

## BASEBALL REGISTRATION BEGINS JANUARY 12, 2024

Registration is open until 3/28/24

Spring/Summer Leagues Pre-K to 12th Grade (Boys & Girls) Recreational League, 8u Advanced, and Intermediate League

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

Thanks to all who enjoyed America's Pastime in 2023.

Baseball Club

# OUTDOOR GEAR FUN EXPERTS

WE HAVE YOUR GEAR

BIKE SKI & PADDLE CAMPING & TRAVEL CLOTHING & FOOTWEAR HUNTING & FISHING KITCHEN GIFT & HOME MILITARY SURPLUS

## patagonia





## **Columbia**

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# **REGISTRATION** DATES & TIMES

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



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Active Older Adults 60+

\*Some programs available for free to passholders.

7:00 A.M. REGISTRATION JAN. 9

7:00 A.M.
REGISTRATION

Youth & Family Programs 55	5
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Aquatics 55	5
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#### Credits

**Community Relations & Marketing** Emily Haukeness Valerie Van Ryn

**Cover Photo** Tina Chandler

Pagination Rachel Booth

#### 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



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#### **NEW REGISTRATION SOFTWARE GOUNDED BOUNDED SOUDDO SOUDO SOUDDO SOUDDO SOUDO**

New registration software will be available for program registration in 2024. Information regarding account setup, registration, and user guides will be shared online at *fcgov.com/recreation*.





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#### PASSES

#### PASSHOLDER BENEFITS

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

Active passholders, reduced fee 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.

#### PASS DEFINITIONS

Youth: 2-17 years of age | Adult: 18-59 years of age | 60+: 60 years and older

**Family/Couple:** Two adults and up to two children under 18 years old from the same household. Additional children can be added to a pass at the following rates: monthly, \$7 per child; 6 months, \$30 per child; annually, \$60 per child.

25 Adm	<b>RECREATION PASSES</b> Monthly and annual passes offer unlimited entries to all facilities for the duration of the pass. 25 Admission Passes are not available for use at City Park Pool, Club Tico, Pottery Studio, or Racquet Complex and expire one year from date of purchase.						DAII ADMIS PAS	SION
	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Senior Social Pass	Platinum Pass	One-time dro for one fa	p-in rate
Youth	\$100	\$28	\$140	\$252	-	-	Youth	\$5
Adult	\$120	\$39	\$195	\$350	-	-	Adult	\$6
60+	\$100	\$28	\$140	\$252	\$30	-	60+	\$5
Family/Couple	-	\$67	\$335	\$600	-	-		
85+	-	-	-	-	-	FREE		

#### SPECIALIZED PROGRAM/FACILITY FEES

					'
THE F	ARM ADMI	SSION RATES	ICE SKATIN	G RATES & RE	NTALS
		Daily Fee		Public Skate	Public Skate Group
	Under 2 Years	Free		Admission	Admission
	2 Years & Older	\$5	Youth	\$5	\$4
	ard Buddy Pass its for up to four	¢or	Adult	\$6	\$5
people per visit;		\$95	60+	\$5	\$4
CIT	Y PARK PO	OL RATES	Other Drop-In Activities		
	Della Decembra	Twilight Drop-in Rates	Skate rental per Drop-in	\$	3
	Daily Drop In	(every day from 4:30 p.m. to close)	Fitness Skate Drop-in	\$	57
Youth \$7		\$5	Drop-in Hockey/Stick & Puck	\$	57
Adult	\$8	\$5			
60+	\$7	\$5			

#### **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.

### 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.

#### PROGRAM REGISTRATION DATES & TIMES

January 9 at 7 a.m. Registration for all ARO and Adult programs

January 11 at 7 a.m. Registration for all Youth and Family programs

February 1 at 6 p.m. Registration for Summer Day Camp

#### **REDUCED FEES**

Reduced fees are available to participants with limited incomes. Those with a demonstrated financial need who are full-time residents of Fort Collins, or reside within the surrounding growth management area, are invited to apply at *GetFoCo.fcgov.com*. Interested persons must apply online, be approved, and purchase a fitness pass prior to registering for programs. Retroactive discounts will not be given.

Get FoCo is a single City of Fort Collins application granting access to discounted Recreation passes, plus reduced Connexion internet, the annual Grocery Tax Rebate, reduced SPIN passes, and more!

#### Learn more on page 95!





# CITY OF FORT COLLINS 2024 RECREATION FACILITY HOURS

#### **CITY PARK POOL**

1599 City Park Dr. • 970.221.6658 • fcgov.com/cityparkpool

May 27 - August 14 M,W, F, Sa, Sun 11 AM - 6 PM T, TH 11 - 7 PM

After hours rentals: M, W, F, Sa, Sun 6:15 - 8:15 PM Adult fitness swim: M—F 9:30 - 10:30 AM

August 15– Labor Day M, W, F 9:30 AM - Noon (no slides) M, W, F 4:30 - 7 PM Sa, Su 11 AM - 6 PM After hours rentals: T, TH 5 - 7 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

\*Lap lanes and ice rink availability varies. View the updated scheduled online at *fcgov.com/epic*.

#### 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 8 AM - 5 PM

#### FORT COLLINS SENIOR CENTER

(Programs available for 18+, with primary focus on 60+)

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

M—F 6 AM - 9 PM Sa & Su 8 AM - 5 PM

\*Lap lanes and pool availability varies. View the updated schedule online at *fcgov.com/seniorcenter*.

#### **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 & Su 8 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/rolland-moore-racquet-complex/

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



# FORT COLLINS IS A CITY BUILT ON **Intentionality**.

From trails to parks to trees, everything is part of the plan: a strategic plan, to be exact. And every 5-10 years, these strategic plans are updated to help align everything from day-to-day operational work like mowing and trimming to why, where, and who to hire, to how your tax dollars are best spent in the City.

You can get involved in the creation of two of these plans right now: the Urban Forest Strategic Plan and the Strategic Trails Plan at *ourcity.fcgov.com.* 

The Urban Forest represents an amazing community resource. The City of Fort Collins Forestry Division maintains over 57,000 trees along streets and in parks, cemeteries, golf courses and other City facilities or property, all of which are mapped at *fcgov.com/forestry* under "TreeKeeper."

"There's a significant benefit to trees: energy and water conservation, stormwater mitigation, and overall improving mental health and wellbeing. They play a pivotal role in the global carbon cycle, helping to mitigate climate change and keep our city cooler. The Urban Forest Strategic Plan is community-driven and will guide the preservation, enhancement, and management of the Fort Collins urban forest over the next two decades," says Kendra Boot, City of Fort Collins Forester. by **NICK ARMSTRONG & BOB KINGSBURY,** PARKS & RECREATION BOARD MEMBERS

The Urban Forest Strategic Plan is the City's first-ever, and significant outreach is being incorporated to make sure it's built well. Open houses and a community feedback survey have already happened, but it's not too late to get involved! One more community meeting is slated for January 20, and you're invited to attend! Learn more at *ourcity.fcgov.com/rooted-in-community*.



Article continues on next page >



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The upcoming Strategic Trails Plan replaces the Paved Recreational Trails Master Plan, last published in 2013.

Fort Collins' paved trail network spans 45 miles and connects neighborhoods, schools, parks, and even provides regional connectivity. Spending just a short amount of time on the trail network immerses you in nature, removing the urgency and stress of the hustle and bustle of City life. As the City grows, the trails network becomes more and more important not only as an escape from urban life, but also as a viable means of sustainable transportation.

"We're exploring how we can better integrate our paved trail system and ensure it's connected, accessible, and inclusive for everyone, focusing on user experience and safety," says Dave "DK" Kemp, City of Fort Collins Senior Trails Planner. "It's our mission to look forward and plan ahead with the community to identify new trail connections, while ensuring the existing trail network is properly maintained and safe. Reexamining the range of electric mobility devices, including e-bikes and e-scooters, and determining what are appropriate uses on the trails will also be explored during the planning process." Neighbors can find more information about the Strategic Trails Plan and get involved starting in Quarter 1 of 2024, with information and resources being shared online at ourcity.fcgov.com.

Dave and Kendra know the essence of comprehensive planning is to achieve a wide representation of community input while placing a special focus on interacting with vulnerable populations.

Your input is incredibly valuable and will help to shape the future of Fort Collins' Urban Forest and Paved Trail Network and ensure that these resources continue to benefit the community for generations.

## SPECIAL EVENTS SPRING 2024





#### **Odyssiad Piano Concert**

Join us for a spectacular piano concert featuring Jialin Yao, Gold Medalist at the 2023 International Keyboard Odyssiad® & Festival, U.S.A., both Solo and Concerto Divisions.

#### Location: Fort Collins Senior Center

2/10	Sa	1:00 PM	No Fee	212411-01	

# <sup>гев</sup>



#### Love Bug Jamboree

Join us for an event fit for the entire family! The Love Bug Jamboree will be an evening filled with music, prizes, snacks, memories and more! All family members ages 2 and older must purchase a ticket.

#### Location: Northside Aztlan Community Center

2/16	F	6:00-8:00 PM	\$14	215599-01	

# MARCH



#### Parks & Rec Hiring Fairs 🖤

We want you to join the Parks and Rec team! With opportunities in lifeguarding, childcare, grounds keeping, park maintenance, and more – there's something for everyone to do! Learn about available positions, apply in person, and meet with hiring managers at these hiring fairs.

#### Location: EPIC

3/30 Sa TBD

<sup>APR</sup>



#### Spring Artisan Market 🖤

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

#### Location: Fort Collins Senior Center

4/13	Sa	10:00 AM- 4:00 PM No Fee	



#### Kids in the Park 🖤

Encourage kids to get outside and play! Learn about new and exciting recreation programs, play in the park, dance to live music, enjoy sweet and savory snacks from food trucks, and fingers crossed, fly kites!

#### Location: Twin Silo Park

4/28 Su 10:00 AM-2:00 PM No Fee

#### 12 fcgov.com/recreator

## SPECIAL EVENTS SPRING 2024

<sup>APR</sup>
29

MAY

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#### Adaptive Recreation Opportunities: Theatre Acting Show

Support local actors and actresses in this small theatre production with a twist of a story called, "Many Moons."

#### Location: Fort Collins Senior Center

4/29	М	5:00-5:30 PM	\$5
4/29	M	5:00-5:30 PM	\$5

#### SOAP Spring Show

Spring into some fun and join us for the annual Spring SOAP Show! The SOAP Troupe (Slightly Older Adult Players) has been hard at work writing, preparing, and creating this special family-friendly show. Tickets are available at the Fort Collins Senior Center or by calling 970-221-6644. Space is limited to 200.

#### Location: Fort Collins Senior Center

5/3	F	1:30 PM	\$8
5/3	F	6:30 PM	\$8
5/4	Sa	2:00PM	\$8

# <sup>JUN</sup>



#### Wellness & Retirement Expo 🖤

Tour community resources and opportunities that enrich personal health and wellness including retirement options and related resources. For organizations interested in applying to be a vendor, please contact Sarah Olear at solear@fcgov.com. Details for interested vendors will be emailed in April.

Location: Fort Collins Senior Center

6/15 Sa 10:00 AM-2:00 PM No F
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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.



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



#### 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 the program start date.

#### **Adaptive Programs**

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

#### **Transition Support**

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal Passport to Recreation Profile with discussion of your strengths, needs, and interests. Fill out your Passport to Recreation Profile at *fcgov.com/aro*.

#### Attendants

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

#### Volunteer

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

#### **Contact Information**

For additional information about ARO programs, visit *fcgov.com/aro* or contact ARO staff:

Sarah Olear, CTRS	970-224-6028	solear@fcgov.com
Brenda McDowell, CTRS	970-416-2024	bmcdowell@fcgov.com
Taylor Ingram, CTRS	970-224-6027	tingram@fcgov.com
Katie Just	970-224-6125	kjust@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

#### ADULT PROGRAMS

#### AQUATICS PROGRAMS

#### Adaptive Swim Lessons

If interested in scheduling Adaptive Swim Lessons, please contact Taylor Ingram, CTRS, at 970-224-6027, tingram@fcgov.com Note: Lessons are dependent on instructor availability.

#### **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 maintaining physical well-being, endurance, strength, and flexibility. Note: Personal care attendants are welcome to assist in and out of the water. Class will not be held on 2/19.

#### Age: 16 years & up Location: Mulberry Pool

		•		
2/12-3/6	M,W	10:00-11:00 AM	\$50.40	102228-02
3/18-4/17	M,W	10:00-11:00 AM	\$72	202228-01
4/22-5/22	M,W	10:00-11:00 AM	\$72	202228-02

#### **ARTS & THEATRE PROGRAMS**

#### Artistic Abilities Art Club

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

Age: 14 years & up

#### Location: Fort Collins Senior Center

2/8-3/7	Th	4:00-5:30 PM	\$70	202990-01
3/21-4/18	Th	4:00-5:30 PM	\$70	202990-02

#### **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

2/2-3/8	F	4:30-6:30 PM	\$60	202993-01

#### **Theatre Acting Class & Show**

Express your creativity on stage! Learn acting techniques, work on a short script, and present a show for the last class! Designed for people with and without disabilities. Note: The final show will take place on April 29, 2024 from 5-5:30 p.m. Tickets can be purchased at the front desk of the Fort Collins Senior Center for \$5.

Age: 14 years & up

#### Location: Fort Collins Senior Center

3/18-4/29	М	4:00-5:30 PM	\$80	202593-01

#### 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.

Age: 16 years & up

#### Location: Fort Collins Senior Center

Egg Dishes

2/7	W	5:00-6:30 PM	\$24	102401-03
Soups				
2/21	W	5:00-6:30 PM	\$24	102401-04
Italian				
3/6	W	5:00-6:30 PM	\$24	202401-01
Mexican				
3/20	W	5:00-6:30 PM	\$24	202401-02
Thai				
4/3	W	5:00-6:30 PM	\$24	202401-03
Casserole				
4/17	W	5:00-6:30 PM	\$24	202401-04
Comfort Fo	boc			
5/1	W	5:00-6:30 PM	\$24	202401-05
Dips				
5/15	W	5:00-6:30 PM	\$24	202401-06

#### **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

2/5-3/4	М	5:00-6:00 PM	\$60	202525-01

#### Sensory Strategies for Behavior Management

Children often exhibit a range of sensory needs, from sensoryseeking to sensory-avoidant. In this class, learn about sensory strategies to support your child and how utilizing a "sensory diet" can support behavior management and self-regulation skills. Note: Childcare available upon request. Age: All

#### Location: Northside Aztlan Community Center

4/2		Tu	5:30-6:30 PM	No Fee	207501-01
LEGEND	AC NW		ses in which adults otes no web registr	•	



#### FITNESS

#### **Adaptive Triathlon Training**

Learn the basic skills of swimming, biking, and running and how to put all three activities together from a USAT para certified coach. Classes will primarily be indoors on stationary equipment with some run/walk classes outdoors, weather permitting. Note: Must be able to swim or walk one length of 25-yard pool without assistance.

#### Age: 16 years & up Location: Fort Collins Senior Center

3/20-5/11	W	4:30-6:00 PM	\$136	202767-01
	Sa	10:00-11:00 AM		

#### **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 sensitivity, and those on the autism spectrum. Note: Class will not be held on 3/15 or 5/10.

#### Age: 16 years & up

#### Location: Fort Collins Senior Center

2/2-4/5	F	10:30-11:30 AM	\$38	102982-02
4/12-5/31	F	10:30-11:30 AM	\$34	202982-01

#### Work Out Partners

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

Age: 16 years & up Location: TBA

Personal Trainer		
3/18-5/10 \$280	202586-01	
Movement Mento	r	
2/12-4/12 \$65	102585-02	

#### ICE PROGRAMS

#### Adaptive Skating

Basic skating skills are introduced and adapted for individuals with disabilities. Focus on skill improvement. Note: Class will not be held on 3/16.

Age: 8 years & up

#### Location: EPIC, 1801 Riverside Avenue

2/24-3/30	Sa	9:45-10:15 AM	\$61	110356-02
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#### OUTDOOR PROGRAMS

#### **Adaptive Climbing**

Indoor rock climb at your comfort level with a group of friends. Staff and volunteers will belay participants.

Note: Climbing fee and equipment included.

Age: 7 years & up

#### Location: Whetstone Climbing, 220 Smokey St.

2/6-3/5	Tu	5:30-7:00 PM	\$145	102765-02
3/19-4/16	Tu	5:30-7:00 PM	\$145	202768-01
Dird Watching				

#### Bird Watching

Join a Natural Area volunteer and ARO staff to go birding and experience various trails around town! Calm your mind, socialize, and expand your knowledge about birds and Natural Areas around Fort Collins. It's the perfect way to start the morning! Note: Class will not be held on 5/27.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center	

5/13-6/10	М	7:00-8:30 AM	\$50	202912-01

#### **Adaptive Cycling**

Enjoy scenic Fort Collins and feel the freedom of cycling in this group ride on the Spring Creek Trail. A variety of adaptive cycles available or you can bring your own. All skill levels welcome!

Age: 16 years & up

#### Location: Fort Collins Senior Center

4/25-5/30	Th	5:30-7:30 PM	\$75	202936-01
Attendants				
4/25-5/30	Th	5:30-7:30 PM	No Fee	202936-1A

#### Ignite Adaptive Ski & Snowboard Trips

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

#### Age: 16 years & up Location: Depart from Fort Collins Senior Center

2/11	Su	7:00 AM-5:30 PM	\$230	102431-01
2/25	Su	7:00 AM-5:30 PM	\$230	102431-02
3/10	Su	7:00 AM-5:30 PM	\$230	202431-01
Attendar	nts			
2/11	Su	7:00 AM-5:30 PM	No Fee	102431-1A
2/25	Su	7:00 AM-5:30 PM	No Fee	102431-2A
3/10	Su	7:00 AM-5:30 PM	No Fee	202431-1A

#### **BOEC Adaptive Ski & Snowboard Trips**

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

Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

1/21	Su	5:45 AM-7:00 PM	\$150	102432-01
2/4	Su	5:45 AM-7:00 PM	\$150	102432-02
Attendar	nts			
1/21	Su	5:45 AM-7:30 PM	No Fee	102432-1A
2/4	Su	5:45 AM-7:30 PM	No Fee	102432-2A

#### Hiking

Join us for an inclusive nature hike with Poudre Wilderness Volunteers that welcomes individuals of all abilities to connect with the great outdoors. This experience is designed to ensure that everyone can enjoy the beauty of nature and the camaraderie of fellow hikers. Note: Hike and location details sent out week prior to program.

Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

4/25	Th	8:30 AM-2:30 PM	\$35	202910-01
5/23	Th	8:30 AM-2:30 PM	\$35	202910-02
Attendar	nts			
4/25	Th	8:30 AM-2:30 PM	No Fee	202910-1A
5/23	Th	8:30 AM-2:30 PM	No Fee	202910-2A

#### PARALYMPIC SPORTS

#### Adaptive Boccia

A Paralympic sport for individuals who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration, and ability to strategize. All abilities welcome. Note: Class will not be held on 3/11.

Age: 14 years & up	
Location: Foothills Activity Center	

2/5-4/29 M 10:30 AM-Noon	\$36	102464-01
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#### Wheelchair Tennis

Learn basic techniques and improve your skills during this fun and exciting Paralympic sport. 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

4/30-5/28	Tu	6:00-7:00 PM	\$44	102467-01
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#### Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. Note: Class will not be held 3/12.

Age: 14 years & up

#### Location: Northside Aztlan Community Center

2/6-4/30	Tu	6:00-8:00 PM	\$55	102560-01

#### SOCIAL PROGRAMS

#### Bowling

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

Age: 16 years & up

Location: Chippers Lanes North, 830 N College Ave

2/10-3/9	Sa	12:30-1:30 PM	\$70	102906-01

#### Day Program Groups

Day program samplers are designed for day program organizations within the community to come and participate in various recreational modalities. To register your group, please call 970-224-6125 or email kjust@fcgov.com.

#### **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

Sweethear	ts Bal	l			
2/23	F	6:00-8:00 PM	\$8	102405-01	
ARO Eras Tour					
3/29	F	6:00-8:00 PM	\$8	202405-01	
Luau Party					
4/26	F	6:00-8:00 PM	\$8	202405-02	
Summer Sing Along					
5/31	F	6:00-8:00 PM	\$8	202405-03	

#### **Movie Night**

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

#### Age: 16 years & up

Location: Depart from Fort Collins Senior Center

2/28	W	5:00-9:00 PM	\$17	102403-01
4/24	W	5:00-9:00 PM	\$17	202403-01
5/22	W	5:00-9:00 PM	\$17	202403-02

#### **Restaurant Night**

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

Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

3/27	W	5:30-8:30 PM	\$17	202406-01
4/10	W	5:30-8:30 PM	\$17	202406-02
5/8	W	5:30-8:30 PM	\$17	202406-03

#### **TRIPS & TRAVEL**

#### **Beaver Meadows Snow Tubing**

Enjoy an afternoon of snowtubing 12 different runs at Beaver Meadows Mountain Resort in Red Feather Lakes.

Note: Ticket included. Bring lunch and warm winter clothes. Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

2/16	F	10:15 AM-4:30 PM	\$55	102927-01
Attenda	ints			
2/16	F	10:15 AM-4:30 PM	\$22	102927-1A

#### CSU Women's Basketball Game

Cheer on CSU's Women's Basketball team as they take on Boise State at this home game. Note: Ticket included.

#### Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

3/5	Tu	5:15-8:30 PM	\$28	202325-01
Attendant	S			
3/5	Tu	5:15-8:30 PM	\$7	202325-1A

#### Eagles Game

Cheer on the Colorado Eagles hockey team as they take on the Ontario Reign at Blue Arena. Note: Ticket included. Registration deadline 4/5. Bring money for food or drink.

#### Age: 16 years & up

#### Location: Depart from Fort Collins Senior Center

4/21	Su	1:30-6:30 PM	\$54	202901-01
Attendan	ts			
4/21	Su	1:30-6:30 PM	\$22	202901-1A

#### Fort Fun

Enjoy all the activities Fort Fun has to offer; mini golf, laser tag, go karts and more. Note: One game of mini golf, laser tag and go karts included. Bring money to purchase food and drinks and other activities if desired.

#### Age: 16 years & up

#### Location: Depart from Northside Aztlan Community Center

5/10	F	11:30 AM-4:00 PM	\$46	202916-01
Attendan	ts			
5/10	F	11:30 AM-4:00 PM	\$20	202916-1A

#### UNIFIED SPORTS

#### **Panther Adaptive SUNS Cheer & Dance**

Experience cheer and dance as one unified team in an all-abilities program. Additional performance dates throughout the Fort Collins area are optional. Note: Additional \$20 fee for the team t-shirt. Class will not be held on 3/12 or 5/7.

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

2/20-4/2	Tu	5:50-7:00 PM	\$53	202987-01
4/9-5/21	Tu	5:50-7:00 PM	\$53	202987-02

#### **Unified Swim Team**

Swim with a team of Special Olympic athletes. Practice with coaches to compete in the Special Olympics regional championship or just to improve your swimming skills and keep your body fit. Note: This is not a learn to swim class. Register for "Independent" section if participant can perform strokes and swim independently. Register for "Assisted" section if participant is comfortable in the water, can float independently, and propel through water with assistance from floatation or coach. Note: Class will not be held on 5/9.

#### Age: 16 years & up

#### Location: Fort Collins Senior Center

Independe	ent			
1/18-3/7	Th	7:00-8:00 PM	\$45	102484-01
3/21-5/16	Th	7:00-8:00 PM	\$45	202484-01
Assisted				
1/18-3/7	Th	6:30-7:00 PM	\$36.50	102484-02
3/21-5/16	Th	6:30-7:00 PM	\$36.50	202484-02

#### **Adult Unified Soccer**

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

Age: 16 years & up

Location: Troutman Park

3/18-5/6	М	5:45-6:45 PM	\$45	202053-01

#### **Adult Unified Softball**

Co-ed teams compete in a Unified softball league. Practices take place during the first two weeks at Beattie Park. The remaining eight weeks will be officiated games at Rolland Moore Park. Each team practices or plays for one hour within the time frame of the program. Registration closes on 5/6. Note: No practices or games on 5/27 and 7/1. Game schedules will be shared after the start of the program on Team Sideline.

#### Age: 16 years & up Location: Beattie Park & Rolland Moore Park

5/13-7/29	М	5:00-10:00 PM	\$45	202055-01

#### YOUTH PROGRAMS

Looking for an adaptive dance class for children ages 3-5? Check out Adaptive Dance on page 62 for more information.

#### SOCIAL 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

Va	lentine	Frionc	١c
٧d	lentine	гненс	12

vuicituite	Thene	15				
2/2	F	4:30-6:00 PM	\$20	102512-01		
Building with Friends						
3/1	F	4:30-6:00 PM	\$20	202512-01		
Fun & Games with Friends						
4/5	F	4:30-6:00 PM	\$20	202512-02		
Listening with Friends						
5/3	F	4:30-6:00 PM	\$20	202512-03		

#### 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

Location:	North	side Aztlan Commu	inity Center	
4/5-4/26	F	9:30-11:00 AM	\$82	202513-01

#### **UNIFIED SPORTS**

#### **Youth Unified Soccer**

Modified techniques are used to teach the fundamentals of soccer. Youth with and without disabilities play together to create a Unified team and compete in Special Olympics competitions.

Age: 8-15 years Location: Troutman Park

4/1-5/6	М	4:30-5:30 PM	\$35	202054-01

#### Youth Unified Basketball

Modified techniques are used to teach the fundamentals of basketball and allow players of all abilities to participate. Youth with and without disabilities play together to create a Unified team and compete in Special Olympics competitions.

