

Winter registration starts at 7 a.m., November 15

Winter 2019

Recreator

City of
Fort Collins

**RECREATOR
OF THE YEAR**

**KATRINA
KING**



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City of Fort Collins Parks and Recreation Board

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Recreation Director

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Recreation Supervisors

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Bridget Brownell
The Farm & Programs
Tim Stabbe
Aquatic Programs & Facilities
Renée Lee
Adaptive Recreation Opportunities
Aaron Harris
Northside Aztlan Center
Programs & Facility
Sara Stone
Sports Programs
& Foothills Activity Center
Katie Stieber
Senior Center & Pottery Studio
Programs & Facility
Paul Thibert
Ice Programs & Facility

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On the Cover

Katrina King
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Dear Recreators,

We're proud to present Katrina King with the 2019 Recreator of the Year honor. Katrina is a model Recreator, motivating and inspiring others to make their mark through healthy living and recreation. Ten years ago, Katrina joined the pack of Recreators taking our Lose to Win class at Northside Atzlan Community Center. Since 2008, Katrina has lost more than 40 lbs. by maintaining her workout and nutrition goals.

Katrina's commitment to fitness and healthy living resonates with the values we have in Recreation. For me, especially, I can testify to the hard work and dedication it takes to achieve weight loss goals. Last year, I made a commitment to myself to get back in shape. In line with Katrina, I set a goal to lose 40 lbs. and participate in the Warrior Dash that took place this past September. I started my journey in October of 2017. I bought a Fitbit to track my daily mileage, 30 minutes of activity, and calorie goals. My wellness goal quickly became more than just a fitness challenge. I also found that I needed to focus my energy on being healthy in all areas of my life, including prioritizing my work/life balance. In the course of a year, I lost 50 lbs. and successfully completed the Warrior Dash. Setting daily, weekly, and annual goals has been a fun adventure and has led to me looking and feeling better all-around. I applaud Katrina and all of our Recreators out there that commit to achieving their goals and making a positive change in their lives.

For those of you Recreators up for the challenge, we have many activities that you can join to make your mark this winter. The 2019 winter edition of the Recreator will lead you to get active in fitness classes, social events, educational programs, and much more:

- Read about healthy eating on page 66: UCHHealth experts share how to "Avoid Overeating during the Holidays".
- Find Health & Wellness programs on pages 61-70.
- Lace up and skate at the Old Town Skate Rink this holiday season. More information can be found on page 74.
- Join us for free at the Winter Festival at EPIC on December 15. More information is on page 76.
- If you're looking to get outside during the cold months, check out pages 78-80.
- For the sport junkies in the family, see team league registration information on pages 82-91.

While you're navigating around Fort Collins this winter, please keep our construction improvements in mind. Riverside Avenue, our traditional route to EPIC, will be closed for a few months this winter. Find information and sign-up for email updates regarding the project at fcgov.com/spring-creek-edora.

This snowy season, I hope you find something through Recreation that speaks to you and keeps you motivated. Winter is a chance to try something new and set yourself up for another year of success. We're here to keep you moving.

As always, if you have any questions, comments or concerns feel free to contact me.

Sincerely,

Bob Adams
Recreation Director
Badams@fcgov.com

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215 N. Mason St.
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For subscription information, please visit fcgov.com/recreator.

City of Fort Collins

Vision

To provide world-class municipal services through operational excellence and a culture of innovation.

Mission

Exceptional service for an exceptional community.

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

Esta información puede ser traducida, sin costo para usted.

Follow us at FCRecreator



Registering for Recreator Programs

Registration begins at 7 a.m. on November 15. Make checks payable to Recreation. No registration can be approved by an instructor or coach. Personal information is entered into the registration database by household. By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. There is a \$25 charge for returned checks. No cash refunds. You can register for programs three ways:

[ONLINE]

Before starting your online registration session, make sure you have your credit card or debit card and household ID number ready.

Forgot your household ID? Call 970.221.6655 or email recreation@fcgov.com.

Once you arrive at fcgov.com/recreator:

1. Select WebTrac Online Registration.
2. Enter your household ID number.
3. Your default password will be the last name under which your household account is registered. If you choose to modify your password, note the password change for future registration.

[AT RECREATION CENTERS]

Hours are for registration. Visit fcgov.com/recreation for more info about operating hours.

Northside Aztlan Community Center

112 East Willow Street
M–F: 6 a.m.–9 p.m.
Sa: 8 a.m.–5 p.m.
Su: 9 a.m.–5 p.m.

Fort Collins Senior Center

1200 Raintree Drive
M–F: 6 a.m.–9 p.m.
Sa: 8 a.m.–5 p.m.
Su: 9 a.m.–8 p.m.

Edora Pool Ice Center (EPIC)

1801 Riverside Avenue
M–F: 5:30 a.m.–8 p.m.
Sa: 8 a.m.–6 p.m.
Su: Noon–5:30 p.m.

Foothills Activity Center

241 East Foothills Parkway
M–F: 6 a.m.–9 p.m.
Sa: 9 a.m.–6 p.m.
Su: 11 a.m.–5 p.m.

[OVER THE PHONE]

Have your credit card or debit card information available. Contact 970.221.6655 to register over the phone.

Reduced Fee Program

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; allow 10 days for processing. Applications are available at all recreation facilities; a downloadable version is also available online. Once enrolled in the program a pass purchase is required to activate benefits. Discounted activity registration can then be done over the phone, in person, or online. For more info, fcgov.com/reducedfee.

The following programs are excluded from the reduced fee program: Adult team sports and tournaments, ticketed events, private instruction, and Health & Wellness **H**.

[RECREATION POLICIES]

Refund & Cancellation Policy

Withdrawals

If you are not satisfied with your program, you may withdraw before the second class begins and receive a refund. Refunds are not given once the second class begins (first week of youth sports practices). Programs that meet once may receive a refund up to one week prior to the scheduled program start.

Refund options include:

- A full credit to your Recreation household account.
- Check or credit refund; a \$5 service charge per program is assessed. Material fees are non-refundable.
- For refunds less than \$5, a household credit is offered.

Transfers

You may transfer between programs, prior to the second class meeting, on a space-available basis. There is no charge for transfers, but you are responsible for any additional costs. If the new program costs less than the original program the difference is credited to the household without an additional program fee.

If your age, grade level, or ability does not meet the minimum program requirements, you will be transferred to a program that better matches your level(s).

Cancellations

Recreation may cancel programs due to low enrollment or other reasons. If Recreation cancels a program for any reason, you will receive a full refund or credit. Recreation staff can assist you in finding another program that meets your needs.

Recreation Reserves

The Reserve Fund enables the Recreation Department to provide and sustain high quality services and facilities. To ensure future needs are met, \$1 of each activity enrollment and \$2 per hour from room rentals are dedicated to Reserves for future Recreation uses.

ADA Disclosure

Auxiliary aids and services are available for person with disabilities. If you require assistance participating in programs due to a disability, see page 16 for information about adaptive recreation opportunities and services available. If you require assistance in another language, contact 970.221.6655 or recreation@fcgov.com. Esta informacion puede ser traducida, sin costo para usted. V/TDD: Dial 711 for Relay Colorado.

LEGEND	NW	Denotes no web registration for program
	M	Denotes program/activity has special membership pricing
	H	Denotes Health & Wellness program



ARO's Unified Basketball starts January 5.
See more adaptive recreation options on pages 16–19

Recreation's Admission and Pass Fees:

More value, more options, more benefits.

These fees go into effect December 1, 2018.

For current fees and information about special hours and closures, visit fcgov.com/recreation.

DEFINITIONS

Youth: 2–17 years of age

60+: 60 years & up

Adult: 18–59 years of age

Platinum Pass: 85 years & up

Family/Couple: Two adults and up to two children under 18 years from the same household. Additional children can be added to a pass: monthly basis—\$6 per child; 6 month basis—\$25 per child; annual basis—\$50 per child.

PASSHOLDER ACCESS

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

Old Town Skate Rink

Admission rates for the Old Town Skate Rink only.

Single Admission	
All Ages	\$2.00
Skate Rentals	\$1.00
Private Rentals	
Per Hour	\$50.00

Farm Admission

Age	Single Admission
Under 2	No Fee
2 years & up	\$4.00
Barnyard Buddy Pass/Family Pass	
\$85 per year	Unlimited visits, up to 4 people per visit (additional guests pay half admission). Includes invitation to special event in December.

Single Admission Passes

Admission rates for either EPIC, Foothills Activity Center, Mulberry Pool, Northside Aztlan Community Center, or the Senior Center (pick one).

Single Admission One-Time Drop-In Rate	
Youth	\$4.00
Student	\$1 at Northside Aztlan Center with school ID (high school & younger)
Adult	\$5.00
60 +	\$4.00
Drop-In Fitness Class Fee*	
Single Admission	\$7.50
10 Admission	\$67.50
*Excludes karate classes. Valid one year from date of purchase	

Ice Skating Rates	
Public Skate Admission	
Youth	\$4.00
Adult	\$5.00
60 +	\$4.00
Skate rental	\$3.00
* Public Skate Group Admission	
Youth	\$3.50
Adult	\$4.50
60 +	\$3.50
Skate rental/person	\$3.00

**Discounted rate available for groups of 10 or more; 2-week advanced notice required. 30-day notice required for groups of 100 or more. Group rates do not include skate rental.*

EPIC pass holders receive \$1 off ice skating single admission.

Freestyle Session Passes

10 Admission	\$25.00
50 Admission	\$125.00
Freestyle 15 Min. Drop-In	\$3.00

Drop-In Hockey Passes Youth/Adult

Single Admission	\$5.00
10 Admission	\$50.00

PASS FEES

Multi-Facility Admission Pass

Admission rates for use at all of the following recreation facilities: EPIC, The Farm, Foothills Activity Center, Mulberry Pool, Northside Aztlan Community Center, and the Senior Center.

25 Admission Pass: 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.	
Youth	\$80.00
Adult	\$100.00
60 +	\$80.00
1 Month Pass *	
Youth	\$23.00
Adult	\$34.00
60 +	\$23.00
Family/Couple	\$55.00
6 Month Pass *	
Youth	\$115.00
Adult	\$170.00
60 +	\$115.00
Family/Couple	\$275.00
Annual Pass *	
Youth	\$207.00
Adult	\$306.00
60 +	\$207.00
Family/Couple	\$495.00
Platinum Pass	
85 years & up	Free
<p><i>* Pass holders receive 70% discount on registrations for designated fitness programs. Health & Wellness programs and those using a 25 Admission Pass are not eligible for discount.</i></p> <p><i>Facility passes do not include admission to City Park Pool.</i></p> <p><i>Group rates are available at City Park Pool, EPIC, & Mulberry Pool. Group must consist of at least 10 participants and a 48-hour notice is required for reservations. Groups over 50 people must provide one week notice.</i></p> <p>No refunds on passes.</p> <p><i>Multi-facility and single admission pass holders also have access to the following: open gym, lap and open swim, walking/jogging track, weight/cardio area, billiards room, library media center, and locker rooms.</i></p>	

Ready, set, snow

Associates in Family Medicine
is warming up for winter!

The weather outside might be frightful, but don't let the cold freeze you in your tracks. Get out and take in the wonders of winter – from snowball fights and sledding to hitting those awesome Colorado slopes. And if a slip on the ice threatens your fun, your local AFM providers are here to get you back on the move.



Fort Collins

CSU Office

151 W. Lake St., Ste. 1500
(970) 237-8200

Harmony Office

2121 E. Harmony, Ste. 370
(970) 221-2290

Urgent Care

CSU Urgent Care

151 W. Lake St., Ste. 1500
Fort Collins
(970) 237-8200

Horsetooth Office

3519 Richmond Dr.
(970) 204-0300

Lemay Office

1107 S. Lemay, Ste. 200
(970) 484-1757

Horsetooth Urgent Care

3519 Richmond Dr.
Fort Collins
(970) 204-0300

South Office

1113 Oakridge Dr.
(970) 225-0040

Timberline Office

2025 Bighorn Dr.
(970) 229-9800

West Office

2001 S. Shields, Bldg. I
(970) 221-5255

Loveland

Foxtrail Office

1625 Foxtrail Dr., Ste. 190
(970) 619-6900

Windsor

Windsor Office

1455 Main St., Ste. 150
(970) 686-0124



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/ JAN 19 /

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Fort Collins

Recreation Facility Regulations

To ensure a safe and welcoming atmosphere, we request that you adhere to the Recreation Facility Regulations when visiting City of Fort Collins Recreation facilities. The regulations are posted at each recreation facility and online at fcgov.com/recreation/contact-us.

In addition to the facility regulations we ask that children under the age of 8 years be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission and be actively participating with the child, unless otherwise noted in the program description.

Children 6 years and older are required to use the appropriate locker room. Use of the family locker room is permitted.

Patrons must pay an additional drop-in admission to use the facility outside of usage of class or private lessons.

Lockers are for use while utilizing the facility. Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Anything left overnight in the locker room will be removed and locks left on will be cut. Locker rooms close 15 minutes after the pool closes (where a pool is on-site). Parents must have children picked up when facilities are closed.

There are no make-up lessons for missed classes.

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.

