104885-01

Exploring Handbuilding

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

Location: Fort Collins Senior Center

9/6-10/4	W	11:30 AM-1:00 PM	\$74	404873-01
10/11-11/8	W	11:30 AM-1:00 PM	\$74	404873-02
11/22-12/20	W	11:30 AM-1:00 PM	\$74	404873-03
1/4-2/1	W	11:30 AM-1:30 PM	\$79	104873-01

Classes in which adults are required to attend

W Denotes no web registration for program

Denotes program/activity has special membership pricing



Items highlighted in blue register on Oct. 19.

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Handbuilding Expressions

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

9/7-11/9	Th	6:00-8:00 PM	\$185	404875-01
11/16-12/21	Th	6:00-8:00 PM	\$92.50	404875-03
1/4-3/7	Th	6:00-8:00 PM	\$190	104875-02

Independent Study: Handbuilding

Independently explore and make projects by hand. Build projects that match personal interests. Use low-fire glazes for higher glazing precision. Instructor will be present for support. Prerequisite: Previous handbuilding experience.

Location: Fort Collins Senior Center

9/6-11/8	W	2:30-4:30 PM	\$148	404874-01
1/3-3/6	W	2:30-4:30 PM	\$153	104874-01

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginning techniques of clay. Note: Lab not included.

9/5-10/3	Τ	2:00-4:00 PM	\$74	404870-01
10/10-11/7	Т	2:00-4:00 PM	\$74	404870-02
11/20-12/8	М	6:00-8:00 PM	\$74	404870-03
11/20-12/8	М	9:00-11:00 AM	\$74	404870-04

Raku from Creation to Can

Learn American style Raku hand-building on the potter's wheel. Work in wet clay the first week then move into firing and glazing. Use hands-on contemporary exploration of the forming and firing process first used by the Japanese potters. No previous experience necessary. Note: All tools and supplies provided.

9/7-10/5	Th	2:00-4:00 PM	\$74	404826-01
10/12-11/9	Th	2:00-4:00 PM	\$74	404826-02
1/4-2/1	Th	2:00-4:00 PM	\$79	104826-01

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principles involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. Note: Classes on Mondays (M*) are 9 weeks only.

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9/6-11/8	W	8:00-10:00 PM	\$185	404850-01
9/9-11/11	Sa	9:00-11:00 AM	\$185	404850-02
9/11-11/13	М	9:00-11:00 AM	\$185	404850-03
9/11-11/13	М	5:45-7:45 PM	\$185	404850-04
1/3-3/6	W	8:00-10:00 PM	\$190	104850-01
1/6-3/9	Sa	9:00-11:00 AM	\$190	104850-02
1/8-3/4	M*	9:00-11:00 AM	\$171	104850-03
1/8-3/4	M*	5:45-7:45 PM	\$171	104850-04

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.

9/6-11/8	W	5:45-7:45 PM	\$185	404855-02
9/7-11/9	Th	9:00-11:00 AM	\$185	404855-03
9/11-11/13	М	8:00-10:00 PM	\$185	404855-04
1/2-3/5	Tu	9:00-11:00 AM	\$190	104855-01
1/3-3/6	W	5:45-7:45 PM	\$190	104855-02
1/4-3/7	Th	9:00-11:00 AM	\$190	104855-03
1/8-3/11	M*	8:00-10:00 PM	\$171	104855-04

Wheel & Handbuilding, Intermediate

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

9/5-11/7	Tu	5:30-7:30 PM	\$185	404860-01
9/6-11/8	W	9:00-11:00 AM	\$185	404860-02
11/21-12/19	Tu	5:30-7:30 PM	\$92.50	404860-03
11/22-12/20	W	9:00-11:00 AM	\$92.50	404860-04
1/2-3/5	Tu	5:30-7:30 PM	\$190	104860-01
1/3-3/6	W	9:00-11:00 AM	\$190	104860-02

FAMILY PROGRAMS

Cost of registration includes one child and an accompanying adult. Accompanying adults(s) must be the same for all weeks in a session. Additional participants require a separate and additional registration that can be purchased through additional person sections.

Family Raku Workshop Paint & Fire 略

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, yellows, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl, then fire the piece. Note: All supplies provided. Registration cost includes one parent and one child.

Age: 7 years & up

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9/21	Th	6:00-8:00 PM	\$90	404827-01
10/5	Th	6:00-8:00 PM	\$90	404827-02
11/2	Th	6:00-8:00 PM	\$90	404827-03
12/7	Th	6:00-8:00 PM	\$95	104827-01
Addition	al Perso	n(s)		
9/21	Th	6:00-8:00 PM	\$45	404827-01A
10/5	Th	6:00-8:00 PM	\$45	404827-02A
11/2	Th	6:00-8:00 PM	\$45	404827-03A
12/7	Th	6:00-8:00 PM	\$48	104827-01A

Fun Night Out 🐠

Have a fun night out on the town as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Each week offers a different experience that can be done by the whole family. Note: Registration includes two individuals; either two adults or a child and an adult.

Age: 7 years & up Dumpking

Pumpkins				
9/10	Su	4:00-5:30 PM	\$44	404828-01
Cows				
9/24	Su	4:00-5:30 PM	\$44	404828-02
Monsters				
10/8	Su	4:00-5:30 PM	\$44	404828-03
Gnomes				
10/29	Su	4:00-5:30 PM	\$44	404828-04
Pigs				
11/12	Su	4:00-5:30 PM	\$44	404828-05
Sharks				
11/19	Su	4:00-5:30 PM	\$44	404828-06
Flower Po	ots			
1/14	Su	4:00-5:30 PM	\$49	104828-01
Love Bugs	5			
1/28	Su	4:00-5:30 PM	\$49	104828-02
Additiona	l Perso			
9/10	Su	4:00-5:30 PM	\$22	404828-01A
9/24	Su	4:00-5:30 PM	\$22	404828-02A
10/8	Su	4:00-5:30 PM	\$22	404828-03A
10/29	Su	4:00-5:30 PM	\$22	404828-04A
11/12	Su	4:00-5:30 PM	\$22	404828-05A
11/19	Su	4:00-5:30 PM	\$22	404828-06A
1/14	Su	4:00-5:30 PM	\$25	104828-01A
1/28	Su	4:00-5:30 PM	\$25	104828-02A

Parent, Teen & Youth Wheel & Handbuilding 🤒

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potters wheel and handbuilding techniques. Note: Registration cost includes one adult and one child. Ane: 10-17 years

Age. IO I/	yeui	3		
9/8-10/6	F	5:15-6:15 PM	\$137	404845-01
10/13-11/10	F	5:15-6:15 PM	\$137	404845-02
1/5-2/2	F	5:15-6:15 PM	\$142	104845-01
Additional	Pers	son(s)		
9/8-10/6	F	5:15-6:15 PM	\$69	404845-01A
10/13-11/10	F	5:15-6:15 PM	\$69	404845-02A
1/5-2/2	F	5:15-6:15 PM	\$71	104845-01A

Parent & Teen Handbuilding & Sculpture 🤒

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

Age: 10-17 years

Location: Fort Collins Senior Center

9/10-10/8	Su	1:00-2:30 PM	\$137	404816-01	
11/19-12/17	Su	1:00-2:30 PM	\$137	404816-02	
Additional person(s)					
9/10-10/8	Su	1:00-2:30 PM	\$69	404816-01A	
11/19-12/17	Su	1:00-2:30 PM	\$69	404816-02A	

Parent & Tot Mud, Handbuilding 🤒

Adult and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Registration includes one adult and one child.

Age: 14 years & up

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9/5-10/3	Tu	9:30-10:30 AM	\$94	404801-01
9/9-10/7	Sa	12:30-1:30 PM	\$94	404801-02
9/11-10/9	М	2:30-3:30 PM	\$94	404801-03
10/10-11/7	Tu	9:30-10:30 AM	\$94	404801-04
10/14-11/11	Sa	12:30-1:30 PM	\$94	404801-05
10/16-11/13	М	2:30-3:30 PM	\$94	404801-06
11/18-12/16	Sa	12:30-1:30 PM	\$94	404801-07
11/20-12/18	М	2:30-3:30 PM	\$94	404801-08
1/2-1/30	Tu	9:30-10:30 AM	\$99	104801-01
1/6-2/3	Sa	12:30-1:30 PM	\$99	104801-02
1/8-2/5	М	2:30-3:30 PM	\$99	104801-03

Additional Person(s)

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9/5-10/3	Tu	9:30-10:30 AM	\$47	404801-01A
9/9-10/7	Sa	12:30-1:30 PM	\$47	404801-02A
9/11-10/9	М	2:30-3:30 PM	\$47	404801-03A
10/10-11/7	Tu	9:30-10:30 AM	\$47	404801-04A
10/14-11/11	Sa	12:30-1:30 PM	\$47	404801-05A
10/16-11/13	М	2:30-3:30 PM	\$47	404801-06A
11/18-12/16	Sa	12:30-1:30 PM	\$47	404801-07A
11/20-12/18	М	2:30-3:30 PM	\$47	404801-08A
1/2-1/30	Tu	9:30-10:30 AM	\$50	104801-01A
1/6-2/3	Sa	12:30-1:30 PM	\$50	104801-02A
1/8-2/5	М	2:30-3:30 PM	\$50	104801-03A

Classes in which adults are required to attend

Denotes program/activity has special membership pricing

Denotes no web registration for program



fcgov com/recreator

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Thrown Together 😣

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

Age: 7-18 years

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9/9-10/7	Sa	2:30-4:00 PM	\$137	404825-01
10/14-11/11	Sa	2:30-4:00 PM	\$137	404825-02
1/6-2/3	Sa	2:30-4:00 PM	\$142	104825-01

Thrown Together More 😣

Adult and child explore basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decoration, and glazing. In week 7, experience a Raku firing which uses smoke and fire. Note: Registration includes one child and one adult. Adult must remain the same for entire 10 week session.

Age: 7-18 years

9/7-11/9	Th	4:15-5:45 PM	\$274	404824-01
1/4-3/7	Th	4:15-5:45 PM	\$279	104824-01

EDUCATION

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

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

COOKING

Please bring an apron to each class. Prior to the first class please send any food allergies or concerns to Lisa Freeman at Ifreeman@fcgov.com.