Age: 8-15 years

#### Location: Lopez Elementary, 637 Wabash St.

Junior Basketball: Single Child

		5		
1/22-3/4	М	5:00-6:00 PM	\$35	102952-01
Junior Basketball: Family				
1/22-3/4	М	5:00-6:00 PM	\$52	102952-02

### AMAZING COURSES. BEAUTIFUL VIEWS. ENDLESS FUN.





#### **ADULT PROGRAMS**

#### **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.

#### **Waitlist Policy**

The deadline for drops/changes for enrolled participants is the start of the second class. If the class you wish to register for is filled you may place your name on a paid waiting list so that if a spot becomes available we can move you in as quickly as possible. You will be notified via email if you are moved off the waitlist and enrolled. If there are no changes refunds to waitlisted participants will be processed within the week following the date of the second class.

# Classes in which adults are required to attendDenotes no web registration for program

#### 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

2/2-3/1	M,W,F 8:00-9:00 AM	\$53	100412-02
3/4-3/29	M,W,F 8:00-9:00 AM	\$49	200412-01
4/1-5/3	M,W,F 8:00-9:00 AM	\$61	200412-02
5/13-5/31	M,W,F 8:00-9:00 AM	\$37	200412-03

#### Twinges

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

#### Location: EPIC

2/5-3/1	M,W,F 7:30-8:30 AM	\$49	100314-03
2/5-3/1	M,W,F 8:30-9:30 AM	\$49	100314-04
3/4-3/29	M,W,F 7:30-8:30 AM	\$49	200314-01
4/1-5/3	M,W,F 7:30-8:30 AM	\$61	200314-02
5/6-5/31	M,W,F 7:30-8:30 AM	\$86	200314-03
3/4-3/29	M,W,F 8:30-9:30 AM	\$49	200314-04
4/1-5/3	M,W,F 8:30-9:30 AM	\$61	200314-05
5/6-5/31	M,W,F 8:30-9:30 AM	\$49	200314-06

#### **Twinges Plus**

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

#### Location: Fort Collins Senior Center

2/5-3/1	M,W,F 12:15-1:15 PM	\$49	100416-03
2/5-3/1	M,W,F 1:15-2:15 PM	\$49	100416-04
3/4-3/29	M,W,F 12:15-1:15 PM	\$49	200416-01
4/1-5/3	M,W,F 12:15-1:15 PM	\$61	200416-02
5/13-5/31	M,W,F 12:15-1:15 PM	\$37	200416-03
3/4-3/29	M,W,F 1:15-2:15 PM	\$49	200416-04
4/1-5/3	M,W,F 1:15-2:15 PM	\$61	200416-05
5/13-5/31	M,W,F 1:15-2:15 PM	\$37	200416-06

EGEND

#### You've Been Served

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

#### Location: Fort Collins Senior Center

2/6-2/29	Tu,Th	4:00-5:00 PM	\$33	100402-02
3/5-3/28	Tu,Th	4:00-5:00 PM	\$33	200402-01
4/2-5/2	Tu,Th	4:00-5:00 PM	\$41	200402-02
5/14-5/30	Tu,Th	4:00-5:00 PM	\$25	200402-03

#### MEDIUM INTENSITY

#### Classics

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

#### Location: Fort Collins Senior Center

2/5-3/1	M,W,F	6:00-7:00 AM	\$49	100422-07
2/5-3/1	M,W,F	5:00-6:00 PM	\$49	100422-08
2/6-2/29	Tu,Th	8:00-9:00 AM	\$33	100422-09
2/6-2/29	Tu,Th	9:00-10:00 AM	\$33	100422-10
2/6-2/29	Tu,Th	10:00-11:00 AM	\$33	100422-11
2/6-2/29	Tu,Th	7:00-8:00 PM	\$33	100422-12
3/4-3/29	M,W,F	6:00-7:00 AM	\$49	200422-01
4/1-5/3	M,W,F	6:00-7:00 AM	\$61	200422-02
5/13-5/31	M,W,F	6:00-7:00 AM	\$37	200422-03
3/4-3/29	M,W,F	5:00-6:00 PM	\$49	200422-04
4/1-5/3	M,W,F	5:00-6:00 PM	\$61	200422-05
5/13-5/31	M,W,F	5:00-6:00 PM	\$37	200422-06
3/5-3/28	Tu,Th	8:00-9:00 AM	\$33	200422-07
4/2-5/2	Tu,Th	8:00-9:00 AM	\$41	200422-08
5/14-5/30	Tu,Th	8:00-9:00 AM	\$25	200422-09
3/5-3/28	Tu,Th	9:00-10:00 AM	\$33	200422-10
4/2-5/2	Tu,Th	9:00-10:00 AM	\$41	200422-11
5/14-5/30	Tu,Th	9:00-10:00 AM	\$25	200422-12
3/5-3/28	Tu,Th	10:00-11:00 AM	\$33	200422-13
4/2-5/2	Tu,Th	10:00-11:00 AM	\$41	200422-14
5/14-5/30	Tu,Th	10:00-11:00 AM	\$25	200422-15
3/5-3/28	Tu,Th	7:00-8:00 PM	\$33	200422-16
4/2-5/2	Tu,Th	7:00-8:00 PM	\$41	200422-17
5/14-5/30	Tu,Th	7:00-8:00 PM	\$25	200422-18

#### **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

2/5-3/1	M,W,F 4:00-5:00 PM	\$49	100426-02
3/4-3/29	M,W,F 4:00-5:00 PM	\$49	200426-01
4/1-5/3	M,W,F 4:00-5:00 PM	\$61	200426-02
5/13-5/31	M,W,F 4:00-5:00 PM	\$37	200426-03

#### **Advanced Water Fitness**

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

#### Location: Fort Collins Senior Center

2/5-3/1	M,W,F 9:00-10:00 AM	\$49	100424-02
3/4-3/29	M,W,F 9:00-10:00 AM	\$49	200424-01
4/1-5/3	M,W,F 9:00-10:00 AM	\$61	200424-02
5/13-5/31	M,W,F 9:00-10:00 AM	\$37	200424-03

#### Prenatal

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

#### **Location: Fort Collins Senior Center**

2/6-2/29	Tu,Th	5:00-6:00 PM	\$33	100418-02
3/5-3/28	Tu,Th	5:00-6:00 PM	\$33	200418-01
4/2-5/2	Tu,Th	5:00-6:00 PM	\$41	200418-02
5/14-5/30	Tu,Th	5:00-6:00 PM	\$25	200418-03

#### HIGH INTENSITY

#### Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in deep water. Designed for people with back, hip, and knee injuries. Note: Class will not be held on 2/16 and 4/26.

#### Location: EPIC

2/5-3/1	M,W,F 12:15-1:15 PM	\$45	100330-02
3/4-3/29	M,W,F 12:15-1:15 PM	\$49	200330-01
4/1-5/3	M,W,F 12:15-1:15 PM	\$57	200330-02
5/6-5/31	M,W,F 12:15-1:15 PM	\$49	200330-03

#### Aqua Zumba

Aqua Zumba<sup>®</sup> 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<sup>®</sup> fitness is famous for.

Note: Class will not be held on 5/8.

#### **Location: Fort Collins Senior Center**

2/7-2/28	W	6:00-7:00 PM	\$17	100428-02
3/6-3/27	W	6:00-7:00 PM	\$17	200428-01
4/3-4/24	W	6:00-7:00 PM	\$17	200428-02
5/1-5/29	W	6:00-7:00 PM	\$17	200428-03

## FOUNDATION MUSIC SCHOOL

## MUSIC LESSONS, CAMPS & THERAPY



SPRING 2024 PROGRAMS Spring semester starts January 16, 2024

#### **Family Music** (ages 0-5) *Attend music class with your little one to discover music together!*

- Music for Babies / Music for Toddlers
- Stories & Songs
- All Together Now
- Music & Munchies

#### Music Makers (ages 3-7)

An intro to beginning music concepts to prepare for instrument learning.

- Piano for Preschoolers
- Sing, Drum, Play, & Strum
- Musical Stepping Stones
- Let's Get Movin'

#### Group Instrument (grades K-12)

Help your child build confidence, creativity, and joy in music through instrument learning.

- Piano / Violin / Guitar / Ukulele
- Swing & Things: Middle/High school jazz band

#### PSD School-Out Day Camps

When PSD is closed, join us for a day of music, learning, and fun! February 19, March 11-15, April 19

- Preschool (half-day)
- Elementary (full- or half-day)

#### Private Lessons (ages 5 & up)

Student-centered, holistic music education emphasizing reading, improvisation, theory, technique, & composing. - Piano

- Violin / Viola / Cello / Upright Bass
- Voice
- Guitar / Bass Guitar / Ukulele
- Percussion
- Brass & Woodwind

#### Workshops

One-time Saturday workshops featuring a variety of topics. Visit our website to see what we are offering during our spring semester!

#### **Outreach Music Classes**

We provide developmentally and age-appropriate programming to in-home preschools, community preschools, and after-school programs. Call for more information!

#### **Music Therapy**

We are a recognized provider of music therapy services, delivering significant results for our clients of all ages who face developmental, cognitive, and mental health challenges. Call us to consult with a certified music therapist who can provide guidance based on your family member's unique situation.

#### Gift certificates and financial assistance available.

#### FOR REGISTRATION INFORMATION, GO TO FOUNDATIONMUSICSCHOOL.ORG

TOUNDATION



3663 S College Ave, Unit 13 Fort Collins, CO 80525 (970) 407-9084 foundationmusicschool.org

A 501(c)(3) non-profit organization

#### AQUATICS

#### **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 swimming is required.

#### **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.

For additional swimming classes and family pool classes see page 55.

#### LEARN TO SWIM

#### See page 58 for the full learn to swim schedule.

#### Adult Learn to Swim – Intro to Swimming

Age: 18 years & older

This class is designed as an introduction to basic aquatics skills for those who have no swimming experience or are hesitant in the water. This class will focus on developing comfort and safety in the water with skills such as floating, kicking, treading, and stroke introduction.

#### Adult Learn to Swim – Stroke Development

#### Age: 18 years & older

This class is designed for the adult who can comfortably swim 25 yards (any stroke) and is looking to refine or learn freestyle, backstroke, and breaststroke (butterfly at swimmer's request). This class incorporates both group work as well as personalized instruction to improve technique. Weekend sessions will run 45 minutes in length.

EGEND

AC

NW

Classes in which adults are required to attend

Denotes no web registration for program

#### **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.

#### **CREATIVE ARTS**

#### **ARTS & CRAFTS**

#### DRAWING

See page 60 for drawing classes.

#### FIBER ARTS

#### **Needle Felting for the Holidays**

Using 100% wool, a felting needle, and pad, the instructor will guide you through all the steps for these delightful, holiday-themed pieces.

Valentine's String Jointed Bear

		-		
2/3	Sa	9:30 AM-12:30 PM	\$36	103416-03
Sleepy Bu	unny			
3/2	Sa	9:30 AM-12:30 PM	\$36	203416-01
Springtim	ne Woo	l Painting		
4/20	Sa	9:30 AM-12:30 PM	\$36	203416-02
Potted Ca	actus			
5/25	Sa	9:30 AM-12:30 PM	\$36	203416-03

#### GENERAL ARTS

#### **Brain Stimulation Through Art**

Designed for seniors living with dementia. Join us for various art activities to enhance mood, self-esteem, cognition, and a general sense of well-being. Note: We ask that care givers attend class or stay in the building. All supplies included.

2/23-3/29	F	9:30-11:30 AM	\$82	103409-02
4/5-5/17	F	9:30-11:30 AM	\$82	203409-01

#### Crafternoons

Create the amazing crafts you see on Pinterest and Instagram without spending a fortune on craft materials you may never use again. Class instructor will guide you through the craft and we'll provide the materials.

#### Salt & Sugar Scrubs

	•			
2/16	F	1:00-3:00 PM	\$36	103418-01
Fabric S	crap Biro	ds		
3/8	F	1:00-3:00 PM	\$36	203418-01
Mixed Media Flower Pots				
4/5	F	1:00-3:00 PM	\$36	203418-02
Mixed M	ledia Flo	wer Pots		
5/3	F	1:00-3:00 PM	\$36	203418-03

#### Alcohol Inks – NEW!

Learn techniques needed to create fun and beautiful works of art with alcohol inks. Use alcohol inks to create cards, artwork to frame, or decorate non-porous pieces (mugs, dishes, tiles). All materials provided. Please bring an apron as it can be messy.

2/23	F	10:00 AM-Noon	\$36	103419-01
3/22	F	10:00 AM-Noon	\$36	203419-01
4/12	F	10:00 AM-Noon	\$36	203419-02
5/17	F	10:00 AM-Noon	\$36	203419-03

#### **Open Studio**

Open studio time is intended for practicing or finishing work in progress. Open Studio is free for adult students currently enrolled in Woodworking, Stained Glass and Jewelry making classes. Adults who have previously taken a Woodworking, Stained Glass, or Jewelry class may register as a lab student. Note: Tuesday is overseen by stained glass instructor, Thursday by woodworking instructor, but students are allowed to attend any lab. Note: Class will not be held on 5/7, 5/9.

#### **Current Students**

9 AM-	9 AM-noon			
Former Students				
Tu,Th	9:00 AM-Noon	\$120	203497-01	
Tu,Th	9:00 AM-Noon	\$120	203497-02	
Tu,Th	9:00 AM-Noon	\$120	203497-03	
	9 AM- dents Tu,Th Tu,Th	9 AM-noon dents Tu,Th 9:00 AM-Noon	9 AM-noon dents Tu,Th 9:00 AM-Noon \$120 Tu,Th 9:00 AM-Noon \$120	

#### GLASS ARTS

#### **Stained Glass, Foil Intermediate**

Hone and expand your skills in the foil-method of stained glass while creating a beautiful stained-glass panel. Focus on glass cutting, particularly concave curves, and panel construction. Basic stained glass foil skill required. Note: Supply list provided at registration. Open Studio included.

2/12-3/4	М	1:00-4:00 PM	\$128	103462-01
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#### Stained Glass, Lampshade

Build a lovely small stained-glass lampshade and learn the skills necessary if you want to take on a larger project. Supply list available at registration; approximate cost for standard supplies is \$40; additional supplies for larger project approximately \$25.

Note: Class will not be held on 5/6. Open Studio included.

4/22-5/27	М	1:00-4:00 PM	\$128	203465-01
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#### **Stained Glass, Suncatchers**

Create new suncatchers or finish up old ones using the foil method of stained glass. Students can bring patterns or use those provided. No prior experience necessary. Supply list available at registration; approximate cost \$40. Open Studio included.

3/18-4/8	М	9:00-11:30 AM	\$128	203470-01

#### JEWELRY

#### 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 would like to improve their skills. Note: Tools and some supplies provided. Open Studio included.

2/6-3/19	Tu	2:30-4:30 PM	\$150	103486-01

#### Jewelry, Intermediate

Learn different ways to set stones and possible moving parts. Use equipment and finish projects while an instructor is present to answer questions and assist. Open Studio included.

2/6-3/19	Tu	5:30-7:30 PM	\$150	103487-01

#### MIXED MEDIA

#### **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 Harder, taught by a certified facilitator. All supplies included.

2/7-2/28	W	10:00 AM-12:30 PM	\$95	103415-01
4/3-4/24	W	10:00 AM-12:30 PM	\$95	203415-01

#### PAINTING

#### Watercolor

Learn how to use and mix colors while learning how to paint with watercolor. Students will learn about composition and how to create depth and interest in your paintings. This class is instructor led and multiple small paintings will be completed; gain skills as the class practices how to control the water to paint ratio and how to fix mistakes.

Note: Class will not be held on 5/11.

2/10-3/9	Sa	11:00 AM-1:00 PM	\$80	103480-02
3/23-4/20	Sa	11:00 AM-1:00 PM	\$80	203480-01
5/4-6/1	Sa	11:00 AM-1:00 PM	\$65	203480-02

#### **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.

#### POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All programs are designed for those 18 years and older and held at the Pottery Studio unless otherwise noted.

#### Things to Know

- 2024 Pottery changes include the following:
  - Paid waitlists
  - 25 lbs. clay bags for \$30
  - Pottery tool kits for \$16
- All clay, glazes, slips, stains, and underglazes are provided or available for purchase at the Pottery 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 all adult classes which meet at least 10 times. Up to two additional bags of 25 lbs. of clay can be purchased at the studio for \$30 each.
- Shared tools are not available for most sessions. A basic tool kit can be purchased for \$16 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 unless otherwise noted. 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 during lab times or at the dates listed below between 11 a.m. and 2 p.m. This is not applicable for Fort Collins Senior Center classes. Pick up dates for Fort Collins Senior Center classes will come directly from instructors. Pieces that are not claimed on these dates are kept for one session after a completed program and are then disposed of.
- Fall/Winter & Mini session pick up dates: 2/24 & 3/30
- Spring pick up dates: 6/15 & 6/16

#### **Pottery Lab**

Lab is included for adult students who are currently enrolled in a 10-week class, unless otherwise noted, 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. Prerequisites: Handbuilding & Wheel Beginner, Beginner +, Intermediate, Creative Clay Craft, or Handbuilding Expressions. This is a recreational and educational facility, production work is not permitted. Staff in attendance, but no formal instruction is provided. Lab fee includes one 25 lb. bag of clay for a 10-week session.

**Currently Enrolled Students** 

•••··· •···· •··· •						
M-Su	11:00 A	AM-2:00 PM				
T & Th	7:30-1	0:00 PM				
Previous 10-week Program Participants						
3/18-5/26	M-Su	11:00 AM-2:00 PM	\$190	204899-01		

#### **Creative Clay Craft**

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

3/22-5/24	F	9:00-11:00 AM	\$190	204885-01

#### **Exploring Handbuilding**

Come delve into the wonders of handbuilding with clay, using some basic techniques to create pieces from your imagination. Learn while trying something new or expand on previous skills. All levels welcome. Note: All tools provided, and 12 lbs. of clay included. Lab access not included. Class will not be held on 5/6 or 5/8.

#### Location: Fort Collins Senior Center

2/7-3/6	W	11:30 AM-1:30 PM	\$79	104873-03
2/12-3/11	М	11:30 AM-1:30 PM	\$79	104873-04
3/18-4/15	М	11:30 AM-1:30 PM	\$79	204873-01
3/20-4/17	W	11:30 AM-1:30 PM	\$79	204873-02
4/22-5/27	М	11:30 AM-1:30 PM	\$79	204873-03
4/24-5/29	W	11:30 AM-1:30 PM	\$79	204873-04

#### **Handbuilding Expressions**

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

3/21-5/23	Th	6:00-8:00 PM	\$190	204875-01

#### ADULT **CREATIVE ARTS**

#### 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. Note: Class will not be held on 5/8. Lab access is not included.

#### Location: Fort Collins Senior Center

3/20-5/29	W	2:30-4:30 PM	\$158	204874-01

#### **Pottery Sampler**

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

#### Age: 16 years & up

		1-		
2/6-3/5	Tu	2:00-4:00 PM	\$79	104870-02
3/19-4/16	Tu	2:00-4:00 PM	\$79	204870-01
4/23-5/21	Tu	2:00-4:00 PM	\$79	204870-02

#### **Raku from Creation to Can**

Learn American style Raku handbuilding 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. All tools and supplies provided.

2/8-3/7	Th	2:00-4:00 PM	\$79	104826-02
3/21-4/18	Th	2:00-4:00 PM	\$79	204826-01
4/25-5/23	Th	2:00-4:00 PM	\$79	204826-02

#### Wheel & Handbuilding, Beginner

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

3/18-5/20	М	9:00-11:00 AM	\$190	204850-01
3/18-5/20	М	5:45-7:45 PM	\$190	204850-02
3/20-5/22	W	8:00-10:00 PM	\$190	204850-03
3/23-5/25	Sa	9:00-11:00 AM	\$190	204850-04

#### Wheel & Handbuilding, Beginner Plus

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

3/18-5/20	М	8:00-10:00 PM	\$190	204855-01
3/20-5/22	W	5:45-7:45 PM	\$190	204855-02
3/21-5/23	Th	9:00-11:00 AM	\$190	204855-03

#### 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.

3/19-5/21	Tu	5:30-7:30 PM	\$190	204860-01
3/20-5/22	W	9:00-11:00 AM	\$190	204860-02

#### **Advanced Wheel Throwing Challenge Me**

For the proficient potter that wants their skills challenged, this class is the pottery boot camp you've been looking for! Improve your skills and try various techniques with these timed challenges. Focus will be on attempting projects that will take the potter out of their head while creating fun team and individual throwing challenges. Prerequisite: Intermediate Wheel or equivalent.

3/19-5/21 Tu 9:00 AM-11:00 PM \$190 204865-01

#### WOODWORKING

#### Woodworking, Beginner

Introduction to the use of power tools, hand tools, woods, and finishing. Pick and build one of the two projects provided. Some supplies provided. Supply list available at first class; approximate cost \$20-\$40. Must attend first class. Open Studio included. Note: If unable to attend first class please contact Sarah Olear, solear@fcgov.com.

2/7-3/13 W 3:00-5:00 PM \$132 103490-01

#### 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 of 30 inches. Must attend first class. Open Studio included. Note: If unable to attend first class please contact

Sarah Olear, solear@fcgov.com.

3/20-4/24 W 3:00-5:00 PM \$132	2 203491-01
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#### DANCE & MOVEMENT

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

#### **Location: Fort Collins Senior Center**

2/6-2/27	Tu	7:00-8:00 PM	\$37	106426-02
3/5-3/26	Tu	7:00-8:00 PM	\$37	206426-01
4/2-4/23	Tu	7:00-8:00 PM	\$37	206426-02

#### **Belly Dance, Continued**

Focus on group improvisation and expand your vocabulary with more complex movements and formations. Use of props, Zambra Mora, and Bollywood-influenced movements will be explored. Wear yoga/exercise clothing and bring a scarf/ sash for your hips. Bare feet recommended. Prerequisite: Two sessions of Belly Dance, Beginner.

#### Location: Fort Collins Senior Center

2/6-2/27	Tu	8:00-9:00 PM	\$37	106427-02
3/5-3/26	Tu	8:00-9:00 PM	\$37	206427-01
4/2-4/23	Tu	8:00-9:00 PM	\$37	206427-02

#### **Belly Dance, Combos, & Props Workshop**

Combination sequences and props add depth to your dance. This 2-week (2 hours per week) workshop will explore combos in depth and introduce props including veils, zils and balancing items. Experience with improv style belly dance recommended but not required. Wear yoga/exercise gear, bring a scarf or sash to tie around your hips and an item you can balance on your head.

#### Location: Fort Collins Senior Center

5/14-5/21	Tu	7:00-9:00 PM	¢77	206428-01
J/ 14-J/ ZI	IU	7.00-9.00 PM	421	200420-01

#### BALLET

#### TAUGHT BY SARAH MANNO

#### **Ballet, Beginner**

An introduction to classical barre, positions, and steps.

#### Location: Empire Grange, 2306 W. Mulberry St.

1/23-3/5	Tu	5:30-6:30 PM	\$64	106102-01
3/19-4/30	Tu	5:30-6:30 PM	\$64	206102-01

#### **Ballet, Continued**

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

#### Location: Empire Grange, 2306 W. Mulberry St.

1/22-3/4	Μ	5:30-6:45 AM	\$65.75	106103-01
3/18-4/29	М	5:30-6:45 PM	\$65.75	206103-01

#### LINE DANCE

#### TAUGHT BY MARCELLA WELLS AND KATY PIOTROWSKI

#### Introduction to Line Dance

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

#### Location: Fort Collins Senior Center

2/6-2/27	Tu	3:05-4:05 PM	\$37	106435-03
3/5-3/26	Tu	3:05-4:05 PM	\$37	206435-01
4/2-4/23	Tu	3:05-4:05 PM	\$37	206435-02
5/14-5/28	Tu	3:05-4:05 PM	\$28	206435-03

#### 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**

2/5-2/26	М	6:45-7:45 PM	\$37	106436-03
2/6-2/27	Tu	12:30-1:30 PM	\$37	106436-06
3/4-3/25	М	6:45-7:45 PM	\$37	206436-01
4/1-4/29	М	6:45-7:45 PM	\$46	206436-02
5/13-5/20	М	6:45-7:45 PM	\$19	206436-03
3/5-3/26	Tu	12:30-1:30 PM	\$37	206436-04
4/2-4/30	Tu	12:30-1:30 PM	\$46	206436-05
5/14-5/28	Tu	12:30-1:30 PM	\$28	206436-06

#### Line Dance, Continued

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

#### Location: Fort Collins Senior Center

2/6-2/27	Tu	2:00-3:00 PM	\$37	106437-03
3/5-3/26	Tu	2:00-3:00 PM	\$37	206437-01
4/2-4/30	Tu	2:00-3:00 PM	\$46	206437-02
5/14-5/28	Tu	2:00-3:00 PM	\$28	206437-03

#### 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. Note: Class will not be held on 5/8.

#### Location: Fort Collins Senior Center

2/7-2/28	W	7:45-9:00 PM	\$47	106440-03
3/6-3/27	W	7:45-9:00 PM	\$47	206440-01
4/3-4/24	W	7:45-9:00 PM	\$47	206440-02
5/1-5/29	W	7:45-9:00 PM	\$47	206440-03

#### 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.

1/22-3/4	М	6:50-7:50 PM	\$64	106156-01
3/18-4/29	М	6:50-7:50 PM	\$64	206156-01



#### **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.

#### **CULTURE SERIES - NEW!**

Each Recreator will highlight a special culture with a unique set of classes, called Culture Series. The first Culture Series will focus on Mount Everest -not only climbing Everest, but a focus on its surrounding areas, and act as a metaphor for overcoming personal challenges.

