



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

# Fall Ball Registration is currently open at www.FortCollinsBaseballClub.org

- Practices begin around September 2. Coaches choose times and locations.
- Games are played on Sunday afternoons in Fort Collins.
- Game Dates for 2025: September 7/14/21/28 and October 5/12.
- Register at www.FortCollinsBaseballClub.org

# Right-priced Lessons and Clinics available.

• Email <a href="mailto:baseball@fcbcmail.org">baseball@fcbcmail.org</a> (Zack) for information.

# Catch Front Range Collegiate Baseball League Playoffs (City Park – August 2/3).

• Visit FrontRangeLeague.com for info or email <a href="mailto:director@fcbcmail.org">director@fcbcmail.org</a> (Thad).

# Thanks to all who enjoyed The Game with us in Spring/Summer 2025!

www.FortCollinsBaseballClub.org
970.484.3368 | office@fcbcmail.org (Liz)







# CELEBRATE

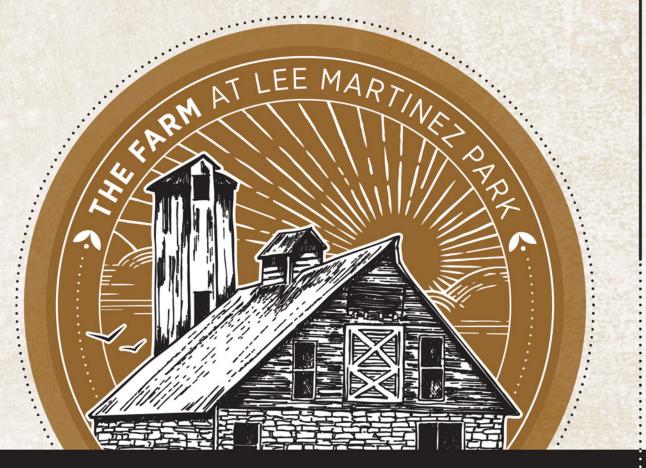
THE FARM'S 40TH ANNIVERSARY



SATURDAY, SEPTEMBER 13 10 A.M.-2 P.M. | FREE ADMISSION



Join us for a special day at The Farm, featuring food trucks, fun farm games, live music, visiting the animals and line dancing!





# REGISTRATION DATES & TIMES

Review the registration dates below and mark your calendars!



REGISTRATION FOR YOUTH & FAMILY PROGRAMS

**AUGUST** 

7

AT 7:00 A.M.



REGISTRATION FOR
HIGHLIGHTED POTTERY PROGRAMS | OCT. 28 AT 7 A.M.

# ATTENTION, RECREATORS

To support sustainable business practices, the Recreator is no longer being mailed.

A digital version is viewable online and limited print copies are available at recreation facilities. Please contact the front desk at 970-221-6655 if you need assistance.

# STAY CONNECTED:

Sign up for the Parks & Rec e-newsletter at <u>fcgov.com/recreation</u> to have updates delivered straight to your inbox.

# **LEARN MORE:**

Visit <u>fcgov.com/recreator</u> to access the latest edition of the Recreator and explore additional resources.

# HOW TO REGISTER FOR PROGRAMS:

For the fastest service, **online** registration is highly recommended.

# **ONLINE**

Visit fcgov.com/recreator.

Click on "Register for Classes."

**New users:** Click "Sign In / Register" and select "Sign Up Now." then follow the prompts.

**Existing users:** Click "Sign In / Register" and enter your username/household ID number and password.



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# **IN PERSON**

All Recreation facilities are able to assist with registering for programs.

**See page 6** for information on open hours.



# **OVER THE PHONE**

Call 970-221-6655.

Due to limited staff availability, phone calls may not be answered on registration day. Voicemails will be returned within 24 hours.



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# Credits

# **Community Relations** & Marketing

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Tina Chandler

# **Pagination**

Rachel Booth

# **Contact Us**

970.221.6655 recreation@fcgov.com

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

# Follow us @ParksandRecFC









# **RECREATION PASSES & ADMISSION INFORMATION**

#### **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. 25 Admission Pass holders are not eligible for this discount.

#### 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.

# **RECREATION PASSES**

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.

	25 Admission Pass	1 Month Pass	6 Month Pass	Annual Pass	Senior Social Pass	Platinum Pass
Youth	\$100	\$28	\$140	\$252	-	-
Adult	\$120	\$39	\$195	\$350	-	-
60+	\$100	\$28	\$140	\$252	\$35	-
Family/Couple	-	\$67	\$335	\$600	-	-
85+	-	-	-	-	-	FREE

# DAILY ADMISSION PASS

One-time drop-in rate for one facility

Youth	\$6*
Adult	\$7
60+	\$6

\*\$1 at Northside Aztlan Community Center & Foothills Activity Center

# SPECIALIZED PROGRAM/FACILITY FEES

# THE FARM ADMISSION RATES

	Daily Fee
Under 2 Years	Free
2 Years & Older	\$5
Barnyard Buddy Pass	\$95
Dailiyala Daday Fass	\$95

# **CITY PARK POOL RATES**

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

ICE SKATING RATES & RENTALS					
Public Skate Adı	Public Skate Admission				
Youth	\$6				
Adult	\$7				
60+	\$6				
Other Drop-in Ad	ctivities				
Skate Rental per Drop-in	\$3				
Fitness Skate Drop-in	\$8				
Drop-in Hockey/Stick & Puck	\$8				

# **GROUP RATES**

Reduced facility admission is available for groups at EPIC, Mulberry Pool and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the scheduling requirements will be based on facility availability and approval by Recreation Management. Reservation requests can be made by calling the desired facility.

#### **REDUCED FEES**

Reduced fees are available to participants with limited incomes. 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 <u>GetFoCo.fcgov.com</u>. 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, free memberships to The Gardens on Spring Creek, the annual Grocery Tax Rebate, reduced SPIN passes and more!







# CLASS & PROGRAM INFORMATION

EACH PROGRAM OR CLASS WILL BE LISTED IN THE FORMAT DETAILED BELOW.

(Please note: The class below is an example and is NOT an actual course offered in the Recreator.)

# **COURSE TITLE**

The course title lists the name of the class or program.

#### **COURSE DESCRIPTION**

The course description shares a brief introduction or summary of the program.

# LOCATION

Name of the recreation facility or location where the program will take place.

# DATE, DAY, TIME

The information immediately following the location shows the date(s), day(s) of the week and time of the class or program.

# **Happy Little Trees - Painting Cohort**

Paint along with the great Bob Ross! This multi-week class will follow Bob Ross's series with an in-person instructor for real-time guidance. Bring your own paintbrushes if preferred. All other supplies provided.

#### **Location: Foothills Activity Center**

4/24-5/29 Th 6:00-7:00 PM

\$120 205671-31

# **PRICING**

The pricing for each program is listed and includes everything needed for the class unless otherwise noted.

#### **ACTIVITY NUMBER**

The activity number is a unique registration code. This code should be referenced when registering.

# **FINDING THE RIGHT CLASS**

The easiest way to make sure you're registering for the right class is to use the Activity Number in the search bar of the online registration system.

Scan the QR code to be taken directly to WebTrac, the platform to register for City of Fort Collins recreation classes and programs listed in the Recreator.





# RECREATION FACILITY HOURS & MAP

# **CITY PARK POOL**

1597 City Park Dr. • 970.221.6658

# May 26-August 14

M, W, F, Sa, Su 11 AM - 6 PM

Tu. Th 11 AM - 7 PM

# August 15-September 7

M-F 9:30 AM - 1 PM (no slides)

Tu. Th 4:30 - 7 PM

Sa, Su 11 AM - 6 PM

\*Hours vary on Poudre School District in-session days and holidays. For more information, please see fcgov.com/recreation/facility-hours.

# **CLUB TICO**

1599 City Park Dr. • 970.224.6113

Reservations required.

# **EDORA POOL ICE CENTER (EPIC)**

1801 Riverside Ave. • 970.221.6683

M-F 5:30 AM - 8 PM

Sa, Su 8 AM - 5 PM

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

# THE FARM

600 Sherwood St. • 970.221.6665

#### **November 1-March 31**

W-Sa 10 AM - 4 PM Su Noon - 4 PM

#### April 1-October 31

W-Sa 10 AM - 5 PM

Su Noon - 5 PM

#### June 1-August 31

Also open on Tuesdays from 10 AM - 5 PM

# **FOOTHILLS ACTIVITY CENTER**

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

241 E. Foothills Pkwy. • 970.416.4280

M-F 6 AM - 8 PM Sa 8 AM - 6 PM

**Su** 8 AM - 5 PM

# **FORT COLLINS SENIOR CENTER**

(Programs available for 18 years and older, with a primary focus on retirement-aged individuals.)

1200 Raintree Dr. • 970.221.6644

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

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

M-F 6 AM - 9 PM Sa, Su 8 AM - 5 PM

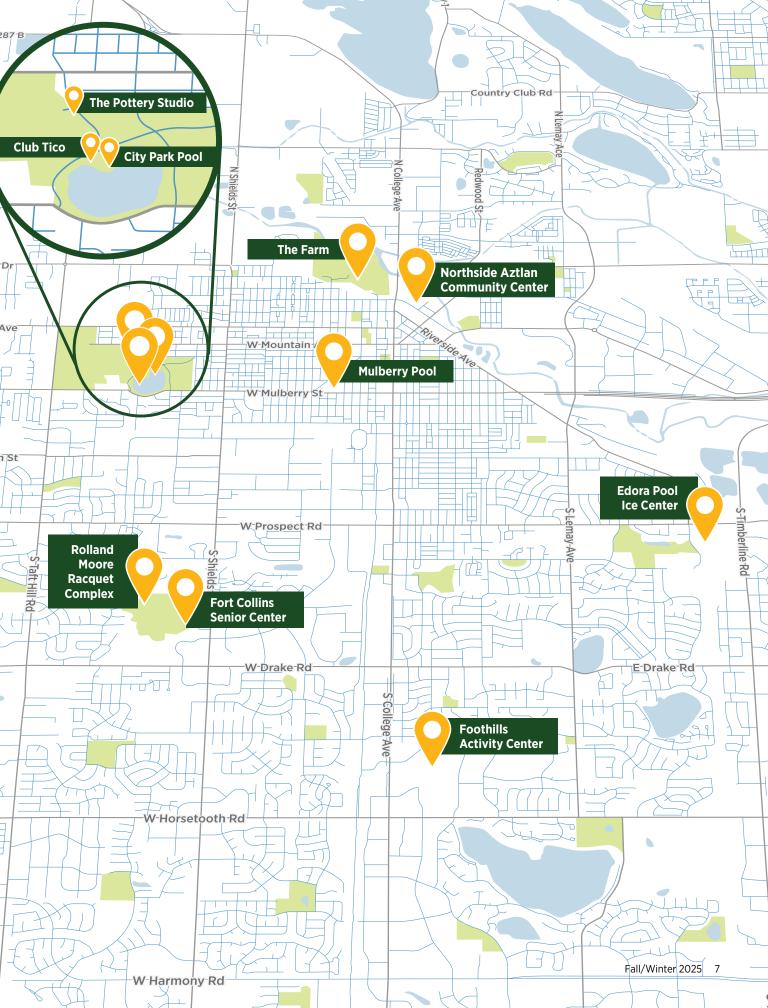
# THE POTTERY STUDIO

1541 Oak St. • 970.221.6644

# **ROLLAND MOORE RACQUET COMPLEX**

2201 S. Shields • 970.493.7000

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



# SPECIAL EVENTS FALL / WINTER 2025

SEPT 10



# Paralympic Program & Equipment Expo

Spend an evening testing out adaptive equipment and participating in Paralympic sports. Possible equipment and activities available to experience include: GRIT Freedom Chair (for hiking), adaptive cycles (including handcycles), wheelchair rugby, Paralympic boccia, wheelchair tennis and adaptive pickleball. Brought to you in partnership with MoveUnited and the City of Fort Collins.

If you are an organization that supports the adaptive community and would like to learn more about how to get involved with this event, contact Sarah Olear at *solear@fcgov.com*.

Age: All

**Location: Fort Collins Senior Center** 

9/10 W 4:30-6:30 PM No Fee 402561-01

SEPT **25** 



# Try-cycle: Discover the Joy of Bicycling at Any Age - NEW!

Whether you're an experienced rider or just curious, try out a variety of bicycles including: traditional bikes, e-bikes, adult tricycles and bikes designed for comfort, stability or added mobility support. Friendly instructors are available to offer guidance and answer questions, while safety tips and helmet fittings will ensure you feel confident and secure. The event also offers a relaxed, social atmosphere with refreshments and helpful community resources. Learn how cycling can enhance your health, independence and overall enjoyment, no matter your experience or ability level.

Age: 50 years & up

**Location: Fort Collins Senior Center** 

9/25 Th 9:00-11:00 AM No Fee

SEPT **27** 



# **Line Dance Shindig**

Join in the fun at Northern Colorado's premier line dance event attracting dancers from around the state and beyond! This year's featured instructor is Jo Thompson Szymanski, a five-time International Line Dance Instructor of the Year and the very first Line Dance Hall of Fame inductee. Dances from absolute beginner to intermediate levels will be taught, leaving plenty of time for open dancing. Pre-registration is required. Note: Snacks provided. Please bring your own lunch.

**Location:** Club Tico

9/27 Sa 9:00 AM-3:00 PM \$25 406438-01

0CT **18** 



# Northern Colorado New Horizons Swing Band

Enjoy the sounds of the Northern Colorado New Horizons Swing Band at the Fort Collins Senior Center! This lively group of senior adult musicians bring the golden era of big band jazz to life with infectious energy and charm. Composed of retirees, they gather weekly to rehearse and perform classic swing tunes from the 1930s and 1940s, and even some more modern songs. Age: All

**Location: Fort Collins Senior Center** 

10/18 Sa 3:00-4:30 PM No Fee

# SPECIAL EVENTS FALL / WINTER 2025

OCT24 - 26



#### **Treatsylvania**

At this non-spooky Halloween event, treat your little ghosties to a stroll through the barn and down trick-or-treat street to collect candy. Tickets available starting Wednesday, Oct. 1 at 7 a.m. Tickets are only needed for participating children. Adults and other children may attend for free without a ticket. Learn more at fcgov.com/Treatsylvania.

Age: Newborn-10 years

Location: The Farm at Lee Martinez Park

10/24	F	5:00-7:00 PM	\$9	10/26	Su	1:00-3:00 PM	\$9
10/25	Sa	5:00-7:00 PM	\$9	10/26	Su	5:00-7:00 PM	\$9

NOV



# **Downtown Holiday Lighting Ceremony**

Kick off the holiday season in Old Town Square with the illumination of the annual holiday lights! Trees throughout Old Town will be illuminated with thousands of LED bulbs through February. Lights turn on at approximately 6:30 PM.

Age: All

**Location: Old Town Square** 

11/7 F 5:30-7:00 PM No Fee

NOV



# **Veterans Day Breakfast**

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

Age: All

**Location:** Fort Collins Senior Center

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

NOV 28 & 29



# **Holiday Artisan Market**

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

**Location:** Fort Collins Senior Center

11/28 & 11/29 F. Sa 10:00 AM-4:00 PM No Fee

DEC 12



# Winter S.O.A.P. Troupe Show

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

Age: All

**Location: Fort Collins Senior Center** 

12/12	F	1:30 PM	\$10	
12/12	F	6:30 PM	\$10	

JAN



#### Live Involved

Enrich life with new social connections. Check out all that Northern Colorado has to offer through different hobby and interest groups, volunteerism, social opportunities, activities and breakout presentations. For organizations interested in applying to be a vendor, contact Sarah Olear at solear@fcgov.com.

Age: 18 years & up

**Location: Fort Collins Senior Center** 

1/14 10:00 AM-2:00 PM No Fee W



# INVOLVED & PACT

By Meghan Willis and Nick Armstrong, Parks and Recreation Advisory Board Members

Fort Collins has a history of offering neighbors forward-thinking opportunities to shape our shared spaces. One of the most recent and exciting of those opportunities is the Southeast Community Center.

The Southeast Community Center (SECC) was approved as part of the Community Capital Improvement Program in 2015. Fort Collins neighbors voted to dedicate funds to build an outdoor leisure pool as part of a community center to focus on innovation, technology, art, recreation and the creative process. The center is to be built on 10 acres of land secured in partnership with Poudre School District.

Planned to be near Fossil Ridge High School and Twin Silo Community Park, the SECC is positioned to be a uniquely collaborative endeavor between the City of Fort Collins, Poudre Libraries and Poudre School District. In addition to both indoor and outdoor aquatics, the SECC is planned to feature a state-of-the-art library, recreational programming, and multi-use spaces for innovation, creativity, and collaboration.

Community members will have the opportunity to engage with the project at various points during the planning process.

It's hard to imagine how your input at a listening session or board meeting might carry forward to the future but take it from longtime Fort Collins resident and City aquatics instructor, Elva Alden.





# SOUTHEAST COMMUNITY CENTER

Recreation | Aquatics | Library | Innovation





Elva recently turned 90 and has taught aquatics consistently since the 1980s, including a long stint teaching drowning-prevention swim lessons to all 4th-grade students in Poudre School District.

Elva recalled her participation as a citizen while the design of Edora Pool Ice Center (EPIC) was under consideration. During the early 1980s, Elva learned about an aqua therapy program for those suffering from arthritis. After visiting a warm therapy pool in Longmont, she was determined to bring the idea forward to the city for consideration as part of the new facility.

"I spent two days training at Longmont's Advent Hospital. They had a beautiful, warm-water pool, focusing on rehabilitation. EPIC was just in the planning stages. I gathered together three or four physical therapists, and we presented that the therapists could use a similar warm water pool for their rehab, and instructors could use it for the city program."

City of Fort Collins Parks and Recreation board minutes from 1986 highlight Elva's involvement in shaping the workhorse of a recreation center, EPIC, which we know and love today. Elva continues to have a dedicated group of participants attend the Twinges in the Hinges classes at EPIC and encourages neighbors to participate in listening sessions and to provide their own feedback, when invited.

"WHENEVER THERE'S A PUBLIC MEETING, PEOPLE NEED TO ATTEND.

# I'M PROUD OF FORT COLLINS."



Would you like to follow in Elva's footsteps and get involved? Discover and support city initiatives by visiting the Our City page at ourcity.fcgov.com.





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

# Adaptive Programs

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

# **Transition Support**

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

# **Inclusion Support**

Individuals of all abilities and ages are welcome to enroll in general recreation programs. Staff will assess and provide reasonable accommodations to facilitate the fullest participation possible. Recreation offers a spectrum of inclusion services. Request for inclusion support must be submitted at least two weeks prior to the start of a program. Complete an inclusion request form online at fcgov.com/aro. For more information, contact Katie Just at kjust@fcgov.com.

# **Attendants**

Individuals who are not independent in activities of daily living may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Attendant forms can be completed in person or over the phone. For questions, contact Sarah Olear at solear@fcgov.com.

# **Equipment Rentals - NEW!**

ARO has access to a variety of accessible recreation equipment. Interested in renting equipment for hiking, cycling or other activities? Complete our Equipment Rental Form at <u>fcgov.com/aro</u> and a staff member will follow up with you regarding associated fees, policies and other information.

#### Volunteer

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

#### **Contact Information**

For additional information about ARO programs, visit fcgov.com/aro or contact ARO Supervisor Sarah Olear, C.T.R.S., at 970-224-6028 or *solear@fcgov.com*.

# **Transportation**

Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

Transfort (Public City Transport)	970-221-6620
Dial-A-Ride	970-224-6066
SAINT	970-223-8645
Heart & Soul	970-690-3338
Ztrip	970-224-2222

All ARO programs, except youth specific, are open for registration on Adult Registration Day, August 5.

# **AQUATICS**



# **Adaptive Swim Lessons**

Specialized swim instruction designed specifically for individuals with disabilities and sensory needs. Adaptive techniques are applied in a 1:1 setting to teach and enhance swimming skills and water safety. The instructor, swimmer and caregiver(s) work together to establish individualized goals for the swimmer to work on during lessons. The program accepts all ages and skill levels.

If interested in adaptive swim lessons, please fill out the swim interest form on the ARO website at *fcgov.com/aro* and ARO staff will contact you to schedule and register. Note: Lessons are dependent on instructor availability.

# **Adaptive H2O Fitness**

This low-impact water workout is designed for individuals of all abilities. Focus on improving strength, flexibility and cardiovascular health through accessible exercises and adaptive equipment in the pool. Ideal for those with mobility challenges or anyone looking for a supportive and inclusive aquatic fitness experience. Note: Personal care attendants are welcome to assist in and out of the water. No class on 1/19.

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

		•		
9/8-10/8	M,W	10:00-11:00 AM	\$76	402228-01
10/13-11/12	M,W	10:00-11:00 AM	\$76	402228-02
1/5-2/4	M,W	10:00-11:00 AM	\$68	102228-01

# **ART & THEATRE PROGRAMS**

#### **Artistic Abilities**

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

Age: 16 years & up

Location: CSU Visual Arts Building, Studio D-102, 551 W Pitkin St.

9/18-10/16 Th	4:00-5:30 PM	\$70	402990-01
10/23-11/20 Th	4:00-5:30 PM	\$70	402990-02

# **EDUCATION PROGRAMS**

# **Adaptive Cooking**

Learn how to cook tasty foods and develop 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

Surprise	meme			
9/3	W	5:00-6:30 PM	\$24	402401-01
Asian Fu	ısion			
9/17	W	5:00-6:30 PM	\$24	402401-02
Surprise	Theme			
10/1	W	5:00-6:30 PM	\$24	402401-03
Italian				
10/15	W	5:00-6:30 PM	\$24	402401-04
Surprise	Theme			
11/5	W	5:00-6:30 PM	\$24	402401-05
Holiday				
11/19	W	5:00-6:30 PM	\$24	402401-06
Surprise	Theme			
1/21	W	5:00-6:30 PM	\$24	102401-01

# **Adaptive Music**

Jam out with friends! Engage in a mix of creative vocal and instrumental music activities while learning more about music theory and composition. Note: Bring your own instruments or borrow basic rhythm instruments. Registration falls under adult registration date. Note: Class will not be held on 11/24.

Age: 16 years & up

# **Location: Fort Collins Senior Center**

11/3-12/15 M 5:00-6:00 PM \$64 402525-01

## **ARO Drumming**

Share in the joyful and revitalizing energy of making rhythmic music in community with others. Learn poems with a beat and perform easy and relaxed hand and feet rhythms with hand drums and other percussion instruments from around the world. Drumming stimulates brain wave activity, providing benefits of creative thinking, relaxation and blood pressure regulation while also improving coordination and motor skills. Note: Class will not be held on 11/25 and 11/27.

Age: 16 years & up **Veteran Drumming** 

# **Location: Northside Aztlan Community Center**

9/16-10/21	Tu	1:00-2:00 PM	\$82	402472-03
10/28-12/9	Tu	1:00-2:00 PM	\$82	402472-04
4 D O D				

# **ARO Drumming**

# **Location: Fort Collins Senior Center**

9/18-10/23	Th	4:00-5:00 PM	\$82	402472-01
10/30-12/11	Th	4:00-5:00 PM	\$82	402472-02

# **Game Night**

Meet up once a month to play games with friends. Playing games can improve attention levels, memory, response time. logic skills and other measures of cognitive function. Different games will be played each month, including but not limited to board games, cards and collaborative games.

Age: 16 years & up

#### Location: Fort Collins Senior Center

9/23	Tu	4:00-5:00 PM	\$8	402414-01
10/28	Tu	4:00-5:00 PM	\$8	402414-02
11/18	Tu	4:00-5:00 PM	\$8	402414-03
1/27	Tu	4:00-5:00 PM	\$8	102414-02

# **Healthy Relationships**

In this eight-week workshop taught by the Sexual Assault Victim Advocate (SAVA) Center & Risk-Screening Environmental Indicators (RSEI), the following topics will be addressed through engaging activities and presentations: relationship boundaries and privacy, communication, sexual feelings and attraction, exploring dating, sexual violence and safety steps, and consent and healthy relationships.

Age: 18 years & up

Location: The Arc of Larimer County, 1721 W. Harmony Road, **Unit 101** 

9/4-10/23 4:00-5:00 PM No Fee 402410-01

# ICE PROGRAMS

# **Adaptive Skate**

Learn basic ice skating skills with adaptations made for individuals with disabilities. Class focuses on skill improvement. Note: Class will not be held on 11/8 and 2/14.



Age: 5-15 years

# Location: Edora Pool Ice Center

9/6-10/11	Sa	9:45-10:15 AM	\$80	410356-01
10/18-11/22	Sa	9:45-10:15 AM	\$67	410356-02
1/24-2/28	Sa	9:45-10:15 AM	\$67	110356-01

# OUTDOOR PROGRAMS

# **Adaptive Climbing**

Rock climb indoors at your comfort level with a group of peers. Staff and volunteers will belay participants. Note: Climbing fee and equipment included.

Age: 7 years & up

Location: Whetstone Climbing Gym, 220 Smokey Street 9/9-10/7 5:30-7:00 PM Tu \$146 402765-01 5:30-7:00 PM 10/14-11/11 Tu \$146 402765-02

# Pars From Mars Adaptive Golf

Tee up at Collindale Golf Academy for an adaptive golf program led by the founding coaches of Pars From Mars. Open to all skill levels, this program offers inclusive instruction, adaptive techniques and equipment so everyone can experience the joy of golf! Note: Clubs available.

Age: 7 years & up

Location: Collindale Golf Academy, 1441 E Horsetooth Rd. 5:00-6:30 PM 402935-01 9/5-10/3 F \$165

## Nature Exploration

Discover the outdoors in a fun, inclusive setting! Individuals of all abilities explore local Natural Areas alongside knowledgeable Natural Area Volunteers and ARO staff. Enjoy guided walks, sensory activities and opportunities to learn about plants, wildlife and nature in an accessible and supportive environment. Note: Adaptive, outdoor GRIT wheelchair available for those that need mobility assistance.

Age: 16 years & up

Location: Departs from Fort Collins Senior Center

10:00-11:30 AM 10/7-10/28 Tu \$45 402911-01

#### **No Barriers Mountain Campus**

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

Age: 16 years & up

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

	•			
10/3	F	8:00 AM-4:00 PM	\$91	402941-01
Attenda	nt			
10/3	F	8:00 AM-4:00 PM	No Fee	402941-02

# **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.





Classes in which adults are required to attend



Denotes no web registration for program

# **PARALYMPIC SPORTS**

# **Adaptive Boccia**

A Paralympic sport for athletes who have physical disabilities. Played on a smooth surface, with modified equipment. Boccia tests coordination, concentration and ability to strategize. Note: Class will not be held on 11/24.

Age: 14 years & up

**Location: Foothills Activity Center** 

10/6-12/15 M 10:30 AM-Noon \$36 402464-01

# **B-Bold Cardio Boxing**

Looking to take your fitness routine to the next level and have fun while doing it? Join us in B-Bold Cardio Boxing, an exciting series of high-energy boxing workouts designed to torch calories, build strength and boost endurance. Non-contact class for all skill levels, fitness levels and abilities. Note: Class will not be held on 11/26.

Age: 8 years & up

**Location: Northside Aztlan Community Center** 

9/17-10/22 W	4:15-5:15 PM	\$52	402468-01		
10/29-12/10 W	4:15-5:15 PM	\$52	402468-02		

# Paralympic Program & Equipment Expo - NEW!

Spend an evening testing out adaptive equipment and participating in Paralympic sports on September 10 at the Fort Collins Senior Center! Learn more on page 8.

Learn more about Wheelchair Tennis on page 86.

# Wheelchair Rugby

A fast-paced, full-contact wheelchair sport designed for those with physical disabilities. Extra sport chairs are available. Note: Class will not be held on 11/25.

Age: 14 years & up

**Location: Northside Aztlan Community Center** 

10/7-12/16 Tu 6:00-8:00 PM \$56 402560-01

# **TRIPS & TRAVEL**

Note: Individuals who need assistance with activities of daily living may request a personal care attendant to accompany them on trips. Space is limited and will be reserved for individuals who cannot otherwise attend the trip independently. A fee may be required depending on the trip. For more information contact <code>bmcdowell@fcgov.com</code>.

#### **Earth After Dark**

Enjoy dinner out on the town followed by an educational space-themed show, National Geographic's Earth after Dark, at The Lincoln Center. Ticket included with enrollment. Bring money for dinner.

Age: 16 years & up

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

1/23 F 4:45-9:30 PM \$64 102328-01

# **Fort Collins Splatter Room**

Go out to lunch and create your very own splatter paint art at the Fort Collins Splatter Room. Splatter painting consists of getting to throw non-breakable objects full of paint at your canvas to create an organic piece of art. Washable, non-toxic paints are used. Splatter experience included with enrollment. Bring money for lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

11/7 F Noon-4:00 PM \$44 402324-01

# **Terry Bison Ranch**

Travel to Terry Bison Ranch in Wyoming to experience a narrated bison tour on a custom-made train where you can hand feed bison from the train window if desired. See other farm production animals like ostriches and camels. The group will enjoy a burger cookout provided by Terry Bison Ranch after the tour, with beef and veggie burger options.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

9/19 F 8:15 AM-2:00 PM \$86 402317-01

## The Addams Family

Enjoy lunch out on the town followed by a Halloweenthemed show, The Addams Family, at The Lincoln Center. Ticket included with enrollment. Bring money for lunch.

Age: 16 years & up

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

10/11 Sa Noon-5:00 PM \$95 402323-01

# **UNIFIED SPORTS**

# **Panther Adaptive Cheer & Dance**

A great way for individuals with or without disabilities to experience cheering and dancing together as a Unified Team. Performances throughout the season in Northern Colorado, Note: Additional \$20 fee for team T-shirt, Class will not be held on 11/25.