TAUGHT BY SAPNA VON REICH

Coconut "Cuckoo" Curries

Discover modern spins on traditional coconut curry. Coconut has a magic all its own in mutating even the most average curry into a flavorful dish to savor. These variations on curries are delicious, vegetarian, and healthy. Menu: Coconut Stew, Beets with Coconut, Spicy Pineapple Curry, and Coconut Balls. Age: 14 years & up

9	2		1		
9/18		М	6:00-8:30 PM	\$55	407422-01

Indian Fusion

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

Age: 14 years & up

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9/26	Tu	6:00-8:30 PM	\$55	407423-01

Dal 101-Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the protein supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils contain a copious amount of essential dietary fiber, vitamins, and minerals. Menu: Green Lentil Pancake, Spinach and Lentil Curry (Saag), Red Lentil Stew, and Carrot Pudding.

Age: 14 years & up

10/12	Th	6:00-8:30 PM	\$55	407429-01		



Ethiopian Made Easy

Learn to make a delicious Ethiopian meal that is easy to prepare, and good for you. Cook with all the colors of the rainbow to make gluten-free and vegan-vegetarian friendly dishes. Menu: Key Sir Alicha (Beets stew), Kik Alicha (yellow split peas), Swiss Chard Gomen, Eggplant Wot, and Instant Teff Flour Crepes

Age: 14 years & up

10/24 Ти 6:00-8:30 PM \$55 407427-01

Homemade Indian Flatbreads

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

Age: 14	years & u	ID		
11/2	Th	6:00-8:30 PM	\$55	407424-01

Thanksgiving Appetizers

Your family and friends will be so impressed when you show up to Thanksgiving dinner with these delicious, healthy appetizers! All recipes are gluten-free, dairy-free, and vegan friendly. Menu: Carrot Almond Pâté, Balsamic Mushrooms, Pomegranate Cranberry Chutney, Brussels Sprouts & Persimmon Salad, and Homemade Boursin Cheese.

Age: 14 years & up

-	-	•		
11/13	М	6:00-8:30 PM	\$55	407430-01

Slow Cooker Curries

Make authentic Indian Curry in a slow cooker that is easy. delicious, gluten-free, and vegan-vegetarian friendly. Menu: Spicy Lentil Soup, Mixed Bean Curry, Saag (spinach curry), and Vegetable Korma.

Age: 14	years & u	ID		
12/4	М	6:00-8:30 PM	\$55	107429-01

Christmas Curries

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

Age: 14 years & up

12/14 Th 6:00-8:30 PM \$55	107423-01
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Foundations of Curry

This class will teach you an Indian mother sauce which is simple to prepare. This "mother sauce" can then be used to prepare many variations of Indian dishes. Menu: Kadai Tofu, Chickpea & Potato Curry, Bharta (roasted eggplant).

Age: 14 years & up

1/11 Th	6:00-8:30 PM	\$55107434-01
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Indian Breakfast 101

Have you ever wondered how to make savory, delicious breakfasts? If so, this class is for you! We will make warm and hearty (though not too spicy) authentic Indian breakfasts. All recipes are gluten-free and vegan friendly. Menu: Masala Oats, Chickpea Pancakes with Cilantro Chutney, Ginger Chai, and Amaranth Cardamom Pudding.

Age: 14 years & up

5	5		
1/22	М	6:00-8:30 PM	\$55107425-01

DOG TRAINING PROGRAMS

Good Dogs Out on the Town

Take your dog to a new level of obedience and attention while exploring Fort Collins parks, shops, and cafes. Your dog will learn advanced skills necessary for focus during shopping and calmness while you dine using dog-friendly positive reinforcement techniques. Pre-requisite: Basic Obedience. Note: Instructor contacts participants prior to class with meeting location.

9/5-10/3 Tu 5:30-6:30 PM \$100 407452-0	1
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FAMILY PROGRAMS

Beginning Genealogy

Explore personal family genealogy by using FamilySearch, a free website/app. Learn how to set up an account, enter known family history, connect to existing genealogies, and more. Large, touch screen computers available or use your own device. Note: Class will not be held on 11/23.

Age: 15 years & up

Location: 600 E Swallow St. Use north most entrance on the west side

9/7-9/28	Th	4:30-5:50 PM	\$6	407413-01
10/5-10/26	Th	4:30-5:50 PM	\$6	407413-02
11/2-11/30	Th	4:30-5:50 PM	\$6	407413-03
12/7-12/28	Th	4:30-5:50 PM	\$6	107413-01
1/4-1/25	Th	4:30-5:50 PM	\$6	107413-02

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

EGEN

gistration for program

College Admissions

Learn about the college application process from someone who has 18 years of experience working in high school counseling and university admissions. Topics covered include terminology, parts of the application, timeline and deadlines, how to research and create a list of best-fit colleges, essay basics, and how an application is evaluated by a university. The advanced class covers the following topics: constructing a cohesive application narrative, early application options, advanced essay advice, summer opportunities, gap year, financial aid, athlete recruitment, and overseas degree options. Age: 16 years & up

College Admissions. Beginner

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9/7	Th	6:00-8:00 PM	\$25	407444-01
1/16	Tu	6:00-8:00 PM	\$25	107444-01

College Admissions, Advanced

9/14	Th	6:00-8:00 PM	\$25	407444-02
1/23	Tu	6:00-8:00 PM	\$25	107444-02

Grandparents & Kids Together 🍄

There is something special about the bond between grandparents and their grandkids! Create precious memories in this special class series. Enjoy arts and crafts, story time, and meet new friends. Each session has a special guest. Note: Price is for one adult and one child. All adult/child duos welcome.

Age: 2 years & up

9/8	F	10:00 AM-Noon	\$25	407418-01
10/6	F	10:00 AM-Noon	\$25	407418-02
11/10	F	10:00 AM-Noon	\$25	407418-03
1/5	F	10:00 AM-Noon	\$25	107418-01

GENERAL INTEREST

Detecting & Preventing Scams & Frauds

Designed for older adults and caretakers of older adults to detect and identify scams and frauds, and to raise awareness to help prevent victimization. Discuss and learn from examples then engage in a question-and-answer period. Instructor will guide participants on how to listen to the AARP podcast, and where to find assistance/resources for various devices.

Age: All

Identifvina	Suspicious	Fmails &	Telephone Calls
racitying	Suspicious	Ennanis o	relephone cans

9/12	Tu	10:00-11:00 AM	\$10	407405-01		
Protecting a Friend or Relative						
10/10	Tu	10:00-11:00 AM	\$10	407405-02		
Basic Computer & Smart Phone Scams Explained						
11/14	Tu	10:00-11:00 AM	\$10	407405-03		

The Colors of You: Transform Your Look with Color Analysis - NEW!

Color is an extremely powerful tool to tell your story. The colors you wear communicate ideas, emotion, and energy. Join as color enthusiast, Megan Haynes, shares her knowledge on color theory, color analysis, and tips on how the 12 Seasonal Tones can help you look and feel your best, simply and naturally.

10/5	Th	5:30-7:00 PM	\$36	407443-01

Webtrac How To - NEW!

Learn to use Webtrac for online registration for City of Fort Collins Recreation programs. General registration will be demonstrated, drop in activity registration, and household updates.

12/20 W 6:00-8:00 PM No Fee 407408-	-01
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LANGUAGE PROGRAMS

French Language & Culture - NEW!

Explore French and Francophone cultures while learning some basics of the French language. Taught by CSU students of French. This class is presented in partnership with the CSU Languages Department and the French Consulate of Los Angeles. Space is limited. Nous avons hâte de vous rencontrer!

9/15-10/6	F	2:00-4:00 PM	\$35	407446-01
10/13-11/17	F	2:00-4:00 PM	\$35	407446-02

TRANSPORTATION PROGRAMS

Bicycle Friendly Driver

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

• •	2			
9/28	Th	1:00-2:30 PM	No Fee	407485-01
11/9	Th	1:00-2:30pm	No Fee	407485-02

Transfort Travel Training

Join the expert travel trainers to safely master using Transfort buses independently with confidence. Group classes meet at the South Transit Center (free parking) on the third Wednesday of each month and will ride MAX. Note: Individual one-on-one and online classes available upon request. Interpretation services available with advance notice.

Location: South Transit Center, 4915 Fossil Blvd

9/20	W	10:00 AM-Noon	No Fee	407401-01
10/18	W	10:00 AM-Noon	No Fee	407401-02
11/15	W	10:00 AM-Noon	No Fee	407401-03
12/20	W	10:00AM-Noon	No Fee	107401-01
1/17	W	10:00 AM-Noon	No Fee	107401-02

WELLNESS EDUCATION

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. Walk away with tools or the next steps to help you take back control.

9/27	W	2:00-3:00 PM	No Fee	425411-01
10/24	Tu	Noon-1:00 PM	No Fee	425411-02
11/29	W	10:00-11:00 AM	No Fee	425411-03
12/20	W	2:00-3:00 PM	No Fee	125411-01
1/23	Tu	Noon-1:00 PM	No Fee	125411-02

Change Fatigue: What Is Happening Here?

We are all dealing with changes in our world, both big and small. How are you affected by change? How can you increase your own "surge capacity" to handle change in life? Discuss change fatigue and learn ways to increase your resiliency.

9/21 Th 2:00-3:30 PM No Fee	425434-01
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Coping with Hearing Loss

Hearing loss is a common occurrence. Join Chandra Maas, AuD from Hear USA to learn about hearing loss causes, prevention, and strategies for living well despite hearing changes. Discuss current treatment options and learn about community resources.

10/9 M 9:30-11:00 AM No Fee	425443-01
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Dementia Conversations

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

12/4 M 10:00-11:00 AM No Fee 425442-01
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Fitness at Home

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

9/13	W	2:00-3:00 PM	No Fee	425413-01
10/19	Th	Noon-1:00 PM	No Fee	425413-02
11/16	Th	10:00-11:00 AM	No Fee	425413-03
12/13	W	2:00-3:00 PM	No Fee	125413-01
1/16	Tu	Noon-1:00 PM	No Fee	125413-02

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.