#### **Everest Elevation Challenge**

Everesting is a global phenomenon that started in 2014. When Everesting, people will pick one hill and run or bike the hill until they have done the equivalent of Mount Everest - 29,029 ft. above sea level. Participate in a local version of this type of challenge. Participants will hike from February 1 to May 31 and will record their elevation increases each week. Hikers with the highest elevation each week will be displayed at the Fort Collins Senior Center. At the end of the challenge, the participant with the highest elevation hiked will receive a prize! Additional details will be sent via email to challenge participants.

2/1-5/31 \$1 211991-01

#### **Friday Movie: Everest**

Everest documents the deadly journey of two mountain climbing expeditions challenged beyond their limits by one of the fiercest snowstorms ever encountered by my mankind. Starring Baltasar Kormakur, Jason Clarke, Thomas M. Wright, and Martin Henderson. Rated PG. Note: This program is only available to Senior Social Pass holders.

#### Nepali Cuisine

Taught by Sapna Von Reich, Dal Bhat is a very popular staple food in Nepal. Served on a round platter called a Thali, Dal Bhat consists of rice, dal (lentils), cooked vegetables, pickle, saag, salad, and sometimes a dessert. One thali is packed with flavor, and we're here to show you how to make all the components and put them together.

4/16	Tu	6:00-8:30 PM	\$58	207430-01

#### **Resiliency: A Steadying Inner Resource**

Are you ready to turn toward a positive direction in your life? In this class we engage in five practices to build your resilience or ability to have inner strength, optimism, and flexibility in the face of adversity and disappointment. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

2/7	W	3:00-4:30 PM	No Fee	225431-01
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#### Sherpa Kitchen, Boulder

As part of our spring cultural series celebrating "What's your Mount Everest?" enjoy lunch at the authentic Sherpa Kitchen in Boulder. Warm, low-key outpost serving classic cuisines which are delightful blend of Indian, Nepalese, Chinese, and Tibetan cultures.

4/3 W 10:00 AM-4:00 PM 5	\$30	205930-02
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#### COOKING

All cooking classes are designed for those ages 14 years and older and held at the Fort Collins Senior Center unless otherwise noted. Please bring an apron to each class. Prior to the first class please send any food allergies or concerns to Sarah Olear, solear@fcgov.com.

#### TAUGHT BY SAPNA VON REICH

#### **Healthy Ethiopian Dishes**

Join us for this enjoyable and hands-on Vegetarian Ethiopian Cuisine class. Learn some basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: Misir Wot (red lentils), Collard Gomen, Duba Wot (butternut squashin berbere sauce), and Teff Flour crepe. 2/6 Tu 6:00-8:30 PM \$58 107421-01

#### Winter Buddha Bowls

Life is all about big flavors with minimal effort. Winter is the perfect time to make these hearty but easy Buddha bowls. Consisting of grains, veggies, protein, and delicious sauces, these bowls will refresh your palette even during a snowstorm.

2/12 M 6:00-8:30 PM \$58 107422-02
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#### **Indian Comfort Foods**

Sometimes you just don't feel like cooking - maybe you're sick, maybe it's just been a long day. No matter the reason, the idea of going to the kitchen and trying to make a fancy dish is unthinkable. The solution is an easy, super palatable, one pot meal for all the lazy days in the future.

Menu: Traditional Khishadi, Millet Khichadi with veggies, a side dish with Asparagus, Golden Milk.

2/20	Tu	6:00-8:30 PM	\$58	107426-01
2/20	Tu	0.00 0.30111	420	10/420 01

#### **Tasty Turkish Cuisine**

Explore the depths of delicious Turkish dishes. Menu: Red lentil and Bulgur kebabs, Mint and Dill Rice Pilaf, Black-Eyed Pea Pilaki, Eggplant with yogurt sauce, and Sesame Tahini Halva (nutritious dessert).

3/7 Th 6:00-8:30 PM \$58 2	207431-01
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#### Let it be Lentils

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

3/21 Th 6:00-8:30 PM \$58 207422-0
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#### 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.

3/25	М	6:00-8:30 PM	\$58	207424-01

#### The Rice & Beans of the World

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

4/4 Th 6:00-8:30 PM \$58 207426-0	4/4 Th	6:00-8:30 PM	\$58	207426-01
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#### The Greens of India

A nutritional powerhouse, greens are delicious sauteed and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet. Menu: Sauteed Mixed Greens, Lentils Curry with Swiss Chard, Kale with Potatoes, Green Raita (yogurt sauce), and Sweet (green) Treat.

4/8 M 6:00-8:30 PM \$58 207423-0
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#### **Indian Crepes & Chutneys**

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

Age: 14 years & up

4/22	М	6:00-8:30 PM	\$58	207420-01			

#### ADULT EDUCATION

#### **Plant-Based Cheese & Yogurt**

Whether you are lactose intolerant, fighting high cholesterol or just looking for some healthy plant-based alternatives to cheese and yogurt, look no further! Learn how to make homemade dairy-free cheese and yogurt from scratch. Menu: Almond Feta, Parmesan, Cashew Cream Cheese, Nacho Cheese, Homemade Yogurt, and Mango Lassi.

Age: 14 years & up

5/2 Th 6:00-8:30 PM \$58 207425-01

#### Coconut ~Cuckoo" Curries

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

Age: 14 years & up

5/14	Tu	6:00-8:30 PM	\$58	207427-01

#### DOG TRAINING PROGRAMS

#### **Teen Pups in the Park**

During their teen months pups seem to forget all that they know and start exerting their free will, making focus a real problem. Through exercises in impulse control combined with positive reinforcement these puppies and young dogs will learn to focus on their handlers while working on basic obedience cues: sit, down, stay, come, and walk on a leash. Designed for pups 6-18 months.

4/23-5/28	Tu	1:00-2:00 PM	\$100	207449-01

#### 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, research, and more. Large, touch screen computers available or you may use your own device.

## Location: 600 E Swallow St., use the northmost entrance on the west side of the building.

2/1-2/29	Th	4:30-5:30 PM	\$6	107413-03
3/7-3/28	Th	4:30-5:30 PM	\$6	207413-01
4/4-4/25	Th	4:30-5:30 PM	\$6	207413-02
5/2-5/30	Th	4:30-5:30 PM	\$6	207413-03

#### GENERAL INTEREST

### The Colors of You: Transform Your Look with Color Analysis

Color is an extremely powerful tool to tell your story. The colors you wear communicate ideas, emotion, and energy. Join color enthusiast, Megan Haynes, sharing 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.

4/17 Th 5:30-7:00 PM \$35 207443-01

### LANGUAGE PROGRAMS

#### French Language & Culture

Join us for the opportunity to learn about 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. Class space is limited. Nous avons hâte de vous rencontrer!

2/16-3/8	F	2:00-4:00 PM	\$36	107446-01
3/22-4/12	F	2:00-4:00 PM	\$36	207446-01

#### TRANSPORTATION PROGRAMS

#### **Transfort Travel Training**

Learn how to read and understand the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever.

#### Location: South Transit Center, 4915 Fossil Blvd.

2/21	W	10:00-11:00 AM	No Fee	107401-03
3/20	W	10:00-11:00 AM	No Fee	207483-01
4/17	W	10:00-11:00 AM	No Fee	207483-02
5/15	W	10:00-11:00 AM	No Fee	207483-03



#### 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 classes are provided. Participants are welcome and encouraged to bring their own if desired.

#### 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 personal training interest form, visit *fcgov.com/fitness*.

#### **30 Minute Session Packages**

PT Single	1	\$40
PT Bronze	4	\$155
PT Silver	8	\$300
PT Gold	12	\$420
PT Platinum	20	\$650

#### **1 Hour Session Packages**

PT Single	1	\$55
PT Bronze	4	\$215
PT Silver	8	\$420
PT Gold	12	\$600
PT Platinum	20	\$900

#### **Small Group Training Packages**

#### (2-4 people, 1-hour sessions)

Group Single	1	\$40 per person
Group Bronze	4	\$140 per person
Group Silver	8	\$240 per person

Personal training packages are sold as punch passes. Clients must check in at the front desk prior to each training session. Single Sessions & Packages will expire one year from the date of purchase. A cancellation notice of at least 24 hours is needed for the trainer or client may lose session. No refunds are given on personal training sessions and packages.

#### ADULT FITNESS

#### 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

S Session-based class. Not available for drop-in as classes build from one class to the next. See page 34 for dates & prices.

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

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

#### Monday

FORT COLLINS SENIOR CENTER Barre Gold 9-9:45 AM | 209406-01

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

Chair Pilates 11 AM-12 PM | 209403-01

Barre Fitness 12:15-1:15 PM | 209407-01

Balance, Flex & Stretch 1:30-2:15 PM | 209408-01

**Yoga, Advanced Beginner** 3:15-4:15 PM | 209413-01

**Yoga, Advanced Beginner** 4:30-5:30 PM | 209413-02

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

#### FOOTHILLS ACTIVITY CENTER

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

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

#### NORTHSIDE AZTLAN COMMUNITY CENTER

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

12-1 PM | 209523-01 CrossTrain

12-1 PM | 209502-02

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

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

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

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

#### Tuesday

#### FORT COLLINS SENIOR CENTER Boomer Blast

8-9 AM | 209414-01

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

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

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

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

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

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

**Meditation and Flow Yoga** 4:15-5:15 PM | 209409-01

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

#### FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 209702-01

Hatha Flow Yoga 12-1 PM | 209707-02

**Oula** 5:30-6:30 PM | 209704-01

#### NORTHSIDE AZTLAN COMMUNITY CENTER

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

**Yoga & Meditation** 9-10 AM | 209522-01

**Strength & Stretch** 10:30-11:30 AM | 209504-01

**Pilates Fusion** 12-1 PM | 209505-01

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

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

#### **INCLUSION SUPPORT**

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



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

#### Wednesday

#### FORT COLLINS SENIOR CENTER Men - Loosen Up!

8-8:45 AM | 209405-01

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

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

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

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

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

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

**Yoga, Beginner** 12-1 PM | 209412-03

Chair Pilates 1:30-2:30 PM | 209403-03

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

**Yoga, Advanced Beginner** 3:15-4:15 PM | 209413-01

**Yoga, Advanced Beginner** 4:30-5:30 PM | 209413-02

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

#### **FOOTHILLS ACTIVITY CENTER**

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

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

NORTHSIDE AZTLAN COMMUNITY CENTER CrossTrain 6:15-7:15 AM | 209502-01

Restorative Yoga

12-1 PM | 209523-01 CrossTrain

12-1 PM | 209502-02

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

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

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

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

#### Thursday

#### FORT COLLINS SENIOR CENTER Boomer Blast

8-9 AM | 209414-01 **Men - Loosen Up!** 

8-8:45 AM | 209405-03 Functional Strength

9:30-10:15 AM | 209401-01 Classic SilverSneakers

10:30-11:15 AM | 209423-01

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

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

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

Swiss Theraball 3-4 PM | 209416-01

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

**Zumba** 5:30-6:30 PM | 209404-04

#### FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 209702-01

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

#### NORTHSIDE AZTLAN COMMUNITY CENTER

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

Yoga & Meditation 9-10 AM | 209522-01

Strength & Stretch 10:30-11:30 AM | 209504-01

**Pilates Fusion** 12-1 PM | 209505-01

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

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

#### Friday

#### FORT COLLINS SENIOR CENTER

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

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

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

Barre Gold 10-10:45 AM | 209406-02

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

Strength Training with Walking Poles 12-12:45 PM | 209417-01

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

#### NORTHSIDE AZTLAN COMMUNITY CENTER

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

**CrossTrain** 12-1 PM | 209502-02

CLUB TICO Zumba 9-10 AM | 209112-01

#### Saturday

FORT COLLINS SENIOR CENTER Zumba 9-10 AM | 209404-02

#### FOOTHILLS ACTIVITY CENTER

Oula 9-10 AM | 209704-02 Tai Chi & Qigong S 11am-12 PM | 209706

#### NORTHSIDE AZTLAN COMMUNITY CENTER

Vinyasa Flow Yoga 8:15-9:15 AM | 209521-02

Zumba Toning 9:30-10:30 AM | 209513-01

#### Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga 10-11 AM | 209518-01

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

#### SESSION BASED FITNESS CLASSES S

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

#### T'ai Chi Chih Beginner

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

2/6-2/27	Tu	12:30-1:45 PM	\$25	209431-01
3/5-3/26	Tu	12:30-1:45 PM	\$25	209431-02
4/2-4/23	Tu	12:30-1:45 PM	\$25	209431-03
4/30-5/21	Tu	12:30-1:45 PM	\$19	209431-04

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

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

#### Location: Fort Collins Senior Center

2/6-2/27	Tu	2:00-3:15 PM	\$25	209431-05
3/5-3/26	Tu	2:00-3:15 PM	\$25	209431-06
4/2-4/23	Tu	2:00-3:15 PM	\$25	209431-07
4/30-5/21	Tu	2:00-3:15 PM	\$19	209431-08

#### 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

2/3-2/24	Sa	11:00 AM-Noon	\$21	209706-01
3/2-3/23	Sa	11:00 AM-Noon	\$21	209706-02
3/30-4/20	Sa	11:00 AM-Noon	\$21	209706-03
4/27-5/25	Sa	11:00 AM-Noon	\$21	209706-04

#### 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 and 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.

### **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 & Stretch**

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

### **Strength Training with Walking Poles**

Use walking poles to improve balance, mobility, and posture, while increasing strength in the core, arms, and 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.

### ADULT FITNESS

### 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.

### **Zumba Toning**

Combines targeted body-sculpting exercises and high-energy cardio work with latin-infused Zumba moves to create a calorie torching, strength training dance fitness party. Learn how to use lightweight, maraca-like Toning sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs.

### 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.



### **ICE SKATING**

### **General Information**

- All ice programs are held at EPIC unless otherwise noted.
- Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors and are in compliance with the United States Figure Skating Association.
- Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.
- Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with their shoes on. EPIC's rental skates are available free of charge.
- The student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for classes is 5 students; class levels may be combined to meet this minimum.
- Skating lessons are 30-minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.
- Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.
- The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.
- There are no make-up lessons for missed skating classes.
- If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

### **Proper Attire Includes:**

- Helmet (required for Snowplow Sam 1-4, and strongly recommended for beginners)
- Gloves (thin, not ski mittens)
- Fleece or light weight jacket
- Skating dresses with tights or leggings/pants that are easy to move in
- · Loose or bulky clothing is not recommended
- Ice skates (may be rented at EPIC)

### Learn to Skate USA

See page 68 for more information.

### **Public Skate**

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

### Freestyle

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

### **Conditioning for Skaters**

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

### **Private Skating Instruction**

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography. Fees vary. Ice time and skate rental not included. For more information, call 970-221-6683 or fill out a private lesson request at the front desk.

### Skate Sharpening Services

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

### **TEAM & CLUB CONTACTS**

### Adult Hockey

Fort Collins Hockey League, fchl.org

### **College Hockey**

Colorado State University, csuhockey.com

### **High School Hockey**

High Plains Hockey, highplainshockey.com

### Women's Hockey

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

### **Youth Hockey**

Northern Colorado Youth Hockey, ncyh.org

### **Figure Skating Club**

Fort Collins Figure Skating Club, *fortcollinsfsc.org* 

### ICE SKATING PROGRAMS

### Beginner & Intermediate Skate

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.

### Age: 16 years & up

5		T.		
2/15-3/7	Th	6:15-6:45 PM	\$49	110349-02
3/21-4/11	Th	6:15-6:45 PM	\$49	210349-01

### Advanced & Free Skate

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

Age: 16 years & up

2/15-3/7	Th	6:45-7:15 PM	\$53	110353-02
3/21-4/11	Th	6:45-7:15 PM	\$53	210353-01

### Adult Fitness Skate 🖤

Open skating session for adults intermediate to advanced skill level. Skate rentals not available. Not discountable. 10 or 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 & up are eligible for the Platinum Pass. Ask the front desk for details.

Age: 60 years & up 2/7-5/15 W 9:15-10:45 AM

### HOCKEY

See page 68 for Hockey programs.



### **OUTDOOR RECREATION & EDUCATION**

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 outdoors on various dates and times. Dip your toe into 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.

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

Learn about the City of Fort Collins hiking club, B.O.O.T.S. at the kickoff meeting to discuss benefits and the registration process.

3/16	Th	2:00-3:00 PM	No Fee	211931-01

### Spring 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.

3/25-5/13	М	9:00-11:00 AM	\$65	211930-01

### Spring B.O.O.T.S. Education

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

5/1 M 9:00-11:00 AM No Fee 211933-0
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### Spring B.O.O.T.S. Hikes

On B.O.O.T.S. hikes, learn the importance of Leave No Trace Principles, watch for wildlife, and learn to identify native flora. Hike details emailed each Wednesday prior. Guide will meet hikers at the trail head. Starred\* hikes have a user fee associated. Must have a B.O.O.T.S. Spring Membership.

### **Red Fox Meadows**

3/25	М	9:00-11:00 AM	No Fee	211932-01			
Stewardship- Running Deer							
4/1	М	9:00-11:00 AM	No Fee	211932-02			
Kingfishe	er Point						
4/8	М	9:00-11:00 AM	No Fee	211932-03			
North Shields Ponds							
4/15	М	9:00-11:00 AM	No Fee	211932-04			
Arapaho Bend							
4/22	М	9:00-11:00 AM	No Fee	211932-05			
Coyote Ridge							
5/6	М	9:00-11:00 AM	No Fee	211932-06			
Devil's B	Devil's Backbone*						
5/13	М	9:00-11:00 AM	No Fee	211932-07			

### **OUTDOOR RECREATION PROGRAMS**

### 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.

	4/26-5/17	F	Noon-1:00 PM	\$28	211956-01
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### **Transportation**

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

### **Return Times**

All return times are approximate. Please do not schedule appointments close to return times in case delays occur. Return times are impacted by turnaround times followed by instructors. Turnaround times are the times at which a group must turn around whether they have reached their destination or not. Turnaround times consider the pace of the group, departure time, estimated return time, safety, elevation,

### 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

Beautiful views of Neota Wilderness Area. Note: Mileage: 4-5:					
Lowest elevation: 10,026 ft.; Highest elevation:: 10,479 ft.					
Example	Tu	7:00 AM-4:00 PM	\$40	Example	

### LEVEL 1 ACTIVITIES

These outings include any amount of mileage; it's up to the participant what the duration will be during the allotted program time.

### **Downhill Ski Trips**

Take away the stress of I-70 traffic with transportation to and from some of Colorado's iconic ski resorts. Note: Cancellation must be made by 10a.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: Depart from Rolland Moore Parking Lot

### **Copper Mountain**

copperi	lountui	1		
2/28	W	6:45 AM-7:00 PM	\$76	211910-02
3/13	W	6:45 AM-7:00 PM	\$76	211910-04
3/27	W	6:45 AM-7:00 PM	\$76	211910-06
Winter P	ark			
3/06	W	6:45 AM-7:00 PM	\$76	211910-03
3/20	W	6:45 AM-7:00 PM	\$76	211910-05
4/03	W	6:45 AM-7:00 PM	\$76	211910-07

### To participate in outdoor programming related to our Mount Everest Cultural series, visit page 28.

### LEVEL 2 ACTIVITIES

These outings are up to 5 miles in duration.

### Pawnee Buttes

Pack your lunch and experience hiking the wide-open prairie with views of the East Butte. Mileage: 4-5 miles; lowest elevation 6,000 ft; highest elevation 7,000 ft.

5/30	Th	8:00 AM-2:00 PM	\$582	11902-04

### Eagle's Nest

Along the North Fork of the Cache La Poudre River, this open space has breathtaking views of the Laramie foothills. Mileage: 4-5miles, lowest elevation: 5,640 ft.; highest elevation 6,080ft.

3/27	W	8:00 AM-2:00 PM	\$58	211902-05

### Horsetooth Rock

Check this iconic local hike off the list! Climb to the top of Horsetooth Rock and enjoy your packed lunch while overlooking scenic Fort Collins. Mileage: 4-5 miles; change in elevation about 1,300 ft.

5/15	W	8:00 AM-2:00 PM	\$58	211904-02
5/15		0.0074172.00111	<b>4</b> 50	211301 02

### LEVEL 3 ACTIVITIES

These outings exceed 5 miles in duration.

### Stout Loop Trail

Enjoy stunning scenery as you hike through grassy plains and sparse pine overlooking Horsetooth Reservoir. Pack your lunch to enjoy on this local loop. Mileage: 5.9 miles; elevation gain: 1, 145 ft.

4/25 Th 8:00 AM-2:00 PM	\$582	11903-03
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### **CLIMBING PROGRAMS**

### **Beginning Rock Climbing**

This course is designed for the new climber looking to try a locally based new and exciting outdoor experience. You'll learn basic techniques and gain climbing experience with a professional instructor. All gear provided. Note: Detailed directions will be emailed prior to start of the program.

2/17	Sa	1:00-3:30 PM	\$75	111955-01
3/17	Su	1:00-3:30 PM	\$75	211955-01
4/27	Sa	1:00-3:30 PM	\$75	211955-02
5/12	Su	1:00-3:30 PM	\$75	211955-03

W Denotes no web registration for program

### **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 start of the program.

2/3-2/10	Sa	9:30 AM-3:30 PM	\$286	111952-03
3/9-3/16	Sa	9:30 AM-3:30 PM	\$286	211952-01
4/6-4/13	Sa	9:30 AM-3:30 PM	\$286	211952-02
5/4-5/11	Sa	9:30 AM-3:30 PM	\$286	211952-03

### OUTDOOR EDUCATION PROGRAMS

### **Backcountry Cooking**

Plan a menu of lightweight meals and calorie dense snacks for your next backpacking trip. Ideas include breakfast, lunch, and dinner, with vegetarian options too. Also, learn and practice strategies to keep a clean and safe camp.

3/20	W	6:30-8:30 PM	\$22	211909-01
3/27	W	6:30-8:30 PM	\$22	211909-02
4/4	Th	6:30-8:30 PM	\$22	211909-03

### Feather & Flight Fridays

Migration is gearing up - let's go see who we can find! Learn about birds, their behaviors, distinguishing characteristics, and bird songs. Meet at the Fort Collins Senior Center and walk around Rolland Moore Park with a Fort Collins Audubon Society enthusiast to discover the fascinating world of birds.

### Spring Migration 1

	-						
3/22	F	9:00-11:00 AM	\$22	211980-01			
Spring Migration II							
4/26	F	9:00-11:00 AM	\$22	211980-02			
Birding By Ear							
5/24	F	9:00-11:00 AM	\$22	211980-03			

### **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: Pineridge Natural Area, instructor will contact participants to provide directions

5/31	F	9:00-11:00 AM	\$22	211969-01

### **Native Plant Identification**

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

5/21-5/23 Tu,Th 9:00-11:00 AM \$40 211965-01

AC

GEND

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### **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.

2/5-2/26 M 3:00-6:00 PM \$80	211968-01
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### Watercolor Paint Making

Learn to make your own locally foraged watercolor paints using soil, rocks, and plant material. All materials provided. You may bring a teaspoon or two of any dry material you would like to use as a pigment like charcoal, colorful kitchen spice, crushed herb, etc.

5/5 SU 10.50 AM-12.50 PM \$40 Z11900-1	3/3	Su	10:30 AM-12:30 PM	\$40	211966-0
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### Weaving with Willow

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

4/13-4/14	Sa,Su	10:00 AM-1:00 PM	\$70	211967-01

### **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 formerly "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

### Spring Adult Basketball

Cost: \$550

Registration ends: 3/10 or when leagues fill Season begins: Week of 3/18 Number of games: 8

Friday Open Recreational

213901-01

### FLAG FOOTBALL

**Spring Adult Flag Football** 

8-on-8 non-contact.

Cost: \$375

Registration ends: 3/10 or when leagues fill

Season begins: Week of 3/18

Number of games: 6

Monday Open Recreational

213011-01

### KICKBALL

Spring Adult Kickball

Cost: \$330 Registration ends: 3/10 or when leagues fill Season begins: Week of 3/18 Number of games: 6

Fri Mixed Recreational

213061-01



### SOFTBALL

Levels of Play: (A) 2HR+ – 2 Up Homerun Rule; (B) 1HR – 1 Homerun Only; (Leisure) – Safety "Mush" Softball

Levels of play and updated rules are posted on the "Rules & Park Maps" page of *teamsideline.com/Fort Collins*. League Coordinator may combine divisions or move a team's level of play based on previous record.

### **Spring Adult Softball**

Cost: \$420 Registration ends: 3/10 or when leagues fill Season begins: Week of 3/18 Number of games: 6

Men's		Women's	
Sunday (A) 2HR+	213021-01	*Monday (B) 1HR	213022-01
Sunday (B) 1HR	213021-02	Mixed	
Monday (A) 2HR+	213021-03	Sunday (A) 2HR+	213023-01
Monday (B) 1HR	213021-04	Sunday (B) 1HR	213023-02
Tuesday (A) 2HR+	213021-06	Tuesday (A) 2HR+	213023-03
Tuesday (B) 1HR	213021-07	Tuesday (B) 1HR	213023-04
Wednesday (A) 2HR+	213021-08	Wednesday (A) 2HR+	213023-05
Wednesday (B) 1HR	213021-09	Wednesday (B) 1HR	213023-06
Thursday (A) 2HR+	213021-10	Thursday (A) 2HR+	213023-07
Thursday (B) 1HR	213021-11	Thursday (B) 1HR	213023-08
Leisure			
Monday Men's 40yrs+ Leisure			213021-05
Friday Men's Leisure			213021-12
Friday Mixed Leisure			213023-09

### VOLLEYBALL

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

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

### Spring Adult Volleyball

Mixed and women's leagues are offered for 6-person teams. Registration ends: 3/10 or when leagues fill

Season begins: Week of 3/18

Number ofgames: 8

Location: TBA

Cost: \$320

Women's		Mixed	
Sunday B	213942-01	Monday BB	213943-01
Wednesday A	213942-02	Monday B	213943-02
Wednesday BB	213942-03	Tuesday A	213943-03
		Tuesday BB	213943-04
		Friday B	213943-05

# LEWIS TENNIS



### **Programs for Juniors and Adults**

- NEW Special Middle School program with weekly tournaments
- High School
- Adult Programs
- Performance training and league coaching

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





Private lessons

Tournaments

Round Robins

Clinics for all levels

Complete pro shop

### TENNIS

### **General Information**

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

community of Fort Collins to learn and participate in tennis for the past 25 years.