Age: 16 years & up

# **Location: Fort Collins Senior Center**

9/9-10/14	Tu	5:50-7:00 PM	\$53	402987-01
10/21-12/16	Tu	5:50-7:00 PM	\$68	402987-02
1/6-2/10	Tu	5:50-7:00 PM	\$53	102987-01

#### Adult Unified Basketball

Individuals of all abilities come together to play in a Unified Basketball League. Teams practice for two weeks to build basketball skills, then play officiated games during the remaining eight weeks. A skills division is offered for those who would like to learn and practice basketball skills without playing in games. Note: Teams will practice or play each week within the timeframe listed below. Practice and game schedule will be sent out prior to the season start date.

Age: 16 years & up

# **Location: Northside Aztlan Community Center Competitive Division**

1/10-2/28	Sa	4:30-8:30 PM	\$46	102951-01
Recreation	nal Di	vision		
1/10-2/28	Sa	4:30-8:30 PM	\$46	102951-02
Individual	Skills	;		
1/10-2/28	Sa	4:30-5:30 PM	\$46	102951-03

# **Adult Unified Flag Football**

Modified techniques are used to teach the fundamentals of flag football and allow players of all abilities to participate during practices and scrimmages. The opportunity to participate in local competitions is available.

Age: 16 years & up **Location: City Park** 

9/8-10/27	М	5:30-6:30 PM	\$46	402157-01

# **FITNESS**

# **Adaptive Personal Training**

Specialized 1:1 fitness instruction designed for individuals with disabilities. Participants will be assigned a Certified Personal Trainer to exercise with at one of the City's recreation facilities. The trainer and participant will work together to establish individualized fitness goals. Schedules are created by the trainer and participant. If interested in adaptive personal training, please fill out the interest form online at fcgov.com/aro. Staff will connect with you to schedule and complete registration. Note: Personal trainer assignments are dependent on trainer availability.

# **Chair Yoga**

Includes gentle strength and stretch poses and breath work while seated. Designed for those with SCI, MS, TBI, neuromuscular disorders, other physical disabilities and/ or those who would benefit from participating in a seated yoga practice. Note: Class will not be held on 11/26.

Age: 16 years & up

# Location: Fort Collins Senior Center

9/10-10/29	W	2:15-3:00 PM	\$56	402983-01
11/5-12/10	W	2:15-3:00 PM	\$35	402983-02

# **Movement Mentor**

Over the course of eight weeks, participants are assigned a Movement Mentor to exercise with for one hour, once per week at a City recreation facility. Workouts include more leisurely exercise such as walks, bike rides or sports. Note: Schedules are created amongst partners.

Age: 16 years & up

# Location: TBA

9/22-11/21 \$65 402586-01

#### Spectrum Yoga

Learn modified yoga practices in a supportive environment. Moderately paced, gentle flow yoga designed for, but not limited to, individuals with intellectual and developmental disabilities, sensory integration sensitivity and those on the autism spectrum. Note: Class will not be held on 11/26.

Age: 16 years & up

#### Location: Fort Collins Senior Center

9/12-10/31	F	10:45-11:45 AM	\$56	402982-01
11/7-12/12	F	10:45-11:45 AM	\$35	402982-02

# **TRX Circuit Training**

A workout that combines strength training and cardiovascular exercises using the TRX suspension trainer. Perform various bodyweight exercises that challenge your strength, balance and core stability in a circuit format. Circuit training allows you to move through a variety of strength and cardio stations for a total body workout. All abilities welcome. Instructor experienced in implementing adaptations for various ability levels. Note: Class will not be held on 11/24.

Age: 8 years & up

# **Location: Northside Aztlan Community Center**

9/15-10/20	М	4:15-5:15 PM	\$52	402469-01
10/27-12/8	М	4:15-5:15 PM	\$52	402469-02

# **YOUTH PROGRAMS**

# **Youth Unified Basketball**

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

Age: 8-15 years

# **Location: Northside Aztlan Community Center**

1/15-2/26	Th	5:00-6:00 PM	\$36	102952-01

# **Youth Unified Flag Football**

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

Age: 8-15 years **Location: City Park** 

9/22-10/27 M 4:15-5:15 PM \$36 402158-01

# **SOCIAL PROGRAMS**

#### **Bowling**

Practice your bowling game with friends! Play two games per week to improve bowling skills or casually bowl for fun. Note: Fee includes two games per person per week and shoe rental.

Age: 16 years & up

# Location: Chippers Lane, 830 N. College Ave

9/13-10/18 Sa 11:30 AM-12:30 PM \$70 402906-01

# **Monthly Themed Dances**

Dance the night away with friends! Dressing for the theme is highly encouraged.

Age: 18 years & up

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

#### Rad 80s Dance

9/26	F	6:00-8:00 PM	\$10	402405-01
Hallowe	en How	l Dance		
10/24	F	6:00-8:00 PM	\$10	402405-02
Holiday	Formal			
11/21	F	6:00-8:00 PM	\$10	402405-03
Hearts 8	& Starts	Dance		
1/30	F	6:00-8:00 PM	\$10	102405-01

# **Movie Night**

Join friends at the Fort Collins Senior Center to watch and discuss a movie. Snacks available and included with program registration.

Age: 16 years & up

# **Location: Fort Collins Senior Center**

9/24	W	5:30-8:30 PM	\$20	402403-01
10/22	W	5:30-8:30 PM	\$20	402403-02
1/28	W	5:30-8:30 PM	\$20	102403-01

# **Restaurant Night**

Visit restaurants around town with friends! Staff will support participants in money management and ordering. Note: Bring money for food and a tip.

Age: 16 years & up

# **Location: Fort Collins Senior Center**

9/10	W	5:30-8:30 PM	\$20	402406-01
10/8	W	5:30-8:30 PM	\$20	402406-02
11/12	W	5:30-8:30 PM	\$20	402406-03
1/14	W	5:30-8:30 PM	\$20	102406-01

# **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



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

# **AQUA FITNESS**

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

# **Drop-In Policy**

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass (\$67.50). For more information on admission policies and fees, see page 4.

# **Waitlist & Cancellation Policy**

The deadline for drops/changes for enrolled participants is 24 hours before the start of the class. If the class you wish to register for is filled, you may place your name on a paid waitlist 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 second week of the session.

Note: Classes will not be held on 9/1 and 1/19.

# **Drop-In Water Volleyball**

An in-the-water volleyball game that is also a lowimpact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3.5 -4 .5 feet.

#### Location: Fort Collins Senior Center

9/3-11/24	M,W,F 10:00-11:00 AM	Daily Drop-In Fee
12/1-12/22	M,W,F 10:00-11:00 AM	Daily Drop-In Fee
1/5-1/30	M,W,F 10:00-11:00 AM	Daily Drop-In Fee

# LOW INTENSITY

#### **Basic H20**

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

# Location: Fort Collins Senior Center

9/3-10/3	M,W,F 8:00-9:00 AM	\$72	400412-01
10/6-10/31	M,W,F 8:00-9:00 AM	\$62	400412-02
11/3-11/24	M,W,F 8:00-9:00 AM	\$52	400412-03
12/1-12/22	M,W,F 8:00-9:00 AM	\$52	400412-04
1/5-1/30	M.W.F 8:00-9:00 AM	\$62	100412-01

# **Twinges**

Designed for those with arthritis, this class is held in the warm water pool. The buoyancy of the water provides both resistance and assistance to the body while helping to maintain joint flexibility and strength in a low-impact environment.

# Location: Edora Pool Ice Center

9/3-10/3	M,W,F 7:30-8:30 AM	\$72	400314-01
10/6-10/31	M,W,F 7:30-8:30 AM	\$62	400314-03
11/3-11/24	M,W,F 7:30-8:30 AM	\$52	400314-05
12/1-12/22	M,W,F 7:30-8:30 AM	\$52	400314-07
9/3-10/3	M,W,F 8:30-9:30 AM	\$72	400314-02
10/6-10/31	M,W,F 8:30-9:30 AM	\$62	400314-04
11/3-11/24	M,W,F 8:30-9:30 AM	\$52	400314-06
12/1-12/22	M,W,F 8:30-9:30 AM	\$52	400314-08
1/5-1/30	M,W,F 7:30-8:30 AM	\$62	100314-01
1/5-1/30	M,W,F 8:30-9:30 AM	\$62	100314-02

# **Twinges Plus**

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

# **Location: Fort Collins Senior Center**

9/3-10/3	M,W,F 12:15-1:15 PM	\$72	400416-01
10/6-10/31	M,W,F 12:15-1:15 PM	\$62	400416-03
11/3-11/24	M,W,F 12:15-1:15 PM	\$52	400416-05
12/1-12/22	M,W,F 12:15-1:15 PM	\$52	400416-07
9/3-10/3	M,W,F 1:15-2:15 PM	\$72	400416-02
10/6-10/31	M,W,F 1:15-2:15 PM	\$62	400416-04
11/3-11/24	M,W,F 1:15-2:15 PM	\$52	400416-06
12/1-12/22	M,W,F 1:15-2:15 PM	\$52	400416-08
1/5-1/30	M,W,F 12:15-1:15 PM	\$62	100416-01
1/5-1/30	M,W,F 1:15-2:15 PM	\$62	100416-02

# You've Been Served

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

# **Location: Fort Collins Senior Center**

9/2-10/2	Tu,Th	4:00-5:00 PM	\$52	400402-01
10/7-10/30	Tu,Th	4:00-5:00 PM	\$42	400402-02
11/4-11/25	Tu,Th	4:00-5:00 PM	\$37	400402-03
12/2-12/23	Tu,Th	4:00-5:00 PM	\$37	400402-04
1/6-1/29	Tu,Th	4:00-5:00 PM	\$42	100402-01

# **MEDIUM INTENSITY**

#### Classics

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

# **Location: Fort Collins Senior Center**

LUCALIUII. F	OIL COI	iiiis Seilioi Ceillei		
9/3-10/3	M,W,F	6:00-7:00 AM	\$72	400422-01
10/6-10/31	M,W,F	6:00-7:00 AM	\$62	400422-02
11/3-11/24	M,W,F	6:00-7:00 AM	\$52	400422-03
12/1-12/22	M,W,F	6:00-7:00 AM	\$52	400422-04
9/3-10/3	M,W,F	5:00-6:00 PM	\$72	400422-05
10/6-10/31	M,W,F	5:00-6:00 PM	\$62	400422-06
11/3-11/24	M,W,F	5:00-6:00 PM	\$52	400422-07
12/1-12/22	M,W,F	5:00-6:00 PM	\$52	400422-08
9/2-10/2	Tu,Th	8:00-9:00 AM	\$52	400422-09
10/7-10/30	Tu,Th	8:00-9:00 AM	\$42	400422-10
11/4-11/25	Tu,Th	8:00-9:00 AM	\$37	400422-11
12/2-12/23	Tu,Th	8:00-9:00 AM	\$37	400422-12
9/2-10/2	Tu,Th	9:00-10:00 AM	\$52	400422-13
10/7-10/30	Tu,Th	9:00-10:00 AM	\$42	400422-14
11/4-11/25	Tu,Th	9:00-10:00 AM	\$37	400422-15
12/2-12/23	Tu,Th	9:00-10:00 AM	\$37	400422-16
9/2-10/2	Tu,Th	10:00-11:00 AM	\$52	400422-17
10/7-10/30	Tu,Th	10:00-11:00 AM	\$42	400422-18
11/4-11/25	Tu,Th	10:00-11:00 AM	\$37	400422-19
12/2-12/23	Tu,Th	10:00-11:00 AM	\$37	400422-20
9/2-10/2	Tu,Th	7:00-8:00 PM	\$52	400422-21
10/7-10/30	Tu,Th	7:00-8:00 PM	\$42	400422-22
11/4-11/25	Tu,Th	7:00-8:00 PM	\$37	400422-23
12/2-12/23	Tu,Th	7:00-8:00 PM	\$37	400422-24
1/5-1/30	M,W,F	6:00-7:00 AM	\$62	100422-01
1/5-1/30	M,W,F	5:00-6:00 PM	\$62	100422-02
1/6-1/29	Tu,Th	8:00-9:00 AM	\$42	100422-03
1/6-1/29	Tu,Th	9:00-10:00 AM	\$42	100422-04
1/6-1/29	Tu,Th	10:00-11:00 AM	\$42	100422-05
1/6-1/29	Tu,Th	7:00-8:00 PM	\$42	100422-06

# **INCLUSION SUPPORT**

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



EGEND







Denotes no web registration for program

#### **Prenatal**

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

# **Location: Fort Collins Senior Center**

9/2-10/2	Tu,Th	5:00-6:00 PM	\$52	400418-01
10/7-10/30	Tu,Th	5:00-6:00 PM	\$42	400418-02
11/4-11/25	Tu,Th	5:00-6:00 PM	\$37	400418-03
12/2-12/23	Tu,Th	5:00-6:00 PM	\$37	400418-04
1/6-1/29	Tu,Th	5:00-6:00 PM	\$42	100418-01

# **Twist & Shout**

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

# **Location: Fort Collins Senior Center**

9/3-10/3	M,W,F 4:00-5:00 PM	\$72	400426-01
10/6-10/31	M,W,F 4:00-5:00 PM	\$62	400426-02
11/3-11/24	M,W,F 4:00-5:00 PM	\$52	400426-03
12/1-12/22	M,W,F 4:00-5:00 PM	\$52	400426-04
1/5-1/30	M,W,F 4:00-5:00 PM	\$62	100426-01



# **HIGH INTENSITY**

# **Advanced Water Fitness**

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

# Location: Fort Collins Senior Center

9/3-10/3	M,W,F 9:00-10:00 AM	\$72	400424-01
10/6-10/31	M,W,F 9:00-10:00 AM	\$62	400424-02
11/3-11/24	M,W,F 9:00-10:00 AM	\$52	400424-03
12/1-12/22	M,W,F 9:00-10:00 AM	\$52	400424-04
1/5-1/30	M,W,F 9:00-10:00 AM	\$62	100424-01

# **Deep H2O Intro**

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

# **Location: Edora Pool Ice Center**

9/2-10/2	Tu,Th	8:00-9:00 AM	\$52	400331-01
10/7-10/30	Tu,Th	8:00-9:00 AM	\$42	400331-02
11/4-11/25	Tu,Th	8:00-9:00 AM	\$37	400331-03
12/2-12/23	Tu,Th	8:00-9:00 AM	\$37	400331-04
1/6-1/29	Tu.Th	8:00-9:00 AM	\$42	100331-01

# Deep H2O

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

#### Location: Edora Pool Ice Center

9/3-10/3	M,W,F Noon-1:00 PM	\$72	400330-01
10/6-10/31	M,W,F Noon-1:00 PM	\$62	400330-02
11/3-11/24	M,W,F Noon-1:00 PM	\$52	400330-03
12/1-12/22	M,W,F Noon-1:00 PM	\$52	400330-04
1/5-1/30	M,W,F Noon-1:00 PM	\$62	100330-01

# **AQUATICS**



Adult programs are held at Edora Pool Ice Center unless otherwise noted.

# **ADULT LEARN TO SWIM**

# Adult Learn to Swim - Intro to Swimming

Age: 18 years & up

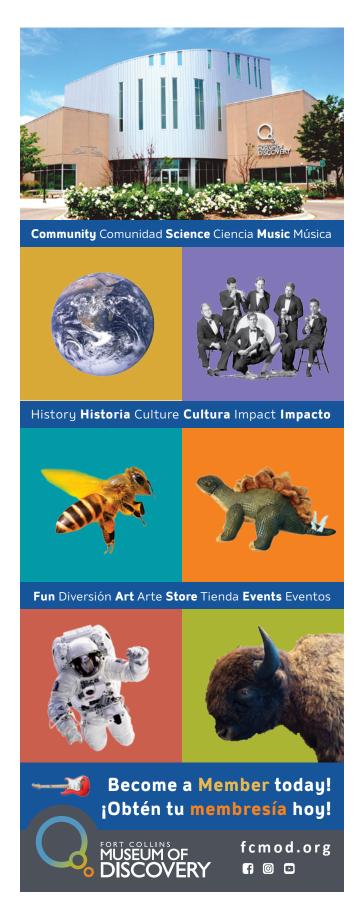
This class is designed as an introduction to basic aquatics skills for those who have no swimming experience or are hesitant in the water. This class will focus on developing comfort and safety in the water with skills such as floating, kicking, treading and stroke introduction.

# Adult Learn to Swim - Stroke Development

Age: 18 years & up

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.

See pages 60-61 for the full Learn to Swim schedule.



# CREATIVE ARTS

# **ARTS & CRAFTS**

Programs are held at Fort Collins Senior Center unless otherwise noted.

# **Art Display**

We are looking for artists, crafters and creators who are interested in showcasing their pieces at the Fort Collins Senior Center. Historical and contemporary artworks by local, regional, national and international artists are welcome. Previous exhibitions highlighted works by art faculty, students and patrons as well as emerging and established artists. The shows represent great diversity and change monthly. Interested in showcasing your creations? Contact Zach Ducharme at zducharme@fcgov.com.

# Open Studio - Arts & Crafts

Drop-in open studio for those wanting to work on a variety of art projects, including but not limited to watercolors, drawing, acrylic painting or basic crafts. Instructor will be available for art advice and help if needed. Drop-in time is flexible, but if participants do not arrive by 7 p.m., the instructor may no longer be available. Studio fees are waived for participants currently enrolled in designated art classes.

9/23	Tu	6:30-8:30 PM	\$7	403460-01
10/21	Tu	6:30-8:30 PM	\$7	403460-02
11/18	Tu	6:30-8:30 PM	\$7	403460-03
12/16	Tu	6:30-8:30 PM	\$7	103460-01
1/27	Tu	6:30-8:30 PM	\$7	103460-02

# **Open Studio - Woodshop**

Open Studio is intended for practicing or finishing work in progress. Open Studio is included for adult students currently enrolled in Woodworking, Stained Glass and Jewelry classes. Adults who have previously taken a Woodworking, Stained Glass or Jewelry class may register for individual days or drop in if there is space available. Daily drop-in fee is \$9. Note: Lab is not available on 11/27, 12/25 and 1/1.

9/2-1/29	Tu,Th	9:00 AM-Noon	\$9	403497-01

# **DIGITAL ARTS**

# Soil Moisture Monitor System

Participants build a soil moisture monitoring system that sends alerts when soil moisture is too low. Learn how to program a controller to periodically poll a soil moisture sensor and send text alerts to designated parties when moisture reaches pre-defined levels. All required components and a one-month membership to Fort Collins Creator Hub will be included in the course fee. Prerequisite: Basic soldering skills and understanding of electronics would be helpful but is not required.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite #11 10/18-10/25 Sa 10:00 AM-Noon \$150 403913-01

# **Laser Cutting for Beginners**

In this three-day workshop, participants learn to make precise cuts and intricate designs on Class 5 CamFive lasers. Get hands-on training with design software (Lightburn) and learn how to operate the laser for cutting and engraving different materials. Create your own finished project to take home. A one-month membership to Fort Collins Creator Hub is included in your course fee.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite #11 9/13-9/27 Sa 9:00 AM-Noon \$150 415972-01

# Intermediate Lightburn Software

Explore Lightburn – a popular software for laser cutting and etching applications - and take it beyond the basics. Learn how to create primitives, convert them to paths and apply Boolean operations to create complex forms. Apply masks to images and text, edit nodes, import images and apply settings for image tracing and etching. Focus on the software used to create laser cutting and etching projects. Hands-on time with laser cutters is not included (see the Laser Cutting for Beginners class for hands-on experience with laser cutters). Prerequisite: Laser Cutting for Beginners or working knowledge of Lightburn software is recommended.

# Location: Fort Collins Creator Hub, 1304 Duff Dr. #11

9/6-9/19 6:30-8:30 PM 403914-01 \$75

# **FIBER ARTS**

# **Needle Felting**

Needle felting is a centuries-old craft that has gained popularity in recent years. This craft involves using a barbed needle to create 3D shapes, figures and wool paintings. All materials are provided.

# Fall Wreath

9/13	Sa	10:00 AM-1:00 PM	\$37	403401-01
Dia de lo	s Muert	os Foam Skull		
10/11	Sa	10:00 AM-1:00 PM	\$37	403401-02
<b>Wool Pai</b>	inting o	f a Cardinal in Winte	r	
11/8	Sa	10:00 AM-1:00 PM	\$37	403401-03
Holiday (	Orname	nts from Dryer Balls		
11/22	Sa	10:00 AM-1:00 PM	\$37	403416-01
Santa Gn	ome Bo	ottle Topper		
12/6	Sa	10:00 AM-1:00 PM	\$37	103403-01

# **Craftivism: Activism for Everyone**

Craftivism is an art movement that combines craft and activism. Learn a variety of techniques and how to express what is important to you! Activities include empowerment embroidery, upcycling sewing and yarn bombing (crochet). All supplies are provided.

10/18-11/22 Sa 10:00 AM-Noon \$120 403469-01

# **Upcycling & Re-inventing - NEW!**

Focus on recycling and upcycling loved garments that don't fit, need a new life or maybe just need a little repair. Learn simple sewing machine stitches, appliqué and embroidery repair. All equipment is provided.

9/6-10/11 Sa 10:00 AM-Noon \$120 403411-01

# **GENERAL ARTS**

#### **Arts & Crafternoons**

Create the amazing crafts you see on Pinterest and Instagram without spending a fortune on craft materials you may never use again. We will also have a few painting/art classes. An instructor will guide you through the painting or craft and/or give you the freedom to create on your own. All materials are provided.

# **Beeswax Food Wraps**

Create an assortment of beeswax food wraps using beeswax, 100% cotton and other household supplies. If you aren't familiar with beeswax wraps, they are plastic wrap alternatives that are great for cheese, fruit, veggies, nuts and other snacks, or to cover bowls/tupperware. They are washable and can be reused for up to a year!

9/5	F	1:00-3:00 PM	\$37	403418-01
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#### **Ribbon Embroidery**

Create beautiful flowers with satin or silk ribbon, using simple stitches on fabric.

	10/3	F	1:00-3:00 PM	\$37	403418-02
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#### **Watercolor Cards**

Create a set of watercolor cards in time for the holidays. Learn the basics of watercolor to create a set of 4x6 cards with envelopes.

11/7 F 1:00-3:00 PM \$37 403418-0
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# Stars and Snowflakes

Create beautifully simple paper stars or snowflakes with lunch bags! These are an elegant and fun addition to your holiday decor.

12/5	F	1:00-3:00 PM	\$37	103418-01

# Mandala Painting

Create mesmerizing mandala patterns on items such as rocks, coasters, glass refrigerator magnets and small canvases with paint and markers.

1/9 F 1:00-3:00 PM \$37 1034	118-02	02
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# **PAINTING**

#### **Alcohol Inks**

Learn techniques needed to create fun and beautiful works of art with alcohol inks. Create cards, make artwork to frame or decorate non-porous pieces (mugs, dishes and tiles). All materials are provided. Please bring a small box or cardboard flat tray to carry finished pieces.

9/25	Th	9:00-11:00 AM	\$37	403420-01
10/23	Th	9:00-11:00 AM	\$37	403420-02
11/13	Th	9:00-11:00 AM	\$37	403420-03
12/11	Th	9:00-11:00 AM	\$37	103419-01
1/15	Th	9:00-11:00 AM	\$37	103419-02

# Painting Pieces - NEW!

Unleash your creativity and connect with your community in a one-of-a-kind collaborative painting experience! Perfect for artists of all skill levels, this interactive project combines the joy of painting with the challenge of puzzle solving. Each participant will use vibrant acrylic paints to design their own unique piece of a mini mural. Once everyone's artwork is complete, the group will come together to assemble the painted pieces and reveal the full masterpiece. The finished mural will be proudly displayed for public viewing, showcasing your creativity as part of a collective work of art. All materials are provided, but feel free to bring your own brushes or stencils. Participants younger than 16 are welcome with instructor approval.

Bird				
9/13	Sa	2:00-4:00 PM	\$20	403410-01
Reptile				
10/11	Sa	2:00-4:00 PM	\$20	403410-02
Insect				
11/15	Sa	2:00-4:00 PM	\$20	403410-03
Mammal				
12/6	Sa	2:00-4:00 PM	\$20	103410-01
Fish				
1/10	Sa	2:00-4:00 PM	\$20	103410-02

# Watercolors, Beginner

Learn how to use and mix colors while exploring how to paint with watercolor. Students will learn the basics of watercolors with an overview of the materials needed. watercolor techniques and how to fix mistakes. This class is instructor-led, and multiple small paintings will be completed. All materials will be provided, but you are welcome to bring your own materials.

9/10-10/8	W	9:00-11:00 AM	\$81	403421-01
10/22-11/19	W	9:00-11:00 AM	\$81	403421-02
9/13-10/11	Sa	9:00-11:00 AM	\$81	403421-03
10/25-11/22	Sa	9:00-11:00 AM	\$81	403421-04
1/7-2/4	W	9:00-11:00 AM	\$81	103422-01
1/10-2/7	Sa	9:00-11:00 AM	\$81	103422-02

# Watercolors, Intermediate

Continue to implement skills learned in the beginner class with color and color mixing. Students will learn about composition and how to create depth and interest in their paintings. This class is instructor-led and multiple small paintings will be completed, but at a more complex level. All materials will be provided, but you are welcome to bring your own materials.

9/13-10/11	Sa	11:30 AM-1:30 PM	\$81	403422-01
10/25-11/22	Sa	11:30 AM-1:30 PM	\$81	403422-02
1/10-2/7	Sa	11:30 AM-1:30 PM	\$81	103423-01

# **PHOTOGRAPHY**

# Introduction to Manual Photography - NEW!

Learn to use foundational techniques to improve your photography and move beyond snapshots to create intentional images. A digital camera with manual settings (either DSLR or mirrorless) is required.

10/7-10/28	Tu	6:00-7:30 PM	\$75	403464-01
11/3-11/24	М	2:00-3:30 PM	\$75	403464-02

# Photography Composition - NEW!

Take your photography to the next level by learning how to read an image and use techniques to create a stronger. more compelling photograph. A digital camera with manual settings (either DSLR or mirrorless) is required. Prerequisite: Introduction to Manual Photography or instructor approval. Contact Zach Ducharme for approval at zducharme@fcgov.com.

1/6-1	/27 Tu	6:00-7:30 PN	1 \$75	103414-02

# WOODWORKING

# **Epoxy Charcuterie Board**

Make your own unique epoxy charcuterie board! Explore the entire process from purchasing wood, creating molds and learning about different types of epoxy. Pour your own epoxy and learn to demold, shape and sand to a finished product. Participants will be able to take their board home for years of enjoyment. Enrollment in the class includes a one-month membership to the Fort Collins Creator Hub.

# Location: Fort Collins Creator Hub, 1304 Duff Dr. #11

10/26-11/2	CII	9:00 AM-Noon	\$205	403912-01
10/20-11/2	Su	9.00 AM-NOON	かていつ	405917-01

# **Woodworking, Beginner**

Introduction to the use of power tools, hand tools, woods and finishing. One out of two projects available will be built. You must attend the first class. Some supplies are provided. Supply list available at the first class; approximate cost is \$30-50.

0/10/10/15	147	700 500 514	<b>#160</b>	407400 01
9/10-10/15	W	3·00-5·00 PM	<b>\$168</b>	403490-01

# Woodworking, Intermediate

Use joinery to put together two or more pieces of wood. Different types will be discussed. Students pick an appropriate project under 30 inches. You must attend the first class. Some supplies are provided; approximate cost is \$30-\$50. Note: Class does not meet on 11/26\*.

# Woodworking, Intermediate

	···· <b>J</b> , ·			
10/29-12/10	W	3:00-5:00 PM	\$168	403491-01*
<b>Basic Mort</b>	ise &			
9/18-10/30	Th	4:30-6:30 PM	\$168	403491-02
1/15-2/26	Th	4:30-6:30 PM	\$168	103491-02

# **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 (1541 W. Oak St.) unless otherwise noted.

# Things to Know

- · All clay, glazes, slips, stains and underglazes are provided or available for purchase at the studio. Only clay provided by or purchased from the studio will be fired in the studio's kilns.
- The first 25 lbs. of clay are provided for 10-class adult sessions. One additional bag of 25 lbs. of clay can be purchased at the studio for \$30.
- 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.
- · 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 adult sessions. Students who have completed a 10-class adult session may register as a lab student. Additional drop-in times are unavailable.
- Pottery Studio rentals for events, including birthday parties, are available. Inquiries can be submitted at fcgov.com/recreation/pottery-studio.
- Finished pieces should be picked up on designated dates listed below between 11 a.m. - 2 p.m., or Tu/Th between 7:30 - 10 p.m. Pieces that are not claimed on these dates are kept for one session after a completed program and are then disposed of.
  - 10-week classes pick-up:
    - Fall: During any Open Lab after 1/5/2026
    - Winter: During any Open Lab after 4/20/2026
  - First 5-week classes pick-up:
    - Fall: During any Open Lab after 11/3/2026
    - Winter: During any Open Lab after 3/2/2026
  - Second 5-week classes pick-up:
    - Fall: During any Open Lab after 1/5/2026
    - Winter: During any Open Lab after 4/20/2026



Register for highlighted programs on Oct. 28.

# **Pottery Lab**

Lab is included for adult students who are currently enrolled in a 10-week class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. Prerequisites: Handbuilding & Wheel Beginner, Beginner Plus, Intermediate, Advanced.