Gong Voyage

Human bodies are mostly water, and therefore excellent receptors and conductors of sound and vibration. It's said that sound healing can reduce stress and stimulation of deep relaxation, lower blood pressure, and provide relief from chronic pain. Participants lie down, get comfortable, set intentions, and let the gong meditate. Kathy Dickson will play for an hour with no words spoken as you simply absorb the vibrations. Attire: Wear comfortable clothes.

Location: Northside Aztlan Community Center

10/5	Th	2:00-3:30 PM	No Fee	425438-01

Go Wish

Go Wish provides an easy, engaging way that uses cards to discuss what's most important to you if your life was shortened by a serious illness. Learn how to apply your wishes in your advanced care plans.

11/9 Th 1:30-3:00 PM No Fee 425441-0

Gut Health & Its Role in Chronic Disease Treatment & Management

Learn all about the microbiome and how it impacts our health. Featured topics include gut permeability, nutrition for gut health, and food sensitivities. Taught by registered dietitian, Brooke Floerke.

10/3	Tu	9:30-11:00 AM	No Fee	425436-01
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Habits for Healthy Knees

Knee problems are prevalent in the 55 years and older community. Learn about daily routines, habits, and more non-invasive treatments to help restore proper knee function and maintain an active lifestyle.

10/4	W	10:30-11:30 AM	\$6	425492-01
1/10	W	10:30-11:30 AM	\$6	125492-01

Healthy Bones for Life - Understanding Osteoporosis

Wanda Simmons, PT, CEEAA, TPS, peer educator for American Bone Health, helps explain osteoporosis. Learn how to prevent bone loss, falls and fractures and proper movement exercises for osteoporosis.

10/6 F 10:00-11:30 AM No Fee 425439-01

Healthy Living for Your Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Then use hands-on tools to help create an individualized plan for healthy aging.

1/9	Tu	10:30-11:30 AM	No Fee	125402-01

Home Safety/Fall Prevention

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

9/4	М	2:00-3:00 PM	No Fee	425412-01
10/19	Th	Noon-1:00 PM	No Fee	425412-02
11/16	Th	10:00-11:00 AM	No Fee	425412-03
12/6	W	2:00-3:00 PM	No Fee	125412-01
1/9	Tu	Noon-1:00 PM	No Fee	125412-02

Intimacy & Relationships for Older Adults

Aging brings many life transitions including intimacy. Learn about expected changes and how they relate to your health and well-being. Kate Spruiell provides tools to aid in addressing these inevitable challenges.

9/7	Th	2:00-3:30 PM	No Fee	425430-01

Menopause

Join UCHealth gynecologist, Dr. Danika Forgach, to learn more about menopause including its cause, its management, and common misconceptions.

9/7	Th	4:00-5:30 PM	No Fee	425431-01

Nutrition & Inflammation for Older Adults

Learn why nutrient-dense and anti-inflammatory foods are critical for optimal health as we age. Review wise food choices and practical tips to support your body, brain, and digestion. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

9/15	F	1:00-2:30 PM	No Fee	425432-01
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Nutrition for Bone Health, Osteopenia, and Osteoporosis

There is much we can do to maintain and improve bone health. Review nutrition and lifestyle must-haves to keep your bones strong and healthy. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

10/31 Tu 9:30-11:00 AM No Fee 42544	0-01
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Overcoming Peripheral Neuropathy

Peripheral neuropathy is a condition where damaged nerves cause weakness, burning, pain, numbness, tingling, and debilitating balance problems that steal your quality of life. Learn about the different causes, latest research, and daily habits and treatments to help regain confidence in your body.

9/6	W	10:30-11:30 AM	\$6	425491-01
11/1	W	10:30-11:30 AM	\$6	425491-02

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Parkinson's Through the Eyes of a Physical Therapist

Have you or someone you know recently been diagnosed or is living with Parkinson's? Do you want a better understanding of the functional side of the disease and a different perspective? Join Covell Care's physical therapist who specializes in Parkinson's, treating the whole person, and walk away feeling like you have more support and confidence.

1/17 W 2:00-3:00 PM No Fee 12	125415-01
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Prepare to Care

No matter where you are in your caregiving journey -- just beginning to anticipate a need, helping to coordinate a big move, or taking care of a family member full-time -- this presentation will provide a good framework, support network, and resources to help guide you and your loved one to make things easier.

9/19	Tu	1:00-2:00 PM	No Fee	425433-01
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Resilience for Mind and 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 life's smaller, annoying challenges as well as with larger concerns. No experience required. Note: Participants can sit if necessary.

9/7	Th	8:15-9:15 AM	No Fee	425420-01
10/5	Th	8:15-9:15 AM	No Fee	425420-02
11/2	Th	8:15-9:15 AM	No Fee	425420-03
12/7	Th	8:15-9:15 AM	No Fee	125420-01
1/4	Th	8:15-9:15 AM	No Fee	125420-02

The Biology of Healthy Brain Aging: What We Know & Where We're Going

The Healthspan Biology Lab at CSU studies biological changes in cells that lead to declining health over time with a particular interest in brain health and preventing neurodegeneration. Dr. Tom LaRocca will share some of their newer work related to DNA and RNA, as well as evidence-based strategies for healthy brain aging.

10/3 Tu 2:30-4:00 PM No F	ee 425437-01
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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, developed an impactful program to help navigate through this important conversation before a health crisis or emergency.

9/5	Tu	2:00-3:30 PM	No Fee	425415-01

There is No Place Like HOME

According to AARP, 77% of adults 50 and older want to remain at home for the long term. In order to do so successfully, it's important to have a village of friends and a network of service providers. In this panel presentation, local home care and therapy providers, visiting physicians, and home safety experts share and chart the path to aging successfully at home.

1/31 W 2:00-3:00 PM No Fee 125414-01

Understanding Alzheimer's & Dementia

Alzheimer's is a brain disease that causes problems with memory, thinking, and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages, and risk factors. Current research and treatments to address some symptoms and Alzheimer's Association resources will also be shared.

9/21	Th	11:00 AM-Noon	No Fee	425435-01
5/ZI	111	11.00 API-NOUT	NUTEE	423433-01

Understanding Dementia Related Behavior

Behavior is one of the primary ways for dementia patients to communicate their needs and feelings after the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

11/14 Tu 10:30-11:30 AM	No Fee	425401-01
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Viral Infections & Parkinson's Disease: What Are The Risks?

Dr. Tom Tjalkens, professor of toxicology at CSU, will discuss how viral infections can impact brain function related to PD and will highlight why the immune system may be the balance point between protection and disease.

11/9 Th 11:00 AM-Noon No Fee 425444-01

Virtual Dementia

Join us on a Virtual Dementia Tour! Your Window Into Their World. 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.

9/22 F 9:00 AM-Noon No Fe	ee 425407-01
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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 and 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. 8:30-10:30 AM

9/20, 10/18, 11/15, 12/20, 1/17

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.

Muas for Ruas

The Larimer County Safe Mobility Coalition and the Colorado Trauma Network recognizes Falls Prevention Awareness Month with a Mugs for Rugs campaign. Bring a throw rug, no larger than 4'x6', to exchange it for a free mug and cup of coffee. Note: Rugs may only be exchanged during the dates and times listed below. Mugs and coffee will be provided while supplies last.

9/6	W	8:00-9:00 AM
9/15	F	10:00-11:00 AM
9/19	Т	9:00-10:00 AM
9/25	М	11:00 AM-12:00 PM

DANCE & MOVEMENT

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

9/5-9/26	Tu	7:00-8:00 PM	\$37	406426-01
10/3-10/24	Tu	7:00-8:00 PM	\$37	406426-02
11/7-11/28	Tu	7:00-8:00 PM	\$37	406426-03
1/9-1/30	Tu	7:00-8:00 PM	\$37	106426-01

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 voga/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

9/5-9/26	Tu	8:00-9:00 PM	\$37	406427-01
10/3-10/24	Tu	8:00-9:00 PM	\$37	406427-02
11/7-11/28	Tu	8:00-9:00 PM	\$37	406427-03
1/9-1/30	Tu	8:00-9:00 PM	\$37	106427-01

Belly Dance, Fusion Workshop

Fusion dance is the blending of two or more styles into one harmonious form. This 2-week workshop combines the exuberance of Bollywood and the intensity of Zambra Mora with existing belly dance vocabulary. Experience with improv style belly dance recommended but not required.

Location: Fort Collins Senior Center

12/6-12/13	Tu	7:00-9:00 PM	\$37	106428-01

BALLET

TAUGHT BY SARAH MANNO

Ballet, Beginner

An introduction to classical barre, positions, and steps.

Location: Empire Grange, 2306 W. Mulberry St.

9/12-10/17	Tu	5:30-6:30 PM	\$57	406102-01
10/24-12/5	Tu	5:30-6:30 PM	\$64	406102-02
1/23-3/5	Tu	5:30-6:30 PM	\$64	106102-01

Ballet, Continued

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

Location: Empire Grange, 2306 W. Mulberry St.

9/11-10/16	М	5:30-6:45 PM	\$56.50	406103-01
10/23-12/4	Μ	5:30-6:45 PM	\$65.75	406103-02
1/22-3/4	М	5:30-6:45 AM	\$65.75	106103-01

LINE DANCE

TAUGHT BY MARCELLA WELLS AND KATY PIOTROWSKI

Introduction to Line Dance

Have you heard about line dance but have no idea where to start? This class is for you! Review basic line dance steps and short sequences to music. The class can be repeated as often as desired.

Location: Fort Collins Senior Center

9/12-9/26	Т	3:05-4:05 PM	\$28	406435-01
10/10-10/24	Т	3:05-4:05 PM	\$28	406435-02
11/7-11/21	Т	3:05-4:05 PM	\$28	406435-03
12/5-12/19	Т	3:05-4:05 PM	\$28	106435-01
1/9-1/23	Т	3:05-4:05 PM	\$28	106435-02

Line Dance, Learner

Join students who have already learned some line dances. This class moves at a faster pace with several dances per session. Prerequisite: Three sessions of Introduction to Line Dance.