Aquatics & Sports Registration Policies

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate demand by adding new classes; however, they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

Mulberry, EPIC, Senior Center, & City Park Pools

Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission, wear a swimsuit, and actively participate in the water with the child.

Clothing appropriate for swimming is required; no cutoffs or thongs allowed in any pool. T-shirts are allowed, but must be white.

All patrons are required to shower before entering any pool.

Diapers or plastic pants with elastic around the legs are required to be worn by all individuals who do not have bowel and/or bladder control.

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- ☒ Adaptive Recreation Opportunities
- ☒ Senior Center News

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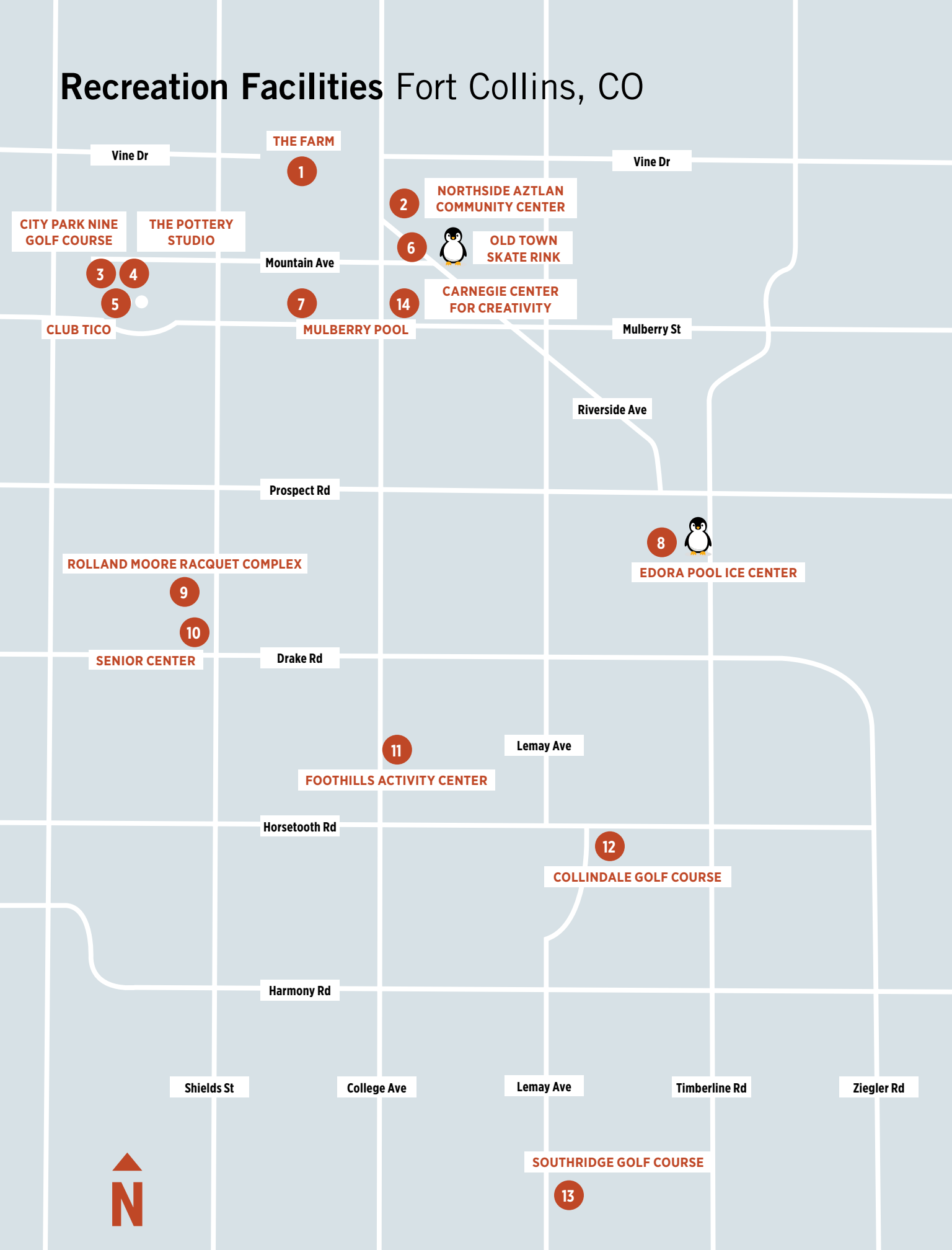
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Recreation Facilities Fort Collins, CO



1 The Farm

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

Nov 1–March 31: W–Sa 10AM–4PM **Su** Noon–4PM

April 1–May 31: W–Sa 10AM–5PM **Su** Noon–5PM

June 1–Aug 31: T–Sa 10AM–5PM **Su** Noon–5PM

Sept 1–Oct 31: W–Sa 10AM–5PM **Su** Noon–5PM

- Meeting Space
- Museum
- Gift Shop
- Pony Rides

2 Northside Aztlan Community Center

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

M–F 6AM–9PM **Sa** 8AM–5PM **Su** 9AM–5PM

- Fitness/Dance Rooms
- Skate Park
- Gymnasium
- Track
- Kitchen
- Weight/Cardio Equipment
- Meeting Space

3 City Park Nine Golf Course

411 S. Bryan Ave. • 970.221.6650 • fcgov.com/golf

4 The Pottery Studio

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

- Kilns
- Studio Space

5 Club Tico

1599 City Park Dr. • 970.224.6113 • fcgov.com/clubtico

Reservations required.

- Catering Kitchen
- Meeting Space
- Dance Floor

6 Old Town Skate Rink

Old Town Square • 970.484.2020

downtownfortcollins.org/skate-rink

Nov. 17 – Feb. 2: F, Sa, Su

- Outdoor Skating

7 Mulberry Pool

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

T, Th 5:30AM–4:30PM **M, W, F** 5:30AM–8PM **Sa** 12:30–5:30PM

Su Noon–3PM

- Diving
- Swimming
- Meeting Space
- Wading Pool



Skating rinks available at EPIC and Old Town Skate Rink .

8 Edora Pool Ice Center

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

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

See website for pool and ice hours.

- Diving
- Swimming
- Ice Rink
- Wading Pool
- Meeting Space
- Weight/Cardio Equipment

9 Rolland Moore Racquet Complex

2201 S. Shields • 970.493.7000

fcgov.com/recreation/racquet-complex.php

For information about Pro Shop hours, visit lewistennis.com.

Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

10 Senior Center

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

Fall, Winter, Spring: M–F 6AM–9PM **Sa** 8AM–5PM **Su** 9AM–8PM

Summer: M–F 6AM–9PM **Sa** 8AM–5PM **Su** Noon–5PM

See website for pool hours.

- Auditorium
- Meeting Space
- Billiards Room
- Studio Space
- Gymnasium
- Swimming
- Health & Wellness Center
- Track
- Kitchen
- Weight/Cardio Equipment
- Library

11 Foothills Activity Center

241 E. Foothills Pkwy. • 970.416.4280

fcgov.com/foothillsactivitycenter

M–F 6AM–9PM **Sa** 9AM–6PM **Su** 11AM–5PM

- Gymnasium
- Weight/Cardio Equipment
- Meeting Space

12 Collindale Golf Course

1441 E. Horsetooth Rd. • 970.221.6651 • fcgov.com/golf

13 Southridge Golf Course

5750 S. Lemay Ave. • 970.416.2589 • fcgov.com/golf

14 Carnegie Center for Creativity

200 Mathews St. • 970.416.2069 • fcgov.com/creativecenter

W–Sa Noon–6PM

- Public Gallery
- Performance & Studio Space

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



KATRINA KING | RECREATOR OF THE YEAR | MAKES HER MARK

After seeing pictures from a family gathering in 2009, I knew that a change needed to be made in my life. My family has a history of obesity and diabetes, and the pictures brought into focus the need to change my personal path. Working out on my own, alongside taking care of my two daughters, was a struggle. In the beginning, making progress towards my fitness goals was slow and keeping motivated was difficult. When my youngest headed off to school in 2011, I started looking for better ways to achieve my weight loss goals. The Lose to Win class listed in the Recreator seemed fun and fit perfectly into my schedule. Coach Dominick Jones is encouraging and provides that extra push to those in his class to meet their goals. After starting the class, I finally saw the weight melt away. My self-confidence grew with every pound lost, and my energy levels also increased. This meant more quality and healthy time with my girls. Through the classes offered at Northside, and the direction of Coach Dominick, I realized that taking time for selfcare wasn't selfish. Rather, it was needed.

In 2013, a life transition caused me to stop going to the gym for a few months. This pause helped me see that I really had made progress in my fitness goals and I missed the high from going to the gym. Losing weight was what initially gave me the motivation to go to the gym. After I met my weight loss goal, it was the feeling of renewed energy and strength that brought me back to the gym and peaked my interests to train more. Dominick provided nutritional guidance so that I could align my diet with my workout goals, and suggested routines that I could do outside of class. Now, I go to Northside every weekday either for class or for pushups and cardio.

I've learned throughout my life that things are constantly moving, changing, switching directions, and evolving. In 2016, my family's life took a huge turn with the passing of my husband. While my husband was sick and after he passed, going to the gym and working out with friends helped me maintain inner balance. This period of my life also gave me a new perspective about my personal goals and what is important.

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

-Maya Angelou

Weight loss was my initial motivation to start working out at Northside. Now at 42, longevity and health are my priority. While I'm still aiming for a 6-pack of abs, being in this world both physically and mentally fit for those I love is most important. I want my daughters to be strong, independent women who follow their dreams and treat themselves with the utmost importance they deserve. I hope to be an example for them, and am honored to be recognized as the Recreator of the Year, being an example for others to make their mark, too.

Katrina King is Recreation's 2019 Recreator of the Year

Katrina is a mother of two, successful entrepreneur of Threaded Dream Studio, and an advocate for fitness and wellbeing. Find her working out in the mornings, Monday-Friday, at Northside Atzlan Community Center.

Recreator OF THE Year





Did you know that in Fort Collins there are seven community parks and 43 neighborhood and pocket parks that comprise 925 acres and more than 35 miles of trails? It costs a lot to build new parks as Fort Collins continues to grow, and those costs are borne by the Park Planning and Development Department. Parks maintenance staff dedicates many hours to keeping the grass trimmed, the trees growing and pruned, the bathrooms maintained, and features such as playgrounds, an orchard, a BMX track, and tennis and pickleball courts in operation.

The Recreation Department has a somewhat reliable revenue stream from fees that users pay to participate in classes, sports, or other activities. The Parks Department receives some fees from rentals, but nowhere near enough to cover the costs of operation and maintenance. The Park Planning and Development Department receives monies from fees on new home construction, the Lottery (known as the Conservation Trust Fund), and donations from other sources.

You may be aware that the City of Fort Collins receives much of its funds from the various sales taxes that are collected on its behalf. Every other year when we prepare a new two-year budget, Parks and Recreation is placed in a situation where City Council must balance the needs of every other department in the City structure that rely on the General Fund.

In Fort Collins, we use City funds to maintain clean bathrooms and collect trash in our parks, as well as operate and maintain our recreational facilities. City Funds also support the maintenance of roadway medians and help us keep our Recreation facilities open to the public seven days a week. And how about the more than

35 miles of multi-use trails that run throughout the City? The Parks Department makes sure those trails are clean in the summer and free of snow and ice in the winter.

Currently, Fort Collins is at a crossroads as we face a shortage of funds to maintain and operate our services and facilities. Fort Collins strives to provide a high level of service to our citizens, but our revenues have flattened and the cost of labor has risen faster than sales tax collections. City Council and the Citizens Advisory Board for Parks and Recreation are having conversations about how to move forward to provide a “steady” stream of funds to maintain our high standards. If you are one of the nearly 90% of citizens that place a high value on our parks, trails, and recreation facilities, please join us in the conversation about how to develop a reliable stream of funds. The Parks and Recreation Advisory Board meets the fourth Wednesday of the month at different locations around Fort Collins. Please check the City event calendar at fcgov.com for more information and to join the conversation.

Rob Cagen, Chairperson, on behalf of:
City of Fort Collins Citizen Advisory Board to City Council and Staff
Robc.parksrec@frij.com

October 20, 2018 - January 6, 2019



© Photo by Joel Sartore/National Geographic Photo Ark



PHOTO^{ARK}

JOEL SARTORE



Discover the Malayan tiger and 43 other species featured in The National Geographic Photo Ark exhibition at Fort Collins Museum of Discovery.

Learn more at www.fcmod.org/photoark.

Photo Ark is organized and traveled by the National Geographic Society.

Adaptive Recreation Opportunities

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. ARO offers healthy and fun experiences through three basic service areas:

Inclusion

Individuals of all abilities are welcome to fully participate in classes and programs listed in the Recreator. **Note:** If you are interested in participation support. Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

Transition

Offers assistance in making recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal Passport to Recreation profile and discusses your needs, strengths, and interests.

Adaptive Programs

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide for optimal participation and quality experiences.

Attendants

Individuals who are not independent in activities of daily living or who need extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing needed assistance unless otherwise noted. Attendants need to register separately and note whom they will be assisting.