9/8-11/16	M-Su	11:00 AM-2:00 PM	\$231	404899-01
	Tu/Th	7:30 PM-10:00PM		
1/5-3/15	M-Su	11:00 AM-2:00 PM	\$231	104899-01
	Tu/Th	7:30 PM-10:00PM		

# **Exploring Handbuilding**

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

#### Location: Fort Collins Senior Center

9/8-10/6	М	11:30 AM-1:30 PM	\$100	404873-01
10/13-11/10	М	11:30 AM-1:30 PM	\$100	404873-02
9/10-10/8	W	11:30 AM-1:30 PM	\$100	404873-03
10/15-11/12	W	11:30 AM-1:30 PM	\$100	404873-04
1/5-2/2	М	11:30 AM-1:30 PM	\$100	104873-01
1/7-2/4	W	11:30 AM-1:30 PM	\$100	104873-02

# **Handbuilding Expressions**

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

9/9-11/11	Tu	9:00-11:00 AM	\$231	404875-01
9/11-11/13	Th	6:00-8:00 PM	\$231	404875-02
1/6-3/10	Tu	9:00-11:00 AM	\$231	104875-01
1/8-3/12	Th	6:00-8:00 PM	\$231	104875-02

# **Holiday Handbuilding**

Use clay techniques to make items for use or display during holidays. From functional items to ornaments to figurines – your imagination is your guide. All levels welcome. Note: No lab or drop-in times will be available this session. Class will not be held on 11/25, 11/27 and 11/29.

11/18-12/6	Tu,Th	6:00-9:00 PM	\$181	404897-01
	Sa	9:00 AM-Noon	\$181	404897-01

# Independent Study: Handbuilding

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

#### Location: Fort Collins Senior Center

9/10-11/12	W	2:30-4:30 PM	\$231	404874-01
1/7-3/4	W	2:30-4:30 PM	\$208	104874-01

# **Pottery Sampler**

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

1/6-2/3	Tu	2:30-4:30 PM	\$100	104870-01
2/10-3/10	Tu	2:30-4:30 PM	\$100	104870-02

#### Raku from Creation to Can

Learn American-style Raku handbuilding on the pottery wheel. Work in wet clay for the first week, then move into firing and glazing. Use hands-on contemporary exploration of the forming and firing process first used by Japanese potters. No previous experience necessary. No lab is offered with this class. All supplies are provided.

9/11-10/9	Th	2:00-4:00 PM	\$100	404826-01
10/16-11/13	Th	2:00-4:00 PM	\$100	404826-02
1/8-2/5	Th	2:00-4:00 PM	\$100	104826-01
2/12-3/12	Th	2:00-4:00 PM	\$100	104826-02

# Wheel & Handbuilding, Beginner

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

9/8-11/10	М	9:00-11:00 AM	\$231	404850-01
9/8-11/10	М	5:45-7:45 PM	\$231	404850-02
9/10-11/12	W	8:00-10:00 PM	\$231	404850-03
9/13-11/15	Sa	9:00-11:00 AM	\$231	404850-04
9/12-11/14	F	9:00-11:00 AM	\$231	404850-05
1/5-3/9	М	9:00-11:00 AM	\$231	104850-01
1/5-3/9	М	5:45-7:45 PM	\$231	104850-02
1/7-3/11	W	8:00-10:00 PM	\$231	104850-03
1/10-3/14	Sa	9:00-11:00 AM	\$231	104850-04
1/9-3/13	F	9:00-11:00 AM	\$231	104850-05

# Wheel & Handbuilding, Beginner Plus

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

9/8-11/10	М	8:00-10:00 PM	\$231	404855-01
9/10-11/12	W	5:45-7:45 PM	\$231	404855-02
9/11-11/13	Th	9:00-11:00 AM	\$231	404855-03
9/13-11/15	Sa	2:30-4:30 PM	\$231	404855-04
1/5-3/9	М	8:00-10:00 PM	\$231	104855-01
1/7-3/11	W	5:45-7:45 PM	\$231	104855-02
1/8-3/12	Th	9:00-11:00 AM	\$231	104855-03
1/10-3/14	Sa	2:30-4:30 PM	\$231	104855-04

# Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills, and learn about expression and exploration of form. Experience working with clay and knowledge of wheel principles are required. Prerequisite: Wheel & Handbuilding Beginner, Beginner Plus or equivalent.

9/9-11/11	Tu	5:30-7:30 PM	\$231	404860-01
9/10-11/12	W	9:00-11:00 AM	\$231	404860-02
1/6-3/10	Tu	5:45-7:45 PM	\$231	104860-01
1/7-3/11	W	9:00-11:00 AM	\$231	104860-02

# Wheel & Handbuilding, Advanced

Look further into the development of form while honing high-end techniques. Emphasis is placed on combining creativity with conceptual thought into design. Prerequisite: Intermediate Wheel or equivalent.

9/9-11/11	Tu	9:00-11:00 AM	\$231	404865-01
1/6-3/10	Tu	9:00-11:00 AM	\$231	104865-01

# **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

# **DANCE & MOVEMENT**

All adult dance programs are designed for those 18 years and older unless otherwise noted. Ages 13-17 years are welcome with instructor approval. Contact Zach Ducharme for approval at *zducharme@fcgov.com*.

# **BALLET**

# TAUGHT BY SARAH MANNO

# Ballet, Beginner

An introduction to classical barre, positions and steps.

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

9/9-10/21	Tu	5:30-6:30 PM	\$72	406102-01
11/4-12/16	Tu	5:30-6:30 PM	\$72	406102-02

# **Ballet, Intermediate**

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

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

9/8-10/20	М	5:30-6:45 PM	\$89	406103-01
11/3-12/15	М	5:30-6:45 PM	\$89	406103-02

#### **Modern Dance**

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

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

	-	• ,	•	
9/8-10/20	М	6:50-7:50 PM	\$72	406156-01
11/3-12/15	М	6:50-7:50 PM	\$72	406156-02

# **BELLY DANCE**

# TAUGHT BY HEATHER LONGINO

# **Belly Dance, Beginner**

Improvisational, group-style belly dance is performed in a lead-and-follow format based on a shared vocabulary of movements and cues. Learn basic fast and slow movements, combos and improvisational dance while improving balance, core strength and flexibility. Attire: Wear yoga/exercise clothing and bring a scarf/sash for your hips.

#### Location: Fort Collins Senior Center

9/2-9/23	Tu	7:00-8:00 PM	\$42	406426-01
9/30-10/21	Tu	7:00-8:00 PM	\$42	406426-02
10/28-11/18	Tu	7:00-8:00 PM	\$42	406426-03
1/6-1/27	Tu	7:00-8:00 PM	\$42	106426-01

#### **Belly Dance. Continued**

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

#### Location: Fort Collins Senior Center

9/2-9/23	Tu	8:00-9:00 PM	\$42	406427-01
9/30-10/21	Tu	8:00-9:00 PM	\$42	406427-02
10/28-11/18	Tu	8:00-9:00 PM	\$42	406427-03
1/6-1/27	Tu	8:00-9:00 PM	\$42	106427-01

# **Belly Dance, Fusion Workshop**

Fusion dance is the blending of two or more styles into one harmonious form. This 2-week workshop will combine the exuberance of Bollywood and the intensity of Zambra Mora with our existing belly dance vocabulary. Experience with improv style belly dance recommended but not required. Wear yoga/exercise attire and bring a scarf or sash to tie around your hips, and a long full skirt for week 2. Bare feet recommended.

12/2-12/9	Tu	7:00-9:00 PM	\$42	106428-01

# **LINE DANCE**

# **Introduction to Line Dance (Level 1)**

Heard about line dancing but have no idea where to start? This class is for you! Learn basic line dance steps and dance very easy sequences. This class is a prerequisite to all other line dance classes and can be repeated as often as desired. Instructor: Stacy Leadingham.

#### Location: Fort Collins Senior Center

9/2-9/30	Tu	3:00-4:00 PM	\$52	406435-01
10/7-10/28	Tu	3:00-4:00 PM	\$42	406435-02
11/4-11/18	Tu	3:00-4:00 PM	\$32	406435-03
12/2-12/16	Tu	3:00-4:00 PM	\$32	106435-01
1/6-1/27	Tu	3:00-4:00 PM	\$42	106435-02

# Line Dance, Absolute Beginner (Level 2)

This class is ideal for those who have completed the Introduction to Line Dance class but worry that the beginner class may be too challenging. If you feel confident with basic line dance steps, dances in this class are easy and fun. Instructor: Katy Piotrowski.

# **Location: Foothills Activity Center**

9/15-9/29	М	2:00-3:00 PM	\$32	406739-01
10/6-10/27	М	2:00-3:00 PM	\$42	406739-02
11/3-11/24	М	2:00-3:00 PM	\$42	406739-03
12/1-12/29	М	2:00-3:00 PM	\$52	106739-01
1/5-1/26	М	2:00-3:00 PM	\$42	106739-02

#### Line Dance, Beginner (Level 3)

For the line dancer who has had success dancing Absolute Beginner dances and is ready for the next level of challenge. Emphasis is on multi-week practices of each dance to attain mastery. Instructor: Marcella Wells.

# **Location: Fort Collins Senior Center**

9/2-9/30	Tu	12:30-1:30 PM	\$52	406436-01
10/7-10/28	Tu	12:30-1:30 PM	\$42	406436-02
11/4-11/18	Tu	12:30-1:30 PM	\$32	406436-03
12/2-12/16	Tu	12:30-1:30 PM	\$32	106436-01
1/6-1/27	Tu	12:30-1:30 PM	\$42	106436-02

# Line Dance, Beginner (Level 3)

For the line dancer who has had success dancing Absolute Beginner level dances and is ready for the next level of challenge. Emphasizes dancing with joy and multi-week practices of each dance to attain mastery. Instructor: Katy Piotrowski.

#### Location: Foothills Activity Center

9/15-9/29	М	5:30-6:30 PM	\$32	406736-01		
10/6-10/27	М	5:30-6:30 PM	\$42	406736-02		
11/3-11/24	М	5:30-6:30 PM	\$42	406736-03		
12/1-12/29	М	5:30-6:30 PM	\$52	106733-01		
1/5-1/26	М	5:30-6:30 PM	\$42	106733-02		

# Line Dance, High Beginner (Level 4)

For line dancers who are comfortable with more complex beginner-level dances and are ready to take on dances one level below Improver. This class moves at a faster pace with multiple dances per session. Instructor: Stacy Leadingham.

# **Location: Northside Aztlan Community Center**

			•	
9/4-9/25	Th	6:15-7:15 PM	\$42	406537-01
10/2-10/30	Th	6:15-7:15 PM	\$52	406537-02
11/6-11/20	Th	6:15-7:15 PM	\$32	406537-03
12/4-12/18	Th	6:15-7:15 PM	\$32	106537-01
1/8-1/29	Th	6:15-7:15 PM	\$42	106537-02

# Line Dance, Improver (Level 5)

Designed for the more experienced line dancer, this class is for those who thrive on more complex, fast-paced dance steps, sequences and rhythms. Instructor: Katy Piotrowski.

# Location: Foothills Activity Center

9/15-9/29	М	6:30-7:30 PM	\$32	406431-01
10/6-10/27	М	6:30-7:30 PM	\$42	406431-02
11/3-11/24	М	6:30-7:30 PM	\$42	406431-03
12/1-12/29	М	6:30-7:30 PM	\$52	106431-01
1/5-1/26	М	6:30-7:30 PM	\$42	106431-02

# Line Dance, Improver (Level 5)

Designed for the more experienced line dancer, this class is for those who thrive on more complex, fast-paced dance steps, sequences and rhythms. Instructor: Marcella Wells.

# Location: Fort Collins Senior Center

	•.•			
9/8-9/29	М	3:00-4:00 PM	\$42	406431-04
10/6-10/27	М	3:00-4:00 PM	\$42	406431-05
11/3-11/17	М	3:00-4:00 PM	\$32	406431-06
12/1-12/15	М	3:00-4:00 PM	\$32	106431-03
1/5-1/26	М	3:00-4:00 PM	\$42	106431-04

Participate in Northern Colorado's premier line dance event, Line Dance Shindig! Learn more on page 8.

# **Line Dance Social**

Celebrate the holiday season by joining other City of Fort Collins line dance students to perform dances learned throughout the year. A brief walkthrough of each dance will be provided (no in-depth lessons), allowing for plenty of time to dance, dance! Optional: Bring a sweet or savory treat to share (homemade or storebought).

#### Location: Club Tico

12/6	Sa	5:30-8:00 PM	\$12	106438-01

# **EDUCATION**

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

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

# **COOKING PROGRAMS**

All cooking classes are designed for ages 14 years & up unless otherwise noted. Please bring an apron to each class. Prior to the first class, please send any allergies or concerns to Zach Ducharme at zducharme@fcgov.com.

#### TAUGHT BY SAPNA VON REICH

# **Autumn Bowls**

Consisting of grains, greens, seasonal vegetables, protein and delicious sauces, these colorful bowls are great for fall. Celebrate the changing of the leaves and cover all your nutritional bases in this class, where it's all about big flavors and minimal effort.

10/13 М 6:00-8:30 PM \$62 407428-01

#### **Christmas Curries**

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

12/16 Tu 6:00-8:30 PM \$62 107421-01

#### **Curry in a Snap**

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

11/6 Th 6:00-8:30 PM \$62 407431-01

# **Dal 101 - Indian Style Lentils**

Dal, a Sanskrit name that refers to all pulses, legumes and their food derivatives, is the main protein supply for 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: Green lentil pancake, spinach and lentil curry (saag), red lentil stew and carrot pudding.

10/23 Th 6:00-8:30 PM 407429-01 \$62

# **Ethiopian Made Easy**

Learn to make a delicious Ethiopian meal that is both easy to prepare and good for you. We will cook with all the colors of the rainbow! All recipes are gluten-free and vegan/vegetarian friendly. Menu: Key sir alicha (beet stew), kik alicha (yellow split peas), Swiss chard gomen, egaplant wot, and instant teff flour crepes.

9/25 Th 6:00-8:30 PM \$62 407427-01

# **Flatbread Flutter**

This class is designed for anyone who is trying to avoid too much processed wheat or follow a gluten-free lifestyle. You don't have to sacrifice the quintessential bread that we all crave in our food. Make tasty flatbreads from wholesome ingredients like sorghum, quinoa, lentils, cauliflower and more. Let knowledge satisfy your cravings!

9/30 Tu 6:00-8:30 PM \$62 407448-01

# **Foundations of Curry**

This class will teach you an Indian mother sauce, which is simple to prepare. This sauce can then be used to prepare many variations of Indian dishes. Menu: Kadai tofu, chickpea and potato curry, and bharta (roasted egaplant).

1/12 М 6:00-8:30 PM \$62 107434-01

# **Healthy Ethiopian Dishes**

Join us for this enjoyable and hands-on vegetarian Ethiopian cuisine class. Learn basic cooking techniques and explore Ethiopian ingredients such as fresh herbs. grains and spices. Menu: Misir wot (red lentils), collard gomen, duba wot (butternut squash in berbere sauce) and teff flour crepe.

1/27 Tu 6:00-8:30 PM \$62 107428-01

# **Homemade Indian Flatbreads**

Impress your family and friends with some exotic and fantastic Indian bread. Menu: Spinach and mint bread, cauliflower and spiced chickpea flour bread, potatostuffed bread and chai tea.

11/11 Tu 6:00-8:30 PM \$62 407424-01

# **Indian Breakfast 101**

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

12/2 Tu 6:00-8:30 PM \$62 107425-01

#### **Indian Comfort Foods**

Sometimes you just don't feel like cooking. Maybe you're sick, or maybe it's just been a long day. No matter the reason, the idea of making a fancy dish is unthinkable. The solution is an easy, super palatable, one-pot meal for all the lazy days in your future. This gluten-free menu includes traditional rice khichadi, millet khichadi with veggies, a side dish with asparagus and golden milk.

1/13 Tu 6:00-8:30 PM \$62 107426-01

# **Indian Spices 101**

In ancient times, spices were as precious as gold. Their healing properties and use as preservatives made them essential to early life. Indian food is popular throughout the world for its ease of preparation and use of a healthy variety of vegetables, herbs and, of course, spices. Gluten-free menu: Sweet & sour dal, spicy mushrooms, aloo gobhi (cauliflower and potatoes) and cardamom rice pudding.

9/9 Tu 6:00-8:30 PM \$62 407420-01

# **Jackfruit Curries**

Rich in fiber, jackfruit is a versatile ingredient. When it is young, the fruit has a very neutral flavor, meaning that it tastes like the spices it is cooked with. Because of this, young jackfruit is often used as a meat substitute and is perfect for making curries.

12/8 6:00-8:30 PM Μ \$62 107420-01

# **Nepali Cuisine**

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 this class will show you how to make all the components and put them together.

10/8 W 6:00-8:30 PM 407432-01 \$62

#### **Noodle Bowls**

Take a trip through Asia by learning to make noodle dishes from all over the continent. Menu: Vegetable chow mein, ramen noodles and gochujang noodles.

9/16 Tu 6:00-8:30 PM \$62 407417-01

# **Slow Cooker Curries**

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

11/13 Th 6:00-8:30 PM \$62 407425-01

# **Tasty Turkish Cuisine**

Explore the depths of delicious Turkish dishes. Menu: Red lentil and bulgur kebabs, mint and dill rice pilaf, blackeyed pea pilaki, eggplant with yogurt sauce and sesame tahini halva (nutritious dessert).

10/28 Tu 6:00-8:30 PM \$62 407433-01

# **Thanksgiving Appetizers**

Your friends and family will be so impressed when you show up to Thanksgiving dinner with these delicious, healthy appetizers. All recipes are gluten-free, dairy-free and vegan friendly. Menu: Carrot almond pate, balsamic mushrooms, pomegranate cranberry chutney, brussels sprouts and persimmon salad, and homemade boursin cheese.

11/18 Tu 6:00-8:30 PM \$62 407430-01

# The Biryani Class

Learn how to make the ultimate Indian rice dish. Menu: Vegetable biryani, raita (yogurt sauce) and restaurantstyle biryani gravy (salan).

1/26 М 6:00-8:30 PM \$62 107431-01

#### Winter Buddha Bowls

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

12/10 6:00-8:30 PM \$62 107422-02

# **DOG TRAINING PROGRAMS**

# **Good Dogs Out on the Town**

Get out in Fort Collins and put your dog's skills to use! Weeks one and two will be held at a park where you discuss the following behaviors: your dog's warm-up ritual, leash-walking skills, use of a default behavior while dining or shopping, polite greeting behavior and dealing with "scary" objects or events when out and about. Weeks three through five meet in dog-friendly establishments around town. Depending on the abilities of the class participants, the last class consists of a casual outdoor dinner. Prerequisite: Dogs must be more than 6 months of age and have completed a basic obedience class or equivalent.

9/2-9/30 Tu 5:30-6:30 PM	\$101	407452-01
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# **Puppy Training**

Designed for pups 4-6 months of age. Training covers puppy-level obedience (sit. down, come and walking on a leash), strategies for eliminating common behavior problems (biting a toy rather than nipping you), calmness around resources like chew toys and treats, confidence with distractions like noises and walking on strange surfaces. After completing Puppy Training, your pup may qualify for the American Kennel Club STAR Puppy certificate. Learn more at akc.org.

Note: Pups must have lived with you for 14 days prior to the start of class and been fully inoculated at least 14 days prior to the start of class. Class will not be held on 9/10, 10/1, 11/5, 11/26, 11/4 and 11/25.

# Location: Front Range Natural Pet (1125 W. Drake Rd. #B8)

9/3-10/22	W	7:00-8:00 PM	\$150	407950-01
9/16-10/21	Tu	7:00-8:00 PM	\$150	407950-02
10/29-12/17	W	7:00-8:00 PM	\$150	407950-03
10/28-12/16	Tu	7:00-8:00 PM	\$150	407950-04
1/7-2/11	W	6:00-7:00 PM	\$150	107950-01
1/20-2/24	Tu	6:00-7:00 PM	\$150	107950-02

# French Culture & Language

**CULTURE SERIES** 

Learn about French and Francophone Cultures along with some basics of the French language. Taught by CSU French students, 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!

9/19-10/10	F	4:30-6:30 PM	\$36	407446-01
10/17-11/7	F	4:30-6:30 PM	\$36	407446-02

# Marche de Compostelle

A 482-mile distance challenge inspired by the French Way of the Camino de Santiago. From September through November, log miles each time you walk, hike or wheel (for chair users) right here in Fort Collins. Participants' miles will be tracked, and their locations along the legendary route will be displayed at the Fort Collins Senior Center. At the end of the challenge, the participant with the most miles will receive a prize. Additional details will be sent via email prior to the challenge.

Age: 16 years & up 9/1-11/30 \$5 411991-01

# **OUT TO LUNCH**

# Philippe, Fort Collins

Experience classic and innovative French dishes made with quality, locally sourced ingredients in downtown Fort Collins. Enhance the experience with conversation and comments from the chef and owner. Afterwards, peruse local Old Town shops.

11/12	W	10:00 AM-1:30 PM	\$24	405930-04

# **FAMILY PROGRAMS**

# **Beginning Genealogy**

Explore personal family genealogy by using FamilySearch, a free website and app. Learn how to set up an account, enter known family history, connect to existing genealogies and more. Large, touch-screen computers are available, or you may use your own device.

# Location: 600. E Swallow St. Use the northernmost entrance on the west side of the building.

			-	
9/4-9/25	Th	4·30-5·50 PM	\$11	407413-01

# MUSIC PROGRAMS

# **Guitar, Beginner**

Discover folk/rock guitar strumming and chord formation as well as note reading and beginning classical guitar technique. No prior guitar experience is required. Bring a six-string guitar and the book, "Essential Elements for Guitar, Book 1" by Will Schmid and Bob Morris, Hal Leonard, Publisher to class. Note: Class will not be held on 12/25 and 1/1.

9/4-10/9	Th	5:30-6:30 PM	\$91	407466-01
12/4-1/22	Th	5:30-6:30 PM	\$91	107466-01

# **Guitar, Continued**

Learn more advanced chords (including barre chords), finger picking, various strumming patterns, tablature reading, treble clef staff notation reading and classical guitar "walking finger" technique. Bring a six-string guitar and the book, "Essential Elements for Guitar, Book 1" by Will Schmid and Bob Morris, Hal Leonard, Publisher. Prerequisite: A six-week introductory guitar class, or have commensurate playing experience, such as familiarity with basic first position chords (C. G. D7. Em) and/or basic classical guitar technique (reading staff notation and playing notes on the first three strings of the guitar). Note: Class will not be held on 12/26 and 1/2.

9/5-10/10	F	1:00-2:00 PM	\$91	407467-01
12/5-1/23	F	1:00-2:00 PM	\$91	107467-03

# TECHNOLOGY PROGRAMS

#### Tech Basics for All

Introduction to basic access and use of technology including personal computers, tablets and phones. Discover built-in accessibility features (screen magnification, display settings, etc.) and Google suite navigation. Each class will allow time for questions and problem solving on your personal device. Note: Participants are encouraged to bring their own devices. Devices are available upon request.

# **Computer Basics**

9/22	М	1:00-2:00 PM	No Fee	407402-01
Gmail &	Google	Suite		
9/29	М	1:00-2:00 PM	No Fee	407402-02
Technolo	ogy for	Time Managemen	t & Organiza	tion
10/6	М	1:00-2:00 PM	No Fee	407402-03
Technolo	ogy for	Reading		
10/13	М	1:00-2:00 PM	No Fee	407402-04
Technolo	ogy for	Online Shopping 8	& Bill-Pay	
10/20	М	1:00-2:00 PM	No Fee	407402-05
Ergonon	nics & A	ccessibility Featur	res	
10/27	М	1:00-2:00 PM	No Fee	407402-06



# TRANSPORTATION PROGRAMS

All Transfort Programs begin and end at the South Transit Center (4915 Fossil Blvd.).

Free parking is available. Note: Interpretation services are available with advance notice.

# Bike n' Ride Workshop

Are you interested in using your bike and the bus together? Learn how to navigate the Transfort website. plan a bus trip and read bus schedules. With our expertise, you will be able to safely walk, scoot, bike and ride the bus independently and with confidence.

10/15	W	10:00 AM-Noon	No Fee	407984-01
1/21	W	10:00 AM-Noon	No Fee	107449-01

#### Fall Bike Ride

Join us for a fun, casual, 8-mile recreational ride on Fort Collins trails and bikeways. This ride is aimed at people ages 50 years and older with some cycling experience. It starts and ends at the Senior Center and kicks off with information on basic bike safety, as well as group ride etiquette. The ride will provide an opportunity to experience various features of Fort Collins bicycling infrastructure. We will stop for lunch, which individuals are responsible to purchase themselves. Certified League Cycling Instructors will lead the ride.

Plan to bring your own bicycle or rent a bike by visiting fcgov.com/aro and scroll to the rental section.

11:00 AM-2:00 PM No Fee 10/1 407482-02

# **MAX Travel Training**

Have you ever wanted to ride the MAX? Travel the route from the South Transit Center to the Downtown Transit Center and learn fun facts on the way! This workshop includes an informational classroom presentation.

11/19 10:00 AM-Noon 407912-01 No Fee

# **Museum of Discovery Travel Training**

Join us for a free adventure as we explore the history of public transit in Fort Collins! This guided experience includes a trip to the Museum of Discovery via a Transfort bus, where you'll enjoy a special archival tour showcasing the evolution of transportation in our city. Plus, you'll receive free admission to explore the museum's interactive exhibits at your own pace.

9/17 407401-03 10:00 AM-Noon No Fee

# Old Town Fort Collins - Holiday Adventure

Discover the magic of Old Town Fort Collins while learning how to navigate local transit with ease! This free travel training will guide you through the heart of downtown via a Transfort bus, where you'll enjoy a complimentary hot chocolate, explore the festive atmosphere and shop local for your loved ones this holiday season.

12/17 107912-01 10:00 AM-Noon No Fee



# FREE TRAVEL TRAINING

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- En persona, abordo del autobús o en línea
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**TRANS**FORT





# **FITNESS**

Join certified trainers and instructors at City of Fort Collins Recreation facilities for engaging workouts. Fitness classes are offered in two registration models - enroll by day and session-based. See pages 36 & 37 for more information. Enroll by day classes allow participants to register for individual days at \$7 per class. Active pass holders receive a 70% discount on the price per class (25 punch pass excluded). Register ahead of class to reserve a spot or drop in on the day of class if there is room. A \$2 administrative fee will be added to the total price per transaction no matter the number of days selected.

# PERSONAL TRAINING

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

# **30 Minute Session Packages**

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	



# **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

Start & End Time | Activity Number

Session-based class. Not available for drop in as classes build from one class to the next. See page 38 for dates & prices.

Fitness classes for the Fall/ Winter Recreator cover the months of September through January.

No classes will be held on 9/1, 11/26, 11/27, 12/24, 12/25 and 1/1/2026.

No classes after 2 p.m. on 12/31.

Classes at Foothills & Senior Center will not be held on 11/28.

The fitness schedule is updated regularly with new classes, changes and cancellations. Visit fcgov.com/fitness to view the online fitness schedule for the most up-to-date classes.