Location: Fort Collins Senior Center

9/11-9/25	М	6:45-7:45 PM	\$28	406436-01
10/2-10/30	М	6:45-7:45 PM	\$46	406436-02
11/6-11/27	М	6:45-7:45 PM	\$37	406436-03
12/4-12/18	М	6:45-7:45 PM	\$28	106436-01
1/8-1/29	М	6:45-7:45 PM	\$37	106436-02
9/5-9/26	Tu	12:30-1:30 PM	\$37	406436-04
10/3-10/31	Tu	12:30-1:30 PM	\$46	406436-05
11/7-11/28	Tu	12:30-1:30 PM	\$37	406436-06
12/5-12/19	Tu	12:30-1:30 PM	\$28	106436-04
1/9-1/30	Tu	12:30-1:30 PM	\$37	106436-05

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

9/5-9/26	Tu	2:00-3:00 PM	\$37	406437-01
10/3-10/31	Tu	2:00-3:00 PM	\$46	406437-02
11/7-11/28	Tu	2:00-3:00 PM	\$37	406437-03
12/5-12/19	Tu	2:00-3:00 PM	\$28	106437-01
1/9-1/30	Tu	2:00-3:00 PM	\$37	106437-02

Line Dance Shindig

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

Location: Fort Collins Senior Center

10/7	Sa	10:00 AM-3:00 PM	\$12	406438-01

MODERN DANCE

TAUGHT BY SARAH MANNO

Modern Dance

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

Location: Empire Grange, 2306 W. Mulberry St.

9/11-10/16	М	6:50-7:50 PM	\$55	406156-01
10/23-12/4	М	6:50-7:50 PM	\$64	406156-02
1/22-3/4	М	6:50-7:50 PM	\$64	106156-01

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

9/6-9/27	W	7:45-9:00 PM	\$47	406440-01
10/4-10/25	W	7:45-9:00 PM	\$47	406440-02
11/1-11/29	W	7:45-9:00 PM	\$47	406440-03
12/6-12/27	W	7:45-9:00 PM	\$47	106440-01
1/3-1/24	W	7:45-9:00 PM	\$47	106440-02

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.



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.

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

1	\$55
4	\$215
8	\$420
12	\$600
	\$900
	1 4 8 12

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.

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

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

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 69 for dates & prices.

Fitness classes for the Fall/ Winter Recreator are offered from September 1 to January 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 Barre Gold 9-9:45 AM | 409406-01

Circuit SilverSneakers 10-10:45 AM | 409424-01

Chair Pilates 11 AM-12 PM | 409403-01

Barre Fitness 12:15-1:15 PM | 409407-01

Balance. Flex & Stretch 1:30-2:15 PM | 409408-01

Yoga, Advanced Beginner 3:15-4:15 PM | 409413-01

Yoga, Advanced Beginner 4:30-5:30 PM | 409413-02

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

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga 2:30-3:30 PM | 409707-01

Core Performance 5:30-6:30 PM | 409701-01

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 409523-01

CrossTrain 12-1 PM | 409502-02

Slow Flow Hatha Yoga 4-5 PM | 409520-01

Vinyasa Flow Yoga 5:15-6:15 PM | 409521-01

Spin & Tone 5:30-6:30 PM | 409503-01

CLUB TICO Zumba 9-10 AM | 409112-01

Tuesday

FORT COLLINS SENIOR CENTER Boomer Blast

8-9 AM | 409414-01

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

Classic SilverSneakers 10:30-11:15 AM | 409423-01

Yoga SilverSneakers 11:30am-12:15 PM | 409427-01

T'ai Chi Chih Beginner I S 12:30-1:45 PM | 409431

T'ai Chi Chih Beginner II S 2-3:15 PM | 409431

Yoga, Beginner 2:45-3:45 PM | 409412-01

Meditation & Flow Yoga 4:15-5:15 PM | 409409-01

Yoga, Beginner 5:15-6:15 PM | 409412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 409702-01

Hatha Flow Yoga 12-1 PM | 409707-02 Oula 5:30-6:30 PM | 409704-01

NORTHSIDE AZTLAN COMMUNITY CENTER Cardio Fit

6:30-7:15 AM | 409501-01

Yoga & Meditation 9-10 AM | 409522-01

Pilates Fusion 12-1 PM | 409505-01

Slow Flow Hatha Yoga 5-6 PM | 409520-02

TRX Body Blast 5:30-6:30 PM | 409511-01

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.

EGEN

Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

AC NW M

Wednesday

FORT COLLINS SENIOR CENTER

Men - Loosen Up! 8-8:45 AM | 409405-01

Zumba Gold 9-9:45 AM | 409430-01

Men - Loosen Up! 9-9:45 AM | 409405-02

Circuit SilverSneakers 10-10:45 AM | 409424-01

T'ai Chi Chih Advanced 10-11:15 AM | 409433-01

Chair Yoga 11-11:45 AM | 409410-01

T'ai Chi Chih Intermediate 11:30 AM-12:45 PM | 409432-01

Yoga, Beginner 12-1 PM | 409412-03

Chair Pilates 1:30-2:30 PM | 409403-02

Pilates Mat, Beginner/Intermediate 3-4 PM | 409402-01

Yoga, Advanced Beginner 3:15-4:15 PM | 409413-01

Yoga, Advanced Beginner 4:30-5:30 PM | 409413-02

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

FOOTHILLS ACTIVITY CENTER

Hatha Flow Yoga 2:30-3:30 PM | 409707-01

Core Performance 5:30-6:30 PM | 409701-01

NORTHSIDE AZTLAN COMMUNITY CENTER

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

Restorative Yoga 12-1 PM | 409523-01

CrossTrain 12-1 PM | 409502-02

Slow Flow Hatha Yoga 4-5 PM | 409520-01

Spin & Tone 5:30-6:30 PM | 409503-01

Zumba 5:30-6:30 PM | 409512-01

CLUB TICO Zumba 9-10 AM | 409112-01

Thursday

FORT COLLINS SENIOR CENTER Boomer Blast 8-9 AM | 409414-01

Men - Loosen Up! 8-8:45 AM | 409405-03

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

Classic SilverSneakers 10:30-11:15 AM | 409423-01

Yoga SilverSneakers 11:30 AM-12:15 PM | 409427-01

Focus on Balance 1:30-2:30 PM | 409415-01

Yoga, Beginner 2:45-3:45 PM | 409412-01

Swiss Theraball 3-4 PM | 409416-01

Yoga, Beginner 5:15-6:15 PM | 409412-02

Zumba 5:30-6:30 PM | 409404-03

FOOTHILLS ACTIVITY CENTER

Zumba 6:30-7:15 AM | 409705-01 Pilates Fusion 9-10 AM | 409702-01

Slow Flow Hatha Yoga 5:30-6:30 PM | 409708-01

NORTHSIDE AZTLAN COMMUNITY CENTER Cardio Fit

6:30-7:15 AM | 409501-01 Yoga & Meditation 9-10 AM | 409522-01

Pilates Fusion 12-1 PM | 409505-01

Slow Flow Hatha Yoga 5-6 PM | 409520-02

TRX Body Blast 5:30-6:30 PM | 409511-01

Friday

FORT COLLINS SENIOR CENTER Men - Loosen Up!

8-8:45 AM | 409405-01

Zumba Gold 9-9:45 AM | 409430-01

Men - Loosen Up! 9-9:45 AM | 409405-02

Barre Gold 10-10:45 AM | 409406-02

Chair Yoga 11-11:45 AM | 409410-01

Strength Training with Walking Poles 12-12:45 PM | 409417-01

Pilates Mat, Beginner 3-4 PM | 409402-02

NORTHSIDE AZTLAN COMMUNITY CENTER

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

CrossTrain 12-1 PM | 409502-02

CLUB TICO

Zumba 9-10 AM | 409112-01

Saturday

FORT COLLINS SENIOR CENTER Zumba 9-10 AM | 409404-02

FOOTHILLS ACTIVITY CENTER Oula One 9-10 AM | 409703-01 Tai Chi & Qigong S 11 AM - Noon | 409706

NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga 8:15-9:15 AM | 409521-02

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER Mindfulness Yoga 10-11 AM | 409518-01

Meditation 11:15 AM-12:15 PM | 409519-01



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. | 23-25260

SESSION BASED FITNESS CLASSES S

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

T'ai Chi Chih Beginner

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

9/5-9/26	Tu	12:30-1:45 PM	\$25	409431-01
10/3-10/24	Tu	12:30-1:45 PM	\$25	409431-02
10/31-11/21	Tu	12:30-1:45 PM	\$25	409431-03
11/28-12/19	Tu	12:30-1:45 PM	\$25	409431-04
1/9-1/30	Tu	12:30-1:45 PM	\$25	409431-05

T'ai Chi Chih, Beginner II

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

Location: Fort Collins Senior Center

9/5-9/26	Tu	2:00-3:15 PM	\$25	409431-06
10/3-10/24	Tu	2:00-3:15 PM	\$25	409431-07
10/31-11/21	Tu	2:00-3:15 PM	\$25	409431-08
11/28-12/19	Tu	2:00-3:15 PM	\$25	409431-09
1/9-1/30	Tu	2:00-3:15 PM	\$25	409431-10

Tai Chi & Qigong

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

Location: Foothills Activity Center

9/2-9/23	Sa	11:00 AM-Noon	\$21	409706-01
9/30-10/21	Sa	11:00 AM-Noon	\$21	409706-02
10/28-11/18	Sa	11:00 AM-Noon	\$21	409706-03
12/2-12/23	Sa	11:00 AM-Noon	\$21	409706-04
1/7-1/28	Sa	11:00 AM-Noon	\$21	409706-05



every night starting Friday, November 3.

FITNESS CLASS DESCRIPTIONS

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

Balance, Flex & Stretch

A low impact class to strengthen the core muscles through balance and flexibility exercises. Includes stretching exercises to improve range of motion. A combination of barre/chair, balance and fitness balls, floor mats may be used. Various genres of music will accompany workouts.

Barre Fitness

Engage in this all-body workout combining elements of dance-inspired moves. Class may incorporate the barre/chair, floor, and basic dance routines. Various genres of music will accompany workouts. No dance experience is necessary.

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.

Meditation & Flow Yoga

Calm the mind and body with an all levels gentle and dynamic practice of yoga postures. Perfect for those just starting yoga, suffering from chronic pain/arthritis or who just need a bit more stretching in their lives. Finish with a yoga nidra practice, an accessible meditation practice that helps reduce the symptoms of PTSD, anxiety, and stress.

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.