Volunteer

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience necessary; training provided. To apply, visit engage.fcgov.com/d/aro or contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

Contact Information

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

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com

Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com

Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com

Alison Cope, OTR, acope@friei.com

ARO Interns, 970.224.6034, aro@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

ALTERNATIVE PROGRAMS

Activities listed in this section are designed for individuals with intellectual and developmental disabilities. See each program description for specific age requirements. These programs focus on fun community involvement and are designed to enhance confidence and social skills.

[EDUCATION]

Holiday Treats

Make and decorate sweet treats for the holidays.

12/13	Th	6:30-8:00 PM	\$11	102401-01
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Cooking

Learn how to cook tasty foods while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product.

Age: 16 years & up

Location: Senior Center

Mardi Gras

1/28-2/4	M	6:30-8:00 PM	\$24	102401-03
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Noodles

2/25-3/4	M	6:30-8:00 PM	\$24	102401-05
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Healthy Appetizers

Learn to prepare a variety of snacks in a social group setting.

1/24	Th	6:30-8:00 PM	\$10	102401-02
2/21	Th	6:30-8:00 PM	\$10	102401-04

[SOCIAL PROGRAMS]

Bowling

Strike it big while bowling with others. **Note:** Fee includes two games per person per week and shoe rental. All skill levels welcome. Class will not be held on 2/16.

Age: 18 years & up

Location: Chipper's Lanes North, 830 N. College Ave.

2/2-3/9	Sa	10:30-11:30 AM	\$43	102906-01
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Friday Movie Club

Meet up for a matinee including new releases and classics in the Twinberry Auditorium. **Note:** Schedule of movie titles is available at the Senior Center front desk.

Age: 18 years & up

Location: Senior Center

1/18	F	12:45-2:45 PM	\$3	102909-01
2/8	F	12:45-2:45 PM	\$3	102909-02

LEGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

Monthly Themed Dances NW

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

Age: 18 years & up

Location: Senior Center

Holiday Ball

12/14	F	6:00-8:00 PM	\$1	
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Let It Snow

1/25	F	6:00-8:00 PM	\$4	
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Moonlight Stroll

2/22	F	6:00-8:00 PM	\$4	
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Movie Night

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

Age: 16 years & up

Location: Senior Center

1/29	Tu	5:00-9:00 PM	\$6	102403-01
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2/26	Tu	5:00-9:00 PM	\$6	102403-02
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Attendant Sections

1/29	Tu	5:00-9:00 PM	No Fee	102403-1A
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2/26	Tu	5:00-9:00 PM	No Fee	102403-2A
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Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends. Bring \$20 for the meal and tip.

Age: 16 years & up

Location: Senior Center

1/23	W	5:45-8:00 PM	\$6	102404-01
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2/19	Tu	5:45-8:00 PM	\$6	102404-02
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Attendant Sections

1/23	W	5:45-8:00 PM	No Fee	102404-1A
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2/19	Tu	5:45-8:00 PM	No Fee	102404-2A
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[TRIPS & TRAVEL]**Holiday Night Out**

The holiday season here. Enjoy a festive dinner and visit the Gardens on Spring Creek to see the Garden of Lights. **Note:** Bring \$20 for dinner and tip.

Age: 16 years & up

Location: Senior Center

12/8	Sa	5:00-8:30 PM	\$11	102320-01
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Attendant Section			\$4	102320-1A
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Movie Bistro Night

Travel with a group to the Cinemark Movie Bistro and XD at Foothills. Relax in plush seating with seat-side service while watching a movie on the big screen. **Note:** Bring \$20 for dinner or refreshments, if desired. Registration deadline is 12/9. Movie ticket included

Age: 16 years & up

Location: Senior Center

12/18	Tu	5:00-9:00 PM	\$18	102322-01
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Attendant Section			\$7	102322-1A
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ARO Denver Nuggets vs LA Clippers, Denver

Cheer on the Denver Nuggets as they take on other superstars of the NBA on their home court. **Note:** Fee includes ticket and voucher for concessions. Registration deadline is 1/3.

Age: 18 years & up

Location: Senior Center

2/24	Su	Noon-8:00 PM	\$91	102901-01
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Attendant Section			\$77	102901-1A
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AQUATICS**Adaptive H2O Fitness**

Designed for those with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Class will not be held on 12/25, 12/27, 1/1, 1/3.

Age: 18 years & up

Location: Mulberry Pool

12/4-12/20	Tu,Th	9:30-10:30 AM	\$23.10	102228-01
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1/8-1/31	Tu,Th	9:30-10:30 AM	\$30.80	102228-02
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2/5-2/28	Tu,Th	9:30-10:30 AM	\$30.80	102228-03
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ARTS & CRAFTS**Artistic Abilities Art**

Learn drawing and painting techniques with a variety of materials to create unique pieces of art. All abilities welcome.

Age: 13 years & up

Location: Colorado State University, Visual Arts Building, Room D102

2/13-3/13	W	4:00-6:00 PM	\$37	102990-01
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Holiday Gift Making Workshop

Get ready for the holidays by making gifts for that special someone. Start and complete a thoughtful gift for up to four people.

Age: 16 years & up

Location: Senior Center

11/29-12/6	Th	5:30-7:00 PM	\$35	102991-01
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FITNESS

Adaptive Yoga

Learn yoga practices that include breath work, gentle movements, and deep stretch poses. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed for people with multiple sclerosis or other neuromuscular disorders and adapted for people with physical disabilities. **Note:** Class will not be held on 12/25, 1/1.

Age: 18 years & up

Location: Raintree Athletic Club, 2555 S. Shields St.

Standing Yoga

11/27-12/18	Tu	2:00-3:00 PM	\$35	102980-01
1/8-1/29	Tu	2:00-3:00 PM	\$35	102980-02
2/5-2/26	Tu	2:00-3:00 PM	\$35	102980-03

Adaptive Chair Yoga

11/29-12/20	Th	2:00-3:00 PM	\$35	102980-04
1/10-1/31	Th	2:00-3:00 PM	\$35	102980-05
2/7-2/28	Th	2:00-3:00 PM	\$35	102980-06

MS Dryland Exercise

Designed for those with multiple sclerosis or physical disability. Maximize strength and endurance through chair-based exercises.

Age: 18 years & up

Location: Senior Center

11/26-12/19	M,W	11:00-11:55 AM	\$41	102483-01
1/7-1/30	M,W	11:00-11:55 AM	\$41	102483-02
2/4-2/27	M,W	11:00-11:55 AM	\$41	102483-03

Attendant Sections

11/26-12/17	M	11:00-11:55 AM	\$21	102483-1A
1/7-1/28	M	11:00-11:55 AM	\$21	102483-2A
2/4-2/25	M	11:00-11:55 AM	\$21	102483-3A

Spectrum Yoga

Designed specifically for those with intellectual, sensory integration, or on the autism spectrum. Learn yoga practices modified to teach breathwork and standing and balancing poses.

Age: 16 years & up

Location: Northside Aztlan Center

1/9-1/30	W	1:15-2:00 PM	\$28	102982-01
2/6-2/27	W	1:15-2:00 PM	\$28	102982-02

Work Out Partners

Workouts are organized in small groups to meet at times, days, and locations that work best. People with and without disabilities are matched to meet weekly at a time and day that is predetermined, but flexible. Strength training, cardiovascular equipment, and aquatic exercise available.

Age: 16 years & up

Location: Senior Center

2/14	Th	5:30-6:30 PM	\$22	102585-01
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ICE

Adaptive Skating

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

Age: 8 years & up

Location: Edora Pool Ice Center

1/12-2/9	Sa	9:45-10:15 AM	\$46	110356-01
2/16-3/16	Sa	9:45-10:15 AM	\$46	110356-02

OUTDOOR RECREATION

Adaptive Snowshoe Trip

Enjoy the wonders of winter. Trails are easy and geared for beginners with and without disabilities. **Note:** Snowshoes are available but must be reserved. Attendants register in section-1A.

Age: 14 years & up

Location: Senior Center

1/27	Su	9:00 AM-4:00 PM	\$33	102941-01
Attendant Section			No Fee	102941-1A

Ignite Adaptive Skiing

Adaptive instruction and equipment provided for skiers with disabilities at Eldora Mountain Resort. Transportation, individual ski instruction, lift ticket, and adaptive equipment included.

Age: 13 years & up

Location: Senior Center

Downhill/Snowboard

1/13	Su	7:30 AM-5:30 PM	\$124	102431-01
2/3	Su	7:30 AM-5:30 PM	\$124	102431-02
2/24	Su	7:30 AM-5:30 PM	\$124	102431-03

Bi-Ski Lessons

1/13	Su	7:30 AM-5:30 PM	\$124	102431-06
2/3	Su	7:30 AM-5:30 PM	\$124	102431-07
2/24	Su	7:30 AM-5:30 PM	\$124	102431-08

Nordic Ski/Snowshoe

1/13	Su	7:30 AM-5:30 PM	\$101	102431-11
2/3	Su	7:30 AM-5:30 PM	\$101	102431-12
2/24	Su	7:30 AM-5:30 PM	\$101	102431-13

Attendant Sections

1/13	Su	7:30 AM-5:30 PM	No Fee	102431-1A
2/3	Su	7:30 AM-5:30 PM	No Fee	102431-2A
2/24	Su	7:30 AM-5:30 PM	No Fee	102431-3A

Adaptive Ski Trip

Breckenridge Outdoor Education Center (BOEC) Adaptive Ski program provides individual volunteer instructors and adaptive equipment for stand up or sit ski skiers with disabilities. Attendants register in section-1A

Age: 16 years & up

Location: Senior Center

3/3	Su	5:45 AM-7:30 PM	\$140	102432-01
Attendant Section			No Fee	102432-1A

Winter Tubing

Enjoy the winter wonderland of Colorado's mountains on this active winter trip. Eat lunch at a mountain café after tubing. **Note:** Snacks and hot cocoa included. Bring \$20 for lunch and tip.

Age: 16 years & up

Location: Senior Center

2/10	Su	1:00-6:00 PM	\$40	102511-01
Attendant Section			\$20	102511-1A

PARALYMPIC SPORTS

Paralympic Sport Club Fort Collins engages youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

Adaptive Boccia

Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. **Note:** Option to pay drop-in fee of \$4 per class available.

Age: 18 years & up

Location: Foothills Activity Center

1/28-3/4	M	10:30 AM-12:00 PM	\$17	102464-01
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Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available.

Age: 14 years & up

Location: Northside Aztlan Center

2/12-3/5	Tu	6:00-8:00 PM	\$15	102560-01
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UNIFIED SPORTS

Athletes with and without intellectual disabilities play as teammates against other inclusive teams. Unified teams practice, play games, and may compete in a Special Olympics Unified Area Tournament. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, bmcowell@fcgov.com.

Adaptive Panther Suns Cheer Squad

A great way for individuals with or without special needs to experience cheering and dancing together as one Unified Team. **Note:** \$15 cheer shirt not included. Class will not be held on 2/27 or 3/20

Age: All

Location: Cheer Central Suns, 128 Racquette Dr.

1/9-2/13	W	5:30-7:00 PM	\$49	414739-01
2/20-4/3	W	5:30-7:00 PM	\$35	414739-02

Is it just a phase?



The CAYAC Team at Connections provides assessment and can guide youth and their families to appropriate options, including support, counseling, or other treatment.



CAYAC -
Child, Adolescent, and
Young Adult Connections

mentalhealthconnections.org • 970-221-3308

Adult Basketball

Unified teams get together to shoot hoops during practice, games, and a tournament. **Note:** Teams are scheduled for one hour of practice/games, within time frame of program.

Age: 16 years & up

Location: Webber Middle School, 4201 Seneca St.

Competitive Division

1/5-3/9	Sa	3:30-7:30 PM	\$26	102751-01
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Co-ed Recreational

1/5-3/9	Sa	3:30-7:30 PM	\$26	102751-03
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Individual Skills

Learn fundamental basketball skills.

1/5-3/9	Sa	3:30-4:30 PM	\$19	102751-04
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Junior Basketball

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

Age: 7-21 years

Location: Lopez Elementary School, 637 Wabash St.

Jr Basketball, Child

1/8-2/19	Tu	5:00-6:00 PM	\$24	102552-01
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Jr Basketball, Family

1/8-2/19	Tu	5:00-6:00 PM	\$38	102552-02
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Aqua Fitness

Classes with fewer than five participants registered by the end of the first day of class are canceled for that session and there is no drop-in. Participants may attend only the class for which they are registered.

Drop-In Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. Participants may drop-in to aqua fitness classes if space is available by paying the \$7.50 class admission or using one admission from a 10-admission drop-in fitness pass (\$67.50). Classes will not be held on 12/24, 12/25.

ADULT PROGRAMS

Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. **Note:** Comfort in the water and basic swimming skills recommended. Pool depth is 3 ½-4 ½ feet.