#### MONDAY

# **FORT COLLINS SENIOR CENTER**

#### Chair Yoga

9-9:45 AM | 409410-01

#### Circuit SilverSneakers

10-10:45 AM | 409424-01

#### Chair Pilates

11 AM-12 PM | 409403-01

#### **Boomer Cardio & Strength** 2-3 PM | 409420-01

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

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

#### Zumba

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

#### **FOOTHILLS ACTIVITY CENTER**

#### Zumba Gold

10-11 AM | 409705-01

#### Hatha Flow Yoga

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

# **Gentle Flow Yoga**

5:15-6:15 PM | 409711-01

#### **NORTHSIDE AZTLAN COMMUNITY CENTER**

Strength & Cardio Fitness 6:15-7:15 AM | 409501-01

Yoga For Beginners S 9-9:50 AM | 409516

#### **Pilates Fusion**

10:30-11:30 AM | 409505-02

#### Strength & Cardio Fitness

12-1 PM | 409501-02

#### Restorative Yoga

1:15-2:15 PM | 409523-01

#### Circuit SilverSneakers

2-2:45 PM | 409508-01

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

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

# **Evening Spin**

5:30-6:15 PM | 409503-01

#### **Zumba Toning**

6:30-7:30 PM | 409513-02

# **CLUB TICO**

9-10 AM | 409112-01

#### **TUESDAY**

# **FORT COLLINS SENIOR CENTER**

# **Boomer Functional Fitness**

8-9 AM | 409401-01

#### **Boomer Functional Fitness** 9:15-10:15 AM | 409401-02

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

# Yoga SilverSneakers

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

#### Slow Flow Hatha Yoga 12-1 PM | 409418-01

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

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

# Yoga, Beginner

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

# **Pilates Basic Mat**

4:15-5 PM | 409402-01

# Yoga, Beginner

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

# **FOOTHILLS ACTIVITY CENTER**

#### **Pilates Fusion** 9-10 AM | 409702-01

Slow Flow Hatha Yoga 12-1 PM | 409708-01

#### **Oula Dance**

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

# **NORTHSIDE AZTLAN COMMUNITY CENTER**

Strength & Cardio Fitness 6:15-7:15 AM | 409501-01

#### Yoga & Meditation

9-10 AM | 409522-01

#### Zumba

9-10 AM | 409512-02

#### **Pilates Fusion**

12-1 PM | 409505-01

#### Coordination, Balance & Strength 1:15-2:15 PM | 409507-02

# Slow Flow Hatha Yoga

# 5-6 PM | 409520-02 **Total Body Training** 5:30-6:30 PM | 409511-01

# **Power Yoga**

6:15-7:15 PM | 409517-01

#### WEDNESDAY

#### **FORT COLLINS SENIOR CENTER**

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

Zumba Gold

9-9:45 AM | 409430-01

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

Chair Yoga

9:50-10:35 AM | 409410-02

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

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

Chair Yoga

11-11:45 AM | 409410-03

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

Yoga, Beginner 12-1 PM | 409412-03

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

Pilates Intermediate Mat 3-4 PM | 409402-02

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

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

Zumba

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

#### **FOOTHILLS ACTIVITY CENTER**

**Zumba Gold – Toning** 10-11 AM | 409703-01

Fascial Fitness Yoga 11:30 AM-12:30 PM | 409712-01

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

#### **NORTHSIDE AZTLAN** COMMUNITY CENTER

**Strength & Cardio Fitness** 6:15-7:15 AM | 409501-01

Yoga For Beginners S 9-9:50 AM | 409516

**Pilates Fusion** 10:30-11:30 AM | 409505-02

Strength & Cardio Fitness 12-1 PM | 409501-02

Restorative Yoga 1:15-2:15 PM | 409523-01

Circuit SilverSneakers 2-2:45 PM | 409508-01

Yin Yoga

3-3:50 PM | 409515-01

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

**Evening Spin** 5:30-6:15 PM | 409503-01

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

#### **CLUB TICO**

Zumba 9-10 AM | 409112-01

#### THURSDAY

#### FORT COLLINS SENIOR CENTER

**Boomer Functional Fitness** 8-9 AM | 409401-01

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

**Boomer Functional Fitness** 9:15-10:15 AM | 409401-02

Hatha Flow Yoga 10:30-11:30 AM | 409417-01

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

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

Coordination, Balance & Strength 12:30-1:15 PM | 409407-01

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

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

Swiss Theraball 3-4 PM | 409416-01

Restorative Yoga & Meditation 4-5 PM | 409409-01

Step & Sculpt 4:15-5 PM | 409421-01

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

# FOOTHILLS ACTIVITY CENTER

**Pilates Fusion** 9-10 AM | 409702-01

Barre Gold 10:30-11:30 AM | 409709-01

Men's Mobility & Strength 12-12:45 PM | 409706-01

Slow Flow Hatha Yoga 5:30-6:30 PM | 409708-02

#### **NORTHSIDE AZTLAN** COMMUNITY CENTER

Strength & Cardio Fitness 6:15-7:15 AM | 409501-01

Yoga & Meditation 9-10 AM | 409522-01

Pilates Fusion 12-1 PM | 409505-01

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

**Total Body Training** 5:30-6:30 PM | 409511-01

**Power Yoga** 

6:15-7:15 PM | 409517-01

#### FRIDAY

#### **FORT COLLINS SENIOR CENTER**

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

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

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

Chair Yoga 9:50-10:35 AM | 409410-02

Barre Gold

10-10:45 AM | 409406-01

Chair Yoga

11-11:45 AM | 409410-03

Restorative Yoga 12-1 PM | 409411-01

Parkinson's Mobility, Agility & Strength 1:30-2:30 PM | 409414-01

CardioFit SilverSneakers 1:30-2:30 PM | 409425-01

Zumba

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

# **FOOTHILLS ACTIVITY CENTER**

**Retro Step** 10-11 AM | 409718-01

# **NORTHSIDE AZTLAN COMMUNITY CENTER**

Strength & Cardio Fitness 6:15-7:15 AM | 409501-01

**Pilates Fusion** 10:30-11:30 AM | 409505-02

Coordination, Balance & Strength 11:45 AM- 12:45 PM | 409507-01

Strength & Cardio Fitness 12-1 PM | 409501-02

#### **CLUB TICO**

Zumba 9-10 AM | 409112-01

#### **SATURDAY**

#### **FORT COLLINS SENIOR CENTER**

**CIRCL Mobility** 

9:15-10:15 AM | 409408-01

7umba

# 10:30-11:30 AM | 409404-02 **FOOTHILLS ACTIVITY CENTER**

Oula Dance 9-10 AM | 409704-02

**NORTHSIDE AZTLAN** 

# **COMMUNITY CENTER**

All Levels Yoga Flow 8:15-9:15 AM | 409524-01

**Zumba Toning** 9:30-10:30 AM | 409513-01

#### SUNDAY

#### NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga 10-11 AM | 409518-01 Meditation

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

# **SESSION-BASED FITNESS CLASSES**

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.

Looking for alternative fitness programs? New fitness programs on and off the ice are available at Edora Pool Ice Center! Check them out on page 17. ARO is also hosting new TRX Circuit Training and Cardio Boxing classes this season. Learn more on page 16 & 18.

# T'ai Chi Chih. Beginner

A moving meditation that circulates and balances the internal energy of the body, also known as Chi. Gain better balance, improved health and well-being, increased flexibility and strength, inner peace and joy. The movements can be done by anyone regardless of age or physical condition.

# T'ai Chi Chih, Beginner I

An introduction to the first half of the movements.

#### Location: Fort Collins Senior Center

			•	
9/9-9/30	Tu	12:30-1:45 PM	\$30	409431-01
10/7-10/28	Tu	12:30-1:45 PM	\$30	409431-02
11/4-11/25	Tu	12:30-1:45 PM	\$30	409431-03
12/2-12/16	Tu	12:30-1:45 PM	\$23	409431-04
1/6-1/27	Tu	12:30-1:45 PM	\$30	409431-05

# T'ai Chi Chih. Beginner II

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

#### Location: Fort Collins Senior Center

	• • • •			
9/9-9/30	Tu	2:00-3:15 PM	\$30	409431-06
10/7-10/28	Tu	2:00-3:15 PM	\$30	409431-07
11/4-11/25	Tu	2:00-3:15 PM	\$30	409431-08
12/2-12/16	Tu	2:00-3:15 PM	\$23	409431-09
1/6-1/27	Tu	2:00-3:15 PM	\$30	409431-10

# Yoga For Beginners I

A four-class introductory course to yoga. Students will learn about the mind, body and spirit connection that is offered through yoga. The course will include an introduction to philosophy, breathwork and slow-moving foundational asanas (poses).

# **Location: Northside Aztlan Community Center**

10/6-10/15 M,W 9-9:50 AM \$26 409516-01

#### Yoga For Beginners II

A four-class continuation of Beginner I. In addition to building on yoga philosophy and breathwork, students will begin connecting asanas to create a "flow" (Must Complete Yoga Beginner I).

#### **Location: Northside Aztlan Community Center**

10/20-10/29 M,W 9-9:50 AM \$26 409516-02

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

# EΔ

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.

fortcollins.gov/LEAP-info







Auxiliary aids and services are available for persons with disabilities, V/TDD; 711 • 22-24709

# **ENROLL BY DAY FITNESS CLASS DESCRIPTIONS**

# **All Levels Yoga Flow**

A welcoming and inclusive yoga class designed for all levels, from beginners to seasoned yogis. Discover different yoga styles, deepen your understanding of poses and cultivate a mindful connection with your body. Modifications and variations will be offered to meet individual needs and experience levels.

#### **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. Socks with grips on the bottom are recommended for this class.

# **Boomer Cardio & Strength**

An hourlong class split into two 30-minute workouts. Start with cardio, a dance workout for all levels of experience and fitness, designed for older adults and combining easy-to-follow movement patterns with a variety of upbeat music. Finish with strength, intended to help build muscular strength and endurance and cardiovascular endurance. Move through muscleconditioning blocks and activity-specific drills to improve strength and functional skill.

# **Boomer Functional Fitness**

A full body workout to improve strength, flexibility, balance and agility. Uses hand weights, resistance bands and body exercises. Class is choreographed to music and includes some low-impact cardio. Must be able to get on the floor and back up.

#### **Chair Pilates**

Learn Pilates basics, performing exercises and stretches while both sitting and standing. Create a stable and flexible spine while working core muscles to build strength, improve posture and balance, and acquire body awareness. Multiple props are used including hand weights, stretch bands, exercise balls and resistance rings. Mindfulness and proper form and technique are encouraged. Modifications are offered as needed.

#### **Chair Yoga**

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

# **CIRCL Mobility**

A new program from Zumba designed to unlock the body's potential through flexibility, breathwork and mobility exercises. Based on the cutting-edge science of functional movement, learn how to release physical restrictions, restore core capabilities and renew your range of motion.

# **Coordination, Balance & Strength**

Strengthen your core and joint stabilizing muscles using resistance bands, balls and body weight exercises. Focus on building proprioception – the sense of body position - which is key for strengthening and maintaining balance, coordination and agility. All fitness levels are welcome, though participants should expect to be up and moving to music for the whole class. Chairs are available if needed.

# **Evening Spin**

End your day with a cardio burst that focuses on the foundations of spinning. An energetic workout centered around strength, toning and endurance.

# **Fascial Fitness Yoga**

This class blends the grounding of Hatha with the flow of Vinyasa to support strong, supple fascia. Through longer holds, intentional transitions and breath-led movement, we nourish the connective tissues that shape and support the body. Build strength, mobility and resilience from the inside out. Suitable for all levels.

#### **Focus on Balance**

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

#### **Gentle Flow Yoga**

A calming, Hatha-inspired class focused on slow, mindful movement and deep relaxation. Postures are held for about a minute to encourage presence, grounding and inner stillness. This practice supports stress relief, body awareness and a peaceful state of mind. Great for all levels.

#### **Hatha Flow Yoga**

An all levels 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 will be available for questions, discussion and sharing.

# Men - Loosen Up!

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

# Men's Mobility & Strength

Designed for senior men to enhance their balance, build functional strength and improve overall mobility. Focus on practical movements to help you move with greater ease, flexibility and independence in your daily life. Light weights & floor work with a mat will be used.

#### Mindfulness Yoga

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

#### **Oula Dance**

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.

# Parkinson's Mobility, Agility & Strength

Stand tall and move with confidence and strength! Work on agility and stability using resistance bands, balls and body weight exercises while moving to music. Particularly helpful for those living with Parkinson's disease or other conditions affecting gait and posture.

#### **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 Basic Mat**

Deliberate and steady-paced class with a focus on foundational movements and basic mat exercises. Improve focus, flexibility and coordination while building core strength and overall muscle control and endurance. Proper form, technique and breath pattern are encouraged. Appropriate for beginners and those with experience. Modifications are offered as needed.

#### **Pilates Intermediate Mat**

Moderate-paced class of beginner and intermediate mat exercises for a comprehensive workout that builds strength, flexibility and endurance. Flow through exercises while maintaining control and precision and incorporating breath. Experience with Pilates Basic Mat is recommended.

# **Power Yoga**

An intermediate-level, fast-paced yoga flow that gets you sweating and feeling good. The class will focus on building strength, flexibility and balance through movement and energetic sequences. Great for a well-rounded workout that is tied to breathwork and incorporates vogic philosophy.

# **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.

# **Restorative Yoga & Meditation**

Prepare the body for meditation through prop-supported stretches and learn ways to calm the mind through movement, breath and focusing techniques. Great for anybody and everyone no matter your fitness level.

#### Retro Step

Basic stepping is at the heart of this full body workout. Enjoy a blast from the past using music from the 70s, 80s and more. The first part of the class is dedicated to cardiovascular work to rev up your heart rate. The final part uses equipment to offer strength and toning benefits. Bring water and a towel for a fun workout.

# 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.

#### Step & Sculpt

This energizing step class combines choreographed movements on and around a step platform to boost cardiovascular endurance, tone muscles and improve coordination that is all set to upbeat music that keeps you moving.

# **Strength & Cardio Fitness**

Whether first thing in the morning or during a midday break, make the most of your workout with this fun and energetic class. Work at your own pace as the instructor takes you through both strength training and cardio fullbody movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished after each workout. Every class is different, so you'll never get bored.

#### **Swiss Theraball**

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility and strength with this relaxing routine. Theraballs are 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 and II)

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

# **Total Body Training**

Each class incorporates TRX suspension strength training combined with dynamic body-weight exercises, dumbbells and kettlebells to strengthen, tone and shred.

# Vinyasa Flow Yoga

A fun and fast-paced flow that 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.

# Yin Yoga

Focus on stretching, strengthening and relaxing the deep connective tissues of the body, including ligaments, ioints, bones and fascial networks. Poses are floor-based. rather than standing, and held for longer periods of time, typically 3-5 minutes. Yin can improve flexibility and range of motion and improve joint mobility. Suitable for all levels.

# **Yoga & Meditation**

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

#### Yoga, Beginner

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

#### Yoga, Advanced Beginner

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

#### Zumba

Zumba fuses hypnotic Latin rhythms and easy-tofollow 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 Gold - Toning

Blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light weights. Tailored for active older adults, who want to focus on muscle conditioning and light weight activity targeting muscle groups, including arms, core and lower body.

# Zumba Toning

Combines targeted body-sculpting exercises and highenergy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party. Learn how to use lightweight, maracalike toning sticks to enhance rhythm and tone all your 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.

#### CardioFit SilverSneakers

An advanced, low-impact cardiovascular exercise class designed for active adults. This high-energy class set to music uses easy-to-follow movements to increase cardiovascular and muscular endurance. Strength training options are offered as well. Requires sufficient strength and endurance to stand unsupported for at least 30 minutes.

#### 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 music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Handheld 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 that 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**



#### **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 4 for public skate admission fees. Note: Skate rentals are an additional \$3 fee.

#### 50+ Leisure Skate

Join other older adults with a passion for the ice in this weekly leisure skate for exercise and fun. Unstructured, slow-paced skate time with a staff monitor for safety.

#### Freestyle

Interested in learning more about competitive or recreational figure skating programs? Contact Ashley Ruffer at <u>aruffer@fcgov.com</u> to get connected.

# **Private Skating Instruction**

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

# Skate Sharpening Services

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

# HOCKEY

For additional hockey programs for a variety of ages, see page 70.

#### **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

# **LEARN TO SKATE**

# Adult Beginner Skate 1 & 2

Designed for those with little or no previous experience on ice. Focus on falling and recovery on ice, forward marching, glides, swizzles and stopping. Backward skills will be introduced. Note: Helmets are strongly recommended.

Age: 16 years & up

9/4-9/25 Th	6:45-7:15 PM	\$58	410349-01
10/2-10/23 Th	6:45-7:15 PM	\$58	410349-02
10/30-11/20 Th	6:45-7:15 PM	\$58	410349-03
12/4-12/18 Th	6:45-7:15 PM	\$44	110349-01
1/22-2/12 Th	6:45-7:15 PM	\$58	110349-02

#### Adult Intermediate Skate 3 & 4

Designed for experienced skaters ready to learn new skills. Proper blade use, pumping on a circle, turning forward to backward and edge work will be taught.

Age: 16 years & up

9/4-9/25	Th	6:45-7:15 PM	\$58	410350-01
10/2-10/23	Th	6:45-7:15 PM	\$58	410350-02
10/30-11/20	Th	6:45-7:15 PM	\$58	410350-03
12/4-12/18	Th	6:45-7:15 PM	\$44	110350-01
1/22-2/12	Th	6:45-7:15 PM	\$58	110350-02

#### Adult Advanced Skate 5 & 6

Designed for the advanced skater. Learn backwards crossovers, outside and inside three-turns, two-foot and one-foot spins, and power pulls.

Age: 16 years & up

		•		
9/4-9/25	Th	6:45-7:15 PM	\$58	410351-01
10/2-10/23	Th	6:45-7:15 PM	\$58	410351-02
10/30-11/20	Th	6:45-7:15 PM	\$58	410351-03
12/4-12/18	Th	6:45-7:15 PM	\$44	110351-01
1/22-2/12	Th	6:45-7:15 PM	\$58	110351-02

#### Adult Advanced Free Skate

Designed for the advanced skater. Learn forward inside open and closed mohawk ballet jump, backwards crossovers to backward outside edge, one-foot spins, walk to jump, mazurka and combination moves. Prerequisite: Successful completion of Adult Skate 5 & 6.

Age: 16 years & up

9/4-9/25	Th	6:45-7:15 PM	\$58	410353-01
10/2-10/23	Th	6:45-7:15 PM	\$58	410353-02
10/30-11/20	Th	6:45-7:15 PM	\$58	410353-03
12/4-12/18	Th	6:45-7:15 PM	\$44	110353-01
1/22-2/12	Th	6:45-7:15 PM	\$58	110353-02

# **OUTDOOR EDUCATION &** RECREATION

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

- All programs are led by an experienced guide. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified when programming occurs outside cell service. All participants must follow guide instructions while on the trail.
- All fees include necessary permits.
- Participants are required to provide their own equipment, water and food.
- All participants are encouraged to use trekking poles, which can be provided upon request.
- Participants must be in good health and capable of moderate physical activity to meet the distance and elevation requirement associated with each outing.
- Each participant is 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 and dip your toes into the great outdoors with a local B.O.O.T.S. instructor to guide you. B.O.O.T.S. members meet guides at the trailhead. Attend the quarterly kickoff meeting to learn more about club membership and activities.

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

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

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

9/18	Th	2:00-2:45 PM	No Fee	411931-01
1/6	Tu	2:00-2:45 PM	No Fee	111931-01

# **B.O.O.T.S. Quarterly Membership**

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

9/22-11/17	М	9:00-11:00 AM	\$65	411930-01
1/12-3/2	М	10:00 AM-Noon	\$65	111930-01

# **B.O.O.T.S. Education**

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

10/6	М	9:00-11:00 AM	No Fee	411933-01
1/26	М	10:00 AM-Noon	No Fee	111933-01

#### Fall B.O.O.T.S. Hikes

Starred (\*) activities have an additional parking fee. Meet staff at the trail head. Directions will be emailed to all enrollees.

Windsor	Lake
9/22	М

М	9:00-11:00 AM	No Fee	411932-16			
Fossil Creek Wetlands						
М	9:00-11:00 AM	No Fee	411932-17			
r Ridge	from Foothills Tra	il				
М	9:00-11:00 AM	No Fee	411932-18			
Family	Farm Gardens Ste	wardship Op	portunity			
М	9:00-11:00 AM	No Fee	411932-19			
rg Trail <sup>*</sup>	*					
М	9:00-11:00 AM	No Fee	411932-20			
idge						
М	9:00-11:00 AM	No Fee	411932-21			
th Ope	n Space*					
М	9:00-11:00 AM	No Fee	411932-22			
Bus to Horsetooth Open Space						
М	8:30-11:30 AM	\$7	411932-23			
Make-up Hike/Social Brunch						
М	9:30-11:30 AM	No Fee	411932-24			
	eek We  M r Ridge M Family M rg Trail M idge M th Ope M orsetoo M Hike/S	Peek Wetlands M 9:00-11:00 AM R Ridge from Foothills Tra M 9:00-11:00 AM Family Farm Gardens Ste M 9:00-11:00 AM R Trail* M 9:00-11:00 AM R Hidge M 9:00-11:00 AM R Hike/Social Brunch	Pek Wetlands M 9:00-11:00 AM No Fee Tridge from Foothills Trail M 9:00-11:00 AM No Fee Family Farm Gardens Stewardship Op M 9:00-11:00 AM No Fee Trail* M 9:00-11:00 AM No Fee Tidge Ti			

# Winter B.O.O.T.S. Hikes

Starred (\*) activities have an additional parking fee. Meet staff at the trail head. Directions will be emailed to all enrollees.

#### **Fossil Creek**

1/12	М	10:00 AM-Noon	No Fee	111932-14
North S	hields Po	onds - McMurray		
1/19	М	10:00 AM-Noon	No Fee	111932-15
Shorelin	ne Trail to	o Nomad*		
2/2	М	10:00 AM-Noon	No Fee	111932-16
River BI	uffs - W	indsor		
2/9	М	10:00 AM-Noon	No Fee	111932-17
To Be D	etermine	ed		
2/16	М	10:00 AM-Noon	No Fee	111932-18
Devil's E	Backbon	e*		
2/23	М	10:00 AM-Noon	No Fee	111932-19
Make-u	p Hike/S	ocial Brunch		
3/02	М	10:00 AM-Noon	No Fee	111932-20

#### **OUTDOOR EDUCATION**

#### **Birds Need Native Plants**

Birds need plants, but did you know plants need birds too? This fascinating topic will be explored with an outside walk and an inside talk.

# **Location: Fort Collins Senior Center**

411969-01 10/6 М 9:00-11:00 AM \$23

# Feather & Flight Fridays

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

# **Location: Fort Collins Senior Center** Nocturnal Bird Migration

9/19	F	9:00-11:00 AM	\$23	411980-01
Winter G	oose V	/atching		
11/21	F	9:00-11:00 AM	\$23	411980-0
Winter B	irds Su	rvival in Colorado		
12/19	F	9:00-11:00 AM	\$23	111980-01
Winter B	irds Be	havior		
1/23	F	9:00-11:00 AM	\$23	111980-02

# **Snowshoeing Instruction**

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

#### Location: Fort Collins Senior Center

1/15	Th	9:00 AM-Noon	\$34	111940-01
1/24	Sa	9:00 AM-Noon	\$34	111940-02

# **OUTDOOR RECREATION**

# **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 other participants, we do not wait for late arrivals; trips leave promptly at the posted 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 and 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.

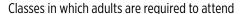
# **INCLUSION SUPPORT**

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



EGEND







Denotes no web registration for program

# **CLIMBING PROGRAMS**

# **Beginning Rock Climbing**

Designed for the new climber looking to try a locally based new and exciting outdoor experience. 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.

9/14	Su	9:00-11:30 AM	\$79	411957-01
10/12	Su	9:00-11:30 AM	\$79	411957-02
12/20	Sa	9:00-11:30 AM	\$79	111955-01

# **Gym to Crag Climbing Clinic**

Dive into the sport of rock climbing with a two-day program geared towards education and experience. Participants work on indoor climbing techniques and top rope belaying, then experience outdoor climbing firsthand. Learn the basics of movement, techniques and rope management skills. Note: Detailed directions will be emailed prior to the start of the program.

9/6-9/13	Sa	10:00 AM-4:00 PM	\$281	411955-01
10/4-10/11	Sa	10:00 AM-4:00 PM	\$281	411955-02
11/1-11/8	Sa	10:00 AM-4:00 PM	\$281	411955-03
12/6-12/13	Sa	10:00 AM-4:00 PM	\$281	111952-01

# **Horseback Riding & Lunch**

Experience a guided, one-hour horseback ride in the beautiful Livermore area near Red Feather Lakes. followed by lunch on site at Rigby's Restaurant. Note: Lunch costs are not included.

9/19 F 9:00 AM-2:45 PM \$139 411922-01

# **LEVEL 2 ACTIVITIES**

These activities are up to five miles in duration.

#### **EXPLORING MY OWN BACKYARD**

# Three Bar Trail at Eagle's Nest

Explore this route through varied landscapes, including grasslands and open meadows. Enjoy wildlife sightings and expansive views of the surrounding mountains. Pack your lunch or purchase lunch or ice cream at the nearby Forks Restaurant afterwards. Mileage: 3.4 miles. Change in elevation: 369 feet.

9/4 Th 9:00 AM-2:00 PM 411911-05 \$44

# West Valley, Timber, Well Gulch Loop

Enjoy views of scenic Lory State Park and Fort Collins as you climb the Timber trail. Enjoy the guiet and solitude of the Wells Gulch trail as you descend on this local loop. Note: Light snacks provided, Mileage: 4-5 miles, Change in elevation: 475 feet.

11/7 9:00 AM-1:00 PM \$37 411911-03

# **LEVEL 3 ACTIVITIES**

These activities exceed five miles in duration.

#### EXPLORING MY OWN BACKYARD

# Ginny Trail at Bobcat Ridge 💶

Bring your lunch to enjoy in this beautiful Fort Collins Natural Area with stunning views of the foothills, ponderosa pines and red rock cliffs. Mileage: 5-8 miles, depending on group pace. Change in elevation: 1,100 feet.

10/16 9:00 AM-2:00 PM \$44 411911-04

# Snowshoeing 📶

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

1/31 Sa 8:00 AM-6:00 PM \$110 111920-01



# **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 cancellations and weather updates.

#### Inclusion

The City of Fort Collins Sports is committed to creating a welcoming and inclusive environment. We invite individuals to participate in accordance with their asserted gender identity.

# Things to know

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

#### **BASKETBALL**

#### **Fall Adult Basketball**

Cost: \$550

Season begins: Week of 10/13

Number of games: 8

**Location: Northside Aztlan Community Center and Fort Collins Senior Center** 

Monday Open Recreational 413501-01

# Winter Adult Basketball

Cost: \$575

Season begins: 1/19/26 Number of games: 8

**Location: Northside Aztlan Community Center and Fort Collins Senior Center** 

Monday Open Recreational 113901-01

# **KICKBALL**

#### Fall Adult Kickball

Cost: \$400

Registration ends: 8/24 or when filled

Season begins: Week of 9/1

Number of games: 8

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

Friday Mixed Recreational

413025-01

#### SOFTBALL

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

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

#### Fall Adult Softball

Cost: \$560

Registration ends: 8/24 or when filled

Season begins: Week of 9/1 Number of games: 8

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

Men's		Mixed	
Sunday (A) 2HR+	413021-01	Sunday (A) 2HR+	413023-01
Sunday (B) 1HR	413021-02	Sunday (B) 1HR	413023-02
*Monday (A) 2HR+	413021-03	Tuesday (A) 2HR+	413023-03
*Monday (B) 1HR	413021-04	Tuesday (B) 1HR	413023-04
Tuesday (A) 2HR+	413021-05	Wednesday (A) 2HF	<del>}+</del>
Tuesday (B) 1HR	413021-06		413023-05
Wednesday (A) 2HR	<u></u> +	Wednesday (B) 1HR	413023-06
	413021-07	Thursday (A) 2HR+	413023-07
Wednesday (B) 1HR	413021-08	Thursday (B) 1HR	413023-08
Thursday (A) 2HR+	413021-09		
Thursday (B) 1HR	413021-10	Leisure	
		Friday Men's 40yrs+	Leisure
Women's			413021-11
*Monday (B) 1HR	413022-01	Friday Mixed 40yrs	- Leisure
			413023-09

# **VOLLEYBALL**

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

# **Adult Volleyball Tournament**

Six-person teams compete in a pool play format ending in a seeded, single elimination tournament. Four games guaranteed, plus additional earned tournament games.

Cost: \$250

Season begins: 10/27

# **Location: Northside Aztlan Community Center**

Mixed League		Women's Leagu	e
Monday B	413544-01	Wednesday A	413544-0
Tuesday A	413544-02	Wednesday BB	413544-0
Tuesday BB	413544-03		

# Winter Adult Volleyball

Cost: \$320

Season begins: Week of 1/12/26

Number of games: 8

**Location: Northside Aztlan Community Center** Women's League Mixed League

Wollien's League	
Sunday B	113942-01
Wednesday A	113942-02
Wednesday BB	113942-03

riixeu League	
Monday BB	113943-01
Monday B	113943-02
Tuesday A	113943-03
Tuesday BB	113943-04



- **INTRODUCTORY LESSONS**
- HIGH SCHOOL DEVELOPMENT
- **CAMPS**
- **COMPETITIVE TEAMS**



# **ADVANCED INSTRUCTION METHODS**

**DRYLAND SKILL LEARNING** TRAMPOLINE & DRYBOARD **OVER-WATER SPOTTING RIGS** VIDEO FEEDBACK SYSTEMS



# **REGISTER TODAY!**

- SPACE IS LIMITED -

**NORCODIVING.COM** 

#### **TENNIS**

All programs are held at Rolland Moore Racquet Complex unless otherwise noted.

# Things to Know

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 56 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director Larry Lewis has managed five of the top tennis facilities in the United States.

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

#### **Rolland Moore Pro Shop**

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

# Registration

For full program information, court availability and registration, visit *lewistennis.com* or call 970-493-7000. Discounts available for additional family members and Reduced Fee Program Participants.

#### Special Events

Thursday Evening Round Robins at 7:30 p.m. available throughout the season. Visit the pro shop for more information.

Sign up before August 10 and receive a 10% discount!

Note: Classes will not be held the week of Thanksgiving.

# **Beginner**

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

			Drop In	
8/18-9/10	M,W	6:00-7:30 PM	\$243 \$35 43	32005-01
9/15-10/8	M,W	6:00-7:30 PM	\$243 \$35 43	2005-02
10/13-11/5	M,W	6:00-7:30 PM	\$243 \$35 43	2005-03
11/10-12/10	M,W	6:00-7:30 PM	\$243 \$35 43	2005-04
8/23-9/13	Sa	1:00-2:30PM	\$122 \$35 43	2005-05
9/20-10/11	Sa	1:00-2:30PM	\$122 \$35 43	2005-06
10/18-11/8	Sa	1:00-2:30PM	\$122 \$35 43	2005-07
11/15-12/13	Sa	1:00-2:30PM	\$122 \$35 43	2005-08

#### Intermediate

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

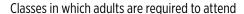
			Drop In	
8/19-9/11	Tu,Th	6:00-7:30 PM	\$243 \$35	423006-01
9/16-10/9	Tu,Th	6:00-7:30 PM	\$243 \$35	423006-02
10/14-11/6	Tu,Th	6:00-7:30 PM	\$243 \$35	423006-03
11/11-12/11	Tu,Th	6:00-7:30 PM	\$243 \$35	423006-04
8/23-9/13	Sa	2:30-4:00PM	\$122 \$35	423006-05
9/20-10/11	Sa	2:30-4:00PM	\$122 \$35	423006-06
10/18-11/8	Sa	2:30-4:00PM	\$122 \$35	423006-07
11/15-12/13	Sa	2:30-4:00PM	\$122 \$35	423006-08

#### **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.









Denotes no web registration for program



# **60+ ACTIVE PASS PROGRAMS**

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

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.

#### **Senior Social Pass**

The Senior Social Pass allows access to unlimited use of the library, billiards room and lobby at the Fort Collins Senior Center during open facility hours. It also grants access to the 60+ Active Pass programs listed below. Visit the Fort Collins Senior Center front desk or call 970-221-6644 for more information.

Annual Pass \$35

# **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.

#### **Conversation Corner**

Feeling lonely or looking to connect with new people but not sure where to begin? Drop by for short chats with a volunteer who can help you to discover programs or resources that might match your interests.