Strength Training with Walking Poles

Use walking poles to improve balance, mobility, & posture, as well as increase strength in the core, arms, & legs. Class will include chair and standing exercises, and even some fun indoor walking activities that are great for experienced pole-walkers and beginners alike. Poles will be provided.

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.

SILVERSNEAKERS

SilverSneakers branded classes are free to SilverSneakers members and offered at the Fort Collins Senior Center. Note: SilverSneakers non-members may attend these classes by enrolling by day.

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support.

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support.

RAMS FOR LIFE GOLF TOURNAMENT & FRIDAY "KNIGHT" LIGHTS

SAVE THE DATE FRIDAY, SEPTEMBER 29 Collindale Golf Course

11 A.M. RAMS FOR LIFE TOURNAMENT

Benefitting the Youth Golf Scholarship Fund and the Tom Ehlers Student Athlete Endowment Fund at Colorado State University





. FRIDAY "KNIGHT" LIGHTS

Including food, live music performed by Funky Business, and fireworks at Collindale Golf Course



RESTAURANT & TAPROOM



For more information, visit *fcgov.com/golf*.

Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 | 23-25302

ICE SKATING

All ice programs are held at EPIC unless otherwise noted.

Proper Attire Includes:

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

Public Skate

Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/iceskating for a current schedule. See page 6 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

Freestyle

Interested in learning more about competitive or recreational figure skating programs? Call 970-221-6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

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

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, 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.

ICE SKATING PROGRAMS

Adult Skate, Beginner & Intermediate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1-4 for skills taught. Note: Helmets are strongly recommended for beginners.

8/24-9/14	Th	6:15-6:45 PM	\$45	410349-01
9/21-10/12	Th	6:15-6:45 PM	\$45	410349-02
10/19-11/16	Th	6:15-6:45 PM	\$56	410349-03
11/30-12/21	Th	6:15-6:45 PM	\$45	410349-04
1/11-2/8	Th	6:15-6:45 PM	\$56	110349-01

Adult Skate, Advanced & Free Skate

Designed for experienced skaters wishing to learn new skills. See descriptions for Youth Ice Skating, Basic 5-6 on page 32 for skills taught.

8/24-9/14	Th	6:45-7:15 PM	\$49	410353-01
9/21-10/12	Th	6:45-7:15 PM	\$49	410353-02
10/19-11/16	Th	6:45-7:15 PM	\$61	410353-03
11/30-12/21	Th	6:45-7:15 PM	\$49	410353-04
1/11-2/8	Th	6:45-7:15 PM	\$61	110353-01

Adult Fitness Skate 🖤

Open skating session for adults with intermediate to advanced skill levels. Skate rentals not available. Program is not discountable; 10/20 Admission Passes are available. To view the schedule and closures, visit fcgov.com/recreation/epic.

Age: 16 years & up 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 8/23-11/29 W 9:15-10:45 AM

HOCKEY

Drop-In Hockey

Pick-up hockey game. Registration begins at 7 a.m. on 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. on 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. on 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

OUTDOOR RECREATION

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

Things to Know:

- All programs are led by experienced guides. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified. 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.
- 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.

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 at this informational meeting. Previous B.O.O.T. S. members not required to attend.

9/6	W	1:00-2:00 PM	No Fee	411931-01
1/15	М	1:00-2:00 PM	No Fee	111931-01

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

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

9/1-11/06	М	9:00-11:00 AM	\$65	411930-01
1/22-3/04	М	10:00 AM-12:00 PM	\$65	111930-01

B.O.O.T.S. Education

Scheduled activity will be shared at the kickoff meeting.

10/23	М	9:00-11:00 AM	No Fee	411933-01
2/19	М	10:00 AM-Noon	No Fee	111933-01

B.O.O.T.S. Hikes

Windsor La	ake			
9/18	М	9:00-11:00 AM	No Fee	411932-01
North Shie	lds Pon	lds		
9/25	М	9:00-11:00 AM	No Fee	411932-02
Arapaho B	end			
10/9	М	9:00-11:00 AM	No Fee	411932-03
Maxwell				
10/16	М	9:00-11:00 AM	No Fee	411932-04
Spring Can	yon to	and through Pineri	dge	
10/30	М	9:00-11:00 AM	No Fee	411932-05
Bobcat Rid	ge			
11/6	М	9:00-11:00 AM	No Fee	411932-06
Prairie Ride	ge			
1/22	М	10:00 AM-Noon	No Fee	111932-01
Fossil Cree	k Wetla	ands		
1/29	М	10:00 AM-Noon	No Fee	111932-02
River Bluffs	s-Wind	sor		
2/5	М	10:00 AM-Noon	No Fee	111932-03
North Foot	hills to	North Loop		
2/12	М	10:00 AM-Noon	No Fee	111932-04
Coyote Rid	ge Nat	ural Area		
2/26	М	10:00AM - Noon	No Fee	111932-05
Reservoir F	Ridge			
3/4	М	10:00AM - Noon	No Fee	111932-06

B.O.O.T.S. Stewardship

Scheduled activity will be shared at the kickoff meeting.

10/2	М	9:00-11:00 AM	No Fee	411934-01

OUTDOOR FITNESS

For more fitness programs see page 66.

Yoga in the Park

Enjoy an outdoor yoga class at the park. Relax in nature, try challenging poses. All levels welcome. Note: Bring any props you may require, including a yoga mat or blanket.

Location: TBA

9/8-9/29	F	Noon-1:00 PM	\$21	411991-01
10/6-10/27	F	Noon-1:00 PM	\$21	411991-02

OUTDOOR RECREATION ACTIVITY CLASSIFICATION

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

Class A: Outings with 0-500 ft. in elevation change.

Class B: Outings with 500-1,000 ft. in elevation change.

Class C: Outings with 1,000-2,000 ft. in elevation change.

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

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

Level 2 activity durations are up to 5 miles.

Level 3 activity durations exceed 5 miles.

EXAMPLE

Level 2 Activities

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

Zimmerman Lake

Example

Beautiful views of Neota Wilderness Area. Note: Mileage: 4-5: Lowest elevation: 10,026 ft.; Highest elevation:: 10,479 ft.

Tu 7:00 AM-4:00 PM \$40 Example

LEVEL 1 ACTIVITIES

Downhill Ski Trips

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

Location: Rolland Moore Parking Lot

Copper Mountain					
12/13	W	6:45 AM-7:00 PM	\$76	111910-02	
1/10	W	6:45 AM-7:00 PM	\$76	111910-04	
1/24	W	6:45 AM-7:00 PM	\$76	111910-06	
2/7	W	6:45 AM-7:00 PM	\$76	111910-08	
2/28	W	6:45 AM-7:00 PM	\$76	111910-11	
Winter Pa	ırk				
12/6	W	6:45 AM-7:00 PM	\$76	111910-01	
12/20	W	6:45 AM-7:00 PM	\$76	111910-03	
1/17	W	6:45 AM-7:00 PM	\$76	111910-05	
1/31	W	6:45 AM-7:00 PM	\$76	111910-07	
2/14	W	6:45 AM-7:00 PM	\$76	111910-09	
A Basin					
2/21	W	6:45 AM-7:00 PM	\$76	111910-10	

LEVEL 2 ACTIVITIES

EXPLORING MY OWN BACKYARD

Arthur's Rock

Enjoy views of scenic Lory State Park. Guide and transportation from the Fort Collins Senior Center provided. Mileage: 4-5 miles; Change in elevation about 475 feet.

10/12 Th 8:00 AM-2:00 PM	\$56	411911-01
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West Valley, Timber, Well Gulch Loop 💵

Enjoy views of scenic Lory State Park and the Fort Collins as you climb the Timber Trail. Enjoy the quiet and solitude of the Wells Gulch trail as you descend on this local loop. Guide and transportation from the Fort Collins Senior Center provided. Mileage: 4-5 miles; Change in elevation about 475 feet.

10/26	Th	9:00 AM-1:00	\$45	411911-03

Snowshoeing

Snowshoe through prime moose habitat on this loop trail that parallels the middle fork of the Michigan River. Mileage: 5-7 miles; Lowest elevation: 9,400 ft.; Highest elevation: 9,700 ft.

1/27	Sa	8:00 AM-6:00 PM	\$85	111920-01

LEVEL 3 ACTIVITIES

Devil's Backbone to Coyote Ridge

Weave through the dramatic rock formations in the foothills known as the hogback, heading north to Coyote Ridge. Cost includes transportation. Mileage: 8-10 miles; lowest elevation: 5100 ft.; highest elevation: 5500 ft.

9/13	W	8:30 AM-4:30 PM	\$80	411903-05
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Fall Bike Ride - NEW!

Enjoy a fun, casual, recreational ride. This ride is aimed at people ages 50 years and older. Meet at the Fort Collins Senior Center for an 11-mile ride. Ride on trails and streets, and stop for lunch. Individuals are responsible for purchasing their own lunch. Led by Certified League Cycling Instructors.

Age: 50 years & up

9/26 Tu 10:00 AM-2:00 PM	No Fee	407482-01
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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 gear are available for additional fees at rafting site.

9/1 F 8:15 AM-1:30 PM	\$100	411921-01
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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 start of program.

10/29	Su	10:00 AM-3:00 PM	\$165	411954-01
1/21	Su	10:00 AM-3:00 PM	\$165	111954-02

Family Crag Climbing Day

Spend time with the little ones this season while learning a new family sport. Family climbing programs are designed to allow families 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 start of program.

9/23	Sa	10:00 AM-3:00 PM	\$250	411953-01
10/28	Sa	10:00 AM-3:00 PM	\$250	411953-02
11/18	Sa	10:00 AM-3:00 PM	\$250	411953-03
12/16	Sa	10:00 AM-3:00 PM	\$250	111953-01
1/20	Sa	10:00 AM-300 PM	\$250	111953-02

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, 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 the start of the program.

9/9-9/16	Sa	9:30AM-3:30PM	\$280	411955-01
10/14-10/21	Sa	9:30 AM-3:30 PM	\$280	411955-02
11/4-11/11	Sa	9:30 AM-3:30 PM	\$280	411955-03
12/2-12/9	Sa,Su	9:30 AM-3:30 PM	\$280	111952-01
1/6-1/13	Sa,Su	9:30 AM-3:30 PM	\$280	111952-02

OUTDOOR EDUCATION

Appreciating Fort Collins' Urban Forest

Learn the history of the city's progressive urban forestry efforts, identifying the most common species, and understanding tree diversity and maintenance challenges. Tour the city's comprehensive online TreeKeeper database and learn to appreciate City Park and CSU arboretums, along with many state champion trees.