Age: 18 years & up

Location: Senior Center

12/3-2/27	M,W,F	10:30-11:30 AM	Day Pass
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[LOW INTENSITY]

Basic H2O

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

Age: 18 years & up

Location: Senior Center

12/3-12/28	M,W,F	8:30-9:30 AM	\$42.26	100412-01
1/7-2/1	M,W,F	8:30-9:30 AM	\$46	100412-02
2/4-3/1	M,W,F	8:30-9:30 AM	\$46	100412-03

Twinges

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

Age: 18 years & up

Location: Edora Pool Ice Center

12/3-12/28	M,W,F	8:30-9:30 AM	\$42.26	100314-01
1/7-2/1	M,W,F	8:30-9:30 AM	\$46	100314-02
2/4-3/1	M,W,F	8:30-9:30 AM	\$46	100314-03
12/3-12/28	M,W,F	9:30-10:30 AM	\$42.26	100314-04
1/7-2/1	M,W,F	9:30-10:30 AM	\$46	100314-05
2/4-3/1	M,W,F	9:30-10:30 AM	\$46	100314-06

Twinges Plus

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

Age: 18 years & up

Location: Senior Center

12/3-12/28	M,W,F	12:15-1:15 PM	\$42.26	100416-01
1/7-2/1	M,W,F	12:15-1:15 PM	\$46	100416-02
2/4-3/1	M,W,F	12:15-1:15 PM	\$46	100416-03
12/3-12/28	M,W,F	1:30-2:30 PM	\$42.26	100416-04
1/7-2/1	M,W,F	1:30-2:30 PM	\$46	100416-05
2/4-3/1	M,W,F	1:30-2:30 PM	\$46	100416-06

[MEDIUM INTENSITY]

Advanced Water Fitness

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

Age: 18 years & up

Location: Edora Pool Ice Center

12/3-12/28	M,W,F	7:30-8:30 AM	\$42.26	100324-01
1/7-2/1	M,W,F	7:30-8:30 AM	\$46	100324-02
2/4-3/1	M,W,F	7:30-8:30 AM	\$46	100324-03

Location: Senior Center

12/3-12/28	M,W,F	9:30-10:30 AM	\$42.26	100424-01
1/7-2/1	M,W,F	9:30-10:30 AM	\$46	100424-02
2/4-3/1	M,W,F	9:30-10:30 AM	\$46	100424-03
12/4-12/27	Tu,Th	4:00-5:00 PM	\$27.26	100424-04
1/8-1/31	Tu,Th	4:00-5:00 PM	\$31	100424-05
2/5-2/28	Tu,Th	4:00-5:00 PM	\$31	100424-06

Aqua Mix

Includes toning, cardio, body strengthening, and stretching for a complete workout.

Age: 18 years & up

Location: Senior Center

12/3-12/28	M,W,F	6:00-7:00 PM	\$42.26	100417-01
1/7-2/1	M,W,F	6:00-7:00 PM	\$46	100417-02
2/4-3/1	M,W,F	6:00-7:00 PM	\$46	100417-03

Classics

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

Age: 18 years & up

Location: Mulberry Pool

12/3-12/28	M,W,F	7:30-8:30 AM	\$42.26	100222-01
1/7-2/1	M,W,F	7:30-8:30 AM	\$46	100222-02
2/4-3/1	M,W,F	7:30-8:30 AM	\$46	100222-03

Location: Senior Center

12/3-12/28	M,W,F	6:15-7:15 AM	\$42.26	100422-01
1/7-2/1	M,W,F	6:15-7:15 AM	\$46	100422-02
2/4-3/1	M,W,F	6:15-7:15 AM	\$46	100422-03
12/3-12/28	M,W,F	5:00-6:00 PM	\$42.26	100422-04
1/7-2/1	M,W,F	5:00-6:00 PM	\$46	100422-05
2/4-3/1	M,W,F	5:00-6:00 PM	\$46	100422-06
12/4-12/27	Tu,Th	8:00-9:00 AM	\$27.26	100422-07
1/8-1/31	Tu,Th	8:00-9:00 AM	\$31	100422-08
2/5-2/28	Tu,Th	8:00-9:00 AM	\$31	100422-09
12/4-12/27	Tu,Th	9:00-10:00 AM	\$27.26	100422-10
1/8-1/31	Tu,Th	9:00-10:00 AM	\$31	100422-11
2/5-2/28	Tu,Th	9:00-10:00 AM	\$31	100422-12
12/4-12/27	Tu,Th	10:00-11:00 AM	\$27.26	100422-13
1/8-1/31	Tu,Th	10:00-11:00 AM	\$31	100422-14
2/5-2/28	Tu,Th	10:00-11:00 AM	\$31	100422-15
12/4-12/27	Tu,Th	7:00-8:00 PM	\$27.26	100422-16
1/8-1/31	Tu,Th	7:00-8:00 PM	\$31	100422-17
2/5-2/28	Tu,Th	7:00-8:00 PM	\$31	100422-18

Fitness & Fun

Combine a traditional water workout with water volleyball and other fun games.

Age: 18 years & up

Location: Senior Center

12/3-12/28	M,W,F	7:30-8:30 AM	\$42.26	100420-01
1/7-2/1	M,W,F	7:30-8:30 AM	\$46	100420-02
2/4-3/1	M,W,F	7:30-8:30 AM	\$46	100420-03

Prenatal

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

Age: 18 years & up

Location: Senior Center

12/4-12/27	Tu,Th	6:00-7:00 PM	\$27.26	100418-01
1/8-1/31	Tu,Th	6:00-7:00 PM	\$31	100418-02
2/5-2/28	Tu,Th	6:00-7:00 PM	\$31	100418-03

Twist & Shout

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

Age: 18 years & up

Location: Senior Center

12/3-12/28	M,W,F	4:00-5:00 PM	\$42.26	100426-01
1/7-2/1	M,W,F	4:00-5:00 PM	\$46	100426-02
2/4-3/1	M,W,F	4:00-5:00 PM	\$46	100426-03

[HIGH INTENSITY]

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

12/3-12/28	M,W,F	12:15-1:00 PM	\$34	100230-01
1/7-2/1	M,W,F	12:15-1:00 PM	\$37	100230-02
2/4-3/1	M,W,F	12:15-1:00 PM	\$37	100230-03

Location: Edora Pool Ice Center

12/3-12/26	M,W	5:30-6:30 PM	\$27.26	100330-01
1/7-1/30	M,W	5:30-6:30 PM	\$31	100330-02
2/4-2/27	M,W	5:30-6:30 PM	\$31	100330-03

A POOL OF OPPORTUNITY

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Aquatics

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48-hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card.

Ratios

To provide a safe pool experience, we require adult supervision for children ages 8 years and under* according to the following ratios:

# of children	# of in-water adult supervisors
1-6	1
7-12	2
13-18	3
19-24	4

*Children ages 8 years and up who cannot swim or touch the bottom of the pool should be included in count for ages 8 years and under. Groups not complying with above ratio are not allowed to swim.

Birthday Party Packages

Space for birthday parties is not allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. For a fee, space is available for refreshments and present opening. For more information contact 970.221.6655.

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at either EPIC or Mulberry Pool facilities or online at fcgov.com/aquatics. Fees are based on a 30-minute session: 1 person for \$25, 2 people for \$35, and 3 people for \$45. Private lessons are not discountable and are scheduled based on instructor/facility availability. **Note:** Patrons swimming recreationally before or after a private swim lesson must pay the drop-in rate.

Learn To Swim Policies

At the discretion of the lesson manager, if it is evident that a child is not water ready before the second lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is 4 participants.

Class will not be held 3/18-3/24.

Make-up lessons are not available.

Progress cards that are not picked up on the last day of class will be held for one week at the lesson facility.

Open Lap Swimming

Open Lap Lane schedules are available online at fcgov.com/recreation. Please see the corresponding facility page for information specific to desired facility. Lap lane schedules are available for EPIC, Mulberry Pool, and Senior Center.



BRIGHTENING THE LIVES OF ABUSED CHILDREN

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FOR 21 LIFE-CHANGING YEARS!

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JOIN REALITIES FOR CHILDREN TO LIGHT UP THE NIGHT

FREE Warm Soup, Hot Cocoa, Cookies, Live Music & Santa!

Free Tree Lighting Celebration On

SAT, DEC 1ST, 6-7PM

First Presbyterian Church, 531 S. College Ave.



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Please Mail Checks to: Realities For Children Charities
308 E. County Rd 30, Fort Collins, CO 80525 • 970-484-9090

ADULT PROGRAMS

[ADULT LEARN TO SWIM]

Learning the Basics

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/14-2/13	M,W	6:15-7:00 PM	\$73.50	101338-01
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Location: Senior Center

1/20-2/17	Su	4:05-4:50 PM	\$37.26	101438-01
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Improving Skills & Strokes

Improve proficiency in basic aquatic skills and the six basic swimming strokes; butterfly is optional. Prerequisite: Comfortable in chest-deep water, can put face in the water, and perform strokes that can be recognized as front crawl, breaststroke, and backcrawl each for 15 yards.

Age: 15 years & up

Location: Edora Pool Ice Center

2/18-3/27	M,W	6:15-7:00 PM	\$73.50	101339-01
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Location: Senior Center

2/24-3/31	Su	4:05-4:50 PM	\$37.26	101439-01
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[SNORKEL & SCUBA DIVING]

Discover Scuba Diving

Learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Learn basics needed to dive under the direct supervision of a PADI Professional, including but not limited to seeing what scuba equipment feels like to wear and use. **Note:** Prior to class start call CSDA at 1.855.557.2822. Additional paperwork must be completed to participate in class.

Age: 10 years & up

Location: Edora Pool Ice Center

12/29	Sa	10:00-11:30 AM	\$36	101352-01
1/12	Sa	10:00-11:30 AM	\$36	101352-02
2/23	Sa	10:00-11:30 AM	\$36	101352-03

Discover Snorkeling

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear may be worn. Participants must be able to swim at least 25 yards using the front crawl. **Note:** Children under 8 years should be accompanied by a parent or guardian. Prior to class start call CSDA 1.855.557.2822. Children under 18 years must have a release signed.

Age: 5 years & up

Location: Edora Pool Ice Center

12/29	Sa	10:00-11:30 AM	\$26	101353-01
1/12	Sa	10:00-11:30 AM	\$26	101353-02
2/23	Sa	10:00-11:30 AM	\$26	101353-03

Are you a teen with stress or anxiety?

TEENS 12-18 YEARS ARE INVITED TO participate in a group aimed at lessening stress and anxiety.

- 8-WEEK GROUP**
The mindfulness group, which will teach stress reduction strategies, will meet once per week for 8-weeks.
- 3 FAMILY VISITS**
Once before and twice after the group program, two parents and the teen will visit our lab and answer questions about health and relationships.
- EARN UP TO \$135**
If you participate in each element of this study, your family can earn up to \$135!
- TIME NEEDED**
Total approximate time commitment for parents is 6 hours and for adolescents is 16 hours.

CONTACT

To see if your family is eligible: m2m@colostate.edu 970-491-5129

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SWIM SCHOOLS INTERNATIONAL

Scuba Challenge

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

Age: 10 years & up

Location: Edora Pool Ice Center

12/5	W	6:00-9:00 PM	\$22	101356-01
12/19	W	6:00-9:00 PM	\$22	101356-02
1/2	W	6:00-9:00 PM	\$22	101356-03
1/16	W	6:00-9:00 PM	\$22	101356-04
1/30	W	6:00-9:00 PM	\$22	101356-05
2/13	W	6:00-9:00 PM	\$22	101356-06
2/27	W	6:00-9:00 PM	\$22	101356-07

Kayak Roll Sessions ^{NW}

Kayak roll sessions hosted in partnership with Rocky Mountain Adventures. No formal instruction or gear provided; must provide own gear. For more information, visit fcgov.com/aquatics or shoprma.com. Drop in only: no registration required.

Age: 18 years & up

Location: Edora Pool Ice Center

2/10-4/29	Su	6:00-8:00 PM	\$12	
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[ADVANCED BLENDED LEARNING]

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatics emergencies. Skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 7 hours. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

Age: 15 years & up

Location: Edora Pool Ice Center

1/2	W	8:30 AM-Noon	\$202.80	101340-01
1/3	Th	8:30 AM-5:30 PM		
1/4	F	8:30 AM-4:30 PM		
2/22	F	4:00-7:30 PM	\$202.80	101340-02
2/23	Sa	8:30 AM-5:30 PM		
2/24	Su	8:30 AM-4:30 PM		

Water Safety Instructor

Get the training needed to teach American Red Cross swimming and water safety courses. Learn how to use the course materials, conduct training sessions, and evaluate participants' progress. This class is an extensive skill review and presentation of all levels of swimming. Online class content 6 hours 45 minutes. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. \$35 certification fee included.

Age: 16 years & up

Location: Senior Center

12/1-12/9	Su,Sa	9:00 AM-5:00 PM	\$200	101442-01
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YOUTH PROGRAMS

Baby & Me 1

Parents help introduce infants to the water while learning how to work with their child safely in the pool. One child per adult required. Swim diapers or plastic pants must be used.