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

### **Rolland Moore Pro Shop**

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

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



### Registration

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

### **Reservation Tennis & Pickleball Courts**

Reservations can be made online at lewistennis.com.

### **Beginner Adult**

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

Location: Rolland Moore		30 Day A	dvNo Adv	
2/3-2/24	Sa	1:00-2:30 PM	\$96	\$104 123005-02
3/2-3/23	Sa	1:00-2:30 PM	\$96	\$104 123005-03
3/30-4/20	Sa	1:00-2:30 PM	\$96	\$104 223005-03
4/27-5/18	Sa	1:00-2:30 PM	\$96	\$104 223005-04
4/1-4/24	M,W	6:30-8:00 PM	\$192	\$207 223005-01
4/29-5/22	M,W	6:30-8:00 PM	\$192	\$207 223005-02

### **Intermediate Adult**

Learn the "Modern Game" of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

Location: Ro	lland Mo	oore	30 Day A	dvNo Adv
2/3-2/24	Sa	2:30-4:00 PM	\$96	\$104 123006-02
3/2-3/23	Sa	2:30-4:00 PM	\$96	\$104 123006-03
3/30-4/20	Sa	2:30-4:00 PM	\$96	\$104 223006-03
4/27-5/18	Sa	2:30-4:00 PM	\$96	\$104 223006-04
4/2-4/25	Tu,Th	6:30-8:00 PM	\$192	\$207 223006-01
4/30-5/23	Tu,Th	6:30-8:00 PM	\$192	\$207 223006-02

EGEND

NW

Classes in which adults are required to attend

Denotes no web registration for program

### 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.



# SENIOR SOCIAL PASS

Purchase the pass for \$30 and receive:

Unlimited use of the library, billiards room, and lobby at the Fort Collins Senior Center
Free admission to many recreation programs
Notary services

> Visit the front desk for more information.

\*Must be 60 years of age or older. Pass expires one year from date of purchase.



### 60+

All programs are designed for those 60 and older and held at the Fort Collins Senior Center unless otherwise noted.

### **ACTIVE PASSHOLDER PROGRAMS**

All active passholders may attend the programs in this section free of charge! This includes Senior Social Pass, Multi-Facility Admission Passes, SilverSneakers, Renew Active, Reduced Fee Program participants, and those who paid the daily drop-in facility fee.

### CARDS & GAMES

### Bingo

Compete in bingo for prizes. Note: Registration cutoff date is eight days prior to game.

2/19	М	1:30-2:30 PM	112423-03
3/18	М	1:30-2:30 PM	212401-01
4/15	М	1:30-2:30 PM	212401-02
5/20	М	1:30-2:30 PM	212401-03

### **Brain Games**

Participate in instructor led or self-directed games that encourage positive physical, cognitive, and social outcomes.

-	•		•	
Chess Che	eckers	& Crosswords		
2/9	F	10:00-11:00 AM	212416-01	
Words & N	lumbe	er Association		
2/16	F	10:00-11:00 AM	212416-02	
Dice & Ca	rds			
2/23	F	10:00-11:00 AM	212416-03	
Money & I	Memoi	rу		
3/1	F	10:00-11:00 AM	212416-04	
Getting to Know You				
3/8	F	10:00-11:00 AM	212416-05	
Brain Teas	sers			
3/15	F	10:00-11:00 AM	212416-06	
Spot the [	Differe	nce		
3/22	F	10:00-11:00 AM	212416-07	
Connect t	he Dot	ts		
3/29	F	10:00-11:00 AM	212416-08	

### **Cards & Games**

All games include any game a person would like to play -Texas hold'em, euchre, dominoes, bunco, chess, bridge, and more. Note: Games will not be held on 3/4, 3/5, 5/6- 5/10, 5/27.

### All Games

3/11-5/20	М	1:00-3:00 PM	212400-01
3/6-5/29	W	1:00-3:00 PM	212400-04
Pinochle, I	Mahjoi	ng, Party Bridge	
3/12-5/28	Tu	1:00-3:00 PM	212400-02
Bridge			
3/7-5/30	Th	1:00-3:00 PM	212400-05
Pinochle			
3/8-5/31	F	1:00-3:00 PM	212400-06

### RESOURCES

### Library/Media Center

The Library/Media center offers a quiet location for reading, reflection, relaxing, or using one of the computers. The book library includes large print, hardcover, and paperback books as well as books by local writers. Volunteer Library Attendants are available to assist members during portions of the day. Book donations are accepted as space allows.

### **Pool & Billiards Room**

The pool room has four 8-ball tables and one snooker table. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance. Note: Anyone can use the Pool & Billiards Room by paying the facility drop-in rate; current 50+ Social Pass holders use the amenity free of charge.

### SOCIAL PROGRAMS

### **Creative Art & Ink**

Participants gather for drawing, pastels, sketching, and water media. Work from pictures, still-life ideas, or the imagination. Meet weekly to work on projects and share ideas and techniques. No instructor provided. Bring the supplies necessary to work. Note: Class will not be held on 5/10.

12/1-2/23	F	9:30-11:30 AM	103495-01
3/1-5/31	F	9:30-11:30 AM	203495-01

### **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: Class will not be held on 5/11.

3/3-5/26 F 10:00-11:00 AM 212412-01

### **Rainbow Club**

Join the social networking group of LGBTQ+ members in the senior community for monthly meetings, outings, and events. For more information contact Ashley Ruffer at 970-224-6033, aruffer@fcgov.com.

### Sing-Along/Jam Session

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

2/15	Th	3:00-5:00 PM	112444-03
3/21	Th	3:00-5:00 PM	212444-01
4/18	Th	3:00-5:00 PM	212444-02
5/16	Th	3:00-5:00 PM	212444-03

### The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. Note: Class will not be held on 3/6, 5/7.

3/12-5/28 Tu 9:30 AM-11:30 212415-01

### FRIDAY MOVIES

Enjoy a Friday movie at the Fort Collins Senior Center.

To view additional movies related to the Mount Everest & Resiliency Cultural series see page 28.

### Saving Mr. Banks

Author P.L. Travers travels to California to meet with Walt Disney about turning her book, Mary Poppins, into a movie – but it's a power struggle until Walt discovers the story's secret. Starring John Lee Hancock, Emma Thompson, and Tom Hanks. Rated PG-13.

2/16 F 1:00-4:00 PM

### **Ride like a Girl**

Teresa Palmer stars as Michelle Payne, a female jockey who battles against all odds and stereotypes to become the first female to win in the Melbourne Cup. Ride Like a Girl is an inspirational and moving family film also starring Sam Neill. Rated G.

3/15 F 1:00-4:00 PM

### Here Comes the Boom

A high school teacher takes up fighting in mixed martial arts matches to raise money for his school. Starring Frank Coraci, Kevin James, Salma Hayek, and Henry Winkler. Rated PG.

4/19 F 1:00-4:00 PM

### WELLNESS

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

To participate in wellness programs related to the Mount Everest & Resiliency Cultural series see page 28.

### **Am I Hungry? Mindful Eating**

In this two-part series, we continue learning resources for being in charge of your eating habits, instead of being out of control. We add in more tools for emotional eating and balancing overeating and deprivation cycles. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner. Note: This class covers sections 3 & 4, but it is appropriate for anyone to jump in on this rolling series.

2/27 Tu 2:00-3:30 PM 225434-01

### **Alzheimer's Research**

As the largest nonprofit funder of Alzheimer's research, the Alzheimer's Association is committed to accelerating the global progress of new treatments, preventions, and ultimately, a cure. Learn about efforts to reach earlier diagnosis and prevention. Presented by Alzheimer's Association regional research representative, Rosalyn Reese.

3/21	Th	10:00-11:30 AM	225435-01
3/21	Th	10:00-11:30 AM	225435

### **Bossy Bladder**

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

3/20	W	10:00-11:00 AM	225411-01

### **Effective Communication Strategies**

This class teaches care partners to decode verbal and behavioral communication by someone living with dementia. Participants leave with strategies for meaningful connection with people in early, middle, and late-stage dementia.

5/30	Th	11:00 AM-Noon	225408-01
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### **Exercise at Home**

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

4/17 W 10:00-11:00 AM 22541	3-01
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### Healthy Eating for Successful Aging

Join this 6-week nutrition education and support program to learn how to implement healthy eating and activity behaviors that support your heart and bone health.

3/26-4/30	Tu	10:00 AM-Noon	225436-01
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### Healthy Living for Your Brain & Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

4/25 Th 11:00 AM-Noon 225402-01

# Health District

CHILD, ADOLESCENT, AND YOUNG ADULT CONNECTIONS (CAYAC)

We are here to answer your questions about youth behavioral health, find local options that meet your unique needs, and provide brief services to bridge gaps in care.





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

Call us today! 970-221-3308

### Home Safety/Fall Prevention

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

2/21 W 10:00-11:00 AM 225412-0	2/21	W	10:00-11:00 AM	225412-01
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### Laughter: Resilience for Mind & Body

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

2/1	Th	8:15-9:15 AM	225420-01
3/7	Th	8:15-9:15 AM	225420-02
4/4	Th	8:15-9:15 AM	225420-03
5/2	Th	8:15-9:15 AM	225420-04

### Mediterranean Diet on a Budget

Many long-term health benefits have been associated with following a Mediterranean lifestyle, including weight loss, reduced blood pressure and cholesterol, and reduced risk for various chronic diseases. Learn more about the Mediterranean lifestyle, how to incorporate it easily into your life, and how to do it on a budget. Several delicious recipes to take home are included!

4/25	Th	1:00-2:00 PM	225438-01

### **Memory Maintenance**

This fun, two-session class focuses on teaching evidencebased memory-enhancing techniques and practical strategies to boost memory function. This class is geared toward mild age-related memory challenges.

2/14-2/21 W 10:00 AM-Noon 225432-0	-01
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### Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder

Join us for a program designed to give women the tools they need to take control of bladder and bowel leakage. Focusing specifically on female anatomy, learn strategies for preventing or lessening symptoms. With practice, these new skills are proven to help you avoid or reduce leakage so you can keep doing the things that matter the most to you. Class is limited to 12 participants.

### Location: Northside Aztlan Community Center

Note: Class will not be held on 4/30 & 5/14.

4/23-5/21	Tu	1:00-3:00 PM	No Fee	225437-01

### Mindfulness: Honoring our Wisdom & Purpose

Mindfulness provides a way to settle into our minds and bodies and discover purpose and meaning in our lives. Through mindfulness practices, discussion, and learning tools, we'll bring our wisdom fully present and share ways to create positive aging experiences in our fast-moving culture.

### **Nutrition for Older Adults**

Can eating well help you maintain your independence as you age? The answer is yes! Learn strategies you can use to eat healthy as you age and take home some delicious recipes! Discuss key nutrients to consider including in your diet, how to identify nutrient-dense foods, ways to avoid dehydration, how to make healthy food choices, and how eating healthy will help you feel better and maintain your independence.

2/20	Tu	1:00-2:00 PM	225433-0
2/20	IU	1.00-2.00 FIN	

### **Powerful Tools for Caregivers**

If you are caring for someone, taking care of you must become a priority. Topics in this 6-week class include helpful community resources, reducing stress and guilt, making tough decisions and communication. Note: Class will not be held on 5/9.

4/18-5/30 Th 9:30-11:30 AM

225439-01

### The 10 Warning Signs

Learn about 10 common warning signs and what to watch for in yourself and others - typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

### There's No Place Like Home

According to AARP, 77% of adults 50 and older want to remain at home for long term. 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.

5/15	W	10:00-11:00 AM	225414-01

### **Understanding Alzheimer's & Dementia**

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages, and risk factors. Current research and treatments to address some symptoms and Alzheimer's Association resources will also be shared.

	3/28	Th	11:00 AM-Noon	225403-01
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### 60+ PROGRAMS - OPEN TO ALL!

Programs in this sections are available to all people ages 60 years and older. An active pass is not required to participate.

### **Grandparents & Kids-Together**

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

2/9	F	10:00 AM-Noon	\$25	107418-02
3/1	F	10:00 AM-Noon	\$25	207418-01
3/29	F	10:00 AM-Noon	\$25	207418-02
4/26	F	10:00 AM-Noon	\$25	207418-03

### CARDS & GAMES

### 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.

2/13-3/26	Т	Noon-3:00 PM	\$146	112465-01

### Bridge 2, Bidding Part 2

Continue with Notrump opening bids, responses, rebids, Staymen and Jacoby Transfer conventions. Add competitive bidding overcalls and doubles, preempts, strong bids and slams. Prerequisite: Bridge 1 or instructor approval. Note: Class will not be held on 5/7.

4/2-5/21 T Noon-3:00 PM \$126 212466-01

### **CLUBS & ORGANIZATIONS**

### **Front Range Forum**

Front Range Forum is an educational and social membership organization associated with the Fort Collins Senior Center. Included in the membership fee is access to classes offered in literature, history, music, art, science, current events, and popular culture as well activities that include film programs, lunch-time lectures, off-site excursions, monthly social luncheons, and special interest groups. For more information, please visit us at frontrangeforum.org. Note: Front Range Forum membership fees are paid through the Fort Collins Senior Center. Class registrations are taken on the Front Range Forum website frontrangeforum.org.

Winter Membership Fee

1/1-3/31	\$39	107410-01
Spring/Su	ımmer M	e
4/1-8/31	\$39	207410-01

### Front Range Forum Membership Includes

### More to Explore

Learn more about Fort Collins and surrounding areas through carefully chosen group outings. Meeting days and times vary.

### Lunch and Learn

Bring a Brown Bag Lunch and join us for presentations on various topics of interest.

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

### Great Questions

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

Fourth Wednesday of each month 2:00-3:30 PM

### **Hot Shots Photo Group**

Like-minded photo enthusiasts meet to share photos, ideas, and techniques. Fourth Wednesday of each month. 12:00-1:30 PM

### Mystery Book Club

Discuss favorite whodunits with fellow bibliophiles.			
Third Wednesdays of each month	1:00-2:00 PM		

### Front Range Forum goes to the Movies

Watch a Movie and participate in a facilitator led	discussion.
Second Wednesday of the Month	1:30-4:00 PM

### **Community Luncheon**

Meet fellow members in a relaxed atmosphere while enjoying lunch. Note: Bring your own lunch. Second

12:00-1:00 PM

### **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 3/1, 4/15, 5/6, 5/18, 5/27.

3/4-5/20 M 9:30-11:00 AM \$15 212413-0	)1
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### RESOURCES

### **VOA Smiling Spoon Senior Lunch**

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at the Fort Collins Senior Center. In Person Dining & Meal Pick-Up with Volunteers of America available by reservation only. Call 970-472-9630 x 1 by 1:30 PM one business day prior to reserve your meal.

M, T, Th, & F 11:45 AM-12:15 PM	\$3 suggested donation
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### Vita Tax

Schedule free tax support through Vita Tax. Appointments open February 1. For more information call 970-599-1765.

### Volunteers

We strive to provide trained volunteers with quality opportunities that meet their expectations, align with their skills, and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/d/sc/app/general or contact Lori Selby lselby@fcgov.com.

### 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 2/5, 2/19, 3/4, 3/18, 4/1, 4/15, 5/6, or 5/15.

2/12-5/13 M 10:30-11:30 AM \$8	212441-01
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### **SOAP Troupe Acting**

SOAP Troupe (Slightly Older Adult Players) writes and performs two shows per year featuring a variety of acting, comedy, skits, song, and dance. Whether you have experience in the theatre or are brand new, talent can be used for all shows. Monthly meetings occur on the 4th Tuesday of each month from 1-3 p.m.

3/1-5/31	Tu	1:00-3:00 PM	\$30	212410-01

### Social Dancing at the Fort Colins Senior Center 🖤

Grab a loved one or a friend and join us for a night of dancing, live music, and a delicious potluck prepared by our dancers. The dances occur on the first and third Mondays of the month and some dances are themed. For a detailed schedule of dances and performers, please contact the Fort Collins Senior Center at 970-221-6644.

2/1-5/31 М 6:30-9:00 PM \$8.00 Per Event

### EDUCATION

### **TECHNOLOGY EDUCATION**

### **Complete Your Will**

In this three-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 commons questions. Please fill out and bring attached information to first class. Participants with limited income are encouraged to attend. Note: A make-up class is available for an additional fee. Class meets every other week and will not be held on 2/23 or 3/8.

2/16-3/1	5 F	10:00-11:00 AM	\$54	112490-01
Make-U	p Class			
3/29	F	10:00-11:00 AM	\$18	212490-01

### **Explore & Learn: Tech Skills for Older Adults**

These classes are designed for older adults interested in learning about smartphones, computers, tablets, and the internet. In the first half-hour of each class, a presentation and group-led instructions will be given about the topic, then instructors will assist with individual help as participants practice new skills on their own. A paper copy of the presentation and extra notes will be provided for at-home reference. All are welcome regardless of skill level or years of experience. *Participants are encouraged to bring their own devices*.



### **Accessibility Settings & Navigating Your Device**

There are many ways to make your device feel comfortable for your unique needs. Explore how to adjust the font size, add captions to YouTube videos, adjust cursor size and speed, use text-to-speech, and more. Individual assistance provided.

2/9 F 10:30 AM-12:30	) PM \$8	107487-01
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### **Smart Phone Photography**

Learn how to take pictures and videos using your smart phone. You'll also explore how to edit pictures and videos and how to send pictures via email and text.

2/23	F	10:30 AM-12:30 PM	\$8	107487-02

### Listening to Music Using the Spotify App

Spotify is a free music listening app that can be used on smart phones, tablets, and laptops. This class will explore how to make playlists and search for your favorite songs and podcasts. Spotify can be used for free, but there is also a paid version that removes advertisements from playing between songs.

3/8 F 10:30 AM-12:30 PM \$8 207487-03

### Clipping Coupons on the Kroger/King Soopers App

Learn how to apply coupons to your purchase at a Kings Soopers or Kroger affiliated grocery store. Discuss how Kroger utilizes your phone number and Kroger account number to automatically apply coupons to your purchase. Instructors will also assist with creating grocery lists and view the weekly advertisements on the app.

3/22 F 10:30 AM-12:30 PM \$8 207487-04
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### Library eBooks Using the Libby App

The Libby app uses your library card number to give you access to eBooks and Audiobooks from your local library. Libby is associated with all public libraries in the country, not just Poudre Library District. Learn how to put books on hold and how to know when your book is due for return. Instructors will also assist with increasing font size and adjusting brightness when reading. Note: Bring your library card and any electronic devices you enjoy reading on (iPads, tablets, Kindle, etc.).

 4/5
 F
 10:30 AM-12:30 PM
 \$8
 207487-05

### Watching Videos on YouTube

YouTube is a free video streaming service that uses an internet browser. YouTube has videos on anything that you could imagine – how to videos, cooking tutorials, exercise classes, educational videos, and more. Although YouTube has a large variety of content, you cannot watch TV shows or movies produced by large companies (ABC, Disney, Fox, Netflix). Learn how to search for a video and how to add captions.

4/19 F 10:30 AM-12:30 PM \$8 207487-06

### **GENERAL INTEREST EDUCATION**

### **Grandparents & Kids Together**

There is something special about the bond between grandparents and their grandkids! Join us for this series of classes and create precious memories. Enjoy arts & crafts, story time, meet new friends, and interact with an occasional special guest. Note: Price is for one adult and one child. All adult/child duos welcome.

2/9	F	10:00 AM-Noon	\$25	107418-02
3/1	F	10:00 AM-Noon	\$25	207418-01
3/29	F	10:00 AM-Noon	\$25	207418-02
4/26	F	10:00 AM-Noon	\$25	207418-03

## Reverse Mortgages Facts, Myths & How to Shop for a Reverse Mortgage

This class will separate facts from myths regarding reverse mortgages. We will also talk about how to shop for a reverse mortgage to get your best deal.

2/13	Tu	10:00-11:00 AM	\$6	107486-01
3/12	Tu	10:00-11:00 AM	\$6	207486-01
4/16	Tu	10:00-11:00 AM	\$6	207486-02
5/14	Tu	10:00-11:00 AM	\$6	207486-03

### **Virtual Reality Series for Older Adults**

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Designed to help older adults connect to new technology, increase digital literacy, foster stronger community connections, and connect with younger generations with a common knowledge of and experience with virtual reality. Use newly acquired skills to escape everyday life, do some virtual painting, and travel to new places. Presented by Poudre Libraries.

2/2-2/9	F	1:00-3:00 PM	No Fee	107403-01
4/19-4/26	F	1:00-3:00 PM	No Fee	207403-01

Classes in which adults are required to attend

W Denotes no web registration for program

### WELLNESS PROGRAMS

### **Overcoming Peripheral Neuropathy Naturally**

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

3/13	W	10:30-11:30 AM	\$6	225491-01
5/15	W	10:30-11:30 AM	\$6	225491-02

### **Taking Control of Shoulder Pain**

Shoulder problems and injuries are very prevalent in the adult population and increase with age. The complicated nature of the shoulder makes it difficult to arrive at a proper diagnosis and rehabilitation is usually lengthy and rarely 100% Come learn take home activities and exercises to ensure shoulder strength/stability and keys for improved healing.

2/7	W	10:30-11:30 AM	\$6	125493-01
4/10	W	10:30-11:30 AM	\$6	225493-01



oCo Parks Forever is a fund on n partnership with the City c

of Fort C<u>ollins.</u>

### WELLNESS SERVICES

### **Cholesterol, Blood Pressure, & Glucose Testing**

Meet one-on-one with a registered nurse for a 20-minute appointment focused on heart health. Includes a finger stick test with immediate results for the total cholesterol panel, glucose, and blood pressure check with an explanation and discussion of test results. Call the Health District of Northern Larimer County at 970-224-5209 to schedule an appointment. Note: Free for Health District Residents, \$15 for non-residents.

2/21, 3/20, 4/17, 5/15

8:30-10:30 AM

### Life After Stroke Support Group

Designed for stroke survivors and their caregivers to unite with others. Find positive solutions to create meaningful and fulfilling lives after experiencing a stroke. For more information contact Jamie Baker at 970-624-2109.

1/11, 2/08, 3/14, 4/11 12:30-2:00 PM

### **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.

### **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.

### **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.

### Casino Trips 🔳

Enjoy a day in the mountains at Blackhawk.

Location: Depart from Rolland Moore Parking Lot

2/20	Tu	8:30 AM-5:00 PM	\$25	105910-01
4/16	Tu	8:30 AM-6:00 PM	\$25	205910-01

### OUT TO LUNCH

### Cinzzetti's, Northglenn

A one-of-a-kind buffet experience. Dine in the authentic Tuscan Village centered around a cobblestone plaza. Enjoy as many dishes as you wish.

2/8	Th	4:30-9:00 PM	\$30	105930-03

### Mike O'Shay's (St. Patrick's Day Lunch), Longmont

Saint Patrick's Day fare at its finest. Enjoy corned beef and cabbage, bangers and mash, Shepard's pie, and more.

3/12	Tu	10:00 AM-3:00 PM	\$25	205930-01

### Poppy's, Estes Park

Enjoy lunch in beautiful Estes Park along the river. Poppy's pizza and grill has something for everyone. Pizza, sandwiches, salads, and more.

5/30 Th 10:00 AM-4:00 PM	\$30	205930-03
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### SPECIALTY TRIPS

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

### Denver Aquarium 🔺

The Denver Aquarium houses over 500 species of animals in underwater exhibits within over one million gallons of water. Lunch on your own at the aquarium.

2/13	Tu	9:30 AM-4:00 PM	\$50	105932-03
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### Scheel's & Chapungu Sculpture Park 🔺

Located in Johnstown, the astonishing 250,000 squarefoot shopping experience offers a variety of sporting goods and entertainment including an indoor Ferris Wheel. After, walk the grounds of Chapungu Sculpture Park at Centerra in Loveland, Colorado is a one-of-a-kind outdoor exhibit, displaying 82 monumental stone sculptures from Zimbabwean artisans.

5/9	Th	9:30 AM-3:00 PM	\$25	205932-01

To view additional trips related to the Mount Everest & Resiliency Cultural series see page 28.

### **TOUR & FEAST**

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

### Rocky Mountain PBS Tour, Denver

Colorado's first public television station began in 1956. Over a million Coloradoans turn to RMPBS for local, national, and international television programming. Lunch out in Denver to follow, cost on your own.

2/22	Th	9:15 AM-3:30 PM	\$30	105933-01
4/11	Th	9:15 AM-3:30 PM	\$30	205933-03

### Mob Tour, Denver •

Join mob historian Tom Hackett on this exciting new bus tour through North Denver's Little Italy. Explore former social clubs, homes, and haunts of some of Denver's most influential mobsters while uncovering the truth behind many of these legends. Afterwards, have lunch at a former mob-run restaurant, Gaetano's.

3/26	Tu	9:15 AM-3:30 PM	\$55	205933-01
5/14	Tu	9:15 AM-3:30 PM	\$55	205933-02

### Blue Arena (Formerly Budweiser Events Center), Loveland ◆

Blue Arena at The Ranch Events Complex is a 6,800 seat multi-purpose venue, which opened in September 2003, and is home to the Colorado Eagles. We will take a behind the scenes tour of the facility. Lunch out in Loveland to follow, cost on your own.