10/4	W	10:00 AM-Noon	\$11	411952-01

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 knowledge to the test in an overnight trip with experienced guides. Backpacking equipment is required. Optional rental equipment for an additional fee available.

Classes

-				
9/21-10/5	Th	6:00-8:00 PM	\$240	411956-01
5/2110/5		0.00 0.00111	ΨΖΨΟ	411550 01
Overnight	Evnoria	anco		
Overnight	Experie	ence		
10/0 10/7	F C-	F.00 DM 10.00 AM		
10/6-10/7	F-Sa	5:00 PM-10:00 AM		

Cycling in Winter - NEW!

Interested in riding year-round, but not sure how to prepare for the colder season? Learn tips and techniques to help you ride safely, confidently, and comfortably. Topics include what to wear, what to ride, safe winter bike handling, route selection, and winter bike maintenance.

Location: Meet at Fort Collins Senior Center

10/3	Tu	1:00-2:30 PM	No Fee	407483-01
11/14	Tu	1:00-2:30 PM	No Fee	407483-02
1/9	Tu	1:00-2:30 PM	No Fee	107484-01

Feather & Flight Fridays

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

Fall Migr	ation			
9/29	F	9:00-11:00 AM	\$20	411980-01
The Ama	azing W	orld of Owls		
10/27	F	9:00-11:00 AM	\$20	411980-02
Winter E	Bird ID			
11/17	F	9:00-11:00 AM	\$20	411980-03
Bird Bing	go			
12/29	F	9:00-11:00 AM	\$20	411980-04
Winter S	parrow	ID		
1/26	F	9:00-11:00 AM	\$20	411980-05

Foothills Flora 101

Learn to identify local plants including edible and medicinal species and get to know some native plants that will work in your garden.

Location: TBA

9/16	Sa	9:00-11:00 AM	\$20	411981-01

Mindful Birding

Engage with and enjoy the birds around you for a very healing process. With instruction from a mindful practitioner of meditation and mindfulness practices, as well as 15 years of teaching ornithology, learn the principles of mindfulness and discover the beauty of birds.

9/12	Tu	9:00 AM-Noon	\$30	407416-01
10/24	Tu	9:00 AM-Noon	\$30	407416-02

Natural Dyeing

Learn to use the pigments around you, from juniper branches to coffee grounds, to make brilliant colors on fabric. A different dye technique will be explored each week. Some pre-treated fabric will be provided for your first project; dyes provided throughout.

11/13-12/4 M 3:00-6:00	PM \$90	411965-01
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Snowshoeing Instruction

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

1/20	Sa	9:00 AM-Noon	\$33	111940-01
1/25	Th	1:00-4:00 PM	\$33	111940-02
2/03	Sa	9:00 AM-Noon	\$33	111940-03

Watercolor Paint Making

Learn to make your own locally foraged watercolor paints using soil, rocks, and plant material. Materials provided. Optional: Bring a teaspoon or two of any dry material you would like to use as a pigment (charcoal, colorful kitchen spice, crushed herb, etc).

Tu 2	2:00-4:30 PM	\$40	411966-01
	Tu 2	Tu 2:00-4:30 PM	Tu 2:00-4:30 PM \$40

Weaving with Willow

Learn to weave a small basket or tray from locally harvested willow. Supplies provided.

1/13-1/14	Sa,Su 10:00 AM-1:00 PM	\$70	111967-01

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.





2023/2024 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	
SPRING	YOUTH SPORTS	GRADES	ADULT SPORTS
MARCH - MAY	Flag Football	K-8	Basketball
	Volleyball	4-8	Kickball
registration begins with			Softball
SPRING RECREATOR			Volleyball
	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

registration begins with
SUMMER AND FALL
RECREATOR

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

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 Sports Schedules & League Rules

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

Things to Know

- Programs are for ages 16 years and older unless otherwise noted.
- Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.
- All adult rosters are unlimited.
- Teams sign up for their level preference on a first-come, first-served basis.
- Mixed leagues were formally "coed" and require a gender ratio during competition check specific sport rules for each sport's requirements.
- Open leagues mean teams can be made up of any combination of players and is not specifically Men's, Women's, or Mixed.

BASKETBALL

Fall Adult Basketball

Cost: \$500

Registration: 6/22 to 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

WINTER ADULT BASKETBALL

Cost: \$550

Registration: 8/8 to 12/17; or when leagues fill Season begins:1/8/24 Number of games: 8

Location: Northside Aztlan Center & Senior Center

Monday Men's Recreational	113901-01
Free Agent Team	Cost Per Person: \$90
Monday Recreational	113901-02

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Register for winter sports on Oct. 19.

FLAG FOOTBALL

Fall Adult Flag Football

8-on-8 non-contact open league. Cost: \$350 Registration: 6/22 to 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

KICKBALL

Fall Adult Kickball

Cost: \$360 Registration: 6/22 to 8/27; or when leagues fill Season begins: week of 9/5 Number of games: 8 Location: Rolland Moore Park

Mixed

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

SOFTBALL

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

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

Fall Adult Softball

Cost: \$520 Registration: 6/22 to 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

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

VOLLEYBALL

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

Fall Adult Volleyball

6-person teams sign up for their level of play and night of preferences on a first come basis.

Cost: \$310

Registration: 6/22 to 8/13; or when leagues fill

Season begins: week of 8/21

Number of games: 8

Location: Northside Aztlan Community Center

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

Adult Volleyball Tournament

6 person teams compete in a pool play format ending in a seeded, single elimination tournament.

Cost: \$225

Registration: 8/8 to 10/22; or when divisions fill Season begins: week of 10/30

Number of games: 4 guaranteed + additional earned tournament games

Location: Northside Aztlan Community Center

Mixed League

Monday B	413544-01
Tuesday A	413544-02
Tuesday BB	413544-03
Women's League	
Wednesday A	413544-04
Wednesday BB	413544-05

WINTER ADULT VOLLEYBALL

Cost: \$320

Registration: 8/8 to 12/17; or when leagues fill

Season begins: week of 1/8/24

Number of games: 8

Location: Northside Aztlan Center

Women's League

Sunday B	113942-01
Wednesday A	113942-02
Wednesday BB	113942-03
Mixed League	
Monday BB	113943-01
Monday B	113943-02
Tuesday A	113943-03
Tuesday BB 1	13943-04



Register for winter sports on Oct. 19.

TENNIS

General Information

Lewis Tennis School directs all tennis programs for the Recreation Department. With 55 years of experience in the tennis industry, Lewis Tennis School provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

Rolland Moore Pro Shop

Visit the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available. Fall hours are 3-6:30 p.m. Monday thru Friday and 10 a.m.-4 p.m. Saturday (weather permitting)

Programs

Weekday programs are offered at Rolland Moore Racquet Complex with Saturday classes at Fossil Creek Park for the first two sessions.

Special Events

Evening round robins and tournaments are available for both youth and adults throughout the season. Check the pro shop for more details.

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. Note: Class will not be held on Thanksgiving week.

Age: 18 years & up Location: Rolland Moore			Early Bird	Regular Rate
8/21-9/13	M,W	6:30-8:00 PM	\$192	\$207 423005-01
9/18-10/11	M,W	6:30-8:00 PM	\$192	\$207 423005-02
10/16-11/8	M,W	6:30-8:00 PM	\$192	\$207 423005-03
11/13-12/13	M,W	6:30-8:00 PM	\$192	\$207 423005-04
10/21-11/11	Sa	1:00-2:30PM	\$96	\$104 423005-05
11/18-12/16	Sa	1:00-2:30PM	\$96	\$104 423005-06
Location: Fo	ssil Cree	k	Early Bird	Regular Rate
8/26-9/16	Sa	1:00-2:30PM	\$96	\$104 423000-01
9/23-10/14	Sa	1:00-2:30PM	\$96	\$104 423000-02

Intermediate

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition. Note: Class will not be held Thanksgiving week.

Age: 18 yea Location: Ro		oore	Early Bird	Regular Rate
8/22-9/14	Tu,Th	6:30-8:00 PM	\$192	\$207 423006-01
9/19-10/12	Tu,Th	6:30-8:00 PM	\$192	\$207 423006-02
10/17-11/9	Tu,Th	6:30-8:00 PM	\$192	\$207 423006-03
11/14-12/14	Tu,Th	6:30-8:00 PM	\$192	\$207 423006-04
10/21-11/11	Sa	2:30-4:00PM	\$96	\$104 423006-05
11/18-12/16	Sa	2:30-4:00PM	\$96	\$104 423006-06
			Early	Regular
Location: Fo	ssil Cree	k	Bird	Rate
8/26-9/16	Sa	2:30 - 4:00PM	\$96	\$104 423001-01
9/23-10/14	Sa	2:30 - 4:00PM	\$96	\$104 423001-02



ACTIVE OLDER ADULTS (50+)

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

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	

CLUBS & ORGANIZATIONS

Rainbow Club

Join the social networking group for the LGBTQ+ community for meetings, activities, and events occurring twice each month. For more information contact Ashley Ruffer at ARuffer@fcgov.com.

9/1-11/30 Various Days & Times No Fee 412404-01

FRONT RANGE FORUM

Front Range Forum is an educational and social membership organization associated with the Fort Collins Senior Center. Membership fee includes unlimited access to classes offered in literature, history, music, current events, and popular culture as well as activities that include film programs, lunch-time lectures, off-site excursions, and monthly social luncheons. For more informationon fall semester classes, please 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.

Fall Membership

9/1-12/31	\$39	407410-01
Winter Membership		
1/1-3/31	\$39	107410-01

FRONT RANGE FORUM PROGRAMS

More to Explore

Learn more about Fort Collins and surrounding areas through carefully chosen group outings. Meeting days and times vary.

Lunch & Learn

Bring a brown bag lunch and engage in presentations and facilitator led discussions.

First and third Wednesday of each month 11:45-12:45P M

Great Questions

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

Fourth Wednesday of each month 1:30-3:00P M

Hot Shots Photo Group

Like-minded photo enthusiasts meet to share photos, ideas, and techniques.