Age: 6-18 months

Location: Edora Pool Ice Center

1/14-2/13	M,W	5:40-6:10 PM	\$61	101310-02
2/18-3/27	M,W	4:30-5:00 PM	\$61	101310-03
1/15-2/14	Tu,Th	9:15-9:45 AM	\$61	101310-05
1/15-2/14	Tu,Th	10:25-10:55 AM	\$61	101310-06
2/19-3/28	Tu,Th	9:15-9:45 AM	\$61	101310-07
2/19-3/28	Tu,Th	10:25-10:55 AM	\$61	101310-08

Location: Senior Center

1/20-2/17	Su	3:30-4:00 PM	\$31	101410-01
1/20-2/17	Su	4:40-5:10 PM	\$31	101410-02
2/24-3/31	Su	3:30-4:00 PM	\$31	101410-03
2/24-3/31	Su	4:40-5:10 PM	\$31	101410-04

Baby & Me 2

Parents introduce children to the water using songs, building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months-3.5 years

Location: Edora Pool Ice Center

1/14-2/13	M,W	5:05-5:35 PM	\$61	101312-01
2/18-3/27	M,W	6:15-6:45 PM	\$61	101312-04
1/15-2/14	Tu,Th	9:50-10:20 AM	\$61	101312-05
2/19-3/28	Tu,Th	9:50-10:20 AM	\$61	101312-06

Location: Senior Center

1/20-2/17	Su	4:05-4:35 PM	\$31	101412-01
1/20-2/17	Su	5:15-5:45 PM	\$31	101412-02
2/24-3/31	Su	4:00-4:30 PM	\$31	101412-03
2/24-3/31	Su	5:15-5:45 PM	\$31	101412-04

Pollywog

For the child who is new to the water or will not put their face in the water and can hold on to the side of the pool independently.

Age: 3-6 years

Location: Mulberry Pool

1/19-2/16	Sa	9:35-10:05 AM	\$31	101216-01
1/19-2/16	Sa	11:20-11:50 AM	\$31	101216-02
2/23-3/30	Sa	9:35-10:05 AM	\$31	101216-03
2/23-3/30	Sa	11:20-11:50 AM	\$31	101216-04
1/20-2/17	Su	3:50-4:20 PM	\$31	101216-05
1/20-2/17	Su	5:35-6:05 PM	\$31	101216-06
2/24-3/31	Su	3:50-4:20 PM	\$31	101216-07
2/24-3/31	Su	5:35-6:05 PM	\$31	101216-08

Location: Edora Pool Ice Center

1/14-2/13	M,W	4:30-5:00 PM	\$61	101316-01
1/14-2/13	M,W	5:40-6:10 PM	\$61	101316-02

continued on next page

Pollywog continued

2/18-3/27	M,W	4:30-5:00 PM	\$61	101316-03
2/18-3/27	M,W	5:40-6:10 PM	\$61	101316-04

Location: Senior Center

1/20-2/17	Su	3:30-4:00 PM	\$31	101416-01
1/20-2/17	Su	5:15-5:45 PM	\$31	101416-02
2/24-3/31	Su	3:30-4:00 PM	\$31	101416-03

Tadpole

For the child who will put their face in the water, can fully submerge, can perform supported front and back floats without apprehension, and will explore the water freely without fear.

Age: 3-6 years

Location: Mulberry Pool

1/19-2/16	Sa	9:00-9:30 AM	\$31	101218-01
1/19-2/16	Sa	10:45-11:15 AM	\$31	101218-02
2/23-3/30	Sa	9:00-9:30 AM	\$31	101218-03
2/23-3/30	Sa	10:45-11:15 AM	\$31	101218-04
1/20-2/17	Su	3:15-3:45 PM	\$31	101218-05
1/20-2/17	Su	5:00-5:30 PM	\$31	101218-06
1/20-2/17	Su	5:35-6:05 PM	\$31	101218-07
2/24-3/31	Su	3:15-3:45 PM	\$31	101218-08
2/24-3/31	Su	5:00-5:30 PM	\$31	101218-09
2/24-3/31	Su	5:35-6:05 PM	\$31	101218-10

Location: Edora Pool Ice Center

1/14-2/13	M,W	5:05-5:35 PM	\$61	101318-01
1/14-2/13	M,W	6:15-6:45 PM	\$61	101318-02
2/18-3/27	M,W	5:05-5:35 PM	\$61	101318-03
2/18-3/27	M,W	6:15-6:45 PM	\$61	101318-04

Location: Senior Center

1/20-2/17	Su	3:30-4:00 PM	\$31	101418-01
1/20-2/17	Su	4:40-5:10 PM	\$31	101418-02
2/24-3/31	Su	3:30-4:00 PM	\$31	101418-03
2/24-3/31	Su	4:40-5:10 PM	\$31	101418-04

Froggy

For the child who can front float with their face in the water without support, back float for five seconds without support, and submerge and pick up objects in shallow water. Treading water is introduced.

Age: 3-6 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	4:30-5:00 PM	\$61	101220-01
1/15-2/14	Tu,Th	5:40-6:10 PM	\$61	101220-02
1/15-2/14	Tu,Th	6:15-6:45 PM	\$61	101220-03
2/19-3/28	Tu,Th	4:30-5:00 PM	\$61	101220-04
2/19-3/28	Tu,Th	5:40-6:10 PM	\$61	101220-05
2/19-3/28	Tu,Th	6:15-6:45 PM	\$61	101220-06
1/19-2/16	Sa	9:00-9:30 AM	\$31	101220-07
1/19-2/16	Sa	10:10-10:40 AM	\$31	101220-08
1/19-2/16	Sa	11:20-11:50 AM	\$31	101220-09
2/23-3/30	Sa	9:00-9:30 AM	\$31	101220-10
2/23-3/30	Sa	10:10-10:40 AM	\$31	101220-11
2/23-3/30	Sa	11:20-11:50 AM	\$31	101220-12
1/20-2/17	Su	3:15-3:45 PM	\$31	101220-13

Froggy continued

2/24-3/31	Su	3:15-3:45 PM	\$31	101220-14
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Location: Edora Pool Ice Center

1/14-2/13	M,W	5:40-6:10 PM	\$61	101320-01
2/18-3/27	M,W	5:40-6:10 PM	\$61	101320-02
1/15-2/14	Tu,Th	11:00-11:30 AM	\$61	101320-03
2/19-3/28	Tu,Th	11:00-11:30 AM	\$61	101320-

Location: Senior Center

1/20-2/17	Su	4:05-4:35 PM	\$31	101420-01
2/24-3/31	Su	4:00-4:30 PM	\$31	101420-02
2/24-3/31	Su	5:15-5:45 PM	\$31	101420-03

Level 1

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

Age: 5-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	5:05-5:35 PM	\$61	101222-01
1/15-2/14	Tu,Th	6:15-6:45 PM	\$61	101222-02
2/19-3/28	Tu,Th	5:05-5:35 PM	\$61	101222-03
2/19-3/28	Tu,Th	6:15-6:45 PM	\$61	101222-04
1/19-2/16	Sa	9:35-10:05 AM	\$31	101222-05
1/19-2/16	Sa	10:45-11:15 AM	\$31	101222-06
2/23-3/30	Sa	9:35-10:05 AM	\$31	101222-07
2/23-3/30	Sa	10:45-11:15 AM	\$31	101222-08
1/20-2/17	Su	3:15-3:45 PM	\$31	101222-09
1/20-2/17	Su	4:25-4:55 PM	\$31	101222-10
2/24-3/31	Su	3:15-3:45 PM	\$31	101222-11
2/24-3/31	Su	4:25-4:55 PM	\$31	101222-12

Location: Edora Pool Ice Center

1/14-2/13	M,W	4:30-5:00 PM	\$61	101322-01
1/14-2/13	M,W	6:15-6:45 PM	\$61	101322-02
2/18-3/27	M,W	4:30-5:00 PM	\$61	101322-03
2/18-3/27	M,W	6:15-6:45 PM	\$61	101322-04

Location: Senior Center

1/20-2/17	Su	5:15-5:45 PM	\$31	101422-01
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Level 2

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

Age: 5-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	4:30-5:00 PM	\$61	101224-01
1/15-2/14	Tu,Th	5:40-6:10 PM	\$61	101224-02
2/19-3/28	Tu,Th	4:30-5:00 PM	\$61	101224-03
2/19-3/28	Tu,Th	5:40-6:10 PM	\$61	101224-04
1/19-2/16	Sa	9:00-9:30 AM	\$31	101224-05
1/19-2/16	Sa	10:10-10:40 AM	\$31	101224-06
1/19-2/16	Sa	11:20-11:50 AM	\$31	101224-07
2/23-3/30	Sa	9:00-9:30 AM	\$31	101224-08

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Froggy Level 2 continued

2/23-3/30	Sa	10:10-10:40 AM	\$31	101224-09
2/23-3/30	Sa	11:20-11:50 AM	\$31	101224-10
1/20-2/17	Su	3:50-4:20 PM	\$31	101224-11
1/20-2/17	Su	5:00-5:30 PM	\$31	101224-12
1/20-2/17	Su	5:35-6:05 PM	\$31	101224-13
2/24-3/31	Su	3:50-4:20 PM	\$31	101224-14
2/24-3/31	Su	5:00-5:30 PM	\$31	101224-15
2/24-3/31	Su	5:35-6:05 PM	\$31	101224-16

Location: Edora Pool Ice Center

1/14-2/13	M,W	4:30-5:00 PM	\$61	101324-01
1/14-2/13	M,W	6:15-6:45 PM	\$61	101324-02
2/18-3/27	M,W	5:05-5:35 PM	\$61	101324-03
2/18-3/27	M,W	5:40-6:10 PM	\$61	101324-04

Location: Senior Center

2/24-3/31	Su	5:15-5:45 PM	\$31	101424-01
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Level 3

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

Age: 5-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	4:30-5:15 PM	\$73.50	101226-01
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Froggy Level 3 continued

1/15-2/14	Tu,Th	6:15-7:00 PM	\$73.50	101226-02
2/19-3/28	Tu,Th	4:30-5:15 PM	\$73.50	101226-03
2/19-3/28	Tu,Th	6:15-7:00 PM	\$73.50	101226-04
1/19-2/16	Sa	9:35-10:20 AM	\$37.26	101226-05
1/19-2/16	Sa	10:45-11:30 AM	\$37.26	101226-06
2/23-3/30	Sa	9:35-10:20 AM	\$37.26	101226-07
2/23-3/30	Sa	10:45-11:30 AM	\$37.26	101226-08
1/20-2/17	Su	3:15-4:00 PM	\$37.26	101226-09
1/20-2/17	Su	4:25-5:10 PM	\$37.26	101226-10
2/24-3/31	Su	3:15-4:00 PM	\$37.26	101226-11
2/24-3/31	Su	4:25-5:10 PM	\$37.26	101226-12

Location: Edora Pool Ice Center

1/14-2/13	M,W	4:30-5:15 PM	\$73.50	101326-01
2/18-3/27	M,W	4:30-5:15 PM	\$73.50	101326-02

Level 4

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

Age: 5-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	5:05-5:50 PM	\$73.50	101228-01
2/19-3/28	Tu,Th	5:05-5:50 PM	\$73.50	101228-02
1/19-2/16	Sa	9:00-9:45 AM	\$37.26	101228-03

continued on next page

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-Playing more live and

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Froggy Level 4 continued

1/19-2/16	Sa	10:10-10:55 AM	\$37.26	101228-04
2/23-3/30	Sa	9:00-9:45 AM	\$37.26	101228-05
2/23-3/30	Sa	10:10-10:55 AM	\$37.26	101228-06
1/20-2/17	Su	3:50-4:35 PM	\$37.26	101228-07
1/20-2/17	Su	5:35-6:20 PM	\$37.26	101228-08
2/24-3/31	Su	3:50-4:35 PM	\$37.26	101228-09
2/24-3/31	Su	5:00-5:45 PM	\$37.26	101228-10

Location: Edora Pool Ice Center

1/14-2/13	M,W	5:40-6:25 PM	\$73.50	101328-01
2/18-3/27	M,W	5:40-6:25 PM	\$73.50	101328-02

Level 5

For the child who can swim efficiently 50 yards freestyle, can tread water continuously for at least one minute, and has been introduced to breaststroke and backstroke.

Age: 5-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	5:40-6:25 PM	\$73.50	101230-01
2/19-3/28	Tu,Th	5:40-6:25 PM	\$73.50	101230-02

Location: Edora Pool Ice Center

1/14-2/13	M,W	4:30-5:15 PM	\$73.50	101330-01
2/18-3/27	M,W	4:30-5:15 PM	\$73.50	101330-02

Pre-Competitive

For the child who can swim a minimum of two laps without stopping and is efficient in competition strokes including freestyle, breaststroke, and backstroke.

Age: 6-12 years

Location: Mulberry Pool

1/15-2/14	Tu,Th	4:30-5:15 PM	\$73.50	101232-01
2/19-3/28	Tu,Th	4:30-5:15 PM	\$73.50	101232-02
1/20-2/17	Su	4:25-5:10 PM	\$37.26	101232-03

Location: Edora Pool Ice Center

1/14-2/13	M,W	5:05-5:50 PM	\$73.50	101332-01
2/18-3/27	M,W	5:05-5:50 PM	\$73.50	101332-02

Teen Swim Instruction

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

Age: 13-17 years

Location: Edora Pool Ice Center

2/24-3/31	Su	4:25-4:55 PM	\$37.26	101235-01
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Intro to Synchronized Swimming

Learn sculling, unique kicking, strokes, and beginner routines in deep water. Perform in the last class to music. Prerequisite: Comfortable in deep water and ability to swim at least 25 yards using the front crawl. **Note:** Nose clips included.