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

**Every Wednesday** 

10:00 AM-Noon

#### **Pool & Billiards Room**

The pool room has four 8-ball tables and one snooker table. Users are asked to contribute to the donation box located in the room to help support facility maintenance.

# **SOCIAL PROGRAMS**

#### Binao

Compete in bingo for prizes. Registration required one week prior.

9/15	М	1:30-2:30 PM	412401-01	
10/20	М	1:30-2:30 PM	412401-02	
11/17	М	1:30-2:30 PM	412401-03	
12/15	M	1:30-2:30 PM	112401-01	

#### Cards & Games - Fall

Join in the fun and play a variety of games with friends at the Fort Collins Senior Center! Any game can be played during any session listed below. However, specific games are played on certain days for participants to play with likeminded enthusiasts.

#### Cards & Games & Canasta

9/8-11/24	М	1:00-4:00 PM	412400-01						
Bridge & F	Bridge & Party Bridge								
9/2-11/4	Tu	1:00-4:00 PM	412400-02						
All Games	& Car	nasta							
9/3-11/19	W	1:00-4:00 PM	412400-03						
Mahjong									
9/4-11/20	Th	1:00-4:00 PM	412400-04						
Pinochle									
9/5-11/21	F	1:00-4:00 PM	412400-05						

#### Cards & Games - Winter

Join in the fun and play a variety of games with friends at the Fort Collins Senior Center! Any game can be played during any session listed below; however, specific games are played on certain days for participants to play with like-minded enthusiasts. Note: Class will not be held on 12/24, 12/15, 12/31 and 1/1.

# All Games & Canasta

12/1-2/23	М	1:00-4:00 PM	112400-01						
Bridge & P	Bridge & Party Bridge								
12/2-2/24	Tu	1:00-4:00 PM	112400-02						
<b>All Games</b>	& Car	nasta							
12/3-2/25	W	1:00-4:00 PM	112400-03						
Mahjong									
12/4-2/26	Th	1:00-4:00 PM	112400-04						
Pinochle									
12/5-2/27	F	1:00-4:00 PM	112400-05						

#### Creative Art & Ink

Participants gather for drawing, sketching, basket weaving and other creative arts. Meet weekly to work on personal projects and share ideas and techniques. Note: No instructor or supplies are provided.

9/5-11/21	F	9:30-11:30 AM	403495-01	
12/5-2/27	F	9:30-11:30 AM	103495-01	

#### **Donut Make You Wonder**

Discuss current subjects and related personal experiences. Matters related to religion and politics are avoided to ensure camaraderie. Meetings end with a few shared jokes. Note: Class will not be held on 9/26, 10/31, 11/28, 12/26 and 1/20.

9/5-11/21	F	10:00-11:00 AM	412412-01	
12/5-2/20	F	10:00-11:00 AM	112412-01	

# Sing-Along/Jam Session

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

9/18	Th	3:00-5:00 PM	412444-01	
10/16	Th	3:00-5:00 PM	412444-02	
11/20	Th	3:00-5:00 PM	412444-03	
12/18	Th	3:00-5:00 PM	112444-01	
1/15	Th	3:00-5:00 PM	112444-02	

#### **Rainbow Club**

Join the social group of networking older LGBTQ+ members in the senior community for monthly meetings, activities and events. Program details will be emailed out to registered participants and the Rainbow Club email list. For more information or to be added to the list, contact Zach Ducharme at zducharme@fcgov.com.

- / /	
9/1-1/31	412404-01
3/11/31	412404 01

# The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome.

9/2-11/25	Tu	9:30-11:30 AM	412415-01	
12/2-2/24	Tu	9:30-11:30 AM	112415-01	

# **WELLNESS**

#### Am I Hungry? Mindful Eating Workshop

Discover resources for being in charge of your eating habits, instead of out of control. Add more tools for emotional eating and balancing overeating and deprivation cycles. Taught by Deanna O'Connell, UCHealth registered dietitian and mindfulness practitioner.

9/17 W 1:00-3	00 PM 425416-01
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# **Balancing Self Care While Caring for Others**

Learn the signs of caregiver burnout and the role that stress plays in one's life, recognizing it as both a challenge and an opportunity for growth. Leave with practical strategies for gaining balance to effectively care for oneself while caring for others. Presenter: Jesseca Tighe, PhD.

10/15	W	2:00-3:30 PM	425417-01

# **Bossy Bladder**

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

12/	/17	W	10:00-11:00 AM	125411-01

#### **EMS Panel Presentation**

Learn how EMS works, what happens when you call an ambulance, how billing is handled and more. Presented by UCHealth, Fort Collins EMS professionals and the Poudre Fire Authority.

9/9	Tu	10:00-11:30 AM	425418-01
9/9	IU	10.00-11.30 AM	423410-01

#### **Exercise at Home**

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

1/21	W	10:00-11:00 AM	125413-01
1/ / 1	VV	IU'UU-II'UU AM	1/5415-01

# **Get Your Advance Directives Done**

It's important to have your advanced directives complete, especially as we age. Learn about medical health care directives and have an opportunity to complete and notarize them. Materials from class can be sent via email or mail, and a free follow-up consultation is available.

10/7	Tu	2:00-3:30 PM	425448-01	

# **Home Safety/Fall Prevention**

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

11/19

W

10:00-11:00 AM 425412-01

# Parkinson's with a Physical Therapist

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

10/15

10:00-11:00 AM

425415-01

# There's No Place Like Home

According to the AARP, 77% of adults 50 years and over want to remain at home for the long term. To do so successfully, having a village of friends and a network of service providers is important. 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.

9/17

W

10:00-11:00 AM

425414-01

# **Understanding Alzheimer's and Dementia**

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

9/25

4:00-5:00 PM

425408-01

# **Understanding Dementia-Related Behavior**

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

11/13 Th

1:00-2:00 PM

425401-01

# **WEDNESDAY SEPTEMBER 17, 2025 1-5PM**

#### ENIOR LAW

Fort Collins Senior Center 1200 Raintree Dr. Fort Collins. CO 80526

# ATTORNEY PRESENTATIONS

- · Wills, Trusts, and Financial Powers of Attorney: 1:00-2:15
- Health Care Directives 2:30-3:45
- Guide to Probate 4:00-5:00

NO SIGN UP IS NECESSARY TO ATTEND **PRESENTATIONS** 

WANT TO SPEAK WITH A LAWYER ABOUT YOUR WILL AND ESTATE? 1-ON-1 APPOINTMENTS WILL BE **AVAILABLE FROM 2:00 TO 4:30** 

REGISTRATION IS REQUIRED TO MEET WITH AN ATTORNEY AND WILL OPEN IN AUGUST

HAVE QUESTIONS? CALL 970-493-2891 EXT 261



# **RETIREMENT AGE PROGRAMS -OPEN TO ALL**

All programs are designed for retirement age individuals. but all adults 18 years and older are welcome unless otherwise noted. Programs take place at the Fort Collins Senior Center unless otherwise noted.

#### **Fort Collins Senior Center Orientations**

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

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

# **CLUBS & ORGANIZATIONS**

# **Front Range Forum**

Front Range Forum is an educational and social membership organization affiliated with the Recreation Department. The membership fee includes access to classes offered in literature, history, music, art, science, current events and popular culture as well as activities that include film programs, lunch-time lectures, offsite excursions, monthly social luncheons and special interest groups. Front Range Forum has something for everyone interested in expanding their world and forming new friendships. For more information, please visit us at *frontrangeforum.org.* Note: Front Range Forum membership fees are paid through the Recreation Department and class registrations are made on the Front Range Forum website.

9/1-12/31 M-F 9:00 AM-4:00 PM 407410-01 \$49

# **EDUCATION**

#### **Detecting & Preventing Scams & Frauds**

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

9/11 Th 10:00-11:00 AM \$21 407405-01

#### **Tech Basics for All**

Introduction to basic access and use of technology including personal computers, tablets and phones. Discover built-in accessibility features (screen magnification, display settings, etc.) and Google suite navigation.

To learn more about our free Tech Basics for all classes, visit page 33.

# **Webtrac: How To Register**

Learn helpful tips and tricks to register for City of Fort Collins recreation programs independently online. Navigate both computer and smart devices with recreation staff. Personal equipment is welcomed. Spanish translation is available upon request.

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

12/29	М	10:00-11:00 AM	No Fee	112999-01
12/30	Tu	6:00-7:00 PM	No Fee	112999-02

# SOCIAL PROGRAMS

#### And Then It Is Winter

Together we'll bring joy, laughter and understanding about the lives we live, how we got here and growing older. Occasional guests will guide discussion and provide entertainment. Note: Class will be held on the first and third Mondays of each month. Note: Class will not be held on 9/22, 9/29, 10/13, 10/27, 11/10, 11/24 and 12/8.

Age: 70 years & up

9/15-12/15 M 10:30-11:30 AM \$10 412444-01

#### **Senior Serenaders**

The Senior Serenaders practice and perform seasonal themed music from years' past for local assisted living facilities and special events. No choral experience is required, but the ability to read music is helpful. Note: Class will not be held 9/15, 10/13, 10/20, 11/17, 12/15, 12/22, 1/19 and 2/16.

9/8-11/24	М	9:30-11:00 AM	\$16	412411-01
12/1-2/23	М	9·30-11·00 AM	\$16	112413-01

#### S.O.A.P. Troupe Acting

S.O.A.P. (Slightly Older Adult Players) Troupe writes and performs two shows per year, performed in May and December. Shows feature a variety of acting, comedy, skits, dance and song. Join this zany, fun-loving group of seniors who have discovered their inner ham. Are you uncomfortable on stage? No problem! S.O.A.P. has many ways you can help make the shows a success. Please join us on 8/26 to learn more about the fall program, when rehearsal days will be and more. For more information, contact Betsy Emond at **bemond@fcgov.com**.

8/26-12/12 T 1:00-3:00 PM \$36 412410-01

# Social Dancing at the Fort Collins Senior Center

Grab a loved one or a friend and join in the fun for a night of dancing, live music and a delicious potluck prepared by attendees. Dances occur on the first and third Mondays of the month, and some dances are themed. Note: Dances will not be held on 9/1, 9/15 and 1/19.

10/6	М	6:30-9:00 PM	\$12			
October	fest/20s	s Dance				
10/20	М	6:30-9:00 PM	\$12			
Veterans	Veterans Day/40s Dance					
11/3	М	6:30-9:00 PM	\$12			
11/17	М	6:30-9:00 PM	\$12			
Holiday	Ball					
12/1	М	6:30-9:00 PM	\$12			
Snowba	II Dance	!				
12/15	М	6:30-9:00 PM	\$12			
1/5	М	6:30-9:00 PM	\$12			

# FRIDAY MOVIES W

Active pass required or payment of the daily drop-in rate. Enjoy a Friday movie at the Fort Collins Senior Center.

# Midnight in Paris (2011) 1hr 34min

A family, including a young couple, travels to Paris, France for business and have their lives transformed. Starring: Owen Wilson, Rachel McAdams, Kathy Bates. Rated PG-13.

9/19 F 1:00-4:00 PM No Fee

#### Here (2024) 1hr 44min

A generational story about families and the special place they inhabit, sharing in love, loss, laughter and life. Starring: Tom Hanks, Robin Wright, Paul Bettany. Rated PG-13.

10/17 1:00-4:00 PM No Fee

#### Hello, my name is Doris (2015) 1hr 30min

A woman of a certain age finds her world turned upside down by a handsome new co-worker in a witty late-lifecoming-of-age-story. Starring: Sally Field, Max Greenfield, Tyne Daly. Rated R.

11/21 F 1:00-4:00PM No Fee

#### White Christmas (1954) 1hr 55min

Two talented song-and-dance men team up after the war to become one of the hottest acts in show business. Starring: Bing Crosby, Danny Kaye, Rosemary Clooney, Vera-Ellen, Rated PG-13.

F 12/19 1:00-4:00PM No Fee

# Good Will Hunting (1998) 2hr 1min

A young, headstrong, working-class genius is cleaning the floors of America's top university and failing at life until he meets a psychology professor, who may be the only person who can reach him. Starring: Matt Damon, Robin Williams, Ben Affleck, Rated R.

1/16 1:00-4:00 PM No Fee

# **RESOURCES**

# Evie the Mobile Book Library - NEW!

Evie carries about 1,500 books and audiobooks. She serves as a library card sign-up location and a place to check out/return materials. She also focuses on technology and offers printing, Wi-Fi hotspots and more. Utilize her resources when she visits the Fort Collins Senior Center the first Tuesday of every month.

9/2, 10/7, 11/4, 12/2, 1/6 10:00 AM- Noon

# **VOA Smiling Spoon Senior Lunch**

Volunteers of America (VOA) and the Recreation Department host the Senior Nutrition Program to provide hot lunch at the Fort Collins Senior Center. In-person dining and meal pickup with VOA available by reservation only. Call 970-472-9630 x1 by 1:30 p.m. one business day prior to reserve your meal.

M.T.Th.F 11:45 AM-12:15 PM \$3 suggested donation

#### **Life After Stroke**

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.

9/11	Th	12:30-2:00 PM	
10/9	Th	12:30-2:00 PM	
11/13	Th	12:30-2:00 PM	
12/11	Th	12:30-2:00 PM	
1/8	Th	12:30-2:00 PM	

# **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, 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.

# **TRIPS & TRAVEL**

All programs are designed for active, retirement age individuals, but all adults 18 years and older are welcome, unless otherwise noted. Programs depart from the Fort Collins Senior Center unless otherwise noted.

# Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. See specific trip details for more information.

# **Departure & Return Times**

Please arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for all participants, trips leave promptly at the posted trip time.

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

#### Accommodations

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date, we will make every effort to accommodate needs, but we cannot guarantee ticket availability. There is no transportation fee for the personal care attendant aiding a participant, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration, otherwise we cannot guarantee accommodation.

# **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 o indicates a low walking level for the trip, while a \(\textbf{\Lambda}\) 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
- = 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 time frames. Pick-up time will be confirmed via phone the day prior to the trip. The cost for these services is \$6.50 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. Note: Meet the bus at Rolland Moore Parking Lot.

10/21 8:30 AM-6:00 PM \$41 405910-01

#### **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 <u>fcgov.com/aro</u> for more details.





Classes in which adults are required to attend



Denotes no web registration for program

# **OUT TO LUNCH**

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

# Canton Palace, Loveland •

This casual restaurant serves Chinese dishes, including vegetarian options, plus beer, wine and cocktails.

9/3 11:00 AM-2:00 PM \$24 405930-01

# Duet's Bistro and Deli, Longmont •

An internationally inspired bistro menu, wine, beer and craft cocktails paired with fresh hot and cold sandwiches.

10/14 10:30 AM-2:30 PM Tu \$37 405930-02

# Pumphouse Brewery, Longmont •

This craft brewpub features beers brewed on site and a diverse menu prepared from scratch.

11/5 10:30 AM-2:30 PM \$37 405930-03

#### Cracker Barrel, Loveland

Homey restaurant serving American comfort food with an on-site general store.

12/10 10:30 AM-2:00 PM \$24 105930-01

# Barnstormers, Greeley

Located at the Greeley-Weld County Airport, Barnstormers is a family-run business featuring meals made from scratch and decadent desserts. Enjoy watching the airport activity while dining.

1/23 10:30 AM-2:30PM \$37 105930-02

#### Out to Lunch - Secret Location •

Head out for lunch at a surprise restaurant and enjoy an afternoon with friends.

9/23	Tu	10:00 AM-2:30 PM	\$37	405931-01
10/23	Th	10:00 AM-2:30 PM	\$37	405931-02

Interested in experiencing French Cuisine? Check out the Culture Series on page 32 to learn more.

# **SPECIALTY TRIPS**

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

# Rist Canyon Mountain Festival

Live music, a book sale, craft vendors and food trucks gather at this annual festival to benefit the Rist Canyon Volunteer Fire Department.

9/6 Sa 10:00 AM-3:00 PM \$37 405932-01

#### Mob Tour Denver

Join mob historian Tom Hackett on one of his last exciting bus tours through North Denver's Little Italy. Explore former social clubs, homes and haunts of some of Denver's most influential mobsters and uncover the truth behind many of these legends. After, have an Italian lunch at a formerly mob-run restaurant. Note: Fee includes transportation and guided tour.

9/10	W	9:00 AM-3:30PM	\$79	405955-01
9/16	Tu	9:00 AM-3:30 PM	\$79	405955-02

#### Rockies Game

Enjoy a game at Denver's Coors Field. Note: Fee includes ticket. Non-refundable after 8/21.

9/18 10:30 AM-7:00 PM 405901-01 \$69

# Wild Animal Sanctuary A

The Wild Animal Sanctuary is a 9,973 acre sanctuary for more than 460 rescued animals. Learn about the rehabilitation and rescue efforts of the largest carnivore sanctuary in the world. Rent a scooter or take a selfguided walk a "Mile into the Wild" to view the lions, tigers, bears and wolves who call the sanctuary home.

10/1 8:30 AM-4:00 PM \$97 405964-01

#### Fall Colors

Drive a portion of the Peak-to-Peak scenic byway. Pack your lunch and we'll take Highway 34 to Estes Park to eat. After lunch, we'll continue up Highway 7 on the scenic byway to Lyons. Along the way, we'll pass Twin Sisters, Long's Peak and Saint Malo Church.

10/3 10:30 AM-3:30 PM \$37 405952-01

#### Chris Collins The John Denver Tribute

Award-winning singer/songwriter Chris Collins and Boulder Canyon, the band hailed as the most exciting John Denver tribute band, tour internationally bringing their talent, warmth, humor and passion for John Denver's music. Enjoy the show's stunning visuals of nature. Tickets are non-refundable due to a limited timeline.

#### **Location: Candlelight Dinner Theater**

10/9 4:30-10:00 PM \$141 405934-01

#### **IKEA** ◀

Holiday shopping at its best! IKEA has 415,000 square feet, 50 room settings, three complete model home interiors and a restaurant featuring Swedish specialties. Roam and explore the furniture, rugs, lighting, linens, kids store, kitchen stuff and home decor. Don't worry, the van has space for purchases.

11/17 М 9:00 AM-3:30 PM \$70 405932-04

#### Greeley History Museum

Housed in the historic Greeley Tribune Building, explore rotating exhibitions and permanent collections centering on Weld County history. Exhibits include the history of Greeley irrigation, turn-of-the-century newspaper printing and displays featuring individuals from local history, such as Rattlesnake Kate and Nathan Meeker. Note: Lunch will follow in downtown Greeley. Trip includes transportation and admission fee.

F 9:00 AM-2:00 PM 11/21 \$43 405972-01

# Georgetown Christmas Market ◆

Enjoy the 65th Annual Georgetown Christmas Market, where Christmas hasn't changed in 100 years. Enjoy appearances by St. Nicholas and his traditional dress, Santa Lucia, carolers in Victorian costume, dancers and other entertainment. Note: Fee includes transportation. Georgetown is at 9,600 ft. Dress appropriately for the season including footwear with good grips.

12/6 Sa 8:00 AM-5:00 PM \$70 105951-01

# Pearl Street Mall Shopping Trip ◆

A day of shopping at Boulder's premier Pearl Street Mall. Enjoy all that the historic and iconic mall has to offer, and the festive holiday lights later in the day. There is room on the bus for purchases.

12/8 11:00 AM-6:00 PM М \$37 105932-01

# **Lincoln Center: RAIN: A Beatles Christmas** Celebration •

Meet at the Senior Center and we'll take you to the front door for this electrifying tribute to the Beatles! This concert will take you back to the iconic eras of Sgt. Pepper and Magical Mystery Tour, along with all your favorite hits. With vibrant costumes and psychedelic visuals, RAIN creates a stunning concert full of nostalgia and good vibes. Tickets are non-refundable after 11/15.

12/16 Tu 6:30-10:00 PM \$105 105932-03

# **Lincoln Center: Squirrel Nut Zippers Jazz Band**

Enjoy the sounds of Squirrel Nut Zippers, a swing jazz band that was big in the 90s. They will be performing some of their hits and songs from their Christmas album. Tickets are non-refundable after 11/16.

12/18 6:30-10:00 PM \$105 105932-04

#### National Western Stock Show, Denver A

Since 1906, Denver has been the home to the world's largest stock show. Enjoy a day at the National Western Stock show and view the livestock on display. Registration includes the pro rodeo in the afternoon.

1/15 Th 9:00 AM-5:00 PM \$97 105932-02

# **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.





Classes in which adults are required to attend



Denotes no web registration for program



Youth and family aquatics programs are held at Edora Pool Ice Center unless otherwise noted.

# **Adult Supervision Requirements**

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

# of childre	en 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 age group. Groups not complying with the above ratios are not permitted to swim.

#### **Open Swim General Info**

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

# **Discover Scuba Diving**

Under the direct supervision of a Professional Association of Diving Instructors (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 the required additional paperwork.

Age: 10 years & up

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9/20	Sa	11:00 AM-12:30 PM	\$39	401352-01
10/18	Sa	11:00 AM-12:30 PM	\$39	401352-02
11/15	Sa	11:00 AM-12:30 PM	\$39	401352-03
12/20	Sa	11:00 AM-12:30 PM	\$39	101352-01
1/17	Sa	11:00 AM-12:30 PM	\$39	101352-02

# **Discover Snorkeling**

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties and wetsuit, or personal gear may be worn. Must be able to swim at least 25 yards using the front crawl. Note: Children under 8 years of age should be accompanied by a parent or guardian. Prior to class start, call CSDA at 970-286-0072 to complete the required additional paperwork.

Age: 5 years & up						
9/20	Sa	11:00 AM-12:30 PM	\$35	401353-01		
10/18	Sa	11:00 AM-12:30 PM	\$35	401353-02		
11/15	Sa	11:00 AM-12:30 PM	\$35	401353-03		
12/20	Sa	11:00 AM-12:30 PM	\$35	101353-01		
1/17	Sa	11:00 AM-12:30 PM	\$35	101353-02		

#### Scuba Challenge

For the experienced diver who wants to practice skills. Challenges are set up and include some dryland information. Note: Current PADI certification required. If equipment is needed, call CSDA at 970-286-0072 one week prior to class start.

Age: 10 years & up
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9/3	W	5:30-8:00 PM	\$28	401356-01
9/17	W	5:30-8:00 PM	\$28	401356-02
10/1	W	5:30-8:00 PM	\$28	401356-03
10/15	W	5:30-8:00 PM	\$28	401356-04
10/29	W	5:30-8:00 PM	\$28	401356-05
11/12	W	5:30-8:00 PM	\$28	401356-06
11/19	W	5:30-8:00 PM	\$28	401356-07
12/3	W	5:30-8:00 PM	\$28	101356-01
12/17	W	5:30-8:00 PM	\$28	101356-02
1/7	W	5:30-8:00 PM	\$28	101356-03
1/21	W	5:30-8:00 PM	\$28	101356-04

# LIFEGUARD TRAINING PROGRAMS

# **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 970-224-6185 or <a href="mailto:kslaughter@fcgov.com">kslaughter@fcgov.com</a>. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

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

10/3	F	6:00-9:30 PM	\$328	401340-01
10/4-10/5	Sa,Su	8:00 AM-5:00 PM	(included)	

12/19	F	6:00-9:30 PM	\$328	101340-01
12/20-12/21	Sa,Su	8:00 AM-5:00 PM	(included)	

#### **Lifeguard Recertification**

Opportunity to review the course content in a formal setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a recertification course. Online class content is seven hours and must be completed prior to the first day of class. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Certification fee included.

Age: 16 years & up

11/8	Sa	9:00 AM-7:00 PM	\$133	101341-01



# LEARN TO SWIM

#### **Learn to Swim Policies**

- Waitlist & Cancellation Policy: The deadline for drops/ changes for enrolled swimmers is seven days prior to the session start date. 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.
- 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 four 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.

# **LEARN TO SWIM LEVELS**

# Baby & Me

Age: 6 months-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. 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

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

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

Continue to improve upon previous skills and introduce breaststroke, dolphin kick and diving. Designed for the child who can swim 10-15 yards (any stroke), jump into deep water and move to the side comfortably, and is familiar with rotary breathing and breaststroke kick.

#### Level 4

Continue to improve upon previous skills and endurance and introduce butterfly, turns and standing dives. Designed for the child who can swim a full 25 yards of freestyle and/or backstroke, and is familiar with breaststroke.

#### Level 5

Continue to perfect all four strokes. May introduce more competitive swimming aspects such as flip turns and starts. Designed for the child who can swim efficiently 50 yards freestyle, tread water continuously for at least 30 seconds, and is comfortable with backstroke, breaststroke and dolphin kick.

#### **Teen Swim Instruction**

Age: 13-17 years

Designed for all levels of swimmer to gain basic stroke skills and technique.

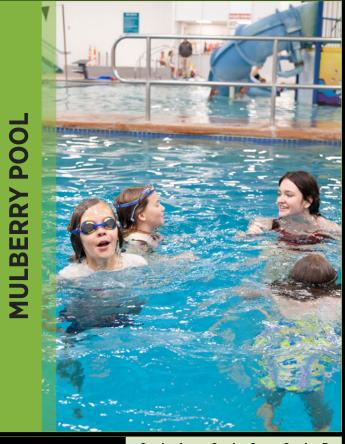
# LEARN TO SWIM CLASS SCHEDULE

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Sunday Morning		Session 1	Session 2	Session 3
		9/14-10/12	10/19-11/16	1/11-2/8
Class	Fee:	\$52.00	\$52.00	\$52.00
	9:30 AM	401410.41A	401410.42A	101410.41A
Daby 9 Ma	10:05 AM	401410.41B	401410.42B	101410.41B
Baby & Me	10:40 AM	401410.41C	401410.42C	101410.41C
	11:15 AM	401410.41D	401410.42D	101410.41D
	9:30 AM	401422.41A	401422.42A	101422.41A
Level 1	10:05 AM	401422.41B	401422.42B	101422.41B
	10:40 AM	401422.41C	401422.42C	101422.41C
	9:30 AM	401424.41A	401424.42A	101424.41A
Level 2	10:05 AM	401424.41B	401424.42B	101424.41B
	11:15 AM	401424.41C	401424.42C	101424.41C
	9:30 AM	401426.41A	401426.42A	101426.41A
Level 3	10:05 AM	401426.41B	401426.42B	101426.41B
	10:40 AM	401426.41C	401426.42C	101426.41C
Adult Intro	10:40 AM	401438.41A	401438.42A	101438.41A
Adult Stroke (45 min)	11:15 AM	401439.41A	401439.42A	101439.41A



Monday/Wed	nesday	Session 1	Session 2	Session 3
Evening		9/15-10/8	10/20-11/12	1/12-2/4*
Class	Fee:	\$82.00	\$82.00	\$82.00
	4:45 PM	401310.11A	401310.12A	101310.11A
Baby & Me	5:20 PM	401310.11B	401310.12B	101310.11B
Daby & Me	5:55 PM	401310.11C	401310.12C	101310.11C
	6:30 PM	401310.11D	401310.12D	101310.11D
Preschool 1	4:45 PM	401316.11A	401316.12A	101316.11A
Prescrioori	5:55 PM	401316.11B	401316.12B	101316.11B
Preschool 2	5:20 PM	401318.11A	401318.12A	101318.11A
Prescrioor 2	6:30 PM	401318.11B	401318.12B	101318.11B
Level 1	4:45 PM	401322.11A	401322.12A	101322.11A
	5:55 PM	401322.11B	401322.12B	101322.11B
Level 2	5:20 PM	401324.11A	401324.12A	101324.11A
Level Z	6:30 PM	401324.11B	401324.12B	101324.11B
Level 3	5:55 PM	401326.11A	401326.12A	101326.11A
Level 4	4:45 PM	401328.11A	401328.12A	101328.11A
Level 5	5:20 PM	401330.11A	401330.12A	101330.11A
Adult Intro	6:30 PM	401338.11A	N/A	101338.11A
Adult Stroke (30 min)	6:30 PM	N/A	401339.12A	N/A
				*No class 1/19



Tuesday/Thursday Evening		Session 1	Session 2	Session 3
		9/16-10/9	10/21-11/13*	1/13-2/5
Class	Fee:	\$82.00	\$82.00	\$82.00
Bl	4:45PM	401216.21A	401216.22A	101216.21A
Preschool 1	5:55PM	401216.21B	401216.22B	101216.21B
•	6:30PM	401216.21C	401216.22C	101216.21C
D l l	4:45 PM	401218.21A	401218.22A	101218.21A
Preschool 2	5:20 PM	401218.21B	401218.22B	101218.21B
	5:55 PM	401218.21C	401218.22C	101218.21C
	4:45 PM	401222.21A	401222.22A	101222.21A
Level 1	5:20 PM	401222.21B	401222.22B	101222.21B
	6:30 PM	401222.21C	401222.22C	101222.21C
	5:20 PM	401224.21A	401224.22A	101224.21A
Level 2	5:55 PM	401224.21B	401224.22B	101224.21B
	6:30 PM	401224.21C	401224.22C	101224.21C
Level 3	4:45 PM	401226.21A	401226.22A	101226.21A
readi 2	5:55 PM	401226.21B	401226.22B	101226.21B
Level 4	5:20 PM	401228.21A	401228.22A	101228.21A
Level 5	6:30 PM	401230.21A	401230.22A	101230.21A
			*	No class 10/31

Saturday		Session 1	Session 2	Session 3
Morning		9/13-10/11	10/18-11/15	1/10-2/7
Class	Fee:	\$52.00	\$52.00	\$52.00
Duasahaal	9:30 AM	401216.31A	401216.32A	101216.31A
Preschool 1	10:05 AM	401216.31B	401216.32B	101216.31B
•	10:40 AM	401216.31C	401216.32C	101216.31C
	9:30 AM	401218.31A	401218.32A	101218.31A
Preschool	10:05 AM	401218.31B	401218.32B	101218.31B
2	10:40 AM	401218.31C	401218.32C	101218.31C
	11:15 AM	401218.31D	401218.32D	101218.31D
Level 1	9:30 AM	401222.31A	401222.32A	101222.31A
Level I	11:15 AM	401222.31B	401222.32B	101222.31B
Level 2	10:05 AM	401224.31A	401224.32A	101224.31A
	11:15 AM	401224.31B	401224.32B	101224.31B
Lovel 7	9:30 AM	401226.31A	401226.32A	101226.31A
Level 3	10:40 AM	401226.31B	401226.32B	101226.31B
Level 4	10:05 AM	401228.31A	401228.32A	101228.31A
Level 5	11:15 AM	401230.31A	401230.32A	101230.31A
Teen	10:40 AM	401235.31A	401235.32A	101235.31A

Sunday		Session 1	Session 2	Session 3
Afternoon		9/14-10/12	10/19-11/16	1/11-2/8
Class	Fee:	\$52.00	\$52.00	\$52.00
Dona da a al	3:15 PM	401216.41A	401216.42A	101216.41A
Preschool 1	3:50 PM	401216.41B	401216.42B	101216.41B
ı	4:25 PM	401216.41C	401216.42C	101216.41C
Donashaal	3:15 PM	401218.41A	401218.42A	101218.41A
Preschool 2	3:50 PM	401218.41B	401218.42B	101218.41B
2	5:00 PM	401218.41C	401218.42C	101218.41C
	3:15 PM	401222.41A	401222.42A	101222.41A
Level 1	3:50 PM	401222.41B	401222.42B	101222.41B
	5:00 PM	401222.41C	401222.42C	101222.41C
	3:50 PM	401224.41A	401224.42A	101224.41A
Level 2	4:25 PM	401224.41B	401224.42B	101224.41B
	5:00 PM	401224.41C	401224.42C	101224.41C
	3:15 PM	401226.41A	401226.42A	101226.41A
Level 3	4:25 PM	401226.41B	401226.42B	101226.41B
	5:00 PM	401226.41C	401226.42C	101226.41C
Lovel 4	3:50 PM	401228.41A	401228.42A	101228.41A
Level 4	4:25 PM	401228.41B	401228.42B	101228.41B
Level 5	4:25 PM	401230.41A	401230.42A	101230.41A
Adult Intro	3:15 PM	401238.41A	401238.42A	101238.41A
Adult Stroke (45 min)	5:00 PM	401239.41.A	401239.42.A	101239.41.A



# CREATIVE ARTS



# **DANCE & MOVEMENT**

Tip, Toes & Tutus 🖰

Discover movement with your child through a structured class to explore dance concepts and gross motor activities. Each week will have a different theme that caregivers and children work on together. Caregivers and dancers create a bond through movement and dance. Note: Class will not be held on 11/24 and 12/22.