Fourth Wednesday of each month

TBA

Mystery Book Club

Discuss favorite whodunits with fellow bibliophiles.

Third Wednesdays of each month

1:00-3:00P M

Front Range Forum Goes to the Movies

Watch a movie and participate in a facilitator led discussion.

Second Wednesday of the Month	1:30-4:00P M

Community Luncheon

Meet fellow members in a relaxed atmosphere. Bring your own Lunch.

Second Thursday of each month

Noon-1 PM

CARDS & GAMES

Bingo

Compete in bingo for prizes. Note: Registration cutoff date is eight days prior to monthly game.

9/18	М	1:30-2:30 PM	No Fee	412401-01
10/16	М	1:30-2:30 PM	No Fee	412401-02
11/20	М	1:30-2:30 PM	No Fee	412401-03
1/15	М	1:30-2:30 PM	No Fee	112423-02

Cards & Games

All Games includes any game a person would like to play -Texas hold'em, euchre, dominoes, chess, bridge, and more. Note: Games will not be held 11/23, 11/24, 12/25, 1/01.

All Games

9/11-2/26	М	1:00-3:00 PM	No Fee	412402-01
9/6-2/28	W	1:00-3:00 PM	No Fee	412402-04
Pinochle, l	Mahjor	ng, & Party Bridge		
9/5-2/27	Tu	11:00-3:00 PM	No Fee	412402-02
Pinochle				
9/1-2/23	F	1:00-3:00 PM	No Fee	412402-05
Bridge				
9/7-2/29	Th	1:00-3:00 PM	No Fee	412402-06

Bridge 1, Bidding Part 1

Focus on card basics, bridge etiquette, hand evaluation/ counting points, how to win tricks, defending and scoring. Learn the language of bidding in competitive auction. Focus on Suit opening bids, responses, and rebids.

9/14-10/26	Th	Noon-3:00 PM	\$145	412468-01
9/14-10/20	111	N0011-3.00 PM	\$14J	412400-01

Bridge 2, Bidding Part 2

Continue with Notrump opening bids, responses, rebids, Staymen and Jacoby Transfer conventions. Add competitive bidding overcalls and doubles, preempts, strong bids and slams. Prerequisite: Bridge 1 or instructor approval. Note: Class will not be held on 11/23.

11/2-12/21	Th	Noon-3:00 PM	\$125	412461-01
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Want to learn how to register online for programs? Check out Webtrac How to found on page 59.

EDUCATION: TECHNOLOGY & SENOR LIVING

Complete Your Will

In this 3-part series, learn how to create a simple last will and testament, pick a personal representative, make bequests, execute the document, and get answers to common questions. Please fill out and bring attached information to first class. Participants with limited income are encouraged to attend. Note: A make-up class available for an additional fee. Class meets every other week and will not be held on 9/22, 10/6.

9/15-10/1	3 F	10:00-11:00 AM	\$54	412490-01
Make up	Class			
10/27	F	10:00-11:00 AM	\$18	412490-02

Explore & Learn: Tech Skills for Older Adults

Designed for older adults interested in learning about smartphones, computers, tablets, and the internet. In the first half-hour of each class, a presentation and group-led instructions will be given about the topic, then the instructors will assist individuals in small groups as they practice new skills for remainder of the class. All are welcome regardless of skill level or years of experience. Participants are encouraged to bring their own devices.

Accessibility Settings & Navigating Your Device

ACCCSSIDI	ity Juli	ings a navigating		-
9/7	Th	1:00-3:00 PM	\$8	407487-01
Smart Ph	one Pho	otography		
9/21	Th	1:00-3:00 PM	\$8	407487-02
Listening	to Musi	ic Using the Spotify	/ Арр	
10/5	Th	1:00-3:00 PM	\$8	407487-03
Clipping (Coupon	s on the Kroger/Kir	ng Soopers	Арр
10/19	Th	1:00-3:00 PM	\$8	407487-04
Library EE	3ooks u	sing the Libby App)	
11/2	Th	1:00-3:00 PM	\$8	407487-05
Watching	Videos	s on YouTube		
11/16	Th	1:00-3:00 PM	\$8	407487-06

Virtual Reality Series for Older Adults - NEW!

Designed to help older adults connect to new technology, increase digital literacy, foster community connections, and connect with younger generations through an experience with Virtual Reality. Use newly acquired skills to escape everyday life, do some virtual painting, and travel to new places. Presented by Poudre River Public Library District.

9/22-9/30	F	1:00-3:00 PM	No Fee	407403-01
10/13-10/20	F	1:00-3:00 PM	No Fee	407403-02
11/10-11/17	F	1:00-3:00 PM	No Fee	407403-03

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 discussions and provide entertainment. Note: Class will not be held 9/18, 10/02, 10/16, 10/30, 11/06, 11/20, 12/04.

9/11-12/11	М	10:30-11:30 AM	\$5	412442-01

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.

Note: No Meeting 11/24

9/1-11/17	F	10:00-11:00 AM	No Fee	412412-01
12/1-2/23	F	10:00-11:00 AM	No Fee	112412-01

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 the ability to read music is helpful. For more information, contact Betsy Emond at 970-224-6030, bemond@fcgov.com. Note: Class will not be held on 9/18, 10/16, 11/13, 11/20, 12/18, 12/25, 1/1, 1/22, 2/19.

9/11-11/27	М	9:30-11:00 AM	\$15	412411-01
12/4-2/26	М	9:30-11:00 AM	\$15	112413-01

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.

9/21	Th	3:00-5:00 PM	No Fee	412444-01
10/19	Th	3:00-5:00 PM	No Fee	412444-02
11/16	Th	3:00-5:00 PM	No Fee	412444-03

S.O.A.P. Troupe Acting

S.O.A.P. (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.

9/1-11/30	Tu	1:00-3:00 PM	\$30	412421-01
12/1-2/28	Tu	1:00-3:00 PM	\$30	112401-01

Social Dancing at the Senior Center

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. Tickets must be purchased at the Senior Center Front Desk or by calling 970-221-6644. For more information contact Ashley Ruffer at ARuffer@fcgov.com.

9/4	М	6:30-9:00PM	\$8	Big Twang Theory
Ticketed E	vent			
9/18	М	6:30-9:00PM	\$8	The Bandits
Ticketed E	vent			
10/2	М	6:30-9:00PM	\$8	Big Twang Theory
Ticketed E	Event			
10/16	М	6:30-9:00PM	\$8	Jim Ehrlich
Ticketed E	Event			
11/6	М	6:30-9:00PM	\$8	Big Twang Theory
Ticketed E	Event			
11/20	М	6:30-9:00PM	\$8	Rusty Chaps
Ticketed E	Event			
12/4	М	6:30-9:00PM	\$8	Big Twang Theory
Ticketed E	Event			
12/18	М	6:30-9:00PM	\$8	Mike Dixon
Ticketed E	Event			

The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. For more information contact Betsy Emond at 970-224-6030, bemond@fcgov.com.

Age: 18 years & up

5 5		•		
9/5-2/26	Tu	9:30 -11:30 AM	No Fee	403499-01

FRIDAY MOVIES

Nomadland (2020)

Following the closure of a gypsum mine in the rural Nevada town she calls home, Fern packs her van and sets off on the road. Exploring life outside conventional society as a modern-day nomad. Fern soon discovers a resilience and resourcefulness that present her with experiences unlike any she's known before. Starring Frances McDormand and David Strathairn. Rated R

9/15 F 1:00-4:00PM No Fee

Mr. Holland's Opus (1995)

In 1965, passionate musician Glenn Holland takes a day job as a high school music teacher, convinced it's just a small obstacle on the road to his true calling: writing a historic opus. As the decades roll by with the composition unwritten but generations of students inspired through his teaching. Holland must redefine his life's purpose. Starring Richard Dreyfuss and Olympia Dukakis. Rated PG.

10/20	F	1:00-4:00PM	No Fee

The Last Waltz (1978)

Director Martin Scorcese captures the legendary final concert by The Band, staged at San Francisco's Winterland arena on Thanksgiving Day 1976. Along with revealing interviews, the concert footage features Joni Mitchell, Neil Young, Bob Dylan, The Band, and Rick Danko. Rated PG.

11/17 F 1:00-4:00PM No Fee

Here Today (2021)

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with a New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start. Before long, each finds in the other a sort of soul mate. Starring Billy Crystal and Tiffany Haddish. Rated PG-13.

12/15	F	1:00-4:00PM	No Fee	

Queen Bees (2021)

While her house undergoes repairs, fiercely independent senior Helen reluctantly moves into a nearby retirement community – just temporarily. She encounters feisty widows, cutthroat bridge tournaments and "mean girls". But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends. Starring Ellen Burstyn and James Caan. Rated PG-13.

1/19	F	1:00-4:00PM	No Fe
1/19	F	1:00-4:00PM	No Fe

HISTORY HOUR

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

Hispanic Heritage Month: A Sample of Important Places & People in Fort Collins

Join staff from the City's Historic Preservation division to explore some of the places important to people of Hispanic descent in Fort Collins and discuss the people who helped build this city into the community it is today. We'll go on a virtual tour through the Tres Colonias neighborhoods, the Holy Family neighborhoods, and lots of places in between.

9/8 F 5:00-6:00 PM \$9 412440-01

Colorado's Strangest

Imaginative pioneers are as much a part of Colorado's history as mining, ranching, and railroading. The state created a fertile setting for staged collisions, a horse that rode a trolley, a prospector that ate his five companions and a petrified man. Con artist Soapy Smith, an ice palace, and hair covered trout round out this presentation. This is a humorous, but true look at the antics of these inventive Coloradans in numerous illustrations and comments by author Kenneth Jessen.

10/13 F 5:00-6:00 PM \$9 412440-02

Montezuma Fuller: Fort Collins Architect

Join local historians Lesley Struc and Jim Bertolini to learn about one of Fort Collins' earliest architects, Montezuma Fuller. Born in Canada in 1858, Fuller came to Fort Collins in 1880 and became a principal designer of the city's earliest buildings. We'll learn a bit about his life and work, and how some of the buildings he designed are being preserved today.

11/10	F	5:00-6:00 PM	\$9	412440-03

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.