4/18 Th 9:15 AM-3:30 PM \$30 205933-04

### NOCO Humane, Fort Collins 🔳

Formerly Larimer Humane Society, this organization restructured in 2023 with the dissolution of the Humane Society of Weld County. They have now expanded their reach and impact to all of Northern Colorado. Lunch out in Loveland to follow, cost on your own.

5/22	W	11:00 AM-3:30 PM	\$25	205933-05

### THEATRE & PERFORMANCE

# Crazy for You, Candlelight Dinner Playhouse, Johnstown

The story of a young New York banker who is sent to Deadrock, Nevada, to foreclose on a rundown theatre. Memorable Gershwin tunes from the score include "I got rhythm," "They can't take that away from me," and more. Price includes meal and gratuity. Tickets are non-refundable after 2/10/24.

3/10 Su 11:00 AM-4:00 PM \$90 205925-02

### **Celtic Awakening Brass & Bagpipes, Denver**

Performance of Celtic Colorado Pipe and Drums, Celtic Steps Irish Dance, Highland dancers, soprano Aubrey Jacobs, and Joshua Messick on Hammered Dulcimer at the Newman Performing Arts Center. Price Includes ticket only. Bring a snack to enjoy on the van. Tickets are non-refundable after 2/16/24.

3/16 Sa 1:00-7:00 PM \$80 205925-01	3/16 .	Sa	1:00-7:00 PM	\$80	205925-01
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### Come From Away, UCCC, Greeley

On 9/11, the world stopped. On 9/12, their stories moved us all. This stirring and inspiring musical takes you into the heart of the remarkable true story of the small town in Newfoundland that opened their homes to 7,000 stranded travelers. Price includes ticket only. Bring a snack to enjoy on the van. Tickets are non-refundable after 2/21/24.

3/21 Th 5:30-10:00 PM \$80 205925-0	Th	\$80 20592	5:30-10:00 PM		3/21
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# Beatles vs. Stones, Candlelight Dinner Playhouse, Johnstown

The most infamous rivalry in rock and roll never played out in a public arena until now as Beatles vs. Stones – A Musical Showdown.

5/14	Т	5:00-10:00 PM	\$90	205925-04



# **Seres míticos,** creaturas fantásticas. Mystical Beings, **Fantastical Creatures.**



### PRÓXIMAMENTE · COMING SOON

408 Mason Court | 970.221.6738 | fcmod.org

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### YOUTH & FAMILY PROGRAMS

### AQUATICS

### Ratios

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

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

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

### **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 swimming is required.

### **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.

### **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.

### FAMILY PROGRAMS

Family programs are held at EPIC unless otherwise noted.

### **Discover Scuba Diving**

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

### Age: 10 years & up

0		•		
2/24	Sa	11:00-12:30 PM	\$36	101352-03
3/16	Sa	11:00-12:30 PM	\$36	201352-01
4/20	Sa	11:00-12:30 PM	\$36	201352-02
5/18	Sa	11:00-12:30 PM	\$36	201352-03
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### **Discover Snorkeling**

Learn tips and the proper technique for snorkeling. Registration includes the 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
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		-		
2/24	Sa	11:00-12:30 PM	\$26	101353-03
3/16	Sa	11:00-12:30 PM	\$26	201353-01
4/20	Sa	11:00-12:30 PM	\$26	201353-02
5/18	Sa	11:00-12:30 PM	\$26	201353-03

### Kayak Roll School

Learn important techniques to master the kayak roll, the centerpiece of the sport of whitewater kayaking. In partnership with Rocky Mountain Adventures (R.M.A.), Kayak Roll School will be taught by experienced whitewater kayak instructors. Refund requests must be made two days before the first class. Note: Sessions include a one-hour classroom instruction at R.M.A. starting at 1:30 p.m. on the first day, and two 1.5-hour pool sessions from 3:15 - 4:45 p.m. at EPIC. Fee includes all necessary gear (kayak, paddle, helmet, skirt, and PFD). Prior to class, those under 18 years of age must contact R.M.A. at 970-493-4005.

Age: 10 years & up Location: R.M.A./EPIC

2/18-2/25	Su	1:30-4:45 PM	\$130	101358-01
3/17-3/24	Su	1:30-4:45 PM	\$130	201358-01
4/14-4/21	Su	1:30-4:45 PM	\$130	201358-02

### Kayak: Slap, Paddle & Roll

Pool roll sessions are for individual practice. No formal instruction or gear provided; must bring your own gear. Note: Check-in at the front desk, wristbands provided and must be worn on the wrist during the session. Boats can be brought in from the Northwest door of the pool, please clean your boat thoroughly using the hose just outside the door before bringing it indoors. Those under 18 years of age must have a parent and or guardian present and actively participating in the roll session.

### Age: 10 years & up

/ (g)01	le jears a a	2		
2/18	Su	3:00-5:00 PM	\$15	101355-01
2/25	Su	3:00-5:00 PM	\$15	101355-02
3/3	Su	3:00-5:00 PM	\$15	201355-01
3/10	Su	3:00-5:00 PM	\$15	201355-02
3/17	Su	3:00-5:00 PM	\$15	201355-03
3/24	Su	3:00-5:00 PM	\$15	201355-04
4/7	Su	3:00-5:00 PM	\$15	201355-05
4/14	Su	3:00-5:00 PM	\$15	201355-06
4/21	Su	3:00-5:00 PM	\$15	201355-07
5/5	Su	3:00-5:00 PM	\$15	201355-08
5/12	Su	3:00-5:00 PM	\$15	201355-09
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### **Lifeguard Training**

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

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Age: 15	vears (h	v the las	t dav ot	(lass)	& iin
Age. 13	ycurs (b	y the lus	t uuy oi	ciuss)	uup

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2/15	Th	6:00-9:30 PM	\$326	101340-02
2/18-2/19	Su,M	8:00 AM-5:00 PM		
3/12	Tu	9:00 AM-12:30 PM	\$326	201340-01
3/13-3/14	W,Th	8:00 AM-5:00 PM		
4/18	Th	6:00-9:30 PM	\$326	201340-02
4/19-4/20	F,Sa	8:00 AM-5:00 PM		
5/10	F	6:00-9:30 PM	\$326	201340-03
5/11-5/12	Sa,Su	8:00 AM-5:00 PM		
5/23	Th	6:00-9:30 PM	\$326	201340-04
5/24-5/25	F,Sa	8:00 AM-5:00 PM		

### **Lifeguard Review**

Opportunity to review the Lifeguard Training Course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional seven-hour online course available. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Certification fee included.

Age: 16.5 years & up

3/24	Su	8:00 AM-5:40 PM	\$120.36	201341-01

### Scuba Challenge

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

Age: 10 years & up

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2/7	W	5:30-8:00 PM	\$22	101356-05
2/21	W	5:30-8:00 PM	\$22	101356-06
3/6	W	5:30-8:00 PM	\$22	201356-01
3/20	W	5:30-8:00 PM	\$22	201356-02
4/3	W	5:30-8:00 PM	\$22	201356-03
4/17	W	5:30-8:00 PM	\$22	201356-04
5/1	W	5:30-8:00 PM	\$22	201356-05
5/15	W	5:30-8:00 PM	\$22	201356-06
5/29	W	5:30-8:00 PM	\$22	201356-07

### 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 and we are unable to fit them in the appropriate class, the head instructor will contact a 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. Please email aquatics@fcgov.com for more information.

### **Waitlist and Cancellation Policy**

The deadline for drops/changes for enrolled swimmers is the start of the second class. If the class you wish to register for is filled you may place your name on a paid waiting list so that if a spot becomes available we can move you in as quickly as possible. You will be notified via email if you are moved off the waitlist and enrolled. If there are no changes refunds to waitlisted swimmers will be processed within the week following the date of the second class.

### 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 introduction of arm and leg actions on the front and back will help in the development of future stroke work. Designed for the child who can go underwater without hesitation and is comfortable floating on front and back with support.

### **Youth Levels**

Age: 5-12 years

Level 1

This class will begin to build basic stroke skills on front and back. Designed for the child who is comfortable going underwater, floating on their front and back with support, and jumping into shallow water. No previous experience is necessary.

### Level 2

This class will continue to develop freestyle and backstroke swimming and introduce breaststroke kick, rotary breathing, and treading water. Designed for those who can comfortably glide on their front and back for five seconds with arm action, and flutter kick on front and back using a kickboard.

### Level 3

This class will continue to improve upon previous skills and introduce breaststroke, dolphin kick, and diving. Designed for the child who can swim across the pool 25 yards (any stroke), jump into deep water and move to the side comfortably, and is familiar with rotary breathing and breaststroke kick.

### Level 4

This class will continue to improve upon previous skills and introduce butterfly, turns, and standing dives. Class designed for those who can swim 25 yards freestyle (perfected), 25 yards of backstroke, and is familiar with breaststroke.

### Level 5

This class will perfect all 4 strokes and introduce more competitive swimming aspects such as flip turns and starts. Designed for those who can swim efficiently 50 yards freestyle, tread water continuously for at least 30 seconds, and is comfortable with backstroke and breaststroke.

### **Teen Swim Instruction**

Age: 13-17 years

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



# LEARN TO SWIM CLASS SCHEDULE

## **SENIOR CENTER**



Sunday Morning		Session 1	Session 2
		*2/25-4/7	4/14-5/5
Class	Fee:	\$39.00	\$39.00
	9:30 AM	201410.41A	201410.42A
Doby 9 Mo	10:05 AM	201410.41B	201410.42B
Baby & Me	10:40 AM	201410.41C	201410.42C
	11:15 AM	201410.41D	201410.42D
Preschool 1	9:30 AM	201416.41A	201416.42A
Preschool I	10:40 AM	201416.41B	201416.42B
Preschool 2	10:05 AM	201418.41A	201418.42A
Preschool Z	11:15 AM	201418.41B	201418.42B
Level 1	9:30 AM	201422.41A	201422.42A
Leveri	10:05 AM	201422.41B	201122.42B
l evel 2	9:30 AM	201424.41A	201424.42A
Level Z	10:40 AM	201424.41B	201424.42B
Level 3	10:05 AM	201426.41A	201426.42A
Levers	11:15AM	201426.41B	201426.42B
Adult - Intro	10:40 AM	201438.41A	201438.42A
Adult - Stroke	11:15AM	201439.41A	201439.42B
	*NO CLAS	s on 3/10, 3/	17, AND 3/31



Monday/Wednesday Evening		Session 1	Session 2
		*2/21-3/27	*4/1-5/1
Class	Fee:	\$86.50	\$86.50
	4:45 PM	201310.11A	201310.12A
Paby 8 Ma	5:20 PM	201310.11B	201310.12B
Baby & Me	5:55 PM	201310.11C	201310.12C
	6:30 PM	201310.11D	201310.12D
Dwaashaal 1	4:45 PM	201316.11A	201316.12A
Preschool 1	5:55 PM	201316.11B	201316.12B
Preschool 2	5:20 PM	201318.11A	201318.12A
Plescilool 2	6:30 PM	201318.11B	201318.12B
Level 1	4:45 PM	201322.11A	201322.12A
Level I	5:55 PM	201322.11B	201322.12B
Level 2	5:20 PM	201324.11A	201324.12A
	6:30 PM	201324.11B	201324.12B
Level 3	5:55 PM	201326.11A	301326.12A
Level 4	4:45 PM	201328.11A	201328.12A
Level 5	5:20 PM	201330.11A	201330.12A
Adult - Intro	6:30 PM	201338.11A	N/A
Adult - Stroke	5:20 PM	N/A	201339.12A
	*NO CI	ASS ON 3/11 3	/17 AND //20

## **MULBERRY POOL**

Tuesday/Thursday Evening		Session 1	Session 2
Tuesday/Thursday E	vening	*2/20-3/28	4/2-5/2
Class	Fee:	\$96.00	\$96.00
	4:45PM	201216.21A	201216.22A
Preschool 1	5:55 PM	201216.21B	201216.22B
	6:30 PM	201216.21C	201216.22C
	4:45 PM	201218.21A	201218.22A
Preschool 2	5:20 PM	201218.21B	201218.22B
	5:55 PM	201218.21C	201218.22C
	4:45 PM	201222.21A	201222.22A
Level 1	5:20 PM	201222.21B	201222.22B
	6:30 PM	201222.21C	201222.22C
	5:20 PM	201224.21A	201224.22A
Level 2	5:55 PM	201224.21B	201224.22B
	6:30 PM	201224.21C	201224.22C
L	4:45 PM	201226.21A	201226.22A
Level 3	5:55 PM	201226.21B	201226.22B
Level 4	5:20 PM	201228.21A	201228.22A
Level 5	6:30 PM	201230.21A	201230.22A
	*	NO CLASS ON 3	3/12 AND 3/14
		Session 1	Session 2
Sunday Afternoon		2/25-4/7*	4/14-5/5
Class	Fee:	\$39.00	\$39.00
	3:15 PM	201216.41A	201216.42A
Preschool 1	3:50 PM	201216.41B	201216.42B
	4:25 PM	201216.41C	201216.42C
	3:15 PM	201218.41A	201218.42A
Preschool 2	3:50 PM	201218.41B	201218.42B
	5:00 PM	201218.41C	201218.42C
	3:15 PM	201222.41A	201222.42A
Level 1	3:50 PM	201222.41B	201222.42B

5:00 PM

201222.41C 201222.42C

\*NO CLASS ON 3/10, 3/17, AND 3/31

Saturday Morning		Session 1	Session 2
		2/24-3/30*	4/6-5/4
Class	Fee:	\$39.00	\$48.50
	9:30 AM	201216.31A	201216.32A
Preschool 1	10:05 AM	201216.31B	201216.32B
	10:40 AM	201216.31C	201216.32C
	9:30 AM	201218.31A	201218.32A
Preschool 2	10:05 AM	201218.31B	201216.32B
Preschool 2	10:40 AM	201218.31C	201216.32C
	11:15 AM	201218.31D	201216.32D
Level 1	9:30 AM	201222.31A	201222.32A
Level I	11:15 AM	201222.31B	201222.32B
Level 2	10:05 AM	201224.31A	201224.32A
Leverz	11:15 AM	201224.31B	201224.32B
Level 3	9:30 AM	201226.31A	201224.32A
Levers	10:40 AM	201226.31B	201224.32B
Level 4	10:05 AM	201228.31A	201228.32A
Level 5	11:15 AM	201230.31A	201230.32A
Teen	10:40 AM	201235.31A	201235.32A
		*NO CLASS ON	3/9 AND 3/16
		Session 1	Session 2

Sunday Afternoon Contd.		Session 1	Session 2
	2/25-4/7*	4/14-5/5	
Class	Fee:	\$39.00	\$39.00
	3:50 PM	201224.41A	201224.42A
Level 2	4:25 PM	201224.41B	201224.42B
	5:00 PM	201224.41C	201224.42C
	3:15 PM	201226.41A	201226.42A
Level 3	4:25 PM	201226.41B	201226.42B
	5:00 PM	201226.41C	201226.42C
Level 4	3:50 PM	201228.41A	201228.42A
Level 4	4:25 PM	201228.41B	201228.42B
Level 5	4:25 PM	201230.41A	201230.42A
Adult - Intro	3:15 PM	201238.41A	201238.42A
Adult - Stroke	5:00 PM	201239.41.A	201239.42A

\*NO CLASS ON 3/12 AND 3/14

### YOUTH & FAMILY ARTS & CRAFTS

# You may be eligible to **SAVE** on your next utility bill, with



The Low-income Energy Assistance Program (LEAP) and Income-Qualified Assistance Program (IQAP) provide ongoing financial assistance to help reduce utility costs. Households making 60% or less of the state median income are eligible for LEAP, and LEAP customers automatically qualify for IQAP.

Mark your calendar and join us at one of our upcoming info sessions to see if you qualify and to get help with your application.







### **ARTS & CRAFTS**

### DRAWING

### **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: 10 years & up

		[-		
2/20-3/26	Tu	4:30-6:30 PM	\$86	103407-02
2/22-3/28	Th	4:30-6:30 PM	\$86	103407-04
4/2-5/14	Tu	4:30-6:30 PM	\$86	203407-02
4/4-5/16	Th	4:30-6:30 PM	\$86	203407-04

### 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.

### **Child Handbuilding**

Create unique clay projects and learn various methods of forming and glazing. New projects introduced each session. Classes with an \* are four weeks only.

Age: 6-9 years

5				
2/12-3/4	M*	4:00-5:15 PM	\$63.20	104805-02
3/18-4/15	М	4:00-5:15 PM	\$79	204805-01
4/22-5/20	М	4:00-5:15 PM	\$79	204805-02

### **Homeschool Clay**

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided. For children 5-7 years, some parent assistance may be needed.

### Age: 5-14 years

/ gere rrj	caro			
2/6-3/5	Tu	2:30-3:45 PM	\$79	104812-03
2/7-3/6	W	2:45-4:00 PM	\$79	104812-04
3/19-4/16	Tu	2:30-3:45 PM	\$79	204812-01
3/20-4/17	W	2:45-4:00 PM	\$79	204812-02
4/23-5/21	Tu	2:30-3:45 PM	\$79	204812-03
4/24-5/22	W	2:45-4:00 PM	\$79	204812-04

### Youth Wheel & Handbuilding

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

### Age: 9-13 years

, agene le j	caro			
2/7-3/6	W	4:30-6:00 PM	\$79	104810-02
3/20-4/17	W	4:30-6:00 PM	\$79	204810-01
4/24-5/22	W	4:30-6:00 PM	\$79	204810-02

### **Teen Wheel & Handbuilding**

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

### Age: 13-17 years

-	•			
2/6-3/5	Tu	4:00-5:30 PM	\$79	104815-02
3/19-4/16	Tu	4:00-5:30 PM	\$79	204815-01
4/23-5/21	Tu	4:00-5:30 PM	\$79	204815-02

### FAMILY PROGRAMS

The cost of registration for these programs includes one child and an accompanying adult. The accompanying adult must be the same adult for all weeks in a session. Additional participants require a separate additional registration that can be purchased through the additional person section.

### Family Raku Workshop Paint & Fire 🤒

Fire and smoke are essential to Raku pottery, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike! Glaze one cup, bottle, or bowl, then fire the piece. Note: All supplies provided. Registration cost includes one parent and one child; each additional person is \$48.

Age: 7 years & up

<u> </u>				
1/25	Th	6:00-8:00 PM	\$95	104827-02
2/1	Th	6:00-8:00 PM	\$95	204827-01
3/7	Th	6:00-8:00 PM	\$95	204827-02
4/4	Th	6:00-8:00 PM	\$95	204827-03
5/2	Th	6:00-8:00 PM	\$95	204827-04
Addition	al Perso	n(s)		
1/25	Th	6:00-8:00 PM	\$48	104827-02A
2/1	Th	6:00-8:00 PM	\$48	204827-01A
3/7	Th	6:00-8:00 PM	\$48	204827-02A
4/4	Th	6:00-8:00 PM	\$48	204827-03A
5/2	Th	6:00-8:00 PM	\$48	204827-04A

EGEND

AC

Classes in which adults are required to attend

W Denotes no web registration for program

#### **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.

### Fun Night Out 🕸

Have a fun night out on the town as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be done by the whole family. Note: Registration cost includes two individuals, each additional person is \$25.

### Age: 7 years & up

Sharks				
2/11	Su	4:00-5:30 PM	\$49	204828-01
Pigs				
2/25	Su	4:00-5:30 PM	\$49	204828-02
Bunnies				
3/10	Su	4:00-5:30 PM	\$49	204828-03
Monsters				
3/24	Su	4:00-5:30 PM	\$49	204828-04
Frogs				
4/7	Su	4:00-5:30 PM	\$49	204828-05
Coil Pots				
4/21	Su	4:00-5:30 PM	\$49	204828-06
Fish				
5/5	Su	4:00-5:30 PM	\$49	204828-07
Additiona	l Perso	n(s)		
2/11	Su	4:00-5:30 PM	\$25	204828-01A
2/25	Su	4:00-5:30 PM	\$25	204828-02A
3/10	Su	4:00-5:30 PM	\$25	204828-03A
3/24	Su	4:00-5:30 PM	\$25	204828-04A
4/7	Su	4:00-5:30 PM	\$25	204828-05A
4/21	Su	4:00-5:30 PM	\$25	204828-06A
5/5	Su	4:00-5:30 PM	\$25	204828-07A

### Parent, Teen & Youth Wheel & Handbuilding 🤷

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Note: Registration cost includes one adult and one child. Each additional person is \$71.

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AUC.	10-17	VEDIS

/ ige: io ii	ycar	5		
2/9-3/8	F	5:15-6:15 PM	\$142	104845-02
3/22-4/19	F	5:15-7:15 PM	\$142	204845-01
4/26-5/24	F	5:15-7:15 PM	\$142	204845-02
Additional	Pers	son(s)		
2/9-3/8	F	5:15-6:15 PM	\$71	104845-02A
3/22-4/19	F	5:15-7:15 PM	\$71	204845-01A
4/26-5/24	F	5:15-7:15 PM	\$71	204845-02A

### Parent & Teen Handbuilding & Sculpture

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning handbuilding techniques. Note: Registration costs includes one adult and one child. Additional persons are \$79. Class will not be held on 3/31.

#### Age: 10-17 years

### Location: Fort Collins Senior Center

3/24-4/28	Su	12:00-2:00 PM	\$158	204816-01	
Additional person(s)					
3/24-4/28	Su	12:00-2:00 PM	\$79	204816-01A	

### 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 fee cost includes one adult and one child. Each additional person is \$50. Classes designated with an \* are four weeks only.

#### Age: 3-6 years

//gc. 5 0 j	curs			
2/6-3/5	Tu	9:30-10:30 AM	\$99	104801-04
2/10-3/9	Sa	12:30-1:30 PM	\$99	104801-05
2/12-3/4	M*	2:30-3:30 PM	\$79.20	104801-06
3/18-4/15	М	2:30-3:30 PM	\$99	204801-01
3/21-4/18	Th	2:00-3:00 PM	\$99	204801-02
3/23-4/20	Sa	12:30-1:30 PM	\$99	204801-03
4/22-5/20	М	2:30-3:30 PM	\$99	204801-04
4/25-5/23	Th	2:00-3:00 PM	\$99	204801-05
4/27-5/25	Sa	12:30-1:30 PM	\$99	204801-06
Additional	Perso	on(s)		
2/6-3/5	Tu	9:30-10:30 AM	\$50	104801-04A
2/10-3/9	Sa	12:30-1:30 PM	\$50	104801-05A
1/8-2/5	M*	2:30-3:30 PM	\$30.20	104801-06A
3/18-4/15	М	2:30-3:30 PM	\$50	204801-01A
3/21-4/18	Th	2:00-3:00 PM	\$50	204801-02A
3/23-4/20	Sa	12:30-1:30 PM	\$50	204801-03A
4/22-5/20	М	2:30-3:30 PM	\$50	204801-04A
4/25-5/23	Th	2:00-3:00 PM	\$50	204801-05A
4/27-5/25	Sa	12:30-1:30 PM	\$50	204801-06A

### Thrown Together 😣

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

### Age: 7-17 years

2/10-3/9	Sa	2:30-4:00 PM	\$142	104825-02
3/23-4/20	Sa	2:30-4:00 PM	\$142	204825-01
4/25-5/25	Sa	2:30-4:00 PM	\$142	204825-02

### Thrown Together More 🤷

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

Age: 7-18 years

5 5				
3/21-5/23	Th	4:15-5:45 PM	\$279	204824-01

### DANCE

### **RECREATIONAL DANCE CLASSES**

### Tip, Toes & Tutus 😣

Discover movement through classical dance styles to build gross motor skills and enjoy quality interactions between parent and child. Parents are required to participate. Children must be independently walking. Attire: Clothes that are easy to move in and barefoot. Note: Class will not be held on 3/11.

Age: 1-2 years

### Location: Foothills Activity Center

2/5-2/26	М	9:30-10:00 AM	\$56	221512-01
3/4-4/1	М	9:30-10:00 AM	\$56	221512-02
4/8-4/29	М	9:30-10:00 AM	\$56	221512-03

### Adaptive Dance – NEW!

Explore the magic of dance in our sensory-friendly class. Celebrate your child's unique abilities as they express themselves through movement in a welcoming and inclusive environment. Attire: Clothes that are easy to move in. Note: Class will not be held on 3/12.

Age: 3-5 years

### Location: Foothills Activity Center

2/6-2/27	Tu	11:30 AM-12:15 PM	\$56	221513-01
3/5-4/2	Tu	11:30 AM-12:15 PM	\$56	221513-02
4/9-4/30	Tu	11:30 AM-12:15 PM	\$56	221513-03

### **Creative Movement**

Explore the world of movement through story and song. Each week showcases different stories and themes. Attire: clothing that allows freedom of movement and no shoes. Note: Class will not be held on 3/14.