Age: 1-2 years

# **Location: Foothills Activity Center**

9/8-9/29	М	9:30-10:00 AM	\$48	421510-01
10/6-10/27	М	9:30-10:00 AM	\$48	421510-02
11/3-12/1	М	9:30-10:00 AM	\$48	421510-03
12/8-1/5	М	9:30-10:00 AM	\$48	421510-04

# **Ballet & Tap**

Learn the basics of ballet and tap through correct technique, terminology, rhythm, putting steps together, games and imagination! Note: Class will not be held on 11/25 and 12/23.

Age: 3-5 years

#### Location: Foothills Activity Center

9/9-9/30	Tu	9:30-10:15 AM	\$72	421513-01
10/7-10/28	Tu	9:30-10:15 AM	\$72	421513-02
11/4-12/2	Tu	9:30-10:15 AM	\$72	421513-03
12/9-1/6	Tu	9:30-10:15 AM	\$72	421513-04

#### Hip Hop

This high-energy, age-appropriate class introduces students to a funky style based on street dance. Dancers learn to move while incorporating fun, games and imagination. Note: Class will not be held on 11/26 and 12/24.

Age: 3-5 years

# **Location: Foothills Activity Center**

9/10-10/1	W	9:30-10:15 AM	\$72	421516-01
10/8-10/29	W	9:30-10:15 AM	\$72	421516-02
11/5-12/3	W	9:30-10:15 AM	\$72	421516-03
12/10-1/7	W	9:30-10:15 AM	\$72	421516-04

#### **Creative Movement**

Explore the world of movement through story and song! Each week will showcase different stories and themes. Note: Class will not be held on 11/27, 12/25 and 1/1.

Age: 3-5 years

# Location: Foothills Activity Center

Locationiii	cocation i obtimis rectivity contoi					
9/11-10/2	Th	9:30-10:15 AM	\$72	421511-01		
10/9-10/30	Th	9:30-10:15 AM	\$72	421511-02		
11/6-12/4	Th	9:30-10:15 AM	\$72	421511-03		
12/11-1/8	Th	9:30-10:15 AM	\$54	421511-04		

# PERFORMANCE PATH DANCE **PROGRAMS**

Performance Path classes prepare your dancer to perform on stage at the end of season recital. An additional cost is required for costumes/props and should be under \$30. Mark your calendars for the Winter Recital on Saturday, January 17. Full recital details, including location, costume order information and dress rehearsal schedule, will be sent closer to the recital date.

# **Ballet/Tap Performance**

With a faster pace, dancers learn the basics of ballet and tap along with the ability to perform on stage. Dancers learn correct technique, terminology, rhythm and how to put steps together. Note: Class will not be held on 11/25 and 12/23.

Age: 3-5 years

#### Location: Foothills Activity Center

		-		
9/9-1/13	Tu	10:30-11:15 AM	\$306	421503-01
9/9-1/13	Tu	4:30-5:15 PM	\$306	421503-02

#### **Ballet Performance**

With a faster pace, dancers learn the basics of ballet along with the ability to perform on stage. Dancers learn correct technique, terminology, rhythm and how to put steps together. Note: Class will not be held on 11/24 and 12/22.

Age: 5-7 years

#### **Location: Mulberry Pool**

9/8-1/12	M	4.70 E.1E DM	<b>ሲ</b> ፖሊር	421E 0 4 01
9/0-1/1Z	I۲I	4:30-5:15 PM	\$306	421504-01

#### **Hip Hop Performance**

With a faster pace, this age-appropriate hip hop class introduces students to a funky style based on street dance. Note: Class will not be held on 11/26, 11/27, 12/24, 12/25, 12/31 (evening classes only) and 1/1.

# **Location: Foothills Activity Center** All Genders Hip Hop Performance

		•				
Age: 3-5 y	/ears					
9/10-1/14	W	10:30-11:15 AM	\$306	421506-01		
9/11-1/15	Th	4:30-5:15 PM	\$288	421506-02		
Age: 5-7 y	ears/					
9/10-1/14	W	4:30-5:15 PM	\$288	421506-03		
Age: 8-10	years					
9/10-1/14	W	5:30-6:15 PM	\$288	421506-04		
Boys Hip Hop Performance						
Age: 8-10	years					
9/11-1/15	Th	5:30-6:15 PM	\$288	421506-05		

#### **Jazz Performance**

With a faster pace, dancers learn the basics of jazz dance along with the ability to perform on stage. Students explore a variety of jazz dance styles, learn fundamental techniques, and develop coordination, flexibility and musicality. Note: Class will not be held on 11/25 and 12/23.

Age: 5-7 years

**Location: Foothills Activity Center** 

\$306 9/9-1/13 Tu 5:30-6:15 PM 421505-01

# **Tap Performance**

With a faster pace, dancers learn the basics of tap along with the ability to perform on stage. Dancers learn correct technique, terminology, rhythm and how to put steps together. Note: Class will not be held on 11/24 and 12/22.

Age: 5-7 years

**Location: Mulberry Pool** 

9/8-1/12 4:30-5:15 PM \$306 421507-01 Μ

# **Open Style Performance**

With a faster pace, dancers continue to build on the basics of ballet, jazz and hip hop along with the ability to perform on stage. Dancers learn correct technique, terminology, rhythm and how to put steps together. Note: Class will not be held on 11/27, 12/25 and 1/1.

Age: 8-10 years

**Location: Foothills Activity Center** 

9/11-1/15 6:30-8:00 PM \$320 421508-01 Th

# Teen Combo Performance W



With a faster pace, dancers continue to build on the basics of ballet, jazz, contemporary, hip hop, and strength and conditioning along with the ability to perform on stage. Note: Online registration not permitted. This class requires instructor approval. For more information and instructor approval, contact Bonnie Brown at bobrown@fcgov.com. Class will not be held on 11/29 and 12/26.

Age: 11 years & up

**Location: Foothills Activity Center** 

9/13-1/10 10:00-11:30 AM 421509-01 Sa \$340

#### **DRAWING**

#### **Comics Essentials**

Whether a beginner or advanced artist, hone your skills and personal style through fun drawing lessons and individual work time. Bring a pencil and sketchbook or a tablet if digital is your preferred method.

Age: 13 years & up

**Location: Fort Collins Senior Center** 

9/2-10/7	Tu	4:30-6:30 PM	\$87	403407-01
10/14-11/18	Tu	4:30-6:30 PM	\$87	403407-03
1/13-2/17	Tu	4:30-6:30 PM	\$87	103407-01



# **POTTERY**

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All programs are held at the Pottery Studio (1541 W. Oak St.) unless otherwise noted. For more information on pottery policies, see page 26.



Register for highlighted programs on Oct. 28.

# **FAMILY PROGRAMS**

# **Family Raku Workshop Paint & Fire**

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

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Age: 8 y	ears & u	ıp					
9/11	Th	6:00-8:00 PM	\$96	404827-01			
10/9	Th	6:00-8:00 PM	\$96	404827-02			
11/13	Th	6:00-8:00 PM	\$96	404827-03			
1/15	Th	6:00-8:00 PM	\$96	104827-01			
2/12	Th	6:00-8:00 PM	\$96	104827-02			
Addition	Additional person						
9/11	Th	6:00-8:00 PM	\$48	404827-01A			
10/9	Th	6:00-8:00 PM	\$48	404827-02A			
11/13	Th	6:00-8:00 PM	\$48	404827-03A			
1/15	Th	6:00-8:00 PM	\$48	104827-01A			
2/12	Th	6:00-8:00 PM	\$48	104827-02A			

# **Fun Night Out**

Have a fun, family night out on the town while squishing, rolling, pinching and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience that can be enjoyed by the whole family. Registration includes two individuals. Each additional person is \$30.

Age: 8 years & up

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Sunflowers							
9/14	Su	4:00-5:30 PM	\$60	404828-01			
<b>Leaf Plates</b>	s/Bov	vls					
9/28	Su	4:00-5:30 PM	\$60	404828-02			
<b>Pumpkins</b>							
10/12	Su	4:00-5:30 PM	\$60	404828-03			
Ghosts							
10/26	Su	4:00-5:30 PM	\$60	404828-04			
Turkeys							
11/16	Su	4:00-5:30 PM	\$60	404828-05			
Ornaments	Ornaments						
12/7	Su	4:00-5:30 PM	\$60	104828-01			
Gnomes							
1/11	Su	4:00-5:30 PM	\$60	104828-02			
Snowpeop	le						
1/25	Su	4:00-5:30 PM	\$60	104828-03			
Additional person							
9/14	Su	4:00-5:30 PM	\$30	404828-01A			
9/28	Su	4:00-5:30 PM	\$30	404828-02A			
10/12	Su	4:00-5:30 PM	\$30	404828-03A			
10/26	Su	4:00-5:30 PM	\$30	404828-04A			
11/16	Su	4:00-5:30 PM	\$30	404828-05A			

#### **INCLUSION SUPPORT**

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



EGEND

12/7

1/11

1/25

Su

Su

Su

4:00-5:30 PM

4:00-5:30 PM

4:00-5:30 PM

\$30

\$30

\$30

104828-01A

104828-02A

104828-03A



Classes in which adults are required to attend



Denotes no web registration for program

# Parent & Tot Mud, Handbuilding

Combine your family's talents in this unique pottery class. Projects vary, so you may register for classes as many times as you wish. Note: Registration cost includes one adult and one child. Each additional person is \$50. The adult must remain the same for the entire five-week session.

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Age. 5-0 y	cais			
9/8-10/6	М	2:30-3:30 PM	\$100	404801-01
10/13-11/10	М	2:30-3:30 PM	\$100	404801-02
9/11-10/9	Th	2:30-3:30 PM	\$100	404801-03
10/16-11/13	Th	2:30-3:30 PM	\$100	404801-04
1/5-2/2	М	2:30-3:30 PM	\$100	104801-01
1/8-2/5	Th	2:30-3:30 PM	\$100	104801-02
2/9-3/9	М	2:30-3:30 PM	\$100	104801-03
2/12-3/12	Th	2:30-3:30 PM	\$100	104801-04
Additional	pers	on		
9/8-10/6	М	2:30-3:30 PM	\$50	404801-01A
10/13-11/10	М	2:30-3:30 PM	\$50	404801-02A
9/11-10/9	Th	2:30-3:30 PM	\$50	404801-03A
10/16-11/13	Th	2:30-3:30 PM	\$50	404801-04A
1/5-2/2	М	2:30-3:30 PM	\$50	104801-01A
1/8-2/5	Th	2:30-3:30 PM	\$50	104801-02A
2/9-3/9	М	2:30-3:30 PM	\$50	104801-03A
2/12-3/12	Th	2:30-3:30 PM	\$50	104801-04A

#### 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 costs include one adult and one child. An additional person costs \$75.

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Aae:	11	1-	I /	VAAI	c

9/12-10/10	F	5:15-6:45 PM	\$150	404845-01
10/17-11/14	F	5:15-6:45 PM	\$150	404845-02
1/9-2/6	F	5:15-6:45 PM	\$150	104845-01
2/13-3/13	F	5:15-6:45 PM	\$150	104845-02
<b>Additional</b>	per	son		
9/12-10/10	F	5:15-6:45 PM	\$75	404845-01A
10/17-11/14	F	5:15-6:45 PM	\$75	404845-02A
1/9-2/6	F	5:15-6:45 PM	\$75	104845-01A
2/13-3/13	F	5:15-6:45 PM	\$75	104845-02A

#### **Thrown Together**

Adult and child explore the basics of clay-forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decoration and glazing. Note: Registration includes one child and one adult. The adult must remain the same for the entire five-week session.

Age: 10-17 years

, .900 .,	,	•		
9/9-10/7	Tu	4:15-5:45 PM	\$150	404825-01
10/14-11/11	Tu	4:15-5:45 PM	\$150	404825-02
1/6-2/3	Tu	4:15-5:45 PM	\$150	104825-01
2/10-3/10	Tu	4:15-5:45 PM	\$150	104825-02

# **Thrown Together More**

Adult and child explore the basics of clay-forming techniques while working on pottery wheels. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decoration and glazing. Note: Registration includes one child and one adult. The adult must remain the same for the entire 10-week session.

Age: 10-17 years

_	-			
9/11-11/13	Th	4:15-5:45 PM	\$300	404824-01
1/8-3/12	Th	4:15-5:45 PM	\$300	104824-01

# YOUTH PROGRAMS

# **Child Handbuilding**

Create interesting clay projects while learning various methods of forming and glazing. New projects are introduced each session.

Age: 6-9 years

9/8-10/6	М	4:00-5:15 PM	\$100	404805-01
10/13-11/10	М	4:00-5:15 PM	\$100	404805-02
1/5-2/2	М	4:00-5:15 PM	\$100	104805-01
2/9-3/9	М	4:00-5:15 PM	\$100	104805-02

# **Homeschool Clay**

Learn basic clay skills and techniques while in homeschool. Tools are provided.

Age: 5-14 years

	•			
9/10-10/8	W	2:45-4:00 PM	\$100	404812-01
10/15-11/12	W	2:45-4:00 PM	\$100	404812-02
1/7-2/4	W	2:45-4:00 PM	\$101	104812-01
2/11-3/11	W	2:45-4:00 PM	\$101	104812-02

# Youth Wheel & Handbuilding

Learn basic potter's wheel skills, as well as handbuilding and other techniques.

Age: 9-13 years

, (90.0 10 )	,			
9/10-10/8	W	4:15-5:45 PM	\$100	404810-01
10/15-11/12	W	4:15-5:45 PM	\$100	404810-02
1/7-2/4	W	4:15-5:45 PM	\$100	104810-01
2/11-3/11	W	4:15-5:45 PM	\$100	104810-02

# **EARLY LEARNING**

# **CHILD & CAREGIVER PROGRAMS**

# 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 under the age of 1 accompanying an older sibling, who will not be participating in Tot Gym. Note: Tot Gym at the Foothills Activity Center does not run on PSD School Out Days: 10/3, 10/17, 10/20, 11/24, 11/26, 11/28, 12/22, 12/24, 12/26, 12/29, 12/31 and 1/2.

Age: 1-5 years

**Location: Northside Aztlan Community Center** 

9/2-1/30	M-F	10:00 AM-Noon	\$4 Drop-in fee
Location:	Foothil	ls Activity Center	
9/3-1/29	M,W,F	9:30-11:30 AM	\$4 Drop-in fee

# Little Scientists 40



Foster curiosity in your young learner by working alongside them to conduct fun experiments in this handson science class. Note: No class on 10/17.

Age: 1.5-3 years

# **Location: Northside Aztlan Community Center**

10/3-10/24	F	10:00-10:45 AM	\$48	417520-01
12/5-12/19	F	10:00-10:45 AM	\$48	117520-01

# Small Hands. Big Messy Art 🕰



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

Age: 1.5-3 years

# Location: Northeido Aztlan Community Center

Location: Northside Aztian Community Center						
9/5-9/26	F	10:00-10:45 AM	\$64	417521-01		
10/31-11/21	F	10:00-10:45 AM	\$64	417521-02		
1/9-1/30	F	10:00-10:45 AM	\$64	117521-01		

# PRESCHOOL PREP CLASSES

# Curious Twos **AC**



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.

Age: 2 years

#### **Location: Northside Aztlan Community Center** Out in The Wilderness

Out III THE	wilder	11622		
9/3-9/24	M,W	9:30-10:30 AM	\$140	417530-01
9/2-9/25	Tu,Th	9:30-10:30 AM	\$160	417530-04
Insect Inves	stigato	rs		
9/29-10/22	M,W	9:30-10:30 AM	\$160	417530-02
9/30-10/23	Tu,Th	9:30-10:30 AM	\$160	417530-05
Music Make	ers			
10/27-11/19	M,W	9:30-10:30 AM	\$160	417530-03
10/28-11/20	Tu,Th	9:30-10:30 AM	\$160	417530-06
Planes, Trai	ins & A	utomobiles		
12/1-12/17	M,W	9:30-10:30 AM	\$120	117530-01
12/2-12/18	Tu,Th	9:30-10:30 AM	\$120	117530-03
Winter Wo	nders			
1/5-1/28	M,W	9:30-10:30 AM	\$160	117530-02
1/6-1/29	Tu,Th	9:30-10:30 AM	\$160	117530-04

#### **Creation Station**

Let your imagination run wild with a variety of different art mediums. Children express feelings through independent manipulation of materials and are then guided through music and storytelling to learn directives and active listening.

Age: 4-6 years

#### Location: Northside Aztlan Community Center

Location. I	Location: Northsiae Aztian Community Center					
9/2-9/23	Tu	4:15-5:15 PM	\$64	417522-01		
9/30-10/21	Tu	4:15-5:15 PM	\$64	417522-02		
10/28-11/18	Tu	4:15-5:15 PM	\$64	417522-03		
12/2-12/16	Tu	4:15-5:15 PM	\$48	117522-01		
1/6-1/27	Tu	4:15-5:15 PM	\$64	117522-02		

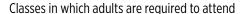
#### **INCLUSION SUPPORT**

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.



EGEND







Denotes no web registration for program

# FUNTIME PRESCHOOL PROGRAM

# Fall 2025 - Spring 2026 School Year

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

Families enrolled in Funtime Preschool receive priority registration for the following school year in the Pre-K/ UPK class. Additionally, enrolled families of 4 year olds receive priority registration for our Summer Funtime Adventures programs.

Tuition is based on the number of scheduled class days in each semester. Full semester tuition is due by the first of each semester (September & January) or can be split into monthly payments based on the number of scheduled class days each month and is due on or before the first of each month.

For information regarding registration or UPK please contact Kelly Dubois at 970-221-6262 or kdubois@fcgov.com.

#### **Funtime Preschool**

Children must have turned 3 by 10/1/2025 and be fully toilet trained.

**UPDATED!** The Preschool class will now offer a part-day and full-day option.

A \$40 non-refundable registration fee is required at the time of enrollment.

8:30 AM-5:00 PM

#### **FULL-DAY**

Tu,Th

Fall 2025	9/2-12/18	\$1,972
Spring 2026	1/6-5/14	\$2,380
HALF-DAY		
Tu,Th	8:30 AM-12:30 PM	417500-02
Fall 2025	9/2-12/18	\$928
Spring 2026	1/6-5/14	\$1,120

417500-01



# Funtime Pre-K & Universal Preschool (UPK)

The Colorado Universal Preschool (UPK) program

provides 15 hours of free, high-quality preschool to every Colorado child in their year before entering kindergarten. The Funtime PreK class operates for 25.5 hours per week. 15 hours are free with UPK enrollment. The remaining 10.5 hours are tuition based and set at \$28/ scheduled class day. Registration is not available online through the Recreation software. Registration must take place through the UPK portal at upk.colorado.gov, and placement occurs based on the matching process set by UPK. For questions regarding the registration process or to inquire about the program or availability, contact Kelly Dubois at 970-221-6262 or kdubois@fcgov.com

Note: Children must have turned 4 by 10/1/2025 and be fully toilet trained.

Fall 2025	M,W,F	8:30 AM-5:00 PM	\$1,148
Spring 2026	M,W,F	8:30 AM-5:00 PM	\$1,400



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



# **Adopt an Animal**

Anyone can adopt an animal at The Farm and become their parent. As an adoptive parent, you help provide the food and care for your animal. It's easy to adopt! Choose your favorite animal at The Farm and adopt it for a year by making a tax-deductible donation. All adoptive parents receive an adoption certificate and poster.

Your adopted animal stays at The Farm where it is cared for by staff and welcomes your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity. For more information and to fill out an adoption form, visit fcgov.com/thefarm.

#### The Farm Store

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

#### The Farm Museum

Take a walk through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used, and test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Don't forget to visit The Ross Proving-Up House and learn about homesteading in early Fort Collins!

#### Volunteer

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

#### **Pony Rides**

Take your child for a pony ride! Lead your cowpoke for up to 10 minutes in the arena. Close-toed shoes recommended. Admission to The Farm and a \$8 pony token are required. Maximum weight to ride the ponies is 150 lbs. Pony rides are available weather permitting.

4/6-10/19	Sa	11:00 AM-3:00 PM	
4/7-10/20	Su	Noon-3:00 PM	

# **FAMILY PROGRAMS**

# Farm Chores 🔑



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

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9/7	Su	8:30-9:30 AM	\$41	408615-01
9/14	Su	8:30-9:30 AM	\$41	408615-02

# Pony Riding Lessons AC



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

Age:	3-5	years
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9/13-10/4	Sa	9:45-10:45 AM	\$81	408614-03
9/14-10/5	Su	10:45-11:45 AM	\$81	408614-05

# Li'l Dumplin' Farmers 🖰



Enjoy this special class with your 2-year-old. Explore the barnyard and participate in farm chores including gathering eggs and feeding the pigs. After chores are done, the class has a picnic lunch with the animals. Note: Bring a sack lunch.

#### Age: 2 years

9/8-9/22	М	11:00 AM-Noon	\$43	408609-01
9/29-10/13	М	11:00 AM-Noon	\$43	408609-02

# Li'l Dumplin's & Beyond C



This Dumplin' class brings all the favorite chores Lil' Dumplin's enjoy, plus a few added touches. Along with gathering eggs, farm chores and riding the ponies, create a mini scrapbook using pictures taken during class. Each Dumplin' will receive a souvenir T-shirt.

#### Age: 2 years

9/8-9/22	М	9:30-10:30 AM	\$58	408624-01	
9/29-10/13	М	9:30-10:30 AM	\$58	408624-02	

#### Breakfast with Santa AC



Join Santa for muffins, milk and memories! All the boys and girls on his list will join him for a hayride. A special gift from Santa will highlight the morning. Bring your camera. Note: One registration includes one child and one adult.

#### Age: 3-5 years

12/5	F	9:00-10:00 AM	\$36	108622-01
12/6	Sa	9:00-10:00 AM	\$31	108622-02
12/7	Su	9:00-10:00 AM	\$31	108622-03

# YOUTH PROGRAMS

#### **Little Peepers**

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

Age: 3 years

9/9-9/23	Tu	9:00-10:00 AM	\$38	408610-04
9/9-9/23	Tu	10:15-11:15 AM	\$38	408610-06

#### Pee Wee Farmers

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

Age: 4-5 years

9/2-9/23	Tu	1:30-3:00 PM	\$63	408606-01
9/3-9/24	W	9:30-11:00 AM	\$63	408606-02
9/4-9/25	Th	1:30-3:00 PM	\$63	408606-04
9/5-9/26	F	9:30-11:00 AM	\$63	408606-05
9/5-9/26	F	1:30-3:00 PM	\$63	408606-06

# The Great Pumpkin

All things pumpkin, Charlie Brown style! Join us in the barn for a story, snacks and a treasure hunt. We might even find the Great Pumpkin!

Age: 4-6 years

10/4 9:00-10:30 AM \$21 408635-01

#### Santa on The Farm

Enjoy a special time with Santa, make s'mores and crafts, and even have a snowball fight! As always, a visit with the animals is a hit as well.

Age: 5-7 years

Noon-1:30 PM 108629-01 12/6 \$20

#### **After School Farmers**

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

Age: 6-10 years

9/3-9/24 W 4:00-5:30 PM \$62 408601-01



# **ICE SKATING**



#### **Public Skate**

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

# **HOCKEY**

Drop-in Hockey available for ages 16 years and older. For more information, see page 42.

# **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 Thursday, 9/4 for September session and Thursday, 1/15 for January session from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in immediately following last game of the session.

Age: 5-8 years

9/9-11/13	Tu,Th	4:15-5:00 PM	\$347	410372-01
1/20-3/12	Tu.Th	4:15-5:00 PM	\$302	110372-01

# **Power Skating Drop-In**

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

Age: 9 years & up

Cost: \$19

#### Stick & Puck Drop-In

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

Age: All Cost: \$8

#### **LEARN TO SKATE**

# **Learn to Skate USA**

Anyone enrolled in the Learn to Skate program at EPIC (Basic 1-Aspire 6) will officially have a membership in the United States Figure Skating (USFS) program membership. Additional information is available at *learntoskateusa.com* and during all Learn to Skate classes.

#### **General Information**

- All ice programs are held at EPIC unless otherwise noted.
- Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors & Junior 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 five students; class levels may be combined to meet this minimum.
- 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.
- If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/ day as the waiting list class.
- If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

#### **Proper Attire Includes:**

- Helmet (not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).
- Gloves (thin, not ski mittens).
- · Fleece or light weight jacket.
- · Loose or bulky clothing is not recommended.

#### **Ice Explorers**

Have a little one not yet ready to step on the ice? Explore the world of skating at a slower pace. Stretch, lace up skates, run around the boards, check out the Zamboni and more!

Age: 3-5 years

9/2-9/25	Tu,Th	9:00-9:30 AM	\$106	410301-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$106	410301-02
9/30-10/23	Tu,Th	9:00-9:30 AM	\$106	410301-03
9/30-10/23	Tu,Th	5:30-6:00 PM	\$106	410301-04
10/28-11/20	Tu,Th	9:00-9:30 AM	\$106	410301-05
10/28-11/20	Tu,Th	5:30-6:00 PM	\$106	410301-06

#### **Snowplow Sam 1 & 2**

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse. Note: Class will not be held on 11/8 and 2/14.

Age: 4-5 years

Age. 4-5 ye	zai s			
9/2-9/25	Tu,Th	9:00-9:30 AM	\$114	410302-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$114	410302-02
9/6-10/11	Sa	9:45-10:15 AM	\$86	410302-03
9/6-10/11	Sa	10:30-11:00 AM	\$86	410302-04
9/30-10/23	Tu,Th	9:00-9:30 AM	\$114	410302-05
9/30-10/23	Tu,Th	5:30-6:00 PM	\$114	410302-06
10/18-11/22	Sa	9:45-10:15 AM	\$72	410302-07
10/18-11/22	Sa	10:30-11:00 PM	\$72	410302-08
10/28-11/20	Tu,Th	9:00-9:30 AM	\$114	410302-09
10/28-11/20	Tu,Th	5:30-6:00 PM	\$114	410302-10
12/2-12/18	Tu,Th	5:30-6:00 PM	\$86	110302-01
1/20-2/12	Tu,Th	9:00-9:30 AM	\$114	110302-02
1/20-2/12	Tu,Th	5:30-6:00 PM	\$114	110302-03
1/24-2/28	Sa	9:45-10:15 AM	\$72	110302-04
1/24-2/28	Sa	10:30-11:00 AM	\$72	110302-05

#### Snowplow Sam 3 & 4

Learn to march forward across the ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2. Note: Class will not be held on 11/8 and 2/14.