Age: 6-11 years

Location: Edora Pool Ice Center

1/21-1/31	M,Th	5:30-6:15 PM	\$48	101359-01
2/11-2/21	M,Th	5:30-6:15 PM	\$48	101359-02

YOU ARE HERE



8

NORTHSIDE
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COMMUNITY
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TRANSIT

Arts & Crafts

The Senior Center Member discount applies to programs where an **M** is listed next to the activity title. This 15% discount applies to the fee minus the \$1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. For information about Senior Center Membership benefits, see page 92.

Senior Center Exhibits

Call to artists, crafters, and collectors interested in displaying their pieces. The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national, and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are set-up on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale.

The Senior Center is currently accepting submissions for photography pieces to be displayed along the walls of the track in the fitness area. Photos are enlarged and presented on a rotational basis.

Arts & Crafts Volunteers

Volunteers are needed to help oversee the operation of a woodshop and general arts and crafts studio, as well as serve as arts and crafts teachers. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

ADULT PROGRAMS

[BASKET ARTS]

Basket Cases **M**

Open time for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, or caning. Share ideas and designs. **Note:** No instructor provided. Bring supplies necessary to work.

Age: 18 years & up

Location: Senior Center

12/6-2/28	Th	1:00-3:00 PM	No Fee	103402-01
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[DRAWING ARTS]

Comics Essentials

Develop a style of drawing whether it is doodles, stick figures, or super heroes. Learn to draw Manga, cartoony people, places, and animals. Turn characters and concepts into finished comics, gag cartoons, cards, or books. **Note:** Supply list available at registration.

Comics Essentials continued

Age: 14 years & up

Location: Senior Center

1/15-2/19	Tu	6:30-8:30 PM	\$54	103407-01
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Sketching Group

Open to drawing, pastels, sketching, and water media. Work from pictures, still lifes, ideas, or your imagination. Meet weekly to work on projects, share ideas, and techniques. No instructor provided. Bring supplies necessary to work.

Age: 18 years & up

Location: Senior Center

12/7-3/1	F	9:30 AM-12:30 PM	No Fee	103495-01
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[FIBER ARTS]

Felting, Needle Style

Learn the barbed needle technique method on wool roving while making colorful handcrafted soft sculptures measuring roughly 4-6" tall and landscapes roughly 5x7".

Age: 14 years & up

Location: Senior Center

Angels

12/8	Sa	9:00 AM-Noon	\$28	103436-01
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Gnomes

1/12	Sa	9:00 AM-Noon	\$28	103436-02
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Valentine Pin Cushion

2/9	Sa	9:00 AM-Noon	\$28	103436-03
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Quilting Quorum **M NW**

All levels of quilters are welcome. Work on any project or on items for a charity the group has adopted which offers quilts for people in need. Ask the experts; no instructor provided. Meet local quilters, swap tips, share techniques, ideas, and a common interest in quilting.

Age: 18 years & up

Location: Senior Center

12/7-3/1	F	1:00-3:00 PM	No Fee	
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[GLASS ARTS]

Stained Glass, Foil Beginner

Learn how to create works of art in stained glass using the foil method of construction. Learn to cut glass, grind, foil, solder, and finish. Create two projects from varied patterns. **Note:** Some supplies provided. Glass supply list available at registration; approximate cost is \$20-55.

Age: 18 years & up

Location: Senior Center

2/5-2/26	Tu	1:00-3:00 PM	\$60	103461-01
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Stained Glass, Six-Sided Lamp

Learn to cut and assemble a simple 6-sided glass lamp. Use this technique to assemble much more complicated design. View demonstrations of fitting and assembly of the complicated lamp construction on a Styrofoam mold. Prerequisite: Intermediate Foil Stained Glass Class. **Note:** Some supplies provided. Glass supply list available at registration; approximate cost is \$40-70.

Age: 18 years & up

Location: Senior Center

1/15-1/22	Tu	12:30-3:30 PM	\$51	103467-01
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[GENERAL ARTS]**C.H.A.T. (Crafts Hobbies Arts Time)**  

Open for scrapbooks, crochet, watercolor, knitting, or other hobbies. Work on projects and share ideas and techniques. Learn from others and discuss the many aspects of different art related hobbies and crafts. **Note:** No instructor provided.

Age: 18 years & up

Location: Senior Center

12/5-2/27	W	1:00-3:00 PM	No Fee	
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Open Shop 

Open shop time. Tools are available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. **Note:** Class will not be held 12/25.

Age: 18 years & up

Location: Senior Center

12/4-2/26	Tu	8:00 AM-Noon	No Fee	103497-01
12/5-2/27	W	1:00-5:00 PM		
12/6-2/28	Th	5:00-9:00 PM		

[JEWELRY]**Jewelry, Beginner**

Concentration is on cutting and piercing with a jeweler's saw, filing, and soldering, as well as proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those wanting to get back into it. **Note:** Tools and some supplies provided. Supply list available at registration; approximate cost is \$55-80.

Age: 18 years & up

Location: Senior Center

1/8-2/19	Tu	6:00-8:00 PM	\$98	103486-01
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Jewelry, Intermediate & Advanced

Class and open time to use equipment and finish projects while an instructor is present to answer questions and assist. Finish items in progress or practice skills. Prerequisite: Jewelry, Beginner. **Note:** Supply list available at registration. Supplies and supply cost vary with project choice; approximate cost is \$10-70.

Age: 18 years & up

Location: Senior Center

1/8-2/19	Tu	3:30-5:30 PM	\$98	103487-01
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[METAL ARTS]**Metal Work, Beginner**

Work with copper and brass sheet metal to fabricate a garden wind sculpture. **Note:** All tools and supplies provided.

Age: 18 years & up

Location: Senior Center

1/7-1/28	M	9:00 AM-Noon	\$95	103459-01
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Metal Work, Intermediate

Explore metal embossing, shaping, and fold forming of sheet metal. Fabricate weather vanes using copper and brass sheet metals. Prerequisite: Beginner Metal Work or instructor approval. **Note:** Class meets for seven weeks. All tools and supplies provided.

Age: 18 years & up

Location: Senior Center

1/9-2/13	W	9:00 AM-Noon	\$124	103460-01
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Metal Work, Advanced

Fabricate copper and brass sheet metal into wind sculptures with techniques learned in intermediate class. Prerequisite: Intermediate Metal Work or instructor approval. **Note:** Class meets for seven weeks. All tools and supplies provided.

Age: 18 years & up

Location: Senior Center

1/12-2/23	Sa	9:00 AM-Noon	\$149	103458-01
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[PAINTING]**Bob Ross Style Painting**

Complete a finished oil painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, palette knife, mixing colors, and the manipulation of special paints. **Note:** \$15 discount available when using own Bob Ross supplies. Bring paper towels. All other supplies provided. Example of painting at Senior Center will be displayed one month prior to class.

Age: 18 years & up

Location: Senior Center

2/7	Th	9:00 AM-3:30 PM	\$65	103427-01
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Acrylic Painting, Beginner

Ongoing entry level course covers important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before and are interested in learning how to start, or those who would like to improve their skills. **Note:** Supply list available at registration; approximate cost is \$30-50.

Age: 18 years & up

Location: Senior Center

12/3-12/17	M	1:00-3:00 PM	\$34	103446-01
1/7-1/28	M	1:00-3:00 PM	\$44	103446-02
2/4-2/25	M	1:00-3:00 PM	\$44	103446-03
1/7-1/28	M	6:30-8:30 PM	\$44	103446-04
2/4-2/25	M	6:30-8:30 PM	\$44	103446-05

Porcelain Painting, Beginner

Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process requires several firings to get desired result. **Note:** Firing of work included. Reduced fee when using own supplies.

Age: 18 years & up

Location: Senior Center

12/5-12/19	W	9:00-11:30 AM	\$39	103470-01
1/2-1/30	W	9:00-11:30 AM	\$57	103470-02
2/6-2/27	W	9:00-11:30 AM	\$48	103470-03

Porcelain Painting, Intermediate

Expand current skills and knowledge. Learn varied techniques to achieve desired results, including the mixing of pigments and their application. **Note:** Firing of work is included. Painting supplies not provided.

Age: 18 years & up

Location: Senior Center

12/5-12/19	W	9:00-11:30 AM	\$34	103471-01
1/2-1/30	W	9:00-11:30 AM	\$52	103471-02
2/6-2/27	W	9:00-11:30 AM	\$43	103471-03

Porcelain Painting, Advanced

Attention given to advanced techniques, creating the image while observing color, value, and using specific approaches to painting. One-on-one and group demonstrations are given. **Note:** Firing of work is included. Painting supplies not provided.

Age: 18 years & up

Location: Senior Center

12/5-12/19	W	1:00-4:00 PM	\$38	103472-01
1/2-1/30	W	1:00-4:00 PM	\$60	103472-02
2/6-2/27	W	1:00-4:00 PM	\$49	103472-03

Watercolor, Beginner

Learn basics of preparing paper and board for painting. Explore composition, techniques, and special effects, including setting up a palette, types of paper, color theory, design principles, and techniques for handling pigment. **Note:** Supply list available at registration; approximate cost is \$50-75.

Age: 18 years & up

Location: Senior Center

1/11-2/15	F	9:00-11:00 AM	\$70	103480-01
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Watercolor, Intermediate to Advanced

Emphasis on observation and various brush techniques with in-depth exploration of watercolor. A challenge for beginners and an opportunity to build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. Supply list available at registration; approximate cost is \$50-100.

Age: 18 years & up

Location: Senior Center

12/7-12/28	F	1:00-3:00 PM	\$49	103481-01
1/4-1/25	F	1:00-3:00 PM	\$49	103481-02
2/1-2/22	F	1:00-3:00 PM	\$49	103481-03

[PAPER ARTS]**Iris Folding Paper**

Learn this simple paper-folding technique that originated in Holland. Color-coordinated strips of folded paper are taped into place in a pattern. Create two unique heart designs relative to Valentine's Day. **Note:** All materials supplied. Option to bring own scrapbook or wrapping paper. Ages 10-16 years must be accompanied by a paying adult.

Age: 10 years & up

Location: Senior Center

1/26	Sa	9:00 AM-Noon	\$16	103416-01
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Softcover Journal Workshop

Make a soft cover journal to record everything from travel adventures to garden notes. Learn the basics of sewing a multiple signature book to create a unique journal. **Note:** Bring pencil, scissors, and a bone folder. All other materials provided. Bring sack lunch or eat nearby.

Age: 18 years & up

Location: Senior Center

1/19	Sa	9:00 AM-4:00 PM	\$45	103412-01
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Stab Bookbinding Workshop

Learn a variety of stitching patterns to create a uniquely bound hardcover book. Perfect for beautiful scrapbooks and photo albums to enjoy for years to come. **Note:** Bring pencil, scissors, and bone folder if you have one. Bring sack lunch or eat nearby.

Age: 18 years & up

Location: Senior Center

2/9	Sa	9:00 AM-4:00 PM	\$50	103414-01
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LEGEND

Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

[WOODWORKING]

Woodworking, Beginner

Create a project that requires the use of special skills with woodworking tools. Learn proper setup, maintenance, and gain knowledge of wood skills, materials, and finishes. **Note:** Students must attend first class. Some supplies provided. Supply list available at first class; approximate cost is \$20-30.

Age: 18 years & up

Location: Senior Center

1/9-2/13	W	7:00-9:00 PM	\$107	103490-01
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FAMILY PROGRAMS**Curious Creations Club**

Guided seasonal creations to be made by adults with a youth partner.

Age: 6-14 years

Location: Northside Aztlan Center

Pine Cone Ornament

12/8	Sa	1:00-4:00 PM	\$50	118983-01
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Snow Globe

1/12	Sa	1:00-4:00 PM	\$50	118983-02
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Valentine's Wreath

2/9	Sa	1:00-4:00 PM	\$50	118983-03
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Partners in Paint

Guided step-by-step painting class. Adult and youth partner each paint an individual painting.

Age: 6-14 years

Location: Northside Aztlan Center

Santa's Workshop

12/7	F	6:00-8:30 PM	\$50	118982-01
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Let it Snow Snowman

1/4	F	6:00-8:30 PM	\$50	118982-02
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Love Birds

2/1	F	6:00-8:30 PM	\$50	118982-03
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YOUTH PROGRAMS**Cat Crazy**

Use artist Laura Burch as inspiration to create individual stuffed paper sculptures.

Age: 6-12 years

Location: Carnegie Center for Creativity

1/21	M	9:00 AM-Noon	\$55	116942-01
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Cupcakes 'n Canvas

Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 6-12 years

Location: Carnegie Center for Creativity

Cupcakes 'n Canvas continued

Christmas Tree Collage

12/6	Th	4:30-6:00 PM	\$35	116943-01
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Holiday Village

12/13	Th	4:30-6:00 PM	\$35	116943-02
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March of the Penguin

1/17	Th	4:30-6:00 PM	\$35	116943-03
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Heart Inspired

2/7	Th	4:30-6:00 PM	\$35	116943-04
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The Scream Self-Portrait

Inspired by Munch's, The Scream. Create a self-portrait using watercolors.

Age: 6-12 years

Location: Carnegie Center for Creativity

2/18	M	9:00 AM-Noon	\$55	116946-01
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POTTERY

The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages.