Age: 3-5 years

### Location: Foothills Activity Center

2/8-2/29	Th	9:30-10:15 AM	\$56	221515-01
3/7-4/4	Th	9:30-10:15 AM	\$56	221515-02
4/11-5/2	Th	9:30-10:15 AM	\$56	221515-03

### 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 3/11.

### Location: Foothills Activity Center

### Age: 3-5 years

2/5-2/26	М	10:15-11:00 AM	\$56	221516-01
3/4-4/1	М	10:15-11:00 AM	\$56	221516-02
4/8-4/29	М	10:15-11:00 AM	\$56	221516-03
Age: 5-8 y	ears			
2/5-2/26	М	4:30-5:30 PM	\$64	221516-04
3/4-4/1	М	4:30-5:30 PM	\$64	221516-05
4/8-4/29	М	4:30-5:30 PM	\$64	221516-06

### 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 3/11, 3/12.

Location: Foothills Activity Center

Age. J J J	cuis			
2/6-2/27	Tu	9:30-10:15 AM	\$56	221517-01
3/5-4/2	Tu	9:30-10:15 AM	\$56	221517-02
4/9-4/30	Tu	9:30-10:15 AM	\$56	221517-03
Age: 5-8 y	ears			
2/5-2/26	М	5:40-6:40 PM	\$64	221517-04
3/4-4/1	М	5:40-6:40 PM	\$64	221517-05
4/8-4/29	М	5:40-6:40 PM	\$64	221517-06

### 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 3/13, 3/14.

### Location: Foothills Activity Center

Age: 3-5 y	ears			
2/7-2/28	W	9:30-10:15 AM	\$56	221518-01
3/6-4/3	W	9:30-10:15 AM	\$56	221518-02
4/10-5/1	W	9:30-10:15 AM	\$56	221518-03
Age: 5-10	years			
2/8-2/29	Th	5:40-6:40 PM	\$64	221518-04
3/7-4/4	Th	5:40-6:40 PM	\$64	221518-05
4/11-5/2	Th	5:40-6:40 PM	\$64	221518-06

### PERFORMANCE PATH DANCE CLASSES

### Ballet/Jazz, Performance

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, May 11. Additional costs will be required for props/costumes; anticipated cost is less than \$30. Attire: Ballet shoes required. Note: Class will not be held on 3/12.

### Location: Foothills Activity Center

Age: 3-5 y	/ears			
2/6-5/7	Tu	10:30-11:15 AM	\$182	221507-01
Age: 5-8 y	/ears			
2/6-5/7	Tu	4:30-5:30 PM	\$208	221507-02

### Hip Hop, Performance

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, May 11. Additional costs will be required for props/costumes; anticipated cost is less than \$30. Attire: Sneakers required. Note: Class will not be held on 3/13.

### Location: Foothills Activity Center

Age: 3-5 years							
2/7-5/8	W	10:30-11:15 AM	\$182	221508-01			
Age: 5-8 years							
2/7-5/8	W	4:30-5:30 PM	\$208	221508-02			
Age: 9 years & up							
2/7-5/8	W	5:40-6:40 PM	\$208	221508-03			

### Ballet/Tap, Performance

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, May 11. Additional costs will be required for props/costumes; anticipated cost is less than \$30. Attire: Ballet & Tap shoes required. Note: Class will not be held on 3/14.

### Location: Foothills Activity Center

Age: 3-5 y	/ears			
2/8-5/9	Th	10:15-11:00 AM	\$182	221506-01
Age: 5-8 y	/ears			
2/8-5/9	Th	4:30-5:30 PM	\$208	221506-02

### EARLY LEARNING

### **CHILD & CAREGIVER PROGRAMS**

### Plav Café 🕰 🌚

Infants and toddlers up to 18 months attend with their caregivers for social and play time. Caregivers enjoy provided tea and coffee while connecting with other adults. Floor mats, soft toys and other playthings are set up for the littles. Registration is not required; a \$4 drop-in fee per adult/child pair is paid upon arrival.

#### Age: 18 months & younger Location: Foothills Activity Center

2/1-5/22 W 1:00-3:00 PM

### 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.

Age: 1-5 years

2/1-5/24

### Location: Northside Aztlan Community Center M-F 10:00 AM-12:00 PM

\$4

\$4

### Small Hands, Big Messy Art 🤒

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

Age: 1.5-3 years

### Location: Northside Aztlan Community Center

2/2-2/16	F	10:00-10:45 AM	\$45	217520-01
3/22-4/5	F	10:00-10:45 AM	\$45	217520-02
5/3-5/17	F	10:00-10:45 AM	\$45	217520-03

### Little Scientists 49

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

### Age: 2-4 years

### Location: Northside Aztlan Community Center

2/23-3/8	F	10:00-10:45 AM	\$45	217521-01
4/12-4/26	F	10:00-10:45 AM	\$45	217521-02

### FUNTIME PRESCHOOL PROGRAM

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

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

Spring 2024 semester fees are based on \$20.50 per scheduled day of classes and are divided into five monthly payments that are due prior to the first of each month. Tuition may be prorated for mid-session enrollments. When enrolling, the first month's tuition is due to reserve your space in the program: Funtime Preschool Ages 3-4 years \$738 (\$147.60/month) Funtime Pre-K Ages 4-5 years \$1,025 (\$205/month)

### **Emergency Contact & Student Health Information**

An invitation to complete an online member profile through ePACT Emergency Network will be emailed after enrollment. 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.

Location: Northside Aztlan Community Center

### **Funtime Preschool**

Children must have turned 3 by 10/1/2023. Note: A minimum of \$147.60 is due at the time of enrollment.

Age: 3-4 years

1/9-5/16 Tu,Th	9:00 AM-Noon	\$738	117501-01
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### **Funtime Pre-K**

Children must have turned 4 by 10/1/2023. Note: A minimum payment of \$205 is due at the time of enrollment.

#### Age: 4-5 years

1/10-5/17	M,W,F 9:00 AM-Noon	\$1,025	117500-01

### PRESCHOOL PREP PROGRAMS

### **Curious Twos**

Attention is directed through structured stories and circle games, while opportunities for sensory experiences, process art, and cooperative play provide a positive first step to independent learning. Note: A caregiver is required to stay and participate as needed. When children are prepared, caregivers may "drop-off" but stay on-site during class times. Note: Class will not be held on 3/11, 3/13.

Age: 2 years

### Location: Northside Aztlan Community Center

Love Bugs

5						
2/5-2/21	M,W	9:30-10:30 AM	\$90	217530-01		
Planes, Trains & Automobiles						
2/26-3/20	M,W	9:30-10:30 AM	\$90	217530-02		
Let's Go on	a Safa	ri				
3/25-4/10	M,W	9:30-10:30 AM	\$90	217530-03		
Digging Up	Digging Up Dinosaurs					
4/15-5/1	M,W	9:30-10:30 AM	\$90	217530-04		
Camping Out						
5/6-5/22	M,W	9:30-10:30 AM	\$90	217530-05		

### **Preschool Discovery**

Explore arts and crafts while learning beginning numbers and letter recognition. Build skill and confidence in self-regulation, emotional awareness, and cooperative play in this transitional class. Note: Class will not be held on 3/12, 3/14.

Age: 3-4 years

### Location: Northside Aztlan Community Center

### Love Bugs

2/6-2/22	Tu,Th	9:30-11:00 AM	\$126	217531-01			
Planes, Trains & Automobiles							
2/27-3/21	Tu,Th	9:30-11:00 AM	\$126	217531-02			
Let's Go or	n a Safa	ri					
3/26-4/11	Tu,Th	9:30-11:00 AM	\$126	217531-03			
Digging Up	Digging Up Dinosaurs						
4/16-5/2	Tu,Th	9:30-11:00 AM	\$126	217531-04			
Camping Out							
5/7-5/23	Tu,Th	9:30-11:00 AM	\$126	217531-05			

### SKILL BASED CLASSES

### **Science Explorers**

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

Age: 4-6 years

### Location: Northside Aztlan Community Center

Biology				
2/6-2/20	Tu	11:30 AM-12:30 PM	\$45	217546-01
Meteorolo	gy			
3/26-4/9	Tu	11:30 AM-12:30 PM	\$45	217546-02
Physics				
5/7-5/21	Tu	11:30 AM-12:30 PM	\$45	217546-03

### **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 3/12.

### Age: 4-6 years

#### Location: Northside Aztlan Community Center

2/27-3/19	Tu	11:30 AM-12:30 PM	\$45	217540-01
4/16-4/30	Tu	11:30 AM-12:30 PM	\$45	217540-02

### **Discover and Play Workshops**

An engaging and interactive class designed to ignite curiosity, foster creativity, and encourage lifelong learning. These workshops offer a dynamic and hands-on learning experience that combines exploration, experimentation, and fun. Note: Class will not be held on 3/13.

Age: 2-3 years

### Location: Foothills Activity Center

Paws & Claws (Animal Discovery)

2/7-2/21	W	11:30 AM-12:30 PM	\$45	217550-01	
Wheels & \	Wings				
2/28-3/20	W	11:30 AM-12:30 PM	\$45	217550-02	
Insect Inve	stigat	ors			
3/27-4/10	W	11:30 AM-12:30 PM	\$45	217550-03	
Little Builders					
4/17-5/1	W	11:30 AM-12:30 PM	\$45	217550-04	
Nature Explorers					
5/8-5/22	W	11:30 AM-12:30 PM	\$45	217550-05	

### FARM

All classes take place at The Farm unless otherwise noted.

### 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. An adoptive parent receives an adoption certificate and their name listed at The Farm. Adoptive parents are also 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 strength by lifting a bale of hay with and without the aid of a pulley system. Visit The Ross Proving-Up House and learn about homesteading in early Fort Collins.

### Volunteer

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

### Pony Rides

Take your child for a pony ride at The Farm. Parents/ guardians will lead their cowpoke for up to 10 minutes in the arena. Close-toed shoes recommended. Admission to The Farm and a \$7 pony token are required. Maximum weight to ride the ponies is 150 lbs.

4/6-10/19	Sa	11:00 AM – 3:00 PM	
4/7-10/20	Su	Noon-3:00 PM (Weather permitting)	

### Li'l Dumplin' Farmers 😣

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and feeding the pigs. After the chores are finished, enjoy a picnic with the animals. Note: Everyone will bring their own sack lunch. The Farm staff provides homemade dessert.

### Age: 2 years

3/25-4/8	М	11:00 AM-Noon	\$40	208609-01
3/26-4/9	Tu	11:00 AM-Noon	\$40	208609-02
4/15-4/29	М	11:00 AM-Noon	\$40	208609-03

### Li'l Dumplin's & Beyond 😣

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

### Age: 2 years

5 5				
3/25-4/8	М	9:30-10:30 AM	\$55	208624-01
3/26-4/9	Tu	9:30-10:30 AM	\$55	208624-02
4/15-4/29	М	9:30-10:30 AM	\$55	208624-03

### **Little Peepers**

Explore the barnyard in each class by gathering eggs, feeding the pigs, and reading stories in the hayloft.

### Age: 3 years

5 5				
4/16-4/30	Tu	9:00-10:00 AM	\$35	208610-01
4/16-4/30	Tu	10:15-11:15 AM	\$35	208610-02
4/26-5/10	F	9:00-10:00 AM	\$35	208610-03
4/26-5/10	F	10:15-11:15 AM	\$35	208610-04

### **Pee Wee Farmers**

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

### Age: 4-5 years

5				
3/26-4/16	Tu	1:30-3:00 PM	\$56	208606-01
3/27-4/17	W	1:30-3:00 PM	\$56	208606-02
3/28-4/18	Th	9:30-11:00 AM	\$56	208606-03
3/28-4/18	Th	1:30-3:00 PM	\$56	208606-05
3/29-4/19	F	9:30-11:00 AM	\$56	208606-06

### Pony Riding Lessons 😣

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

### Age: 3-5 years

4/13-5/4	Sa	9:30-10:30 AM	\$74	208614-01
4/14-5/5	Su	10:30-11:30 AM	\$74	208614-02

### **After School Farmers**

Experience life on a farm by participating in farm activities such as gathering eggs, taking a hayride, feeding the animals, and some surprises too.

### Age: 6-10 years

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4/3-4/24	W	4:00-5:30 PM	\$56	208601-01

# Looking for The Farm Summer Day Camps? Check out page 86.



### **GROUP LESSONS**

### GOLF CAMPS

### JUNIOR LEAGUES

### DISCOUNTED ANNUAL PASS

### **5th GRADERS GOLF FOR FREE**

### YOUTH ON COURSE











### ICE SKATING General Information

- All ice programs are held at EPIC unless otherwise noted.
- Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.
- Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with their shoes on. EPIC's rental skates are available free of charge.
- The student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for classes is 5 students; class levels may be combined to meet this minimum.
- Skating lessons are 30-minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.
- Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.
- The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.
- There are no make-up lessons for missed skating classes.
- If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

### **Proper Attire Includes:**

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

### Learn to Skate USA

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

### **Public Skate**

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

### Freestyle

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

### **Conditioning for Skaters**

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

### **Private Skating Instruction**

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography. Fees vary. Ice time and skate rental not included. For more information, call 970-221-6683 or fill out a private lesson request at the front desk.

### **Skate Sharpening Services**

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

### **TEAM & CLUB CONTACTS**

### Adult Hockey

Fort Collins Hockey League, fchl.org

### **College Hockey**

Colorado State University, csuhockey.com

### **High School Hockey**

High Plains Hockey, highplainshockey.com

### Women's Hockey

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

### Youth Hockey

Northern Colorado Youth Hockey, ncyh.org

### **Figure Skating Club**

Fort Collins Figure Skating Club, fortcollinsfsc.org

### HOCKEY

### **Beginner Cub Hockey**

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Full hockey gear required. Rental skates included; sticks available for purchase at equipment check-out for \$15. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Equipment handout is 3/21 from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following the last game of the session.

### Age: 5-8 years

3/26-5/16 Tu,Th 4:15-5:00 PM	\$253	210372-01
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### **Drop-In Hockey**

Pick-up hockey game. Full equipment required. Registration begins at 7 a.m. the day of each session. To view the 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: \$8

### **Power Skating Drop-In**

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

Age: 9 years & up

Cost: \$19

### Stick & Puck Drop-In

Open session to develop hockey skills. Registration begins at 7 a.m. the day of each session. To view the 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: \$8

### SKATING LESSONS

### Snowplow Sam 1&2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 3/16.

### Age: 4-5 years

2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110302-05
2/13-3/7	Tu,Th	9:00-9:30 AM	\$97	110302-06
2/24-3/30	Sa	10:30-11:00 AM	\$61	110302-07
2/24-3/30	Sa	9:45-10:15 AM	\$61	110302-08
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210302-01
3/19-4/11	Tu,Th	9:00-9:30 AM	\$97	210302-02

### Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 3/16.

### Age: 4-5 years

• •				
2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110304-04
2/13-3/7	Tu,Th	9:30-10:00 AM	\$97	110304-05
2/24-3/30	Sa	10:30-11:00 AM	\$61	110304-06
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210304-01
3/19-4/11	Tu,Th	9:30-10:00 AM	\$97	210304-02

### **Basic 1 Skate**

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide. Note: Class will not be held on 3/16.

Age: 5-15 years

2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110306-06
2/13-3/7	Tu,Th	10:00-10:30 AM	\$97	110306-07
2/24-3/30	Sa	10:30-11:00 AM	\$61	110306-08
2/13-3/7	Tu,Th	5:30-6:00 PM	\$97	110306-09
2/24-3/30	Sa	11:15-11:45	\$61	110306-10
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210306-01
3/19-4/11	Tu,Th	10:00-10:30 AM	\$97	210306-02
3/19-4/11	Tu,Th	5:30-6:00 PM	\$97	210306-03

### Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated. Note: Class will not be held on 3/16.

#### Age: 5-15 years

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2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110310-06
2/13-3/7	Tu,Th	10:30-11:00 AM	\$97	110310-07
2/24-3/30	Sa	10:30-11:00 AM	\$61	110310-08
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210310-01
3/19-4/11	Tu,Th	10:30-11:00 AM	\$97	210310-02

### **Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 3/16.

### Age: 5-15 years

2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110314-04
2/24-3/30	Sa	11:15-11:45 AM	\$61	110314-06
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210314-01

## Learn more about child care & UPK Colorado in Larimer County!

- Apply for Universal Preschool
- · Work in early childhood
- · Find and pay for child care



### Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3. Note: Class will not be held on 3/16.

2/13-3/7	Tu,Th	4:45-5:15 PM	\$97	110316-04	
2/24-3/30	Sa	10:30-11:00 AM	\$61	110316-06	
3/19-4/11	Tu,Th	4:45-5:15 PM	\$97	210316-01	

### **Basic 5 Skate**

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 3/16.

### Age: 5-15 years

2/13-3/7	Tu,Th	5:30-6:00 PM	\$97	110318-03
2/24-3/30	Sa	11:15-11:45 AM	\$61	110318-04
3/19-4/11	Tu,Th	5:30-6:00 PM	\$97	210318-01

### **Basic 6 Skate**

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 3/16.

### Age: 5-15 years

2/13-3/7	Tu,Th	5:30-6:00 PM	\$97	110322-03
2/24-3/30	Sa	11:15-11:45 AM	\$61	110322-04
3/19-4/11	Tu,Th	5:30-6:00 PM	\$97	210322-01

### **Pre-Free Skate**

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 3/16.

#### Age: 5-15 years

5				
2/13-3/7	Tu,Th	5:15-6:00 PM	\$157	110324-03
2/24-3/30	Sa	9:30-10:15 AM	\$99	110324-04
3/19-4/11	Tu,Th	5:15-6:00 PM	\$157	210324-01

### **Field Moves**

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

### Age: 5-15 years

2/13-3/5	Tu	6:15-6:45 PM	\$53	110330-02
3/19-4/9	Tu	6:15-6:45 PM	\$53	210330-01
#### Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Note: Class will not be held on 3/16. Age: 5-15 years

## Zylis Sylveris 2/13-3/7 Tu,Th 5:15-6:00 PM \$157 110332-03 2/24-3/30 Sa 9:30-10:15 AM \$99 110332-04 3/19-4/11 Tu,Th 5:15-6:00 PM \$157 210332-01

#### Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz threeturns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Note: Class will not be held on 3/16.

#### Age: 5-15 years

<u> </u>				
2/13-3/7	Tu,Th	5:15-6:00 PM	\$157	110334-03
2/24-3/30	Sa	9:30-10:15 AM	\$99	110334-04
3/19-4/11	Tu,Th	5:15-6:00 PM	\$157	210334-01

#### Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. Note: Class will not be held on 3/16.

#### Age: 5-15 years

2/13-3/7	Tu,Th	5:15-6:00 PM	\$157	110336-03
2/24-3/30	Sa	9:30-10:15 AM	\$99	110336-04
3/19-4/11	Tu,Th	5:15-6:00 PM	\$157	210336-01

#### Introduction to Showcase Team

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

۸ao.	5_15	voarc
Age.	2-12	years

3/11-3/14	M-Th	4:45-5:45 PM	\$105	210338-01
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#### Core/Strength/Balance

Off-ice classes incorporate a variety of activities and exercises to help build strength, stamina, conditioning, balance, coordination, and flexibility specifically tailored to figure skaters. This is an excellent supplement to on-ice training and will greatly improve on-ice skill development and decrease the risk of injuries. Each session will include a 10-minute warm-up and cool down. Skaters of all ages and abilities are welcome to participate. Attire: wear appropriate athletic shoes, clothing, and bring a water bottle.

#### Age: 8 years & up

J				
2/13-3/5	Tu	6:05-6:35 PM	\$25	110380-01
3/19-4/9	Tu	6:05-6:35 PM	\$25	210380-01

#### Strength/Cardio/Core/Balance

Off-ice classes incorporate a variety of activities and exercises to help build strength, stamina, conditioning, balance, coordination, and flexibility specifically tailored to figure skaters. This is an excellent supplement to on-ice training and will greatly improve on-ice skill development and decrease the risk of injuries. Each session will include a 10-minute warm-up and cool down. Skaters of all ages and abilities are welcome to participate. Attire: wear appropriate athletic shoes, clothing, and bring a water bottle. Note: Class will not be held on 4/3.

#### Age: 8 years & up

5 5		•		
2/14-2/28	W	5:30-6:15 PM	\$28	110381-01
3/20-4/10	W	5:30-6:15 PM	\$28	210381-01

#### **Balance Training Essentials for Figure Skaters**

Whether you are a world class top athlete or someone recovering from an injury, balance training is beneficial and necessary. This workshop will teach you how to improve the communication between your brain and muscles. Learn exercises to help hip stabilization, improve glute strength, and improve core stabilization. Participants can expect to see improvements to coordination, athletic skill, and posture.

Age: 8 ye	ears & up	)		
2/10	Sa	12:00-1:00 PM	\$25	110382-01

#### **Body Roll Your Tissue Issues for Figure Skaters**

Learn to stretch tight tissue that can linger in the body and loosen the hips, glutes, quads, hamstrings, t-band, upper and lower back, neck, and chest using foam rollers and balls. Develop skills to allow your body to recover from skating. Attire: wear clothing that will allow you to move easily. Note: Foam rollers, balls, and instructional handouts provided.

#### Age: 10 years & up

4/13	Sa	10:30-12:00 PM	\$35	210382-01

#### **Spring Ice Show Registration**

Skaters who have participated in Learn to Skate classes are invited to participate in the 2024 Spring Ice Show, presented by the Fort Collins Figure Skating Club.

All participants must be members of the Fort Collins Figure Skating Club. Learn to Skate participants must join the Compete USA US Figure Skating Membership through the Fort Collins Figure Skating Club for \$28 at

*fortcollinsfsc.org/memberships* and enroll in the Spring Ice Show for \$80 at fortcollinsfsc.org/ice-show. Enrollment can only be made online at the links mentioned above.

Participants must enroll and pay designated fees by February 1, 2024.

Participants are required to attend an on-ice casting call on February 1, 2024 from 5- 6 p.m., followed by costume measuring.

Costume fees range from \$60-\$85. A \$60 costume deposit will be taken by the Fort Collins Figure Skating Club at the time of measuring.

Rehearsals will take place April 17-May 12. Shows will be held on May 13 at 1 p.m. and 6 p.m.

Event tickets will go on sale April 3, 2024 at *fortcollinsfsc.org/ice-show*.

For more information please contact fcfigureskating@gmail.com.

#### **OUTDOOR RECREATION**

#### CLIMBING PROGRAMS

#### 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. Instructors introduce 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 the program.

#### Ages: 6 years & up

-	-			
2/11	Su	11:00 AM-4:00 PM	\$154	111953-03
3/10	Su	11:00 AM-4:00 PM	\$154	211953-01
4/14	Su	11:00 AM-4:00 PM	\$154	211953-02
5/5	Su	11:00 AM-4:00 PM	\$154	211953-03

#### **SCHOOL AGE ENRICHMENTS**

#### AFTER-SCHOOL

#### **Curious Kids in the Kitchen**

Get creative in the kitchen while learning basic knife skills, food safety, and foundational culinary techniques! Young chefs will make new friends, build self-confidence and independence while learning the importance of self-care and healthy habits through nutrition. Note: Class will not be held on 2/19, 3/11.

#### Age: 5-7years

#### Location: Northside Aztlan Community Center

Super Sou	ps					
2/5-2/26	М	4:30-6:00 PM	\$54	215566-01		
Boundless Breads						
3/4-4/1	М	4:30-6:00 PM	\$72	215566-02		
Confident	Confident Cakes					
4/8-4/29	М	4:30-6:00 PM	\$72	215566-03		
Brilliant Br	reakfa	sts				
5/6-5/20	М	4:30-6:00 PM	\$54	215566-04		

#### **Music Maestros**

Students learn about music through play! Note: Class will not be held on 2/19, 3/11, 5/13.

Age: 7-10 years

#### Location: Northside Aztlan Community Center

Classics					
2/5-2/26	М	4:30-6:00 PM	\$54	215760-01	
Pop & Icons					
3/4-4/1	М	4:30-6:00 PM	\$72	215760-02	
Soundtrac	ks & F	lollywood			
4/8-4/29	М	4:30-6:00 PM	\$72	215760-03	
Songwriting/Composition					
5/6-5/20	М	4:30-6:00 PM	\$54	215760-04	

#### **Artist Studio**

This hands-on class will fuel your imagination by learning new skills and expressing your creativity through creating and making fun crafts, inventions, and more. Note: Class will not be held on 3/12.

Age: 5-9 years

\_ . . . \_

Palette Pa	irty			
2/7-2/28	W	4:30-6:00 PM	\$72	215761-01
Pottery				
3/6-4/3	W	4:30-6:00 PM	\$72	215761-02
Photograp	ohy			
4/10-5/1	W	4:30-6:00 PM	\$72	215761-03
Doodle De	elight			
5/8-5/22	W	4:30-6:00 PM	\$54	215761-04

#### **Creative Chefs**

Get creative in the kitchen while learning basic knife skills, food safety, and foundational culinary techniques! Young chefs will make new friends, build self-confidence and independence while learning the importance of self-care and healthy habits through nutrition! Note: Class will not be held on 3/12.

#### Age: 8-11 years

#### Location: Northside Aztlan Community Center

#### Super Soups

•	•					
2/6-2/27	Tu	4:30-6:00 PM	\$72	215564-01		
Boundless	Boundless Breads					
3/5-4/2	Tu	4:30-6:00 PM	\$72	215564-02		
Confident Cakes						
4/9-4/30	Tu	4:30-6:00 PM	\$72	215564-03		
Brilliant Breakfast						
5/7-5/21	Tu	4:30-6:00 PM	\$54	215564-04		

#### **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 3/14.

#### Age: 7-10 years

#### Location: Northside Aztlan Community Center

Animal Sc	ience					
2/8-2/29	Th	4:30-6:00 PM	\$72	215565-01		
Our 5 Sens						
3/7-4/4	Th	4:30-6:00 PM	\$72	215565-02		
Plants & Photosynthesis						
4/11-5/2	Th	4:30-6:00 PM	\$72	215565-03		
Kitchen Chemistry						
5/9-5/23	Th	4:30-6:00 PM	\$54	215565-04		

#### **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

		·····, ·····,		
Bash'em	n Bots			
1/15	М	4:00-5:30 PM	\$31	216711-01
STEM FL	JNdame	ntals		
2/19	М	4:00-5:30 PM	\$31	216711-02
Pokémo	n Maste	r Engineering		
4/19	F	4:00-5:30 PM	\$31	216711-03
MARVEL	ous Eng	jineering		
5/24	F	4:00-5:30 PM	\$31	216711-04

#### **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: Fort Collins Senior Center

Location. For Commission Center					
2/23	F	5:00-8:00 PM	\$25	215590-01	
3/22	F	5:00-8:00 PM	\$25	215590-03	
4/26	F	5:00-8:00 PM	\$25	215590-05	
5/17	F	5:00-8:00 PM	\$25	215590-07	
Sibling(s)					
2/23	F	5:00-8:00 PM	\$15	215590-02	
3/22	F	5:00-8:00 PM	\$15	215590-04	
4/26	F	5:00-8:00 PM	\$15	215590-06	
4/26	F	5:00-8:00 PM	\$15	215590-08	

#### HOME-SCHOOL

#### Get Up & Go!

Promote physical fitness, teamwork, and overall well-being through a variety of sports, activities, and exercises. Note: Class will not be held on 2/19, 3/11.