Age: 4-5 years

9/2-9/25	Tu,Th	9:00-9:30 AM	\$114	410304-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$114	410304-02
9/6-10/11	Sa	9:45-10:15 AM	\$86	410304-03
9/6-10/11	Sa	10:30-11:00 AM	\$86	410304-04
9/30-10/23	Tu,Th	9:00-9:30 AM	\$114	410304-05
9/30-10/23	Tu,Th	5:30-6:00 PM	\$114	410304-06
10/18-11/22	Sa	9:45-10:15 AM	\$72	410304-07
10/18-11/22	Sa	10:30-11:00 AM	\$72	410304-08
10/28-11/20	Tu,Th	9:00-9:30 AM	\$114	410304-09
10/28-11/20	Tu,Th	5:30-6:00 PM	\$114	410304-10
12/2-12/18	Tu,Th	5:30-6:00 PM	\$86	110304-01
1/20-2/12	Tu,Th	9:00-9:30 AM	\$114	110304-02
1/20-2/12	Tu,Th	5:30-6:00 PM	\$114	110304-03
1/24-2/28	Sa	9:45-10:15 AM	\$72	110304-04
1/24-2/28	Sa	10:30-11:00 AM	\$72	110304-05

#### **Basic 1 Skate**

For skaters who have never skated before. Learn to sit and stand up, march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles and introduction to forward onefoot glide. Note: Class will not be held on 11/8 and 2/14.

Λαρ: 5-15 years

Age: 5-15 y	ears			
9/2-9/25	Tu,Th	10:00-10:30 AM	\$117	410306-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$117	410306-02
9/2-9/25	Tu,Th	6:15-6:45 PM	\$117	410306-03
9/6-10/11	Sa	10:30-11:00 AM	\$89	410306-04
9/6-10/11	Sa	11:15-11:45 AM	\$89	410306-05
9/30-10/23	Tu,Th	10:00-10:30 AM	\$117	410306-06
9/30-10/23	Tu,Th	5:30-6:00 PM	\$117	410306-07
9/30-10/23	Tu,Th	6:15-6:45 PM	\$117	410306-08
10/18-11/22	Sa	10:30-11:00 AM	\$75	410306-09
10/18-11/22	Sa	11:15-11:45 AM	\$75	410306-10
10/28-11/20	Tu,Th	10:00-10:30 AM	\$117	410306-11
10/28-11/20	Tu,Th	5:30-6:00 PM	\$117	410306-12
10/28-11/20	Tu,Th	6:15-6:45 PM	\$117	410306-13
12/2-12/18	Tu,Th	5:30-6:00 PM	\$89	110306-01
1/20-2/12	Tu,Th	10:00-10:30 AM	\$117	110306-02
1/20-2/12	Tu,Th	5:30-6:00 PM	\$117	110306-03
1/20-2/12	Tu,Th	6:15-6:45 PM	\$117	110306-04
1/24-2/28	Sa	10:30-11:00 AM	\$75	110306-05
1/24-2/28	Sa	11:15-11:45 AM	\$75	110306-06

#### **Basic 2 Skate**

Learn forward glides, backward two-foot swizzles, twofoot glide, turns, snowplow stop and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated. Note: Class will not be held on 11/8 and 2/14.

Age: 5-15 years

9/2-9/25	Tu,Th	10:00-10:30 AM	\$117	410310-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$117	410310-02
9/6-10/11	Sa	10:30-11:00 AM	\$89	410310-03
9/6-10/11	Sa	11:15-11:45 AM	\$89	410310-04
9/30-10/23	Tu,Th	10:00-10:30 AM	\$117	410310-05
9/30-10/23	Tu,Th	5:30-6:00 PM	\$117	410310-06
10/18-11/22	Sa	10:30-11:00 AM	\$75	410310-07
10/18-11/22	Sa	11:15-11:45 AM	\$75	410310-08
10/28-11/20	Tu,Th	10:00-10:30 AM	\$117	410310-09
10/28-11/20	Tu,Th	5:30-6:00 PM	\$117	410310-10
12/2-12/18	Tu,Th	5:30-6:00 PM	\$89	110310-01
1/20-2/12	Tu,Th	10:00-10:30 AM	\$117	110310-02
1/20-2/12	Tu,Th	5:30-6:00 PM	\$117	110310-03
1/24-2/28	Sa	10:30-11:00 AM	\$75	110310-04
1/24-2/28	Sa	11:15-11:45 AM	\$75	110310-05

#### Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide and backward snowplow stop. Prerequisite: Successful completion of Basic 2. Note: Class will not be held on 11/8 and 2/14.

Age: 5-15 years

9/2-9/25	Tu,Th	10:00-10:30 AM	\$117	410314-01
9/2-9/25	Tu,Th	5:30-6:00 PM	\$117	410314-02
9/6-10/11	Sa	10:30-11:00 AM	\$89	410314-03
9/6-10/11	Sa	11:15-11:45 AM	\$89	410314-04
9/30-10/23	Tu,Th	10:00-10:30 AM	\$117	410314-05
9/30-10/23	Tu,Th	5:30-6:30 PM	\$229	410314-06
10/18-11/22	Sa	10:30-11:00 AM	\$75	410314-07
10/18-11/22	Sa	11:15-11:45 AM	\$75	410314-08
10/28-11/20	Tu,Th	10:00-10:30 AM	\$117	410314-09
10/28-11/20	Tu,Th	5:30-6:00 PM	\$117	410314-10
12/2-12/18	Tu,Th	5:30-6:00 PM	\$89	110314-01
1/20-2/12	Tu,Th	10:00-10:30 AM	\$117	110314-02
1/20-2/12	Tu,Th	5:30-6:00 PM	\$117	110314-03
1/24-2/28	Sa	10:30-11:00 AM	\$89	110314-04
1/24-2/28	Sa	11:15-11:45 AM	\$75	110314-05

#### **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.

Age: 5-15 years

9/30-10/23       Tu,Th       5:30-6:00 PM       \$117       410316         10/18-11/22       Sa       10:30-11:00 AM       \$75       410316         10/28-11/20       Tu,Th       5:30-6:00 PM       \$117       410316         12/2-12/18       Tu,Th       5:30-6:00 PM       \$89       110316	9/2-9/25	Tu,Th	5:30-6:00 PM	\$117	410316-01
10/18-11/22       Sa       10:30-11:00 AM       \$75       410316         10/28-11/20       Tu,Th       5:30-6:00 PM       \$117       410316         12/2-12/18       Tu,Th       5:30-6:00 PM       \$89       110316	9/6-10/11	Sa	10:30-11:00 AM	\$89	410316-02
10/28-11/20       Tu,Th       5:30-6:00 PM       \$117       410316         12/2-12/18       Tu,Th       5:30-6:00 PM       \$89       110316	9/30-10/23	Tu,Th	5:30-6:00 PM	\$117	410316-03
12/2-12/18 Tu,Th 5:30-6:00 PM \$89 11031	10/18-11/22	Sa	10:30-11:00 AM	\$75	410316-04
	10/28-11/20	Tu,Th	5:30-6:00 PM	\$117	410316-05
1/20-2/12 Tu,Th 5:30-6:00 PM \$117 110316	12/2-12/18	Tu,Th	5:30-6:00 PM	\$89	110316-01
	1/20-2/12	Tu,Th	5:30-6:00 PM	\$117	110316-02
1/24-2/28 Sa 10:30-11:00 AM \$75 110316	1/24-2/28	Sa	10:30-11:00 AM	\$75	110316-03

#### **Basic 5 Skate**

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop and forward outside three turn. Prerequisite: Successful completion of Basic 4. Note: Class will not be held on 11/8 and 2/14.

Age: 5-15 years

Tu,Th	6:15-6:45 PM	\$117	410318-01
Sa	11:15-11:45 AM	\$89	410318-02
Tu,Th	6:15-6:45 PM	\$117	410318-03
Sa	11:15-11:45 AM	\$75	410318-04
Tu,Th	6:15-6:45 PM	\$117	410318-05
Tu,Th	6:15-6:45 PM	\$89	110318-01
Tu,Th	6:15-6:45 PM	\$117	110318-02
Sa	11:15-11:45 AM	\$75	110318-03
	Sa Tu,Th Sa Tu,Th Tu,Th Tu,Th	Sa       11:15-11:45 AM         Tu,Th       6:15-6:45 PM         Sa       11:15-11:45 AM         Tu,Th       6:15-6:45 PM         Tu,Th       6:15-6:45 PM         Tu,Th       6:15-6:45 PM	Sa       11:15-11:45 AM       \$89         Tu,Th       6:15-6:45 PM       \$117         Sa       11:15-11:45 AM       \$75         Tu,Th       6:15-6:45 PM       \$117         Tu,Th       6:15-6:45 PM       \$89         Tu,Th       6:15-6:45 PM       \$117

#### **Basic 6 Skate**

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5. Note: Class will not be held on 11/8 and 2/14.

Age: 5-15 years

9/2-9/25	Tu,Th	6:15-6:45 PM	\$117	410322-01
9/6-10/11	Sa	11:15-11:45 AM	\$89	410322-02
9/30-10/23	Tu,Th	6:15-6:45 PM	\$117	410322-03
10/18-11/22	Sa	11:15-11:45 AM	\$75	410322-04
10/28-11/20	Tu,Th	6:15-6:45 PM	\$117	410322-05
12/2-12/18	Tu,Th	6:15-6:45 PM	\$89	110322-01
1/20-2/12	Tu,Th	6:15-6:45 PM	\$117	110322-02
1/24-2/28	Sa	11:15-11:45 AM	\$75	110322-03

#### **INCLUSION SUPPORT**

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





Classes in which adults are required to attend



Denotes no web registration for program

#### **Pre-Free Skate**

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6. Note: Class will not be held on 11/8 and 2/14.

#### Age: 5-15 years

9/2-9/25	Tu,Th	6:00-6:45 PM	\$185	410326-01
9/6-10/11	Sa	9:30-10:15 AM	\$140	410326-02
9/30-10/23	Tu,Th	6:00-6:45 PM	\$185	410326-03
10/18-11/22	Sa	9:30-10:15 AM	\$117.50	410326-04
10/28-11/20	Tu,Th	6:00-6:45 PM	\$185	410326-05
12/2-12/18	Tu,Th	6:00-6:45 PM	\$140	110324-01
1/20-2/12	Tu,Th	6:00-6:45 PM	\$185	110324-02
1/24-2/28	Sa	6:00-6:45 PM	\$117.50	110324-03

#### Aspire Academy 1 (Free Skate 1 & 2)

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside threeturns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz and salchow. Includes a 25-minute dynamic off-ice warm-up.

Aq	e:	5-1	15	ve	ar	S

5 ,				
9/2-9/25	Tu,Th	5:30-6:45 PM	\$185	410332-01
9/30-10/23	Tu,Th	5:30-6:45 PM	\$185	410332-02
10/28-11/20	Tu,Th	5:30-6:45 PM	\$185	410332-03
12/2-12/18	Tu,Th	5:30-6:45 PM	\$185	110332-01
1/20-2/12	Tu,Th	5:30-6:45 PM	\$185	110332-02

#### Aspire Academy 2 (Free Skate 3 & 4)

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Includes a 25-minute dynamic off-ice warm-up.

Age: 5-15 years

9/2-9/25	Tu,Th	5:30-6:45 PM	\$185	410334-01
9/30-10/23	Tu,Th	5:30-6:45 PM	\$185	410334-02
10/28-11/20	Tu.Th	5:30-6:45 PM	\$185	410334-03

#### Aspire Academy 3 (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. Includes a 25-minute dynamic off-ice warm-up.

Age: 5-15 years

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9/2-9/25	Tu,Th	5:30-6:45 PM	\$185	410336-01
9/30-10/23	Tu,Th	5:30-6:45 PM	\$185	410336-02
10/28-11/20	Tu,Th	5:30-6:45 PM	\$185	410336-03
12/2-12/18	Tu,Th	5:30-6:45 PM	\$185	110336-01
1/20-2/12	Tu,Th	5:30-6:45 PM	\$185	110336-02

#### **Aspire Skills Practice Day**

Saturdays are for skills practice! Join in on some group training with our Lead and Junior Staff to practice on-ice warm ups, learn how to skate on a freestyle session, work on jump/spin/footwork improvement and get your questions answered in a smaller group setting. Prerequisite: Registration in T/TH Aspire programs. Note: Class will not be held on 11/8 and 2/14.

Age: 5-15 years

J ,				
9/6-10/11	Sa	9:30-10:15 AM	\$137	410337-01
10/18-11/22	Sa	9:30-10:15 AM	\$114.50	410337-02
1/24-2/28	Sa	9:30-10:15 AM	\$114.50	410337-03

#### Skating Skills

Discover pre-preliminary and preliminary skating skills. 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-Freestyle.

Age: 5 years & un

rige. 5 year	5 0	ар		
9/2-9/23	Tu	6:15-6:45 PM	\$58	410330-01
9/30-10/21	Tu	6:15-6:45 PM	\$58	410330-02
10/28-11/18	Tu	6:15-6:45 PM	\$58	410330-03
12/2-12/16	Tu	6:45-7:15 PM	\$44	110330-01
1/20-2/10	Tu	6:45-7:15 PM	\$58	110330-02

#### Intro to Ice Dance

Explore Preliminary and/or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner and prepare to take one or more dance tests. Prerequisite: Aspire/Pre-Free Skate. Note: Must be a USFS member to

Age: 5 years & up

		-		
9/2-9/23	Tu	6:45-7:15 PM	\$58	410346-01
9/30-10/21	Tu	6:45-7:15 PM	\$58	410346-02
10/28-11/18	Tu	6:45-7:15 PM	\$58	410346-03
12/2-12/16	Tu	6:45-7:15 PM	\$44	110346-01
1/20-2/10	Tu	6:45-7:15 PM	\$58	110346

# OUTDOOR EDUCATION & RECREATION

#### **Family Crag Climbing Day**

Spend quality time with the kids this season while learning a new family sport. All participants are encouraged to go at their own pace with the help and guidance of a certified climbing instructor. Instructor introduces basic climbing techniques and fundamentals of belaying, custom tailored to meet to needs of your family. Note: Detailed directions will be emailed prior to start of program.

Ag	e:	Α	ı	I

9/27	Sa	10:00 AM-3:00 PM	\$252	411953-01
10/18	Sa	10:00 AM-3:00 PM	\$252	411953-02
11/15	Sa	10:00 AM-3:00 PM	\$252	411953-03
12/21	Su	10:00 AM-3:00 PM	\$252	111953-01

#### **Teen Disc Golf**

Perfect for beginners and serious players alike, this program offers a unique opportunity to learn and improve your disc golf game while making new friends.

Age: 12-15 years

Location	· Edora	Pool	Ice Center	
LUCALIUII	. Luvia	FUUI	וכב כבוונבו	

9/4-10/9	T1	4 70 C 70 D14	A111	415500 00
u//L=I/1/u	ın	4:30-6:30 PM	\$111	415589-02
3/4-10/3	111	4.30-0.30 F11	וווע	413303-02

#### **SCHOOL AGE ENRICHMENTS**

#### **CHILD & CAREGIVER PROGRAMS**

#### **Caregiver Cohort**

Join other adults to discuss resources, opportunities and life as caregivers of children with disabilities. Enrollment for caregivers is at no cost; an optional, fee-based section of enrollment is available for children ages 3-12 to participate in games and crafts with an inclusive recreation aide team while caregivers meet.

# Location: Northside Aztlan Community Center Caregiver

9/16	Tu	5:00-6:00 PM	No Fee	415587-01
10/21	Tu	5:00-6:00 PM	No Fee	415587-02
11/18	Tu	5:00-6:00 PM	No Fee	415587-03
1/20	Tu	5:00-6:00 PM	No Fee	115587-04

#### Child

Ages:	<b>3-1</b> 2	Vears

\$15	415587-01A
ΨΙΟ	413307-UIA
\$15	415587-02A
\$15	415587-03A
\$15	115587-04A
	\$15 \$15

# Chip in for Youth Golf Your donation to the City of Fort Collins Youth Golf Scholarship program will help generate enthusiasm,

Your donation to the City of Fort Collins Youth Golf Scholarship program will help generate enthusiasm, increase access, and promote participation in the game of golf among junior golfers, ages 5-17, in Fort Collins.



#### **Donate Today**



"I like golf because it's a challenge and you get to go outside with your parents. I hope I can golf forever. Golfing makes you strong."

- Grayson, Age 8, 2023 Youth Golf Scholarship Recipient









Sponsored By:



23-2583-

#### AFTER-SCHOOL PROGRAMS

#### **Artist Studio**

Fuel your imagination, learn new skills and express your creativity through creating and making fun crafts, inventions and more. Note: Class will not be held on 11/25, 12/23 and 12/30.

Age: 5-8 years

#### **Location: Northside Aztlan Community Center**

9/9-9/30	Tu	4:30-5:30 PM	\$72	415761-01
10/7-10/28	Tu	4:30-5:30 PM	\$72	415761-02
11/4-12/2	Tu	4:30-5:30 PM	\$72	415761-03
12/9-1/13	Tu	4:30-5:30 PM	\$72	115761-01

#### **Creative Chefs**

Get creative in the kitchen while learning basic knife skills. food safety and foundational culinary techniques! Young chefs will make new friends, build self-confidence and independence, and learn the importance of self-care and healthy habits through nutrition. Note: Class will not be held on 11/25, 12/23 and 12/30.

Age: 8-11 years

#### **Location: Northside Aztlan Community Center**

**Healthy Snacks** 

9/8-9/29	М	4:30-6:00 PM	\$112	415553-01
1/8-1/29	Th	4:30-6:00 PM	\$112	115553-01

#### **Curious Kids in the Kitchen**

Become creative and confident chefs by learning to make healthy but tasty dishes while being safe in the kitchen. Chefs will make new friends, improve social skills, and expand their math, science and art skills. Note: Class will not be held on 11/26, 12/24 and 12/31.

Age: 5-7 years

## **Location: Northside Aztlan Community Center**

**Healthy Snacks** 

9/10-10/1	W	4:30-6:00 PM	\$112	415554-01			
Quick & E	Quick & Easy Breakfast						
1/7-1/28	W	4:30-6:00 PM	\$112	115554-01			

#### **Science & Sensory Exploration**

Embark on a captivating journey of hands-on scientific exploration, where sensory experiences ignite curiosity and learning. Explore a world of discovery engaging all your senses to uncover the wonders of science. Note: Class will not be held on 10/16, 11/27, 12/25 and 1/1.

Age: 5-8 years

#### Location: Northside Aztlan Community Center

Locationi Northbiae / Ltian Commanity Conten						
9/11-10/2	Th	4:30-5:30 PM	\$72	415556-01		
10/9-10/30	Th	4:30-5:30 PM	\$54	415556-02		
11/6-12/4	Th	4:30-5:30 PM	\$72	415556-03		
12/11-1/15	Th	9:00-10:00 AM	\$72	115556-01		

#### 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**

9/5-9/26	F	4:30-6:00 PM	\$75	415586-01
11/7-11/21	F	4:30-6:00 PM	\$57	415586-02

#### **Kids Night In**

Kids will enjoy a night of fun and games while family members run errands, get caught up on chores, or dare we say it - enjoy a date night out free of kids! Note: Sibling enrollments are discounted after one full-priced enrollment. Siblings ages 3-4 years must be fully toilet trained and may only attend with a sibling ages 5-11 years.

Age: 3-11 years

#### **Location: Northside Aztlan Community Center**

			•	
9/19	F	5:00-8:00 PM	\$25	415590-01
	Sibl	ing	\$15	415590-02
10/24	F	5:00-8:00 PM	\$25	415590-03
	Sibl	ing	\$15	415590-04
11/21	F	5:00-8:00 PM	\$25	415590-05
	Sibl	ing	\$15	415590-06
12/19	F	5:00-8:00 PM	\$25	115590-01
	Sibl	ing	\$15	115590-02
1/16	F	5:00-8:00 PM	\$25	115590-03
	Sibl	ing	\$15	115590-04

#### **LEGO Engineering Enrichments**

If you can imagine it, you 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: Edora Pool Ice Center

Radical Rides

9/19	F	4:00-5:30 PM	\$32	416770-01			
Spookta	cular H	alloween Workshop	)				
10/24	F	4:00-5:30 PM	\$32	416770-02			
Minecra	Minecraft Master Engineering						
11/14	F	4:00-5:30 PM	\$32	416770-03			
Celebrate Groundhog Day							
1/30	F	4:00-5:30 PM	\$32	116770-01			

#### **Beginner D&D**

Come create and play out stories through group roleplaying tabletop games! Learn the basics of Dungeons and Dragons while creating your own unique character and enhancing your imagination through strategic thinking and group challenges.

Ages: 12-16 years

**Location: Foothills Activity Center** 

9/9-10/28 Tu 4:00-6:00 PM \$140 415584-01

#### Pokemon GO in the Park

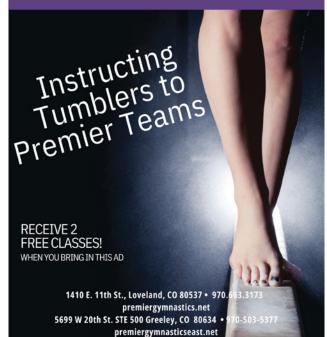
Play Pokemon GO in the park with friends during Raid Hour! Whether you are new to the game or a seasoned trainer, this program allows teens to explore outdoors while focusing on building positive peer relationships. Note: Bring a water bottle and your own mobile device if possible.

Ages: 12-16 years

Location: City Park, on the lawn north of Club Tico

9/3-9/24 W 5:00-7:00 PM \$45 415585-02

# PREMIER GYMNASTICS OF THE ROCKIES



#### **SCHOOL'S OUT DAYS**

#### **CAMP FUNQUEST,** SCHOOL'S OUT DAYS

Camp FunQuest is Recreation's licensed day camp program for children currently in grades K-5. Engaging activities are designed with children's age, development stage and interests in mind and include games, crafts, S.T.E.M. explorations and outdoor physical activity. Families must provide a nut-free sack lunch, two healthy snacks, a water bottle and appropriate clothing/gear for outdoor play. Note: Full camp itineraries will be emailed the week prior to program start dates. An emailed invitation to complete online health profiles will be sent through ePACT Emergency Network after registration.

#### **Location: Northside Aztlan Community Center**

Age: 5-11 years					
10/3	F	7:30 AM-5:30 PM	\$70	415732-01	
10/16	Th	7:30 AM-5:30 PM	\$70	415533-02	
10/17	F	7:30 AM-5:30 PM	\$70	415533-03	
10/20	М	7:30 AM-5:30 PM	\$70	415533-04	
11/24	М	7:30 AM-5:30 PM	\$70	415533-05	
11/25	Tu	7:30 AM-5:30 PM	\$70	415533-06	
11/26	W	7:30 AM-5:00 PM	\$70	415533-07	
1/19	М	7:30 AM-5:30 PM	\$70	115533-01	
Locations Footbille Activity Contag					

#### Location: Foothills Activity Center

Age: 5-11 years

10/3	F	7:30 AM-5:30 PM	\$70	415732-01
10/20	М	7:30 AM-5:30 PM	\$70	415732-02
1/19	М	7:30 AM-5:30 PM	\$70	115732-01

#### **NEW! Black Bear Teen School Out Days**

Age: 12-15 years

Location: Northside Aztlan Community Center

20 Cationi No. thousand Alexander Community Control						
10/3	F	9:00 AM-4:00 PM	\$70	415534-01		
10/20	М	9:00 AM-4:00 PM	\$70	415534-02		
1/5	М	9:00 AM-4:00 PM	\$70	415534-03		
1/19	M	9:00 AM-4:00 PM	\$70	415534-04		

#### **Camp FunQuest Winter Break Camp**

Age: 5-11 years

Location: Northside Aztlan Community Center

			•	
12/22	М	7:30 AM-5:30 PM	\$70	115530-01
12/23	Tu	7:30 AM-5:30 PM	\$70	115530-02
12/26	F	7:30 AM-5:30 PM	\$70	115530-03
12/29	М	7:30 AM-5:30 PM	\$70	115530-04
12/30	Tu	7:30 AM-5:30 PM	\$70	115530-05
12/31	W	7:30 AM-5:00 PM	\$70	115530-06
1/2	F	7:30 AM-5:30 PM	\$70	115530-07
1/5	М	7:30 AM-5:30 PM	\$70	115530-08

#### **LEGO Thanksgiving Break**

If you can imagine it, you 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: Edora Pool Ice Center**

Age: 5-7 years Wildlife Wonders

11/24-11/25	M,Tu	9:00 AM-Noon	\$84	416771-01
Age: 7-12	years			
Wizarding	World	of Engineering		
11/24-11/25	M,Tu	1:00-4:00 PM	\$84	416771-02

#### **LEGO Winter Break Camp**

If you can imagine it, you 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: Edora Pool Ice Center**

Age: 5-7 years

Winter Wonderland Engineering

12/22-12/26 M,Tu,F 9:00 AM-Noon \$126 116772-0
--

Age: 7-12 years

Winter Wonderland Challenge

|--|

#### **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.

Ages: 11-16 years

#### **Location: Northside Aztlan Community Center**

9/20	Sa	9:00 AM-3:00 PM	\$86	416700-01
10/17	F	9:00 AM-3:00 PM	\$86	416700-02
11/24	М	9:00 AM-3:00 PM	\$86	416700-03
1/19	М	9:00 AM-3:00 PM	\$86	116700-01





# **2025** YOUTH AND ADULT SPORTS SCHEDULE

#### **WINTER**

JANUARY - MARCH

regi	stration	n begins	with
FΔI	I RF	CREA	TOP

YOUTH SPORTS	GRADES
Girls Basketball	K-8
Intermediate Boys Basketball	4-8
High School Basketball	9-12
Tennis	K-5
Wrestling	K-5

ADULI SPORTS
Basketball
Tennis
Volleyball

#### **SPRING**

MARCH - MAY

registration begins with

SPRING RECREATOR

YOUTH SPORTS	GRADES
Flag Football	K-8
Tennis	
Volleyball	4-8

ADULT SPORTS
Basketball
Kickball
Softball
Tennis
Volleyball

#### **SUMMER**

MAY - JULY

registration begins with

**SUMMER RECREATOR** 

YOUTH SPORTS	GRADES
Boys & Girls Basketball	K-8
Softball	K-8
Tee Ball	5-6 yrs
Tennis	
CARA Track	3.5-16 yrs

ADULT SPORTS
Basketball
Softball
Outdoor Volleyball
Tennis

#### **EARLY FALL**

**AUGUST - OCTOBER** 

registration begins with

SUMMER AND FALL RECREATOR

YOUTH SPORTS	GRADES
CARA Cross Country	6-14 yrs
Flag Football	K-8
Tennis	
Volleyball	2-8

ADULT SPORTS
Basketball
Kickball
Softball
Tennis
Volleyball

#### **LATE FALL**

**OCTOBER - DECEMBER** 

registration begins with

**FALL RECREATOR** 

YOUTH SPORTS	GRADES
Boys Basketball	K-8
Girls Intermediate Basketball	4-8
Tennis	4-8

# ADULT SPORTS Basketball (cont.) Volleyball Tournament Tennis

#### 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 will only be held for Intermediate Basketball.
- 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 cancellations, teams may practice at locations that differ from registration site.

#### **Coaching Criteria**

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

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

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

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



-find your swing

**GROUP LESSONS** 

**GOLF CAMPS** 

JUNIOR LEAGUES

**DISCOUNTED ANNUAL PASS** 

5th GRADERS GOLF FOR FREE

YOUTH ON COURSE





#### **EARLY FALL SPORTS**

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

#### **FOOTBALL**

#### **Junior Rams Flag Football**

Learn the fundamentals of football, teamwork and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights. Junior Rams jersey included. There will be no end of season tournament.

Cost: \$130/player

Practices begin: week of 8/25

Number of games: 6

#### Grade Kindergarten-1

Crauc Minaci gart	
Blevins Park	414010-0
City Park	414010-04
Edora Park	414010-07
Fossil Creek Park	414010-10
Greenbriar Park	414010-13
Rolland Moore	414010-16
Spring Canyon Park	414010-19
Timnath Park	414010-22
Troutman Park	414010-25
Twin Silo Park	414010-28

#### Grade 1-5

414012-01
414012-04
414012-07
414012-10
414012-13
414012-16
414012-19
414012-22
414012-25
414012-28

#### Grade 2-3

0.440 = 0	
Blevins Park	414011-0
City Par	414011-04
Edora Park	414011-07
Fossil Creek Park	414011-10
Greenbriar Park	414011-13
Rolland Moore	414011-16
Spring Canyon Park	414011-19
Timnath Park	414011-22
Troutman Park	414011-25
Twin Silo Park	414011-28

#### Grade 6-8

Blevins	414013-01
Boltz	414013-04
CLP	414013-07
Kinard	414013-10
Lesher	414013-13
Lincoln	414013-16
Preston	414013-19
Timnath	414013-22
Webber	414013-25

#### RUNNING

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

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

Cost: \$130

Practices begin: week of 8/25

Age: 6-14 years **Location: Varies** 

August-October 5:30-6:45 PM 414033-01 M.W.Sa.Su

#### **VOLLEYBALL**

#### **Junior Rams Volleyball**

Develop a sense of team play where participations, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week, matches on Saturdays and occasional weeknights. Practice days and times vary. All Junior Rams players receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Volleyball. There will be no end of the season tournament for middle school.

Cost: \$130

Practices begin: week of 8/25

Number of games: 6

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

#### Middle School Volleyball

Cost: \$130

Practices begin: week of 8/25

Number of games: 6

Grade 6-8

Blevins	414943-01
Boltz	414943-03
CLP	414943-05
Kinard	414943-07
Lesher	414943-09
Lincoln	414943-11
Preston	414943-13
Timnath	414943-15
Webber	414943-17
Wellington	414943-19

#### LATE FALL SPORTS

#### **BASKETBALL**

#### **Junior Rams Basketball**

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

#### **Boy's Junior Rams Basketball**

Games held on Saturdays; 6 games guaranteed. Note: Practices and games will not be held on the week of 11/24.