For adult classes, the first 25 lbs. of clay are provided. More clay can be purchased at the Studio for \$22. Only clay purchased from the Pottery Studio is fired. A basic tool kit (\$12) needs to be purchased at the first class if you don't already own hand tools. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with different dies. Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. Lab time is included with adult classes unless otherwise noted. **Note:** All work must be accomplished at the Studio; production work is not permitted.

Pottery Lab

Lab is included for adult students who are currently enrolled in a class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

Age: 18 years & up

1/7-3/16	M,W,Th,F,Sa	11:00 AM-2:00 PM	\$170	104899-01
1/8-3/12	Tu	9:00 AM-Noon		
1/8-3/14	Tu,Th	7:30-10:00 PM		

Private Instruction

Private pottery lessons are available for all levels interested in having one-on-one time to rapidly develop skills and knowledge. Fees vary depending on the choice of program; approximate cost is \$37 per hour and \$18.50 each additional hour.

Birthday Parties

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates a piece. A tour of the facility is included. Duration is about 90 minutes; tailored packages available. Cost is \$16 per child (6 children minimum); with 10 kids or more, the birthday child is free.

Scout Badges

Boy and Girl Scouts can learn the fundamentals of clay while completing their badge requirements. Scouts go on a tour and see the workings of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is \$16 per child (6 children minimum).

Youth Pottery

Lab times are not provided for Youth Pottery programs. All tools and supplies are provided.

Child with Parent Pottery

Classes specifically geared for a parent/guardian to work together with a child on pottery projects. Projects vary per class. Lab times are not provided for Youth Pottery programs. All tools and supplies are provided.

ADULT PROGRAMS

Cool Clay

Explore imaginative methods of wheel and handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay and focus on functionality. All levels welcome.

Age: 18 years & up

1/11-2/8	F	6:00-8:00 PM	\$98.90	104880-01
2/15-3/15	F	6:00-8:00 PM	\$98.90	104880-02

Creative Clay Craft

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

Age: 18 years & up

11/29-12/21	Th,F	12:30-2:30 PM	\$170	104885-01
1/8-3/12	Tu	12:30-2:30 PM	\$170	104885-02
1/11-3/15	Th,F	12:30-2:30 PM	\$170	104885-03

Crystalline Glazes Introduction – New!

Learn glaze formulation, seed crystals, catcher design, and combinations of glazes to grow multiple species of crystals. Focus is on pedestals. **Note:** Glaze materials provided. Bring 5-7 bisque ware pieces in various sizes. Finished work available for pick-up after the holidays. Class will not be held on 2/24.

Age: 18 years & up

11/20-12/18	Tu	6:00-9:00 PM	\$95.90	104869-01
2/17-3/3	Su	10:00 AM-2:00 PM	\$60	104869-02

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.

Age: 18 years & up

1/9-3/13	W	6:00-8:00 PM	\$170	104875-01
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Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing, and studio operation. Create while learning beginning techniques of clay. **Note:** All materials and tools provided.

Age: 18 years & up

1/12-2/16	Sa	9:00-11:00 AM	\$60	104870-01
2/23-3/30	Sa	9:00-11:00 AM	\$60	104870-02

Raku from Creation to Can

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

Age: 18 years & up

11/29-12/20	Th	6:00-9:00 PM	\$75	104895-01
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Surface Embellishments – New!

Explore different types of surface decorations, textures and embellishments. Learn water etching, paper image transfers, mocha diffusion, sprigs, and graffito. **Note:** Bring a few leather-hard and dry pieces from a 10-week class. Finished work available for pick-up after the holidays.

Age: 18 years & up

11/21-12/19	W	10:00 AM-Noon	\$60	104868-01
11/21-12/19	W	5:30-7:30 PM	\$60	104868-02

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principles involved in pottery. Primary emphasis on creating while using the potter's wheel. Some handbuilding is covered.

Note: Supply list available at registration, or \$12 tool set available at first class.

Age: 18 years & up

1/7-3/11	M	9:00-11:00 AM	\$170	104850-01
1/7-3/11	M	5:45-7:45 PM	\$170	104850-02
1/9-3/13	W	8:00-10:00 PM	\$170	104850-03
1/12-3/16	Sa	9:00-11:00 AM	\$170	104850-04

Wheel & Handbuilding, Beginner Plus

Designed for those that are not comfortable with the clay and wish to hone skills before progressing to intermediate. Prerequisite: Pottery Wheel, Beginner or equivalent.

Age: 18 years & up

1/7-3/11	M	8:00-10:00 PM	\$170	104855-01
1/9-3/13	W	5:45-7:45 PM	\$170	104855-02
1/10-3/14	Th	9:00-11:00 AM	\$170	104855-03

Wheel & Handbuilding, Intermediate

Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Beginning Wheel or equivalent experience with clay and knowledge of wheel principles.

Age: 18 years & up

1/8-3/12	Tu	5:30-7:30 PM	\$170	104860-01
1/9-3/13	W	9:00-11:00 AM	\$170	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.

Age: 18 years & up

1/10-3/14	Th	5:30-7:30 PM	\$170	104865-01
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YOUTH PROGRAMS**[CHILD WITH PARENT PROGRAMS]****Family Handbuilding**

Squish, roll, pinch, scratch, and slip clay into whimsical creatures while learning basics of clay. Each week offers a different experience that can be done by the whole family.

Age: 5 years & up

Owls

1/6	Su	2:30-4:00 PM	\$37	104828-01
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Turtles

1/20	Su	2:30-4:00 PM	\$37	104828-02
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Fairy Houses

2/3	Su	2:30-4:00 PM	\$37	104828-03
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Dragons

2/17	Su	2:30-4:00 PM	\$37	104828-04
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Rattles & Shakers

3/3	Su	2:30-4:00 PM	\$37	104828-05
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Bird Houses

3/17	Su	2:30-4:00 PM	\$37	104828-06
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Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku pottery, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues; no two are ever alike. Glaze one cup, bottle, or bowl on day one, then fire the piece on day two. **Note:** All supplies provided. Registration cost includes two participants; each additional person is \$30.

Age: 7 years & up

12/28	F	6:00-8:00 PM	\$65	104827-01
12/29	Sa	10:00 AM-2:00 PM		
2/8	F	6:00-8:00 PM	\$65	104827-03
2/9	Sa	10:00 AM-2:00 PM		

Family Raku, Additional Person

12/28	F	6:00-8:00 PM	\$30	104827-02
12/29	Sa	10:00 AM-2:00 PM		
12/28	F	6:00-8:00 PM	\$30	104827-04
12/29	Sa	10:00 AM-2:00 PM		

Parent & Child Handbuilding

Work on individual projects and together share a creative experience. **Note:** All supplies provided. Registration cost includes two participants; each additional person is \$52.

Age: 6-9 years

1/12-2/9	Sa	4:00-5:30 PM	\$110	104835-01
2/16-3/16	Sa	4:00-5:30 PM	\$110	104835-03

Parent & Child Handbuilding, Additional Person

1/12-2/9	Sa	4:00-5:30 PM	\$52	104835-02
2/16-3/16	Sa	4:00-5:30 PM	\$52	104835-04

Parent, Teen, & Youth Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. **Note:** Registration cost includes two participants; each additional person is \$52.

Age: 10-17 years

1/11-2/8	F	5:45-7:15 PM	\$110	104845-01
2/15-3/15	F	5:45-7:15 PM	\$110	104845-03
1/12-2/9	Sa	4:30-6:00 PM	\$110	104845-05
2/16-3/16	Sa	4:30-6:00 PM	\$110	104845-07

Parent & Teen, Additional Person

1/11-2/8	F	5:45-7:15 PM	\$52	104845-02
2/15-3/15	F	5:45-7:15 PM	\$52	104845-04
1/12-2/9	Sa	4:30-6:00 PM	\$52	104845-06
2/16-3/16	Sa	4:30-6:00 PM	\$52	104845-08



Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. Projects are varied so it is possible to register for classes multiple times. **Note:** Registration cost includes two participants; each additional person is \$20.

Age: 3-5 years

1/8-2/5	Tu	12:30-1:30 PM	\$60	104801-01
1/9-2/6	W	2:45-3:45 PM	\$60	104801-03
1/12-2/9	Sa	2:30-3:30 PM	\$60	104801-05
2/12-3/12	Tu	12:30-1:30 PM	\$60	104801-07
2/13-3/13	W	2:45-3:45 PM	\$60	104801-09
2/16-3/16	Sa	2:30-3:30 PM	\$60	104801-11

Parent & Tot, Additional Person

1/8-2/5	Tu	12:30-1:30 PM	\$20	104801-02
1/9-2/6	W	2:45-3:45 PM	\$20	104801-04
1/12-2/9	Sa	12:30-1:30 PM	\$20	104801-06
2/12-3/12	Tu	12:30-1:30 PM	\$20	104801-08
2/13-3/13	W	2:45-3:45 PM	\$20	104801-10
2/16-3/16	Sa	2:30-3:30 PM	\$20	104801-12

Thrown Together

Explore basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. **Note:** Registration cost includes two participants; each additional person is \$52.

Age: 7 years & up

1/10-2/7	Th	4:00-5:30 PM	\$110	104825-01
2/14-3/14	Th	4:00-5:30 PM	\$110	104825-03
1/12-2/9	Sa	2:30-4:00 PM	\$110	104825-05
2/16-3/16	Sa	2:30-4:00 PM	\$110	104825-07

Thrown Together, Additional Person

1/10-2/7	Th	4:00-5:30 PM	\$52	104825-02
2/14-3/14	Th	4:00-5:30 PM	\$52	104825-04
1/12-2/9	Sa	2:30-4:00 PM	\$52	104825-06
2/16-3/16	Sa	2:30-4:00 PM	\$52	104825-08

[CHILD WITHOUT PARENT PROGRAMS]

Child Handbuilding

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

Age: 6-9 years

1/7-2/4	M	4:00-5:15 PM	\$59	104805-01
1/9-2/6	W	4:00-5:15 PM	\$59	104805-02
2/11-3/11	M	4:00-5:15 PM	\$59	104805-03
2/13-3/13	W	4:00-5:15 PM	\$59	104805-04

Teen Wheel & Handbuilding

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

Age: 13-17 years

1/8-2/5	Tu	3:45-5:15 PM	\$59	104815-01
2/12-3/12	Tu	3:45-5:15 PM	\$59	104815-02

[YOUTH WHEEL & HANDBUILDING]

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

Age: 10-12 years

1/10-2/7	Th	3:45-5:15 PM	\$59	104810-01
1/11-2/8	F	4:00-5:30 PM	\$59	104810-02
2/14-3/14	Th	3:45-5:15 PM	\$59	104810-03
1/10-2/7	Th	3:45-5:15 PM	\$59	104810-04

Dance & Movement

ADULT PROGRAMS

[BALLET]

Ballet, Beginner

An introduction to classical barre, positions, and steps. **Note:** Ages 13-17 years welcome with instructor approval.

Age: 18 years & up

Location: Club Tico

1/29-3/12	Tu	5:30-6:30 PM	\$43	106102-01
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Ballet, Low-Intermediate

Continuing work on basic technique. **Note:** Ages 13-17 years welcome with instructor approval.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/28-3/11	M	5:30-6:45 PM	\$54	106103-01
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Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti technique. **Note:** Ages 13-17 years welcome with instructor approval.

Age: 18 years & up

Location: Club Tico

1/31-3/14	Th	5:45-7:00 PM	\$54	106104-01
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[BELLY DANCE]

Belly Dancing, Beginner

Tribal style belly dance is a group dance performed in a lead and follow format based on a shared vocabulary of movements and cues. Learn basic, fast, and slow movements, combos, and improvisational dance, while improving balance, core strength, and flexibility. Attire: Yoga/exercise gear and a scarf/sash to tie around hips.

Age: 18 years & up

Location: Senior Center

1/8-1/29	Tu	7:00-8:00 PM	\$31	106426-01
2/5-2/26	Tu	7:00-8:00 PM	\$31	106426-02

Belly Dancing, Continued

Focus on group improvisation and expand vocabulary with more complex movements and formation. Begin prop work and introduction of Zambra Mora and Bollywood-influenced movements. Prerequisite: Completed two sessions of Belly Dance, Beginner or instructor approval. Attire: Yoga/exercise gear and a scarf/sash to tie around hips.

1/8-1/29	Tu	8:00-9:00 PM	\$31	106427-01
2/5-2/26	Tu	8:00-9:00 PM	\$31	106427-02

Belly Dance Combinations Workshop

Learn how to add complex movement sequences to improvised dance with combinations. This workshop covers combos for both slow and fast music including cues and variations. Experience with tribal style belly dance recommended but not required. Attire: Yoga/exercise gear and bring a scarf/sash to tie around hips.

Age: 18 years & up Location: Senior Center

12/4-12/11	Tu	7:00-9:00 PM	\$31	106428-01
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[LINE DANCE]

Line Dance, Beginner

Learn the basic steps, terminology, and easy choreography. **Note:** Option to pay a drop-in rate of \$6 per class is available. Class will not be held on 12/18, 12/25.

Age: 18 years & up Location: Senior Center

12/4-12/11	Tu	12:30-1:45 PM	\$11	106436-01
1/8-1/29	Tu	12:30-1:45 PM	\$21	106436-02
2/5-2/26	Tu	12:30-1:45 PM	\$21	106436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on complex choreography. **Note:** Option to pay a drop-in rate of \$6 per class available. Class will not be held on 12/18, 12/25.