#### Age: 5-9 years

#### Location: Foothills Activity Center

Dance Fev	er					
2/5-2/26	М	2:30-4:00 PM	\$54	215552-01		
Ultimate Games						
3/4-4/1	М	2:30-4:00 PM	\$72	215552-02		
Location: Northside Aztlan Community Center						
Yard Game	es					
4/8-4/29	М	2:30-4:00 PM	\$72	215552-03		
Field Day						
5/6-5/20	М	2:30-4:00 PM	\$54	215552-04		

#### Parent & Child Cooking Class 🤷

Designed for families to explore new foods, learn about interesting ingredients and where they come from, and work together to make a delicious meal to share at the end of class. Registration is per child. Children under the age of two are free to attend. Note: Class will not be held on 3/12.

Age: 5-9 years

Super Sou	р				
2/6-2/27	Tu	1:30-3:30 PM	\$72	215553-01	
Boundless Breads					
3/5-4/2	Tu	1:30-3:30 PM	\$72	215553-02	
Confident Cakes					
4/9-4/30	Tu	1:30-3:30 PM	\$72	215553-03	
Brilliant Breakfast					
5/7-5/21	Tu	1:30-3:30 PM	\$54	215553-04	

#### **Funky Fusion**

This will be a learning space where students engage in musical exploration and playing instruments to develop their musical talents and appreciation. Note: Class will not be held on 3/13.

#### Age: 5-9 years

#### Location: Foothills Activity Center

#### Classics

2/7-2/28	W	2:30-4:00 PM	\$72	215554-01		
Pop & Ico	ns					
3/6-4/3	W	2:30-4:00 PM	\$72	215554-02		
Soundtracks/ Hollywood						
4/10-5/1	W	2:30-4:00 PM	\$72	215554-03		
Location: Northside Aztlan Community Center						

Songwritir	ng/ Co	mposition		
5/8-5/22	W	2:30-4:00 PM	\$54	215554-04

#### **Science & Sensory Explorations**

Explore with hands-on scientific exploration and sensory experiences. Note: Class will not be held on 3/14.

Age: 5-9 years

#### Location: Northside Aztlan Community Center

Weather & Meteorology

2/8-2/29	Th	2:30-4:00 PM	\$72	215555-01	
Slimeolog	у				
3/7-4/4	Th	2:30-4:00 PM	\$72	215555-02	
Plant Growth					
4/11-5/2	Th	2:30-4:00 PM	\$72	215555-03	
Deep Blue Wonders					
5/9-5/23	Th	2:30-4:00 PM	\$54	215555-04	

#### **Creative Chaos**

Dive into your imagination by learning new skills and expressing your creativity through creating and making fun crafts, inventions, and more. Note: Class will not be held on 3/15.

#### Age: 5-9 years

#### Location: Foothills Activity Center

#### Brush and Beyond

	-					
2/9-3/1	F	2:30-4:00 PM	\$72	215556-01		
Popping P	otter	y				
3/8-4/5	F	2:30-4:00 PM	\$72	215556-02		
Capturing Moments						
4/12-5/3	F	2:30-4:00 PM	\$72	215556-03		
Cartoon Creations						
5/10-5/24	F	2:30-4:00 PM	\$54	215556-04		

#### **SCHOOL'S OUT DAYS**

#### CAMP FUNQUEST - SCHOOL OUT DAYS

Camp FunQuest is Recreation's licensed day camp program for children in grades K-5. Engaging activities are designed with children's age, developmental stage, and interests in mind and include games, crafts, S.T.E.M. explorations, and outdoor physical activity. Families must provide a peanutfree 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. An emailed invitation to complete online health profiles through ePACT Emergency Network will be sent after registration and requires current immunization or exemption forms and any required medication administration forms.

#### **School's Out Days**

Age: 5-11 years

Location: Northside Aztlan Community Center

Pajama	Party			
2/19	М	7:30 AM-5:30 PM	\$64	215533-01
Green Th	humb			
4/19	F	7:30 AM-5:30 PM	\$64	215533-02

#### **Spring Break Camp**

Age: 5-11 years

Location: Northside Aztlan Community Center

3/11-3/15 M-F 7:30 AM-5:30 PM \$260 215530-01

#### Counselor in Training (CIT) Program - Spring Break Camp

Learn how to be a positive role model and prepare for summer employment as a camp counselor with City of Fort Collins Camp FunQuest. Skill-based trainings teach participants to handle responsibility and develop confidence in caring for and mentoring younger children.Mandatory trainings will be held on 3/7 & 3/8 in addition to the required on-site volunteer hours during Camp FunQuest Spring Break Camp. After program completion, participants ages 15 and older may apply and be considered for employment in the Recreation Department's Camp FunQuest Summer Program (interview required).

Age: 14-17 years

3/7-3/8	Th, F	5:00-8:00 PM		
3/11-3/15	M-F	11:00 AM-3:00 PM	\$160	215580-01

#### **LEGO Engineering Spring Break Camp**

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.

Location: Foothills Activity Center

Age: 5-7 y Spring into				
3/11-3/14 Age: 8-12		9:00 AM-Noon	\$160	216712-01
Spring into STEM Masters				
3/11-3/14	M-Th	1:00-4:00 PM	\$160	216712-02

#### **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.

#### Age: 11-16 years Location: Foothills Activity Center

2/19	М	9:00 AM-3:00 PM	\$85	216700-01
3/15	F	9:00 AM-3:00 PM	\$85	216700-02
4/20	Sa	9:00 AM-3:00 PM	\$85	216700-03
5/11	Sa	9:00 AM-3:00 PM	\$85	216700-04



The Arc of Larimer County's mission is to promote and protect the civil rights of people with an intellectual and/or developmental disabilities (IDD) through individual and systemic advocacy and education, which fosters an inclusive community that embraces people throughout their lifetime to be included in every aspect of community life. We provide free advocacy services, offer a variety of workshops and are continually connecting with other agencies in the community to spread awareness.

#### WWW.ARCLC.ORG

The Arc

#### **SPORTS**

#### **Youth Sports Philosophy**

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

#### **Youth Sports General Information**

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

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues as well as intermediate leagues.

Teams practice 1-2 times per week based on availability. Two weeks of practice will be held prior to the first game.

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

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. In the event of gym cancelations, teams may practice at locations that differ from registration site.

#### **Online Sports Schedules & League Rules**

All youth sports schedules and league rules are located online through Team Sideline. See page 77 for more information.

#### **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.



970.407.1020 www.gobiggrins.com 3221 EASTBROOK DRIVE, SUITE A-101, FORT COLLINS, CO 80525



registration begins with

**FALL RECREATOR** 

## **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
AUGUST - OCTOBER	CARA Cross Country	6-14 yrs	Basketball
	Flag Football	K-8	Kickball
registration begins with	High School Flag Football	9-12	Softball
SUMMER AND FALL	Volleyball	2-8	Volleyball
RECREATOR			
LATE FALL	YOUTH SPORTS	GRADES	ADULT SPORTS
<b>LATE FALL</b> OCTOBER - DECEMBER	YOUTH SPORTS Boys Basketball Girls Intermediate Basketball	GRADES K-8 4-8	ADULT SPORTS Basketball (cont.) Volleyball Tournament

**Wrestling Academy** 

K-5

#### FOOTBALL

#### **Junior Rams Spring Flag Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis 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: \$120

Practices Begin: Week of 3/18 Number of Games: 6

Grade: Kindergarte	n-1	(
Blevins Park	214010-01	
City Park	214010-04	(
Edora Park	214010-07	Ē
Fossil Creek Park	214010-10	F
Greenbriar Park	214010-13	(
Rolland Moore Park	214010-16	F
Spring Canyon Park	214010-19	S
Troutman Park	214010-22	Ī
Timnath Park	214010-25	Ī
Twin Silo Park	214010-28	Ī
Grade: 2-3		(
Blevins Park	214011-01	Ē
City Park	214011-04	Ē
Edora Park	214011-07	(
Fossil Creek Park	214011-10	
	014011 17	

Grade: 4-5	
Blevins Park	214012-01
City Park	214012-04
Edora Park	214012-07
Fossil Creek Park	214012-10
Greenbriar Park	214012-13
Rolland Moore Park	214012-16
Spring Canyon Park	214012-19
Troutman Park	214012-22
Timnath Park	214012-25
Twin Silo Park	214012-28

Blevins Park	214011-01
City Park	214011-04
Edora Park	214011-07
Fossil Creek Park	214011-10
Greenbriar Park	214011-13
Rolland Moore Park	214011-16
Spring Canyon Park	214011-19
Troutman Park	214011-22
Timnath Park	214011-25
Twin Silo Park	214011-28

win Silo Park	214012-28
Grade: 6-8	
Blevins	214013-01
Boltz	214013-04
CLP	214013-07
Kinard	214013-10
esher	214013-13
incoln	214013-16
Preston	214013-19
Vebber	214013-22
imnath	214013-25

#### VOLLEYBALL

#### Vollevball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some weeknights. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights.

214944-03

214944-05 214944-07

214944-08

Cost: \$120 Practices Begin: Week of 3/18 Number of Games: 6 Crada / E

Grade 4-5	
	214942-01
Grade 6-8	
Blevins	214944-01

Boltz CLP

Kinard

Grade 6-8 contd.	
Lesher	214944-09
Lincoln	214944-11
Preston	214944-13
Timnath	214944-14
Webber	214944-15
Wellington	214944-17

#### Shotokan Karate, Beginner

Introduction to karate and a Japanese martial art form. May be divided into groups depending on ability. Adults welcome to participate with their children. Learn basic karate techniques and form before continuation to the intermediate level. Note: Activities will not be held on 3/11. 3/13.

#### Age: 7 years & up Location: Foothills Activity Center

2/5-2/28	M,W	5:00-6:00 PM	\$56	221122-01
3/4-4/3	M,W	5:00-6:00 PM	\$56	222122-02
4/8-5/2	M,W	5:00-6:00 PM	\$56	222122-03
5/6-5/29	M,W	5:00-6:00 PM	\$56	222122-04

#### Shotokan Karate Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. Note: Activities will not be held on 3/11, 3/13.

#### Age: 7 years & up Location: Foothills Activity Center

2/5-2/28	M,W	6:00-7:00 PM	\$56	222123-01
3/4-4/3	M,W	6:00-7:00 PM	\$56	222123-02
4/8-5/2	M,W	6:00-7:00 PM	\$56	222123-03
5/6-5/29	M,W	6:00-7:00 PM	\$56	222123-04

#### Shotokan Karate Advanced

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques. Note: Activities will not be held on 3/11, 3/13.

#### Age: 7 years & up

#### Location: Foothills Activity Center

2/5-2/28	M,W	7:00-8:00 PM	\$56	222124-01
3/4-4/3	M,W	7:00-8:00 PM	\$56	222124-02
4/8-5/2	M,W	7:00-8:00 PM	\$56	222124-03
5/6-5/29	M,W	7:00-8:00 PM	\$56	222124-04

Liberty Common

#### CHEERLEADING

#### **TCDC Cheer Team**

Ready, OK! Kids will flip over these high-energy Recreational Cheer Teams. 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. Note: Activities will not be held on 3/11.

#### **Location: Foothills Activity Center**

#### Age: 4-8 years

5				
2/19-4/1	М	5:15-6:10 PM	\$105	214737-01
4/8-5/13	М	5:15-6:10 PM	\$105	214737-02
Age: 8-13	years			
2/19-4/1	М	6:15-7:10 PM	\$105	214737-03
4/8-5/13	М	6:15-7:10 PM	\$105	214737-04

#### **INCLUSION SUPPORT**

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

### PREMIER GYMNASTICS OF THE ROCKIES



1410 E. 11th St., Loveland, CO 80537 • 970.663.3173 • premiergymnastics

#### SKYHAWKS WINTER/SPRING SPORTS CAMPS

#### SuperTots Sports (Winter/Spring)

Since 2002, SuperTots has engaged kids, ages 2 to 5, in physical activity in a noncompetitive environment that is safe and fun above all else. SuperTots knows kids are hardwired to learn through play. For that reason, we've designed an engaging, skill building curriculum in which "tots" learn through a series of fun games. They will acquire athletic skills and fitness but also develop an interest and love of sports! Note: Class will not be held on 3/12, 3/13, or 3/15.

#### Location: Foothills Activity Center

Age: 2-2.5 years

Soccer Tots				
1/16-2/13	Tu	9:15 AM-9:45 AM	\$65	114770-01
1/17-2/14	W	9:15 AM-9:45 AM	\$65	114770-02
1/19-2/16	F	9:15 AM-9:45 AM	\$65	114770-03
Hoopster T	ots			
2/20-3/26	Tu	9:15 AM-9:45 AM	\$65	114770-04
2/21-3/27	W	9:15 AM-9:45 AM	\$65	114770-05
2/23-3/29	F	9:15 AM-9:45 AM	\$65	114770-06
Baseball To	ts			
4/2-4/30	Tu	9:15 AM-9:45 AM	\$65	114770-07
4/3-5/1	W	9:15 AM-9:45 AM	\$65	114770-08
4/5-5/3	F	9:15 AM-9:45 AM	\$65	114770-09
Age: 2.5-3.5				
Soccer Tots				
1/16-2/13	Tu	10:00 AM-10:45 AM	\$100	114770-10
1/17-2/14	W	10:00 AM-10:45 AM	\$100	114770-11
1/19-2/16	F	10:00 AM-10:45 AM	\$100	114770-12
Hoopster T	ots			
2/20-3/26	Tu	10:00 AM-10:45 AM	\$100	114770-13
2/21-3/27	W	10:00 AM-10:45 AM	\$100	114770-14
2/23-3/29	F	10:00 AM-10:45 AM	\$100	114770-15
Baseball To	ts			
4/2-4/30	Tu	10:00 AM-10:45 AM	\$100	114770-16
4/3-5/1	W	10:00 AM-10:45 AM	\$100	114770-17
4/5-5/3	F	10:00 AM-10:45 AM	\$100	114770-18
Age: 3.5-4.5	•			
Soccer Tots				
1/16-2/13	Tu	11:00 AM-11:45 AM	\$100	114770-19
1/17-2/14	W	11:00 AM-11:45 AM	\$100	114770-20
1/19-2/16	F	11:00 AM-11:45 AM	\$100	114770-21
Hoopster T	ots			
2/20-3/26	Tu	11:00 AM-11:45 AM	\$100	114770-22
2/21-3/27	W	11:00 AM-11:45 AM	\$100	114770-23
2/23-3/29	F	11:00 AM-11:45 AM	\$100	114770-24
Baseball To	ts			
4/2-4/30	Tu	11:00 AM-11:45 AM	\$100	114770-25
4/3-5/1	W	11:00 AM-11:45 AM	\$100	114770-26
4/5-5/3	F	11:00 AM-11:45 AM	\$100	114770-27

#### TENNIS

#### **10 & YOUNGER**

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

#### Little Lobber

Age: 4-6 years Location: Rolland Moore			30 day Adv	No Adv	
2/5-2/28	M,W	3:00-3:45 PM	\$102	\$112	123015-02
3/4-3/27	M,W	3:00-3:45 PM	\$102	\$112	123015-03
4/1-4/24	M,W	3:00-3:45 PM	\$102	\$112	223015-01
4/29-5/22	M,W	3:00-3:45 PM	\$102	\$112	223015-02
2/3-2/24	Sa	10:00-10:45AM	\$50	\$55	223015-03
3/2-3/23	Sa	10:00-10:45AM	\$50	\$55	223015-03
3/30-4/20	Sa	10:00-10:45AM	\$50	\$55	223015-03
4/27-5/18	Sa	10:00-10:45AM	\$50	\$55	223015-03

#### **Future Stars**

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

Age: 7-8 ye Location: Re		foore	30 day Adv	No Adv	
2/5-2/28	M,W	4:00-5:30 PM	\$150	\$165	123053-02
3/4-3/27	M,W	4:00-5:30 PM	\$150	\$165	123053-03
4/1-4/24	M,W	4:00-5:30 PM	\$150	\$165	223053-01
4/29-5/22	M,W	4:00-5:30 PM	\$150	\$165	223053-02
2/3-2/24	Sa	11:00-12:30 PM	\$75	\$83	123053-05
3/2-3/23	Sa	11:00-12:30 PM	\$75	\$83	123053-06
3/30-4/20	Sa	11:00-12:30 PM	\$75	\$83	223053-03
4/27-5/18	Sa	11:00-12:30 PM	\$75	\$83	223053-04

#### Aces

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

Age: 9-10 y Location: Re		oore	30 day Adv	No Adv	
2/5-2/28	M,W	4:00-5:30 PM	\$150	\$165	123050-02
3/4-3/27	M,W	4:00-5:30 PM	\$150	\$165	123050-03
4/1-4/24	M,W	4:00-5:30 PM	\$150	\$165	223050-01
4/29-5/22	M,W	4:00-5:30 PM	\$150	\$165	223050-02
2/3-2/24	Sa	11:00-12:30 PM	\$75	\$83	123050-05
3/2-3/23	Sa	11:00-12:30 PM	\$75	\$83	123050-06
3/30-4/20	Sa	11:00-12:30 PM	\$75	\$83	223050-03
4/27-5/18	Sa	11:00-12:30 PM	\$75	\$83	223050-04

#### 80 fcgov.com/recreator

#### MIDDLE SCHOOL

Just starting the game or a seasoned competitor? Middle School players develop their games to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport. The program includes two days of lessons plus a Friday competition, BBQ, and Life Skills Speaker.

#### Challenger

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

Age: 11-13 years Location: Rolland Moore			30 day Adv	No Adv	
2/6-2/29	Tu,Th,F	3:30-5:30 PM	\$299	\$327	123051-02
3/5-3/28	Tu,Th,F	3:30-5:30 PM	\$299	\$327	123051-03
4/2-4/25	Tu,Th,F	3:30-5:30 PM	\$299	\$327	223051-01
4/30-5/23	Tu,Th,F	3:30-5:30 PM	\$299	\$327	223051-02
2/3-2/24	Sa	1:00-3:00 PM	\$99	\$109	123051-05
3/2-3/23	Sa	1:00-3:00 PM	\$99	\$109	123051-06
3/30-4/20	Sa	1:00-3:00 PM	\$99	\$109	223051-03
4/27-5/18	Sa	1:00-3:00 PM	\$99	\$109	223051-04

#### Competitive

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

Age: 11-13 years Location: Rolland Moore			30 day Adv	No Adv	
2/6-2/29	Tu,Th,F	3:30-5:30 PM	\$299	\$327	123052-02
3/5-3/28	Tu,Th,F	3:30-5:30 PM	\$299	\$327	123052-03
4/2-4/25	Tu,Th,F	3:30-5:30 PM	\$299	\$327	223052-01
4/30-5/23	Tu,Th,F	3:30-5:30 PM	\$299	\$327	223052-02
2/3-2/24	Sa	1:00-3:00 PM	\$99	\$109	123052-05
3/2-3/23	Sa	1:00-3:00 PM	\$99	\$109	123052-06
3/30-4/20	Sa	1:00-3:00 PM	\$99	\$109	223052-03
4/27-5/18	Sa	1:00-3:00 PM	\$99	\$109	223052-04

#### Wimbledon

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

Age: 14-18 years Location: Rolland Moore			30 day Adv	No Adv	
2/6-2/29	Tu,Th	4:30-6:30 PM	\$199	\$219	123056-02
3/5-3/28	Tu,Th	4:30-6:30 PM	\$199	\$219	123056-03
4/2-4/25	Tu,Th	4:30-6:30 PM	\$199	\$219	223056-01
4/30-5/23	Tu,Th	4:30-6:30 PM	\$199	\$219	223056-02
2/3-2/24	Sa	1:00-3:00 PM	\$99	\$109	123056-05
3/2-3/23	Sa	1:00-3:00 PM	\$99	\$109	123056-06
3/30-4/20	Sa	1:00-3:00 PM	\$99	\$109	223056-03
4/27-5/18	Sa	1:00-3:00 PM	\$99	\$109	223056-04

#### **Grand Slam**

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

Age:14-18 y Location: Re		oore	30 day Adv	No Adv	
2/6-2/29	Tu,Th	4:30-6:30 PM	\$199	\$219	123054-02
3/5-3/28	Tu,Th	4:30-6:30 PM	\$199	\$219	123054-03
4/2-4/25	Tu,Th	4:30-6:30 PM	\$199	\$219	223054-01
4/30-5/23	Tu,Th	4:30-6:30 PM	\$199	\$219	223054-02
2/3-2/24	Sa	1:00-3:00 PM	\$99	\$109	123054-05
3/2-3/23	Sa	1:00-3:00 PM	\$99	\$109	123054-06
3/30-4/20	Sa	1:00-3:00 PM	\$99	\$109	223054-03
4/27-5/18	Sa	1:00-3:00 PM	\$ 99	\$109	223054-04

#### **Performance Training**

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

Age:14-18 years Location: Rolland Moore			30 day Adv	No Adv	
2/5-2/28	M,W	4:30-6:30 PM	\$248	\$268	123058-02
3/4-3/27	M,W	4:30-6:30 PM	\$248	\$268	123058-03
4/1-4/24	M,W	4:30-6:30 PM	\$248	\$268	223058-01
4/29-5/22	M,W	4:30-6:30 PM	\$248	\$268	223058-02

#### SPRING BREAK CAMPS

Location: Rolland Moore			30	No	
Little Lobber (4-6 years)			Day Adv	Adv	Drop In
3/11-3/16	M-F	10:00-10:45 AM	\$ 63	\$69	\$15/day
223090-01					

10 & under (7-10 years)

3/11-3/16	M-F	11:00-12:30 AM	\$ 94	\$103	\$23/day
223090-02					

#### Middle School (11-13 years)

3/11-16 M-F 1:00-3:00PM \$125 \$138 \$30/day 223090-03

#### Performance (12-18 years)

 3/11-16
 M-F
 3:00-5:00 PM
 \$155
 \$168
 \$38/day

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## Rivendell School

### Summer Camp Registration Opens February 21st

A variety of fun camps where there's an opportunity for every child to learn, grow and explore.



## **SPECIAL REGISTRATION DAY** for all Summer Camp Programs

Camp FunQuest, Funtime Adventures, The Farm Summer Camps & Skyhawks Sports Summer Camps

## THURSDAY, FEBRUARY 1 AT 6 P.M.

Registration will be available online, in-person, and over the phone. We highly recommend registering online or in-person at Northside Aztlan Community Center or Foothills Activity Center. Youth program staff will be available for in-person registration at Northside Aztlan Community Center and Foothills Activity Center to help answer any questions and assist in picking the best summer camp options for your family.

### For more information please visit FCGOV.COM/SUMMER-DAY-CAMPS







#### **SUMMER DAY CAMPS**

NEW! - Summer Day Camp programs, including Camp FunQuest, Funtime Adventures, The Farm Summer Camps, and Skyhawks Sports Summer Camps, will open for registration on Thursday, February 1 at 6 p.m. It is recommended that registrants register online or in person at Foothills Activity Center or Northside Aztlan Community Center. Day Camp staff will be available at those two locations to answer questions and help with the registration process.

#### **CAMP FUNQUEST**

JOIN US on Thursday January 25 from 5-7 p.m. for a Summer Camp Open House at the Northside Aztlan Community Center. See our newly renovated child care wing, ask questions regarding the registration process and any general camp questions you may have!

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

#### **Inclusion Support in Camp FunQuest**

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

#### **Online Camper Profiles**

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. Per childcare licensing requirements, all forms and waivers must be completed prior to participation including current immunization records, or exemption forms, and any required medication administration forms. Note: Profiles submitted in 2023 require reconfirmation prior to 2024 summer camp programs.

#### **Family Information Meetings**

All summer camp families are encouraged to attend a pre-summer orientation in April. Camp staff will answer questions, help with paperwork, and discuss topics like how to use ePACT, what to bring to camp, and behavioral expectations of campers. A welcome email will be sent at the end of March with meeting dates and a signup link to confirm attendance.

#### **Payment & Cancellations**

At the time of registration, 15% of the registration total is due. The remaining balance is broken into monthly payments that require the full balance be paid prior to the start of camp.

Camp week transfers can be made without penalty dependent on availability. To receive a full refund, cancellation requests must be submitted by emailing your child's camp director prior to the start of the registered week.

#### **Camp Schedule and Themes**

Week 1: Camp Spirit | June 3-7 Week 2: Game-On! | June 10-14 Week 3: Super Kids Academy | June 17-18, June 20-21 (M,Tu,Th,F; No camp on W June 19) Week 4: Animal Kingdom | June 24-28 Week 5: Wilderness Adventures | July 8-12 Week 6: Mad Scientist | July 15-19 Week 7: Pirate Cove | July 22-26 Week 8: Olympic Games | July 29-August 2 Week 9: Water Wonderland | August 5-8 Week 10: Carnival Extravaganza | August 12-15 (Northside Aztlan location only)

## LOCATION: NORTHSIDE AZTLAN COMMUNITY CENTER CAMPS

#### Marmots

#### Age: 5-6 years

#### Must have completed Kindergarten in May 2024

		<u> </u>	
6/3-6/7	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$216
6/24-6/28	M-F	7:30 AM-5:30 PM	\$2770
7/8-7/12	M-F	7:30 AM-5:30 PM	\$2770
7/15-7/19	M-F	7:30 AM-5:30 PM	\$270
7/22-7/26	M-F	7:30 AM-5:30 PM	\$270
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270
8/12-8/15	M-Th	7:30 AM-5:30 PM	\$216

#### **Red Fox**

#### Age: 7-8 years

Due to high demand within the Red Fox age group and the recently completed renovation of Northside Aztlan Community Center's childcare area, there will be two Red Fox sections for the entire summer. To ensure grouping with family and friends please sign up for all the preferred weeks in either Red Fox 1 OR Red Fox II, but not both.