Cost: \$130

Practices begin: week of 10/20

Grade: Kindergarten-1

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

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

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

#### **Middle School Boys Basketball**

Games played on Fridays and Saturdays; 6 games guaranteed. School t-shirt jerseys provided. Note: Practices/games will not be held on the week of 11/24. There will be no end of season tournament.

Cost: \$130

Practices begin: week of 10/20

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

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

#### **Girls Intermediate Basketball**

Games are played on Friday evenings; six games are guaranteed, plus a post season tournament. Junior Nuggets Jersey provided. Note: Practices/games will not be held on the week of 11/20.

Cost: \$140

Practices begin: week of 10/13

Grade 4-5	414912-01
Grade 6-8	414913-01

#### WINTER SPORTS

#### **BASKETBALL**

#### **Girl's Junior Rams Basketball**

Games played on Saturdays; 6 games guaranteed.

Cost: \$130

Practices begin: week of 1/12/26

#### Grade: Kindergarten-1

Foothills Activity Center	114906-07
Northside Aztlan Center	114906-06

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Grade: 2-3	
Bacon	114907-01
Bauder	114907-03
Beattie	114907-05
Bennett	114907-07
Bethke	114907-09
CLP	114907-11
Dunn	114907-13
Eyestone	114907-15
Harris	114907-17
Irish	114907-19
Johnson	114907-21
Kruse	114907-23
Laurel	114907-25
Linton	114907-27
Lopez	114907-29
McGraw	114907-31
Odea	114907-33
Olander	114907-35
Putnam	114907-37
Rice	114907-39
Riffenburgh	114907-41
Shepardson	114907-43
Tavelli	114907-45
Polaris	114907-38
Timnath	114907-47
Traut	114907-49
Werner	114907-51
Zach	114907-53

#### Grade: 4-5

Glade. 4-3	
Bacon	114908-01
Bauder	114908-03
Beattie	114908-05
Bennett	114908-07
Bethke	114908-09
CLP	114908-11
Dunn	114908-13
Eyestone	114908-15
Harris	114908-17
Irish	114908-19
Johnson	114908-21
Kruse	114908-23
Laurel	114908-25
Linton	114908-27
Lopez	114908-29
McGraw	114908-31
O'dea	114908-33
Olander	114908-35
Putnam	114908-37
Rice	114908-39
Riffenburg	114908-41
Shepardson	114908-43
Tavelli	114908-45
Liberty Common	114908-26
Timnath	114908-47
Traut	114908-49
Werner	114908-51
Zach	114908-53

#### Girls Middle School Basketball

Games played on Fridays and Saturdays; 6 games guaranteed. Game t-shirt is provided. There will be no end-of-season tournament.

Cost: \$130

Practices begin: week of 1/12/26

Grade 6-8

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

#### **Boys Intermediate Basketball**

Games are played on Friday evenings and Saturdays; six games are guaranteed, plus a post season tournament. Note: Junior Nuggets Jersey will be provided.

Cost: \$140

Practices begin: week of 1/12/26

Grade 4-5	114903-01
Grade 6	114904-01
Grade 7-8	114905-01

#### **Boys High School Basketball**

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

Cost: \$140

Practices begin: week of 1/12/2026

Grade: 9-12 114916-01

#### **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 <u>fcgov.com/aro</u> for more details.



EGEND



Classes in which adults are required to attend



Denotes no web registration for program

#### **WRESTLING**

#### Wrestling

Designed for both beginners and experienced wrestlers. Participants will learn the fundamentals and skills of wrestling, including proper techniques and conditioning. The program includes six interschool dual meets held on Saturdays. There will be no end-of-season tournament. Note: Singlet rental is included with registration. Wrestling shoes are not included; participants may compete in either wrestling shoes or socks. Practices are scheduled to begin no earlier than 6:30 p.m.

Cost: \$150

Practices begin: week of 1/6/26

Grade: K-5

Boltz	114911-01
Lesher	114911-02
Lincoln	114911-03
Preston	114911-04
Webber	114911-05







#### **Looking for:**

- Youth 14+ seeking fun part-time employment
- Adults seeking additional income **Active Seniors**

To get started fill out a new application on our website. Sports officiating is an amazing way to earn money being around the sport(s) you



ncso@goncso.com



#### **Benefits**

- Opportunities for all levels
  - Fast Pay
  - Flexible Schedule
    - Stay active
- Engage with our community

For More Information goncso.com



970-460-NCSO



#### **MARTIAL ARTS**

#### Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Participants may be divided into groups based on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving onto the intermediate level.

Age: 7 years & up Location: Club Tico

9/8-10/1	M,W	5:00-6:00 PM	\$45	422122-01
10/6-10/29	M,W	5:00-6:00 PM	\$45	422122-02
11/3-11/19	M,W	5:00-6:00 PM	\$35	422122-03
12/1-12/17	M,W	5:00-6:00 PM	\$35	422122-04
1/5-1/28	M,W	5:00-6:00 PM	\$45	422122-05

#### Shotokan Karate, Intermediate

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

Age: 7 years & up Location: Club Tico

9/8-10/1	M,W	6:00-7:00 PM	\$45	422123-01
10/6-10/29	M,W	6:00-7:00 PM	\$45	422123-02
11/3-11/19	M,W	6:00-7:00 PM	\$35	422123-03
12/1-12/17	M,W	6:00-7:00 PM	\$35	422123-04
1/5-1/28	M,W	6:00-7:00 PM	\$45	422123-05

#### Shotokan Karate, Advanced

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and develop more advanced techniques. Prerequisite: Completion of Shotokan, Karate, Intermediate.

Age: 7 years & up

#### Location: Club Tico

9/8-10/1	M,W	7:00-8:00 PM	\$45	422124-01
10/6-10/29	M,W	7:00-8:00 PM	\$45	422124-02
11/3-11/19	M,W	7:00-8:00 PM	\$35	422124-03
12/1-12/17	M,W	7:00-8:00 PM	\$35	422124-04
1/5-1/28	M,W	7:00-8:00 PM	\$45	422124-05

#### **CHEERLEADING**

#### **TCDC Cheer Team**

Ready, OK! Kids will flip over these high-energy recreational cheer teams! If your child is looking for a fun way to learn dances, tumbling, jumps and stunting through sportsmanship and teamwork, these teams are for them. Each session includes a community performance. Poms provided for use. Additional T-shirt fee of \$25 not included with enrollment.

#### Location: Foothills Activity Center **CSU Football Performance**

Age: 4-5 y	ears			
9/8-10/13	М	4:25-5:10 PM	\$105	414737-01
Age: 5-8 y	ears			
9/8-10/13	М	5:15-6:10 PM	\$105	414737-02
Age: 9-13	years			
9/8-10/13	М	6:15-7:10 PM	\$105	414737-03
<b>Local Com</b>	petitio	on		
Age: 4-5 y	ears			
10/20-11/24	M	4:25-5:10 PM	\$105	414737-04
Age: 5-8 y	ears			
10/20-11/24	M	5:15-6:10 PM	\$105	414737-05
Age: 9-13	years			
10/20-11/24	M	6:15-7:10 PM	\$105	414737-06
Holiday Pe	erform	ance		
Age: 4-5 y	ears			
12/1-12/15	М	4:25-5:10 PM	\$52	414737-07
Age: 5-8 y	ears			
12/1-12/15	М	5:15-6:10 PM	\$52	414737-08
Age: 9-13	years			
12/1-12/15	М	6:15-7:10 PM	\$52	414737-09
<b>Local Com</b>	petitio	n		
Age: 4-5 y	ears			
1/5-2/9	М	4:25-5:10 PM	\$105	414737-10
Age: 5-8 y	ears			
1/5-2/9	М	5:15-6:10 PM	\$105	414737-11
Age: 9-13	years			
1/5-2/9	М	6:15-7:10 PM	\$105	414737-12

#### **TCDC Showcase Team**

The showcase team is a non-competitive cheerleading atmosphere that will take your child's skills to the next level. Learn intermediate stunts, dances and more. Opportunities to perform throughout Northern Colorado available. T-shirt and bow performance wear cost an additional \$25.

#### **Location: Foothills Activity Center**

Age: 8-13 y	ears	3		
9/8-10/13	М	6:15-7:30 PM	\$130	414738-01
10/20-11/24	М	6:15-7:30 PM	\$130	414738-02
12/1-12/15	М	6:15-7:30 PM	\$130	414738-03
1/5-2/9	М	6:15-7:30 PM	\$130	414738-03

#### **SKYHAWKS SUPERTOTS CLASSES**

#### **SUPERTOTS**

Safe and fun sports program 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.

#### SoccerTots

Age: 2-3 years

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FOOTHIIS A	CTIVIT	y Center		
9/8-10/6	М	9:30-10:20 AM	\$89	414780-01
10/22-11/19	W	9:30-10:20 AM	\$89	414780-03
<b>Spring Par</b>	k			
10/21-11/18	Tu	9:30-10:20 AM	\$89	414780-02
Age: 3-4 y	ears			
Foothills A	ctivit	y Center		
9/8-10/6	М	10:30-11:20 AM	\$89	414781-01
10/22-11/19\	Ν	10:30-11:20 AM	\$89	414781-04
Overland P	Park			
9/9-10/7	Tu	4:30-5:10 PM	\$89	414781-02
Harmony F	Park			
9/13-10/11	Sa	9:00-9:50 AM	\$89	414781-05
<b>Spring Par</b>	k			
10/21-11/18	Tu	10:30-11:20 AM	\$89	414781-03
Age: 4-5 y	ears			
Overland P	Park			
9/9-10/7	Tu	5:20-6:00 PM	\$89	414782-01
Harmony F	Park			
9/13-10/11	Sa	10:00-10:50 AM	\$89	414782-03
Age: 5-6 y	ears			
Harmony F	Park			
9/13-10/11	Sa	11:00-11:50 AM	\$89	414782-02

Basebal	lTots
Age: 2-3 y	ears
<b>Spring Pai</b>	<b>rk</b>
9/9-10/7	Tu

9/9-10/7	Tu	9:30-10:20 AM	\$89	414780-04
Greenbria	r Park			
10/23-11/20	) Th	9:30-10:20 AM	\$89	414780-05
Age: 3-4	years			
Spring Pa	rk			
9/9-10/7	Tu	10:30-11:20 AM	\$89	414781-06
Greenbria	r Park			
10/23-11/2	) Th	10:30-11:20 AM	\$89	414781-07

#### **HoopsterTots**

#### **Foothills Activity Center**

ears			
W	9:30-10:20 AM	\$89	414780-06
F	9:30-10:20 AM	\$89	414780-07
ears			
W	10:30-11:20 AM	\$89	414781-08
F	10:30-11:20 AM	\$89	414781-09
	F ears	W 9:30-10:20 AM F 9:30-10:20 AM ears W 10:30-11:20 AM	W 9:30-10:20 AM \$89 F 9:30-10:20 AM \$89 ears W 10:30-11:20 AM \$89

#### 1stDownTots

Age: 3-4 years

Water'	s Wa	av Pa	ark

mater 5 m	u, . u	1 IX		
9/10-10/8	W	4:30-5:10 PM	\$89	414781-10
Harmony I	Park			
10/25-11/22	. Sa	9:00-9:50 AM	\$89	414781-12
Age: 4-5 y	ears/			
Water's W	ay Pa	rk		
9/10-10/8	W	5:20-6:00 PM	\$89	414782-05
Harmony I	Park			
10/25-11/22	Sa	10:00-10:50 AM	\$89	414782-07
Age: 5-6 y	ears/			
Harmony I	Park			
10/25-11/22	. Sa	11:00-11:50 AM	\$89	414782-08

#### VolleyKats

#### **Location: Foothills Activity Center**

Age: 2-3 ye	ears			
9/12-10/10	F	9:30-10:20 AM	\$89	414780-08
10/20-11/17	М	9:30-10:20 AM	\$89	414780-09
Age: 3-4 ye	ears			
9/12-10/10	F	10:30-11:20 AM	\$89	414781-13
10/20-11/17	М	10:30-11:20 AM	\$89	414781-14







Andrew Dufford and Chevo Studios

Stephen Shachtman





fcgov.com/ArtsPublic



#### **TENNIS**

All programs are held at Rolland Moore Racquet Complex unless otherwise noted.

#### Things to Know

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 56 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

#### **Rolland Moore Pro Shop**

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories and 24-hour stringing are available. Fall hours are 3-6:30 p.m. Monday-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 Reduced Fee Program Participants.

#### **Special Events**

Thursday Evening Round Robins at 7:30 p.m. are available throughout the season. Visit the pro shop for more information.

#### Sign up before August 10 and receive a 10% discount!

Note: Classes will not be held the week of Thanksgiving.

#### Wheelchair Tennis

Learn basic techniques and improve your skills during the fun and exciting Paralympic sport of wheelchair tennis. Program led by Akiji Koiwalakai, an experienced player and certified coach.

Age: 8 years & up

#### Location: Rolland Moore Tennis Complex

9/4-10/9 Th 6:00-7:00 PM 402467-01

#### 10 & UNDER

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

#### **Little Lobber**

Young players develop their basic hand-eye coordination and athletic skills. Movement, balance and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 y	ears		D	rop In	
8/18-9/10	M,W	3:00-3:45 PM	\$130	\$18	423055-01
9/15-10/8	M,W	3:00-3:45 PM	\$130	\$18	423055-02
10/13-11/5	M,W	3:00-3:45 PM	\$130	\$18	423055-03
11/10-12/10	M,W	3:00-3:45 PM	\$130	\$18	423055-04
8/23-9/13	Sa	10:00-10:45 AM	\$65	\$18	423055-05
9/20-10/11	Sa	10:00-10:45 AM	\$65	\$18	423055-06
10/18-11/8	Sa	10:00-10:45 AM	\$65	\$18	423055-07
11/15-12/13	Sa	10:00-10:45 AM	\$65	\$18	423055-08

#### **Future Stars**

Learn basic stroking fundamentals, rules and fun games to develop skills. Players learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game, they will participate in fun drills and activities. Sportsmanship and positive attitude are emphasized.

Age: 7-8 ye	ears		Drop In	
8/18-9/10	M,W	4:00-5:30 PM	\$195 \$26	423053-01
9/15-10/8	M,W	4:00-5:30 PM	\$195 \$26	423053-02
10/13-11/5	M,W	4:00-5:30 PM	\$195 \$26	423053-03
11/10-12/10	M,W	4:00-5:30 PM	\$195 \$26	423053-04
8/23-9/13	Sa	11:00 AM-12:30 PM	\$98 \$26	423053-05
9/20-10/11	Sa	11:00 AM-12:30 PM	\$98 \$26	423053-06
10/18-11/8	Sa	11:00 AM-12:30 PM	\$98 \$26	423053-07
11/15-12/13	Sa	11:00 AM-12:30 PM	\$98 \$26	423053-08

#### Aces

Players learn basic stroking fundamentals, rules and play fun games to develop skills. As players progress, they 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	ears/		Dı	rop In	
8/18-9/10	M,W	4:00-5:30 PM	\$195	\$26	423050-01
9/15-10/8	M,W	4:00-5:30 PM	\$195	\$26	423050-02
10/13-11/5	M,W	4:00-5:30 PM	\$195	\$26	423050-03
11/10-12/10	M,W	4:00-5:30 PM	\$195	\$26	423050-04
8/23-9/13	Sa	11:00 AM-12:30 PM	\$98	\$26	423050-05
9/20-10/11	Sa	11:00 AM-12:30 PM	\$98	\$26	423050-06
10/18-11/8	Sa	11:00 AM-12:30 PM	\$98	\$26	423050-07
11/15-12/13	Sa	11:00 AM-12:30 PM	\$98	\$26	423050-08

#### **MIDDLE SCHOOL**

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

			Drop In					
8/18-9/12	M,W	/,F 3:30-5:30 PM	\$390	\$35	423061-01			
8/19-9/12	Tu,T	h,F3:30-5:30 PM	\$390	\$35	423061-02			
9/15-10/10	M,W	/,F 3:30-5:30 PM	\$390	\$35	423061-03			
9/16-10/10	Tu,T	h,F3:30-5:30 PM	\$390	\$35	423061-04			
10/14-11/7	Tu,T	h,F3:30-5:30 PM	\$390	\$35	423061-05			
11/11-12/12	Tu,T	h,F3:30-5:30 PM	\$390	\$35	423061-06			
8/23-9/13	Sa	1:00-3:00 PM	\$130	\$35	423061-07			
9/20-10/11	Sa	1:00-3:00 PM	\$130	\$35	423061-08			
10/18-11/8	Sa	1:00-3:00 PM	\$130	\$35	423061-09			
11/15-12/13	Sa	1:00-3:00 PM	\$130	\$35	423061-10			

#### **HIGH SCHOOL**

	Drop In					
8/19-9/12	Tu,T	h,F4:30-6:00 PM	\$293	\$26	423063-01	
9/16-10/10	Tu,T	h,F4:30-6:00 PM	\$293	\$26	423063-02	
10/14-11/7	Tu,T	h,F4:30-6:00 PM	\$293	\$26	423063-03	
11/11-12/12	Tu,T	h,F4:30-6:00 PM	\$293	\$26	423063-04	
8/23-9/13	Sa	1:00-3:00 PM	\$130	\$35	423063-05	
9/20-10/11	Sa	1:00-3:00 PM	\$130	\$35	423063-06	
10/18-11/8	Sa	1:00-3:00 PM	\$130	\$35	423063-07	
11/15-12/13	Sa	1:00-3:00 PM	\$130	\$35	423063-08	

#### **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 the Head Pro. Call 970-493-7000 for the schedule.

Age: 14-18 years



### OCTOBER 25 & 26 FORT COLLINS





# STUDIO TOUR

## AND SALE

#### **VISIT ARTIST STUDIOS ACROSS FORT COLLINS**

Saturday, October 25, 10 AM-5 PM | Sunday, October 26, 12 PM-5 PM

#### **OCTOBER 15-26**

#### STUDIO TOUR PREVIEW EXHIBIT

SEE ARTWORK FROM ALL INCLUDED STUDIOS

#### **CENTER FOR CREATIVITY**

200 Mathews St., Fort Collins



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



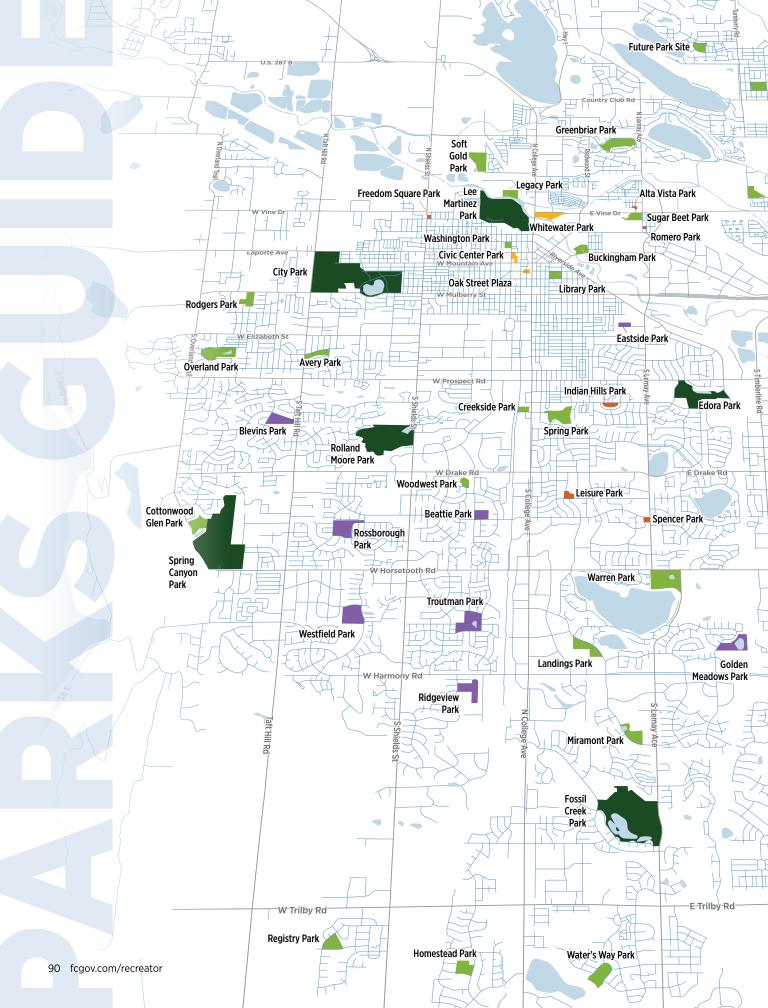
We believe healthcare should be personal, respectful, and rooted in trust. Here, you're not just a patient—you're a partner in your care.

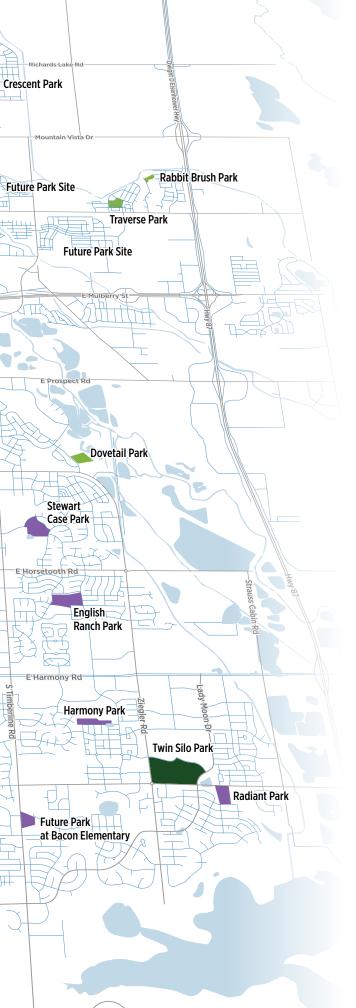


1107 South Lemay Ave Suite 300 Fort Collins, CO 80524 2500 Rocky Mountain Ave. North Medical Office Building, Suite 150 Loveland, CO 80538

(970) 341-9035 | www.WomensClinicNoCo.com







# **PARKS GUIDE**

The Parks Department is proud to provide the community with clean, safe and attractive environments for all to enjoy. With more than 966 acres of developed parks, including seven 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.

#### **COMMUNITY PARKS**

City Park 1500 W. Mulberry St.



**Edora Park** 1420 E. Stuart St. | Near Riffenburg Elementary

**♦** ⊗ ← **□** 2-5 **□ ☑ □** 

Fossil Creek Park 5821 S. Lemay Ave.

Lee Martinez Park 600 N. Sherwood St.

(<del>\*\*</del>) (<del>\*\*</del>) (<del>\*\*</del>) (<del>\*\*</del>) (<del>\*\*</del>) (<del>\*\*</del>) (<del>\*\*</del>)

Rolland Moore Park 2201 S. Shields St.

Spring Canvon Park 2626 W. Horsetooth Rd.

Near Oleander Elementary

Twin Silo Park 5480 Ziegler Rd. Near Fossil Ridge High School

#### **NEIGHBORHOOD PARKS**

Avery Park 1101 Castlerock Dr.



**Buckingham Park** 101 1st St.



Cottonwood Glen Park 3074 S. Overland Trl.



Creekside Park 200 Johnson Dr.

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Crescent Park 2401 Bar Harbor Dr.

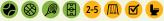


**Dovetail Park** 2410 Miles House Ave.



Greenbriar Park 730 Willox Ln.





Homestead Park 7045 Avondale Rd.



**Landings Park** 4351 Boardwalk Dr.



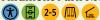
**Legacy Park** 300 Woodlawn Dr.



Library Park 200 Johnson Dr.



Miramont Park 5138 S. Boardwalk Dr.



**Old Fort Collins Heritage Park** 730 Willox Ln.



**Overland Park** 2930 Virginia Dale Dr.



Rabbit Brush Park 1114 Elgin Ct.



Registry Park 6820 Ranger Dr.



Rogers Park 2515 W. Mulberry St.



Soft Gold Park 520 Hickory St.

Spring Park 2100 Matthews St.



Sugar Beet Park 524 San Cristo St.



Traverse Park Trail Head Neighborhood



Warren Park 1101 E. Horsetooth Rd.



Washington Park 301 Maple St.



Water's Way Park 715 Fairbourne Way









#### **SCHOOLSIDE PARKS**

**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



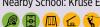
English Ranch Park 3825 Kingley Dr. Nearby School: Linton Elementary







Golden Meadows Park 4342 McMurray Ave. Nearby School: Kruse Elementary



Harmony Park 730 Willox Ln. Nearby School: Blevins Middle School



Radiant Park 3651 Kechter Rd. Nearby School: Zach Elementary



Ridgeview Park 4700 Hinsdale Dr. Nearby School: McGraw Elementary





Rossborough Park 1630 Casa Grande Blvd. Nearby School: Rocky Mountain High School







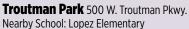


**Stewart Case Park** 2351 Pinecone Cr. Nearby School: Fort Collins High School



















Westfield Park 4075 Seneca St. Nearby Schools: Webber Middle & Johnson Elementary

Woodwest Park 618 Powderhorn Dr. Nearby School: Beattie Elementary



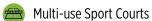
#### **LEGEND**











Pickleball

Skate Park

Tennis

Turf Sports Fields



Dog Park



Great for 2-5 Year Olds

Playground

Reservable Shelters

Splash Pad

**Shelters** 

Year-round Restroom

Ziplines / Track Rides

#### MINI PARKS

\*PIP Access to Structures

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.



Lilac Park Spring Creek Trl.

Romero Park 421 10th St.



Spencer Park 1035 E. Swallow Rd.

#### **URBAN PARKS**

Civic Center Park 225 LaPorte Ave.

#### **PLAZAS**

Oak Street Plaza Park 120 W. Oak St.



#### **SPECIAL USE PARKS**

Archery Range 2825 SW Frontage Rd.

**Poudre River Whitewater Park** 201 E. Vine Dr.



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#### **RECREATION POLICIES** & PROCEDURES

#### HOUSEHOLD ACCOUNTS

All recreation facility users must have a household account.

Create an account online at fcgov.com/recreator-account.

Need help or not sure if you already have an account? Stop by the front desk at any recreation facility or give us a call at 970-221-6655.

#### REGISTERING FOR PROGRAMS

- Program schedules are announced three times per year in the Recreator.
- · Registration for seasonal programs opens in January, April and August (dates vary).
- Registration for Summer Day Camps occur in the spring, and registration for Winter Pottery occurs in the fall.
- Registration remains open for any program with availability.
- Participants may register online, in person or over the phone; online is recommended for the fastest service.
- For more information, visit fcgov.com/recreator.

#### CHILDREN-SPECIFIC RECREATION POLICIES

#### **SWIMMING**

- Children under the age of 8 years must be accompanied by a parent or 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.
- 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.

#### **OPEN GYM**

- Children under the age of 8 years must be accompanied by a parent or guardian at least 15 years of age.
- Children ages 8 years and older may utilize the gymnasium without adult supervision.

#### WEIGHT ROOMS

- · Ages 14 and older are allowed in the weight rooms at Foothills Activity Center and Northside Aztlan Community Center.
- Ages 10-13 years are allowed in weight rooms at Foothills Activity Center and Northside Aztlan Community Center with adult supervision at all times.
- Ages 9 and under are not permitted to loiter in any weight rooms.

#### **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 Jan Reece at jreece@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 13.

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

#### **PHOTO & VIDEO ACKNOWLEDGEMENT**

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.

#### **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, \$2 per program enrollment and \$3 per hour during facility room rentals are allocated to reserves for future use. These fees are not discountable.

#### **REFUNDS & CANCELLATIONS**

All cancellation and refund requests must be completed in person at a recreation facility or over the phone. Refunds must be requested a minimum of seven days prior to the program start date to receive a full refund or household account credit. Some programs have additional refund requirements as noted in this section.

The Recreation Department reserves the right to cancel a program at any time. Cancellation of programs may be due to low enrollment, weather, safety or other reasons. If a program is canceled for any reason, participants will receive a full refund or household account credit. When possible, recreation staff will recommend alternative options or can assist in finding another program.

#### **REFUND METHODS**

- Full amount credited to your household account for use on future program enrollment or facility
- A check or credit card refund; a \$5 service charge per transaction will be assessed; material fees are non-refundable.
- Refunds less than \$5 will be credited to your household account.

#### ADDITIONAL REFUND REQUIREMENTS

#### **FITNESS**

- Enroll by day Fitness and Aqua Fitness Programs must request a refund no later than 24 hours prior to the start of the program.
- Personal Training Sessions and Packages are nonrefundable.

#### **FUNTIME PRESCHOOL**

• \$40 enrollment fee is non-refundable.

#### **FUNQUEST & FUNTIME DAY CAMPS**

- 10 days or more before first day of program: full refund.
- 5-9 days before first day of program: 50% refund.
- 4 days before first day of program: no refund.
- · Cancellation requests can be submitted by emailing your child's camp director.

#### PASSES & MEMBERSHIPS

• Passes and Memberships are non-refundable.

#### **SPORTS**

- Youth Sports participants must request refund prior to the start of the second week of the program.
- Adult Sports participants must cancel seven days prior to the first scheduled game.

#### TICKETED EVENTS

 Ticketed events are either non-refundable or have a specific date listed in the class description as the last day to request a refund.

#### **TRANSFERS**

Transfers between programs in the same season may occur free of charge, but they must occur while the program is still eligible for a refund.

There is no charge for transfers, but participants are responsible for any additional program costs. If the new program costs less than the original program, the difference will be credited to the household account.

If the participant's age, grade level or ability does not meet the minimum program requirements, the participant will be transferred to a program that better matches their skill level(s).

#### **WAITLISTS**

Waitlists are available for all programs.

Due to high demand the following programs require paid waitlists: Aquatics, Ice Skating, Pottery and Sports.

You will be notified via email if you are moved off the waitlist and enrolled.

If participants are not enrolled from the paid waitlist, they will receive a full refund after the second week of the program.

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