Brief

Psychiatr

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

Call us today! 970-221-3308

& Testing

Referrals

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.

Vita Tax

Schedule free tax support through Vita Tax. Appointments open February 1. For more information call 970-599-1765.

VOA Smiling Spoon Senior Lunch

Volunteers of America (VOA) 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 VOA available by reservation only. Call 970-472-9630 x1 by 1:30 p.m. one business day prior to reserve your meal.

M,T,TH, &F 11:45 AM-12:15 PM

\$3 suggested donation

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.

TRIPS & TRAVEL

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 providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

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

Door-to-Door Transportation

Round-trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after listed trip timeframes. 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.

Rockies Games

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

vs Toronto Blue Jays

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9/3 Su		10:30 AM-7:00 PM	\$50	405901-01
vs Chicago Cubs				
9/13	W	10:30 AM-7:00 PM	\$50	405901-02

Casino Trips 🔳

Enjoy a day in the mountains at Blackhawk.

Location: Depart from Rolland Moore Parking Lot

10/17 Tu 10:00 AM-7:00 P	PM \$25 405910-01
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OUT TO LUNCH

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

Chautauqua, Boulder

Savor spectacular views from the historic Chautauqua Dining Hall while enjoying fresh, Colorado bistro cuisine.

	9/28	Th	10:00 AM-3:00 PM	\$30	405930-01
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Hacienda CO, Westminster

Fresh, authentic Mexican food with altitude!

10/26	Th	10:00 AM-4:00 PM	\$30	405930-02

Greenbriar Inn, Boulder

Enjoy a special Sunday Brunch at the upscale Greenbriar Inn. Opened in 1967, this elegant restaurant and tavern is nestled at the foot of the Rocky Mountains in the north Boulder countryside.

11/5 Su 9:00 AM-4:00 PM \$30 405930	-03
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Papa's Table, Wellington

Enjoy traditional Asian food prepared by award winning chef, Tom Casabona. Pho, Vietnamese noodle bowls, and hearty rice platters are all on the menu. Note: Cost includes meal.

12/12 Tu 10:30 AM-3:00 PM \$42 105930-01

Durbar Bistro, Loveland

Experience pure authentic Nepalese and Indian cuisine right in our backyard.

1/11 Th 10:30 AM-2:00 PM	\$25	105930-02
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SPECIALTY TRIPS

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

Rist Canyon Mountain Festival 🔺

Live music, a book sale, craft vendors and food trucks gather at this annual festival to benefit the Rist Canyon Volunteer Fire Department.

9/9 Sa 9:00 AM-4:00 PM \$25 4059	32-01
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Elk Fest 🔳

Enjoy vendors, live music, food trucks, bugling contests, performances, and more! Celebrate Estes Park's resident elk at this festival in Bond Park.

9/30	Sa	9:00 AM-3:00 PM	\$30	405932-02
5,50	Ju	5.00 ATT 5.00 TTT	400	403332 02

Pearl Street Mall Shopping Trip 🔺

A day of shopping at Boulder's premier Pearl Street Mall. Enjoy everything the historic and iconic mall has to offer.

10/5	Th	9:00 AM-4:00 PM	\$30	405932-03

IKEA, Denver 🔺

Holiday shopping at its best! IKEA has 415,000 square-feet, 50 room settings, three complete model home interiors, and a restaurant featuring Swedish specialties. Roam and explore the furniture, rugs, lighting, linens, kids' store, kitchen stuff, and home decor. Don't worry, the van has space for your purchases!

11/9 T	⁻ h 9:00	AM-4:00 PM	\$30	405932-04
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The Furnace Glassworks, Lakewood •

Make your own blown glass ornament. This studio is known for decorative, sculptural, and functional hot glass art represented by over 100 galleries and private collections across the country.

12/8 F 9:30 AM-3:30 PM \$50	105932-01
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National Western Stock Show, Denver 🔺

Since 1906, Denver has been the home to the world's largest stock show. Enjoy a day at the National Western Stock show and view the livestock on display. Trip includes the pro rodeo in the afternoon. Note: Lunch cost is on your own.

1/17	W	9:00 AM-5:00 PM	\$55	105932-02
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INCLUSION SUPPORT

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

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Classes in which adults are required to attend

Denotes no web registration for program

Denotes program/activity has special membership pricing

TOUR & FEAST

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

Drala Mountain Center, Red Feather Lakes 🔺

Drala Mountain Center, originally founded in 1971 by Chögyam Trungpa Rinpoche is a spiritual retreat center located on 600 acres in the Northern Colorado Rocky Mountains.

9/19 Tu 9:00 AM-3:00 PM \$25 405933-01

Traces of the Past-Military Years, Fort Collins

Historian Mark Serour will join the tour to outline the military presence in the Cache la Poudre River Valley and its significance in the Indian Wars and westward migration movement. Learn about army life on the frontier and how this remote outpost, Camp Collins, spawned the later foundation of its namesake town.

10/12 Th 10:00 AM-3:00 PM \$56 405933-02

Lifetime Candles, Bennett •

Learn all about candles and candle carving. Watch these beautifully hand-carved candles come to life after being dipped in and out of hot-colored wax 20-140 times and then carved to perfection.

11/16	Th	9:00 AM-4:00 PM	\$45	405933-03

THEATRE TRIPS

Fee includes ticket.

Tribute to John Denver, Candlelight Dinner Playhouse, Johnstown

Hailed as one of the nation's most exciting tribute bands, the award-winning Chris Collins and Boulder Canyon present a tribute to the music and legacy of John Denver. Enjoy this special concert event and dinner before the show. Note: Tickets are non-refundable after 9/12/2023.

	10/10	Tu	4:30-10:00 PM	\$90	405925-01
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Mamma Mia!, Denver Center for Performing Arts

Fall in love with the story, the music, and the characters of this ultimate feel-good show, Mamma Mia! Note: Tickets non-refundable after 9/03/2023.

11/2 Th 10:30 AM-6:00 PM	\$105	405925-02
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2023 COLORADO STATE FOOTBALL Mark Your Calendars

SEPT 2 | 5PM WASHINGTON STATE YOUTH SPORTS DAY

TICKET PACKAGE INCLUDES: GAMETICKET T-SHIRT RAM WALK PARTICIPATION PRE-GAME CLINIC

NOV 11 | 5PM SAN DIEGO STATE JUNIOR RAMS DAY

TICKET PACKAGE INCLUDES:

GAME TICKET RAM WALK PARTICIPATION PRE-GAME ON FIELD EXPERIENCE







COLORADO ST HOME SCHEDULE, VISIT HAI

CSU VOLLEYBALL





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. 2 Ā 1-

Cottonwood Glen Park 3074 S. Overland Trl.



Crescent Park Ш 2401 Bar Harbor Dr.

Creekside Park 200 Johnson Dr

1-**Greenbriar Park**

730 Willox Ln.

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() 67 Homestead Park

7045 Avondale Rd. **()** 🖪 <u>(</u>

Iron Horse Park 769 Ouzel Dr.

Landings Park 4351 Boardwalk Dr. (F) P \bigotimes Læ.

Legacy Park 300 Woodlawn Dr.

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Library Park 207 Peterson St.



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Miramont Park 5138 S. Boardwalk Dr.

Old Fort Collins Heritage Park 112 E. Willow St. E) **~~** 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 6x 1-# Ś

Warren Park 1101 E. Horsetooth Rd.





Waters Way Park 1æ 715 Fairbourne Wav



92 fcgov com/recreator

SCHOOLSIDE PARKS

Bacon Park

5830 S. Timberline Rd.

Nearby School: Bacon Elementary

Beattie Park 500 W. Swallow Rd. Nearby School: Beattie Elementary

Blevins Park

2012 Hampshire Rd.

Nearby School: Blevins Middle School

Eastside Park 1000 E. Locust

Nearby School: Laurel Elementary

English Ranch Park 3825 Kingsley Dr.

Nearby School: Linton Elementary



Golden Meadows Park 4324 McMurray Ave.

Nearby School: Kruse Elementary



Harmony Park 5015 Corbett Dr.



Nearby School: Preston Middle School

Huidekoper Park 1808 W. Lancer Dr.

Nearby School: Lincoln Middle School

Radiant Park 3651 Kechter Rd. Nearby School: Zach Elementary



4700 Hinsdale Dr. Nearby School: McGraw Elementary 1_A

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

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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

.

Archery Range 2825 SW Frontage Rd.

Poudre River Whitewater Park 201 E. Vine Dr. 1æ

















SHARE YOUR FAVORITE PARKS AND RECREATION MOMENTS WITH US!

SHARE!

@ParksandRecFC

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FortCollins

Parks & Recreation



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, Pottery, 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.
- Cancellations cannot be done online. Please visit any recreation facility, call 970-221-6655, or email recreation@ fcgov.com to request a cancellation or transfer.
- 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 spaceavailable basis.
- » Note: if the new program costs more than the original program, the participant is responsible for paying the difference; alternatively, if the program costs less than the original program, the participant will be given the difference as a credit on the appropriate Recreation household account.
- If your age, grade level, or ability does not meet the minimum requirements, you will be transferred to a program that better suits your needs.

ADA DISCLOSURE

The City of Fort Collins is committed to providing an equal opportunity for services, programs, and activities and does not discriminate on the basis of mental or physical ability, race, age, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for interpretation and translation assistance, please contact Jeni Kohles, jkohles@fcgov.com.

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations. If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Requests should be made at least two weeks in advance of the program start date. Specialized programs and service information for individuals with disabilities can be found on page 14.

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

PHOTO/VIDEO DISCLAIMER

Photography or video recording is permitted at all City of Fort Collins facilities and events on city-owned property, except where posted otherwise. The City of Fort Collins reserves the right to require a person to leave the premises or cease taking photos or using a video device if city staff finds such behavior to be disruptive. By their use of the City of Fort Collins facilities, participants of programs and special events grant permission to the City of Fort Collins to take photos and videos of themselves and their children for publication in the program brochure, website and additional uses as the city deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on city-owned property must be approved through the City of Fort Collins Communication and Public Involvement Office.



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Mountain Kids Gymnastics

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WWW.MOUNTAIN-KIDS.COM (970) 482-3118. 419 E. STUART STREET FORT COLLINS, CO 80525

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