#### Red Fox 1

Ited I ok I			
6/3-6/7	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260
7/22-7/26	M-F	7:30 AM-5:30 PM	\$260
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270
8/12-8/15	M-Th	7:30 AM-5:30 PM	\$216
Red Fox 2			
6/3-6/7	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260
7/22-7/26	M-F	7:30 AM-5:30 PM	\$260
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270
8/12-8/15	M-Th	7:30 AM-5:30 PM	\$216

#### Big Horn

Age: 9-11 years					
6/3-6/7	M-F	7:30 AM-5:30 PM	\$270		
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270		
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234		
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260		
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260		
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260		
7/22-7/26	M-F	7:30 AM-5:30 PM	\$260		
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270		
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270		
8/12-8/15	M-Th	7:30 AM-5:30 PM	\$216		

#### LOCATION: FOOTHILLS ACTIVITY CENTER CAMPS

#### Marmots

#### Age: 5-6 years

#### Must have completed Kindergarten in May 2024

6/3-6/7	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$260
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260
7/22-7/26	M-F	7:30 AM-5:30 PM	\$270
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270

#### **Red Fox**

Age: 7-8 ye	ears		
6/3-6/7	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260
7/22-7/26	M-F	7:30 AM-5:30 PM	\$270
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270

#### **Big Horn**

Age: 9-11 ye	ears		
6/3-6/28	M-F	7:30 AM-5:30 PM	\$270
6/10-6/14	M-F	7:30 AM-5:30 PM	\$270
6/17-6/21	M,Tu,Th,F	7:30 AM-5:30 PM	\$234
6/24-6/28	M-F	7:30 AM-5:30 PM	\$260
7/8-7/12	M-F	7:30 AM-5:30 PM	\$260
7/15-7/19	M-F	7:30 AM-5:30 PM	\$260
7/22-7/26	M-F	7:30 AM-5:30 PM	\$270
7/29-8/2	M-F	7:30 AM-5:30 PM	\$270
8/5-8/9	M-F	7:30 AM-5:30 PM	\$270

#### **Black Bear Teen Camp**

A camp experience designed for active teens with full days of skill development, leadership training, social fulfillment, and physical activity. Finish your campers' week with a fun, energy-filled and age-appropriate Friday Teen Trip!

Age: 12-15 years

#### Location: Fort Collins Senior Center

Spy Academy

6/10-6/14	M-F	9:00 AM-4:00 PM	\$270	
Game On!	Sports	Camp		
6/24-6/28	M-F	9:00 AM-4:00 PM	\$270	
Water Wor	nderlar	ld		
7/8-7/12	M-F	9:00 AM-4:00 PM	\$270	
Olympic G	ames			
7/22-7/26	M-F	9:00 AM-4:00 PM	\$270	

#### FUNTIME ADVENTURES SUMMER CAMP

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

Ages: 4-5 years **\*intended for those who have not yet** completed Kindergarten

Location: Northside Aztlan Community Center

#### **Online Camper Profiles**

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. Per childcare licensing requirements, all forms and waivers must be completed prior to participation including current immunization records or exemption forms and any required medication administration forms. Note Profiles submitted in 2023 require reconfirmation prior to 2024 summer camp programs.

#### **Family Information Meetings**

All summer camp families are encouraged to attend a pre-summer orientation in April. Camp staff will answer questions, help with paperwork, and discuss topics like how to use ePACT, what to bring to camp, and behavioral expectations of campers. A welcome email will be sent at the end of March with meeting dates and a signup link to confirm attendance.

#### **Payments & Cancellations**

At the time of registration, 15% of the registration total is due. The remaining balance is broken into monthly payments that require the full balance be paid prior to the start of camp

Camp week transfers can be made without penalty dependent on availability. To receive a full refund, cancellation requests must be submitted by emailing your child's camp director prior to the start of the registered week.

Note: Half-day camps are 7:30 a.m.-12:30 p.m. only. Afternoon only options are not available due to the structure of the camp day.

#### Week 1: Camp Spirit

Week 1:	Camp	Spirit	
6/3-6/7	M-F	7:30 AM-12:30 PM	\$135
6/3-6/7	M-F	12:30-5:30 PM	\$135
Week 2:	Sport	s Week	
6/10-6/14	M-F	7:30 AM-12:30 PM	\$135
6/10-6/14	M-F	12:30-5:30 PM	\$135
	-	r Kids Academy	
*No camp			
		7:30 AM-12:30 PM	\$108
6/17-6/21 I	M,T,TR,F	12:30-5:30 PM	\$108
Week 4:		oring Science	
6/24-6/28		7:30 AM-12:30 PM	\$135
6/24-6/28	M-F	12:30-5:30 PM	\$135
Week 5:	Cook	ing and Baking	
7/8-7/12	M-F	7:30 AM-12:30 PM	\$135
7/8-7/12	M-F	12:30-5:30 PM	\$135
Week 6:	Artist	ts in Action	
7/15-7/19		7:30 AM-12:30 PM	\$135
7/15-7/19	M-F	12:30-5:30 PM	\$135
Week 7:	Senso	ory Science	
7/22-7/26	M-F	7:30 AM-12:30 PM	\$135
7/22-7/26	M-F	12:30-5:30 PM	\$135
Week 8:	Wate	r Week	
7/29-8/2	M-F	7:30 AM-12:30 PM	\$135
7/29-8/2	M-F	12:30-5:30 PM	\$135
Week 9:	Dinos	saur Discovery	
8/5-8/9	M-F	7:30 AM-12:30 PM	\$135
8/5-8/9	M-F	12:30-5:30 PM	\$135
Week 10	: Cam	p Favorites	
8/12-8/15	M-Th	7:30 AM-12:30 PM	\$108
8/12-8/15			

#### THE FARM SUMMER CAMPS

#### Mini Day Camp

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

#### Age: 6-7 years

. Jei e i j			
6/4-6/7	Tu-F	8:30 AM-12:30 PM	\$84
6/11-6/14	Tu-F	8:30 AM-12:30 PM	\$84
6/18-6/21	Tu-F	8:30 AM-12:30 PM	\$84
7/9-7/12	Tu-F	8:30 AM-12:30 PM	\$84

#### Not-So-Mini Day Camp

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

Age: 6-7 y	ears
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6/25-6/28	Tu-F	8:30 AM-3:30 PM	\$170
7/16-7/19	Tu-F	8:30 AM-3:30 PM	\$170
7/30-8/2	Tu-F	8:30 AM-3:30 PM	\$170

#### Farm Day Camp

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

Age: 8-12 years

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#### Pony Camp, Beginner

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

Age: 8-12 y	ears		
6/4-6/7	Tu-F	8:30-11:00 AM	\$190
6/4-6/7	Tu-F	11:45 AM-2:15 PM	\$190
6/11-6/14	Tu-F	11:45 AM-2:15 PM	\$190
6/18-6/21	Tu-F	8:30-11:00 AM	\$190
6/25-6/28	Tu-F	8:30-11:00 AM	\$190
7/9-7/12	Tu-F	8:30-11:00 AM	\$190
7/16-7/19	Tu-F	11:45 AM-2:15 PM	\$190
7/30-8/2	Tu-F	Noon-2:30 PM	\$190

#### Pony Camp, Advanced

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

#### Age: 8-12 years

6/11-6/14	Tu-F	8:30-11:00 AM	\$190
6/18-6/21	Tu-F	11:45 AM-2:15 PM	\$190
6/25-6/28	Tu-F	11:45 AM-2:15 PM	\$190
7/9-7/12	Tu-F	11:45 AM-2:15 PM	\$190
7/16-7/19	Tu-F	8:30-11:00 AM	\$190
7/23-7/26	Tu-F	8:30-11:00 AM	\$190
7/23-7/26	Tu-F	11:45 AM-2:15 PM	\$190

#### Horsemanship I

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

Age: 12-15 years					
6/10-6/13	M-Th	12:15-2:45 PM	\$190		
6/17-6/20	M-Th	12:15-2:45 PM	\$190		
7/8-7/11	M-Th	12:15-2:45 PM	\$190		
7/15-7/18	M-Th	9:00-11:30 AM	\$190		

#### Horsemanship II

Designed for those who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time is spent riding and learning more about horses.

#### Age: 12-15 years

	Jeano		
6/24-6/27	M-Th	9:00-11:30 AM	\$190
6/24-6/27	M-Th	12:15-2:45 PM	\$190
7/8-7/11	M-Th	9:00-11:30 AM	\$190
7/15-7/18	M-Th	12:15-2:45 PM	\$190
7/22-7/25	M-Th	9:00-11:30 AM	\$190
7/22-7/25	M-Th	12:15-2:45 PM	\$190
7/29-8/1	M-Th	9:00-11:30 AM	\$190
7/29-8/1	M-Th	12:15-2:45 PM	\$190

#### **SKYHAWKS SUMMER SPORTS CAMPS**

All participants receive a t-shirt Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle.

#### SUPERTOTS CAMP

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

#### SuperTots Sampler

Age: 2-2.5 years

Location:	IRD		
6/3-6/24	М	9:15 AM-9:45 AM	\$70
6/7-6/28	F	9:15 AM-9:45 AM	\$70
7/8-7/29	М	9:15 AM-9:45 AM	\$70
7/12-8/2	F	9:15 AM-9:45 AM	\$70
Location:	TBD		
6/4-6/25	Tu	9:15 AM-9:45 AM	\$70
6/6-6/27	Th	9:15 AM-9:45 AM	\$70
7/9-7/30	Tu	9:15 AM-9:45 AM	\$70
7/11-8/1	Th	9:15 AM-9:45 AM	\$70
Location:	Footh	ills Activity Center	
6/5-6/26	W	9:15 AM-9:45 AM	\$70
7/10-7/31	W	9:15 AM-9:45 AM	\$70
Age: 2.5-3	5.5 yea	rs	
Location:	TBD		
6/3-6/24	М	10:00 AM-10:45 AM	\$70
6/7-6/28	F	10:00 AM-10:45 AM	\$70
7/8-7/29	М	10:00 AM-10:45 AM	\$70
7/12-8/2	F	10:00 AM-10:45 AM	\$70
Location:	TBD		
6/4-6/25	Tu	10:00 AM-10:45 AM	\$70
6/6-6/27	Th	10:00 AM-10:45 AM	\$70
7/9-7/30	Tu	10:00 AM-10:45 AM	\$70
7/11-8/1	Th	10:00 AM-10:45 AM	\$70
Location:	Footh	ills Activity Center	
6/5-6/26	W	10:00 AM-10:45 AM	\$70
7/10-7/31	W	10:00 AM-10:45 AM	\$70
Age: 3.5-5	; years		
Location:	TBD		
6/3-6/24	М	11:00 AM-11:45 AM	\$70
6/7-6/28	F	11:00 AM-11:45 AM	\$70
7/12-8/2	F	11:00 AM-11:45 AM	\$70
-			

#### Location: TBD

6/4-6/25	Tu	11:00 AM-11:45 AM	\$70
6/6-6/27	Th	11:00 AM-11:45 AM	\$70
7/9-7/30	Tu	11:00 AM-11:45 AM	\$70
7/11-8/1	Th	11:00 AM-11:45 AM	\$70
Location:	Footh	ills Activity Center	
6/5-6/26	W	11:00 AM-11:45 AM	\$70
7/10-7/31	W	11:00 AM-11:45 AM	\$70

#### SKYHAWKS CAMPS

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

#### **Mini-Hawk**

Multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun. Age: 4-6 years

#### Location: Greenbriar Park

Location						
6/3-6/7	M-F	9:00 AM-Noon	\$180			
Location:	Rollanc	l Moore Park				
6/17-6/21	M-F	9:00 AM-Noon	\$180			
Location:	Warren	Park				
7/8-7/12	M-F	9:00 AM-Noon	\$180			
Location:	Location: Spring Canyon Park					
7/22-7/26	M-F	9:00 AM-Noon	\$180			
Location: Fossil Creek Park						
8/5-8/9	M-F	9:00 AM-Noon	\$180			

#### Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, de-flagging, and defensive positioning.

#### **Location: Warren Park**

Age: 5-12 y	ears		
6/3-6/7	M-F	9:00 AM-Noon	\$180
Location: S Age: 5-8 ye		Canyon Park	
6/24-6/28 Age: 88-12		9:00 AM-Noon	\$180
6/24-6/28	M-F	9:00 AM-Noon	\$180
Location: 1	īwin Si	lo Park	
Age: 5-8ye	ars		
7/29-8/2	M-F	9:00 AM-Noon	\$180
Age: 8-12 y	ears		
7/29-8/2	M-F	9:00 AM-Noon	\$180

#### **Beginning Cheerleading**

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

#### Age: 5-9 years

Location: Fossil Creek Park					
6/10-6/14	M-F	9:00 AM-Noon	\$180		
Location: Harmony Park					
7/15-7/19	M-F	9:00 AM-Noon	\$180		

#### Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, rebounding drills, and games.

#### Age: 8-14 years

#### **Location: Lee Martinez Park**

6/24-6/28	M-F	9:00 AM-12:00 PM	\$180	
Location: S	ipring (	Canyon Park		
7/15-7/19	M-F	9:00 AM-12:00 PM	\$180	
Age: 5-12 y	ears			
Location: Northside Aztlan Community Center				
6/10-6/13	M-Th	1:30 PM-4:30 PM	\$144	

#### Soccer

Skyhawks was founded as a soccer club in 1979. They remain the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, a progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

#### Location: Fossil Creek Park

Locution.						
Age: 5-8 y	/ears					
6/24-6/28	M-F	9:00 AM-Noon	\$180			
Age: 88-12	2 years					
6/24-6/28	M-F	9:00 AM-Noon	\$180			
Location:	Rolland	d Moore Park				
Age: 5-8y	ears					
7/1-7/3	M-F	9:00 AM-Noon	\$108			
Age: 8-12y	/ears					
7/1-7/3	M-F	9:00 AM-Noon	\$108			
Location:	Location: Harmony Park					
Age: 5-8y	ears					
7/15-7/19	M-F	9:00 AM-Noon	\$180			
Age: 8-12y	/ears					
7/15-7/19	M-F	9:00 AM-Noon	\$180			
Location: Spring Canyon Park						
Age: 5 yea	ars					
8/5-8/9	M-F	9:00 AM-Noon	\$180			

#### Game On!

This one-of-a-kind camp includes a mix of popular games like kickball, dodgeball, ultimate, capture the flag, and more. A chance for everyone to get outside, burn some energy, and have a great time while playing with friends. No specific sport skills will be taught in this camp.

#### Age: 5-12 years

Locatio	on: Green	briar Park	
7/1	М	9:00 AM-Noon	\$35
Locatio	on: Twin S	ilo Park	
7/2	Tu	9:00 AM-Noon	\$35
Locatio	on: Spring	ı Canyon Park	
7/3	W	9:00 AM-Noon	\$35

#### Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting, and serving. Athletes will develop fundamental skills with gamespeed drills and daily scrimmages aimed at developing the whole player.

Age: 8-14 years

#### Location: Northside Aztlan Community Center

6/3-6/6	M-Th	1:30 PM-4:30 PM	\$144
6/24-6/27	M-Th	1:30 PM-4:30 PM	\$144
Location: V	Varren	Park	
7/22-7/26	M-F	9:00 AM-Noon	\$180

#### **Baseball & Softball**

This camp is designed for beginner and intermediate players. Using a progressive curriculum, we teach the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Age: 6-12 years

#### Location: Rolland Moore Park

7/8-7/12 Softball	M-F	9:00 AM-Noon	\$180
7/8-7/12	M-F	9:00 AM-Noon	\$180

#### **Beginning Golf**

Entry-level players will gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. Using Short Golf® equipment, instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

#### Age: 5-9 years

#### Location: Twin Silo Park

6/3-6/7	M-F	9:00 AM-Noon	\$180	
Location:	Cotton	wood Glen Park		
6/17-6/21	M-F	9:00 AM-Noon	\$180	
Location: Warren Park				
7/22-7/26	M-F	9:00 AM-Noon	\$180	

#### Soft Lacrosse

Learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline. Athletes will gain a deep understanding of the game and its traditions. All equipment is provided.

#### Age: 6-12 years

Location:	Harmony	Park
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6/17-6/21	M-F	9:00 AM-Noon	\$180		
Location: Spring Canyon Park					
7/22-7/26	M-F	9:00 AM-Noon	\$180		

#### Pickleball

Find out why Pickleball is the fastest growing sport in the US! Players will learn the rules of the game, develop hand/eye coordination, and proper technique. All equipment is provided.

#### Age: 6-12 years

Location: Cottonwood Glen Park				
6/10-6/14	M-F	9:00 AM-Noon	\$180	
Location: Homestead Park				
7/29-8/2	M-F	9:00 AM-Noon	\$180	

#### **Track & Field**

Combine technical development, fundamental techniques, and safety all with a focus on fun! Learn the fundamentals of body positioning, proper stretching, and cool down techniques. Camp also includes field events like shot put, long jump, and javelin.

#### Age: 6-12 years

#### **Location: Harmony Park**

6/17-6/21	M-F	9:00 AM-Noon	\$180			
Location:	Location: Westfield Park					
7/29-8/2	M-F	9:00 AM-Noon	\$180			

#### **SKYHAWKS STEM & PLAY SPORTS CAMPS**

STEM Sports<sup>®</sup> and Skyhawks have partnered to combine traditional Skyhawks skill-based instruction with STEM Sports<sup>®</sup> lessons in an exciting week-long camp format.

#### **STEM & Play Soccer**

The STEM Sports<sup>®</sup> soccer curriculum gives participants the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles, goal-line technology, and more!

#### Location: Spring Canyon Park

Age: 8-10 years				
6/24-6/28 M-F	9:00 AM-Noon	\$195		
Age: 11-14 years				
6/24-6/28 M-F	9:00 AM-Noon	\$195		

#### **STEM & Play Volleyball**

The STEM Sports<sup>®</sup> Volleyball curriculum enables participants to get behind the sport they love with lessons built around calculating contact time, optimal serving, speed, and the science behind serving.

#### Location: Northside Aztlan Community Center

Age: 8-10 years				
7/8-7/11	M-Th	9:00 AM-3:00 PM	\$255	
Age: 11-14 years				
7/8-7/11	M-Th	9:00 AM-3:00 PM	\$255	

#### **STEM & Play Flag Football**

The STEM Sports<sup>®</sup> flag football curriculum educates participants on receiver glove technology, throwing arm strength, football properties, calculating distances and other subjects.

#### Location: Spring Canyon Park

\$195				
Age: 11-14 years				
\$195				

#### STEM & Play Basketball

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

Age: 8-10 years				
7/29-8/1	M-Th	9:00 AM-3:00 PM	\$255	
Age: 11-14 years				
7/29-8/1	M-Th	9:00 AM-3:00 PM	\$255	





## 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.



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**Buckingham Park** 101 1st St. 62 

**Cottonwood Glen Park** 3074 S. Overland Trl.

Crescent Park

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2401 Bar Harbor Dr.

**Creekside Park** 200 Johnson Dr

**Dovetail Park** 2410 Miles House Ave.



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**Greenbriar Park** 730 Willox Ln. **(?)** 🖪 🔍 1±

Homestead Park 7045 Avondale Rd. P 🛴 P

Iron Horse Park 769 Ouzel Dr.





Legacy Park 300 Woodlawn Dr.



**Library Park** 207 Peterson St.



**Miramont Park** 5138 S. Boardwalk Dr.

**Old Fort Collins Heritage Park** 112 E. Willow St. He I **~~** 1<sub>#</sub>



**Rabbit Brush Park** 1114 Elgin Ct.



**Registry Park** 6820 Ranger Dr. 🕒 🛞 🗲

**Richards Lake Park** 2945 Parkside Dr.



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**Rogers Park** 臣 Læ. 2515 W. Mulberry St.

Soft Gold Park 520 Hickory St.



Spring Park 2100 Matthews St. A 1 AX /////

Sugar Beet Park 1æ 524 San Cristo St.

**Traverse Park** Trail Head Neighborhood (A) 1-# Ś

Warren Park 1101 E. Horsetooth Rd.



- **Washington Park** Ξ 301 Maple St.
- Waters Way Park  $(\dot{\mathbf{q}}\dot{\mathbf{q}})$ 1<sub>Æ</sub> 715 Fairbourne Wav

#### SCHOOLSIDE PARKS

**Bacon Park** 

5830 S. Timberline Rd.

Nearby School: Bacon Elementary

**Beattie Park** 500 W. Swallow Rd. Nearby School: Beattie Elementary

**Blevins Park** 

2012 Hampshire Rd.

Nearby School: Blevins Middle School

**Eastside Park** 1000 E. Locust

Nearby School: Laurel Elementary

**English Ranch Park** 3825 Kingsley Dr.

Nearby School: Linton Elementary



#### **Golden Meadows Park** 4324 McMurray Ave.

Nearby School: Kruse Elementary



Harmony Park 5015 Corbett Dr.



Nearby School: Preston Middle School

Huidekoper Park 1808 W. Lancer Dr.

Nearby School: Lincoln Middle School

**Radiant Park** 3651 Kechter Rd.



Nearby School: Zach Elementary

**Ridgeview Park** 4700 Hinsdale Dr. Nearby School: McGraw Elementary 1<sub>A</sub> 

#### **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**

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**Archery Range** 2825 SW Frontage Rd.

**Poudre River Whitewater Park** 201 E. Vine Dr. 1æ



#### THINGS TO KNOW

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

#### **CHILDREN SPECIFIC POLICIES**

#### SWIMMING

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

#### WEIGHT ROOM

- Ages 14 and older are allowed in weight room at Foothills Activity Center and Northside Aztlan Community Center
- Ages 10-13 years require adult supervision (at least 15 years of age) in weight room at all times
- Ages 18 and older are allowed in the weight room at the Fort Collins Senior Center
- Ages 9 and under are not permitted to loiter in the weight room

#### **OPEN GYM**

- Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age)
- Children ages 8 years and older may utilize the gymnasium without adult supervision

#### 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 Camp FunQuest/Funtime Adventures and Outdoor Recreation programs

have additional cancellation policies. View the specific program description for more information or contact recreation@fcgov.com to learn more about a specific program or trip.

#### **RECREATION RESERVE FUND**

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

#### CANCELLATIONS

- Recreation may cancel programs at staff's discretion. If a program is canceled for any reason, you will receive a full refund or credit.
- Recreation staff can assist you in finding another program to meet your needs.

#### TRANSFERS

- Transfers between programs may occur free of charge, prior to the second meeting of the class on a space-available basis.
- » Note: if the new program costs more than the original program, the participant is responsible for paying the difference; alternatively, if the program costs less than the original program, the participant will be given the difference as a credit on the appropriate Recreation household account.
- If your age, grade level, or ability does not meet the minimum requirements, you will be transferred to a program that better suits your needs.

#### **ADA DISCLOSURE**

The City of Fort Collins is committed to providing an equal opportunity for services, programs, and activities and does not discriminate on the basis of mental or physical ability, race, age, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for interpretation and translation assistance, please contact Jeni Kohles, jkohles@fcgov.com.

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations. If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Requests should be made at least two weeks in advance of the program start date. Specialized programs and service information for individuals with disabilities can be found on page 14.

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

#### **PHOTO/VIDEO DISCLAIMER**

Photography or video recording is permitted at all City of Fort Collins facilities and events on city-owned property, except where posted otherwise. The City of Fort Collins reserves the right to require a person to leave the premises or cease taking photos or using a video device if city staff finds such behavior to be disruptive. By their use of the City of Fort Collins facilities, participants of programs and special events grant permission to the City of Fort Collins to take photos and videos of themselves and their children for publication in the program brochure, website and additional uses as the city deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on city-owned property must be approved through the City of Fort Collins Communication and Public Involvement Office.











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

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

One application, multiple possible City of Fort Collins discounts!

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



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

SHARE!

@ParksandRecFC

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FortCollins

Parks & Recreation





## At The Youth Clinic, Your Family is Our Family

## **Caring For Our Future Generations Since 1969**

The Youth Clinic family consists of 20+ providers that care for your child from birth to college. The size and experience of our family of providers means we can offer specialists and classes for every phase of your child's life.



Well Care Visits for Kids & Teens



Classes & Programs for All Ages & Stages

Phone Nurse Triage Available

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4 Convenient Northern Colorado Locations

### Looking for a New Pediatrician?

Visit YouthClinic.com or call 970-267-6717 to join our growing family!



970-494-2626 www.pucnc.com

### Here When You Need Us Most, 365 Days a Year

#### Walk-Ins Welcome

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

## Mountain Kids Preschool

Since 1986, we've helped young children get kindergarten-ready! Our preschool program focuses on practicing necessary skills such as sharing, communicating, establishing boundaries, and problem solving. Give your child a head start by enrolling today!

# Mountain Kids

Challenges Your Child To Reach New Heights Help your child find an extracurricular activity that focuses on providing a healthy balance between work and play! At Mountain Kids, our gymnastics program does just that, and is tailored for children walking and up! Challenge and encourage your child while helping them build self-confidence with the gymnastics program at Mountain Kids!

WWW.MOUNTAIN-KIDS.COM (970) 482-3118. 419 E. STUART STREET FORT COLLINS, CO 80525

GYMNASTICS | PRESCHOOL | DANCE | BITTHDAY PARTIES