Age: 18 years & up

Location: Senior Center

12/4-12/11	Tu	1:45-3:00 PM	\$11	106437-01
1/8-1/29	Tu	1:45-3:00 PM	\$21	106437-02
2/5-2/26	Tu	1:45-3:00 PM	\$21	106437-03

[MODERN DANCE]

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a stretching/toning warm-up which leads to release of stress and interactive enjoyment. **Note:** Ages 13-17 years welcome with instructor approval.

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/28-3/11	M	6:50-7:50 PM	\$43	106156-01
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[WEST COAST SWING]

West Coast Swing

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

Age: All

Location: Senior Center

12/5-12/26	W	7:30-9:00 PM	\$40	106440-01
1/9-1/30	W	7:30-9:00 PM	\$40	106440-02
2/6-2/27	W	7:30-9:00 PM	\$40	106440-03

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www.CCBallet.org

YOUTH PROGRAMS

[BALLET]

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play. **Note:** Class will not be held on 2/14.

Age: 3-5 years

Location: Mulberry Pool

12/6-12/27	Th	12:30-1:15 PM	\$45	121211-01
1/3-1/24	Th	12:30-1:15 PM	\$45	121211-02
2/7-2/28	Th	12:30-1:15 PM	\$35	121211-03

Petite Ballerinas

Explore movement and discover the confident young artist within. Leveled classes help dancers attain certain skills. Instructors move dancers to the next level when they are ready. First-time dancers must register for lowest ability level for age.

Location: Northside Aztlan Center

Petite Ballerinas I, Age: 3-4 years

1/4-1/25	F	9:00-9:45 AM	\$45	121524-01
2/1-2/22	F	9:00-9:45 AM	\$45	121524-02
1/5-1/26	Sa	9:30-10:15 AM	\$45	121524-03
2/2-2/23	Sa	9:30-10:15 AM	\$45	121524-04

Petite Ballerinas continued

Petite Ballerinas II, Age: 4-5 years

1/4-1/25	F	10:00-10:45 AM	\$45	121524-05
2/1-2/22	F	10:00-10:45 AM	\$45	121524-06
1/5-1/26	Sa	10:30-11:15 AM	\$45	121524-07
2/2-2/23	Sa	10:30-11:15 AM	\$45	121524-08

Petite Ballerinas III, Age: 5-6 years

1/5-1/26	Sa	11:30 AM-12:15 PM	\$45	121524-09
2/2-2/23	Sa	11:30 AM-12:15 PM	\$45	121524-10

Petite Ballet

Develop discipline and focus to become a confident dancer. Classical training in a studio setting with trained instructors. Parents watch the last day of sessions. **Note:** Registration deadline is one week prior to class.

Age: 7-11 years

Location: Northside Aztlan Center

1/5-1/26	Sa	12:30-1:30 PM	\$50	121526-01
2/2-2/23	Sa	12:30-1:30 PM	\$50	121526-02

[CHILD WITH PARENT PROGRAMS]

Roly Polys

Discover the world of gymnastics and work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. **Note:** Class will not be held on 2/25, 2/26.

Location: Foothills Activity Center

Age: 2 years

1/7-1/28	M	10:30-11:15 AM	\$45	121701-01
1/8-1/29	Tu	11:00-11:45 AM	\$45	121701-02
1/9-1/30	W	10:30-11:15 AM	\$45	121701-03
2/4-3/4	M	10:30-11:15 AM	\$45	121701-04
2/5-3/5	Tu	11:00-11:45 AM	\$45	121701-05
2/6-3/6	W	10:30-11:15 AM	\$55	121701-06

Age: 3 years

1/7-1/28	M	9:30-10:15 AM	\$45	121701-07
1/9-1/30	W	9:30-10:15 AM	\$45	121701-08
2/4-3/4	M	9:30-10:15 AM	\$45	121701-09
2/6-3/6	W	9:30-10:15 AM	\$55	121701-10

Baby Ballerinas

Bring imagination to life to explore body movement and awareness as a ballerina. **Note:** Class will not be held on 2/14.

Age: 2-3 years

Location: Mulberry Pool

12/6-12/27	Th	11:00-11:45 AM	\$45	121212-01
1/3-1/24	Th	11:00-11:45 AM	\$45	121212-02
2/7-2/28	Th	11:00-11:45 AM	\$35	121212-03

Ballet & Modern Dance

Features live musical accompaniment and offers pre-ballet and modern dance techniques with improvisation. Build technical skills at an individual level while engaging in creative work that is ever-changing.

Grade: Kindergarten-2

Location: Club Tico

2/5-3/5	Tu	4:15-5:15 PM	\$39	106101-01
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[GENERAL DANCE]

Acro Dance

Learn the basics of acrobatic dance, including a mixture of acrobatics, gymnastics, and the art of lyrical dance. Children are placed based on skill level. Note: Class will not be held on 2/14.

Acro Dance I Age: 3-5 years

Location: Mulberry Pool

12/6-12/27	Th	1:15-2:00 PM	\$45	121213-01
1/3-1/24	Th	1:15-2:00 PM	\$45	121213-02
2/7-2/28	Th	1:15-2:00 PM	\$35	121213-03

Acro Dance II Age: 6-8 years

Location: Northside Aztlan Center

1/7-1/28	M	5:15-6:00 PM	\$45	121513-01
2/4-2/25	M	5:15-6:00 PM	\$45	121513-02

Acro Dance III Age: 9 years & up

Location: Northside Aztlan Center

1/7-1/28	M	7:30-8:15 PM	\$45	121513-03
2/4-2/25	M	7:30-8:15 PM	\$45	121513-04

Dancin' Dumplings

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

Location: Foothills Activity Center

Age: 3 years

1/10-1/31	Th	11:00-11:45 AM	\$45	121704-01
2/7-3/7	Th	11:00-11:45 AM	\$55	121704-02
1/11-2/1	F	10:45-11:30 AM	\$45	121704-03
2/8-3/8	F	10:45-11:30 AM	\$55	121704-04

Age: 4-5 years

1/11-2/1	F	9:30-10:30 AM	\$60	121704-05
2/8-3/8	F	9:30-10:30 AM	\$75	121704-06

Just Tap

Bring tap technique to the next level. Learn time steps, step combination, tap choreography, and gymnastics. **Note:** Class will not be held on 2/26.

Age: 6-8 years

Location: Foothills Activity Center

1/8-1/29	Tu	6:15-7:00 PM	\$45	121714-01
2/5-3/5	Tu	6:15-7:00 PM	\$45	121714-02



Hip Hop

Fundamentals of hip hop are taught in a fun, appropriate environment. Learn basic dance skills like keeping rhythm, following choreography, and developing body control. Leveled classes teach progressive skills. Note: Class will not be held on 2/14.

Hip Hop I Age: 3-5 years

Location: Mulberry Pool

1/3-1/24	Th	11:45 AM-12:30 PM	\$45	121210-01
2/7-2/28	Th	11:45 AM-12:30 PM	\$35	121210-02

Hip Hop II Age: 6-8 years

Location: Northside Aztlan Center

1/7-1/28	M	6:00-6:45 PM	\$45	121511-01
2/4-2/25	M	6:00-6:45 PM	\$45	121511-02

Hip Hop III Age: 9-11 years

Location: Northside Aztlan Center

1/7-1/28	M	6:45-7:30 PM	\$45	121511-03
2/4-2/25	M	6:45-7:30 PM	\$45	121511-04

Hip Hop IV Age: 12-17 years

Location: Northside Aztlan Center

1/7-1/28	M	8:15-9:00 PM	\$45	121511-05
2/4-2/25	M	8:15-9:00 PM	\$45	121511-06

[TUMBLING]

Tot Tumblers

Tumble through obstacle courses to practice body control and improve strength, flexibility, balance, and coordination. **Note:** Class will not be held on 2/27, 3/20.

Age: 3-5 years

Location: Cheer Central Suns, 128 Racquette Dr.

1/9-2/13	W	10:15-11:00 AM	\$81	121911-01
2/20-4/3	W	10:15-11:00 AM	\$71	121911-02

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirt and shorts. **Note:** Class will not be held on 2/14, 2/25.

Location: Foothills Activity Center

Tumble Bumbles I, Age: 4-5 years

1/7-1/28	M	Noon-1:00 PM	\$60	121702-01
1/7-1/28	M	4:30-5:30 PM	\$60	121702-02
1/9-1/30	W	Noon-1:00 PM	\$60	121702-03
2/4-3/4	M	Noon-1:00 PM	\$60	121702-04
2/4-3/4	M	4:30-5:30 PM	\$60	121702-05
2/6-3/6	W	Noon-1:00 PM	\$75	121702-06

Tumble Bumbles II, Age: 5-6 years

1/7-1/28	M	5:50-6:50 PM	\$60	121702-07
2/4-3/4	M	5:50-6:50 PM	\$60	121702-08

Tumble Bumbles III, Age: 6-7 years

1/10-1/31	Th	4:30-5:30 PM	\$60	121702-09
2/7-3/7	Th	4:30-5:30 PM	\$60	121702-10

Tappin' & Tumbling

45-minutes of basic tap techniques and rhythms followed by 45-minutes of basic gymnastics skills and rotations. **Note:** Class will not be held on 2/26.

Age: 5-7 years

Location: Foothills Activity Center

1/8-1/29	Tu	4:30-6:00 PM	\$88	121706-01
2/5-3/5	Tu	4:30-6:00 PM	\$88	121706-02

Jazz Dance Gymnastics

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

Age: 6-8 years

Location: Foothills Activity Center

1/9-1/30	W	4:30-6:00 PM	\$88	121705-01
2/6-3/6	W	4:30-6:00 PM	\$110	121705-02

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Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. **Note:** Class will not be held on 2/14.

Age: 7-8 years

Location: Foothills Activity Center

1/10-1/31	Th	6:00-7:15 PM	\$75	121703-01
2/7-3/7	Th	6:00-7:15 PM	\$75	121703-02

[SPECIAL EVENTS]

Winter Recitals

Learn a simple routine and perform at the Winter Recital on 12/22.

Note: Recital t-shirt included. Ensure child attends all classes to learn the routine.

Location: Northside Aztlan Center

Pre-K Dance, Age: 3-5 years

12/3-12/17	M	5:15-6:15 PM	\$76	121510-01
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Hip Hop Recital, Age: 6-12 years

12/3-12/17	M	6:15-7:30 PM	\$96	121510-02
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Acro Recital, Age: 6-12 years

12/3-12/17	M	7:30-8:45 PM	\$96	121510-03
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Day Camps

[CAMP FUNQUEST]

Camp FunQuest is Recreation's way to do Camp. Discover new adventures, meet new friends, and make the most of your break going on field trips, playing games, learning new skills, and recreating.

Camper Groups

Red Foxes | Ages 6-8 years | 8 a.m.-5 p.m.

Big Horns | Ages 9-11 years | 8 a.m.-5 p.m.

Campers all start the day at Northside Aztlan Community Center unless otherwise noted.

Camp FunQuest, School's Out Day

Keep busy with arts and crafts, games, gym time, and featured field trip. In January, pick up that spare and try your luck at a turkey while bowling at Chippers Lane. In February, trek further south to light up the arena at Loveland Laser Tag. **Note:** Bring a lunch and a water bottle.

Location: Northside Aztlan Center

Chippers Lanes, Age: 6-8 years, Red Fox

1/21	M	8:00 AM-5:00 PM	\$40	116597-01
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Age: 9-11 years, Big Horn

1/21	M	8:00 AM-5:00 PM	\$40	116597-02
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Loveland Laser Tag, Age: 6-8 years, Red Fox

2/18	M	8:00 AM-5:00 PM	\$40	116597-03
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Age: 9-11 years, Big Horn

2/18	M	8:00 AM-5:00 PM	\$40	116597-04
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Camp FunQuest, Winter Break

The winter version of popular summer camp. Go on a field trip each day. Do as locals do with Fun in the Fort. Explore the fun indoor adventures Fort Collins has to offer. Skate at Rollerland, get a turkey at Chippers, and have fun on the ice and in the pool at EPIC. While Out & About, trek a little further to Loveland. Develop a plan of attack and light up the arena at Loveland Laser Tag. Pick up a spare at The Summit Bowling and catch a flick at a local movie theater.

Location: Northside Aztlan Center

Age: 6-8 years, Red Fox

Fun in the Fort

12/26-12/28	W-F	8:00 AM-5:00 PM	\$110	115550-01
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Out & About

1/2-1/4	W-F	8:00 AM-5:00 PM	\$110	115550-03
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Age: 9-11 years, Big Horn

Fun in the Fort

12/26-12/28	W-F	8:00 AM-5:00 PM	\$110	115550-02
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Out & About

1/2-1/4	W-F	8:00 AM-5:00 PM	\$110	115550-04
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bring on the FUN!



WELCOME TO BASE Camp

When school is out, BASE Camp is in!

- Quality, safe, and affordable before- and after-school programming
- Improved academic, physical, social and communication skills
- No transportation required
- Hours between 6:30 AM-6:00 PM
- Tuition assistance available

Before and After school care,
on-site at your child's elementary school.





Office Location

1224 E. Elizabeth Street
Fort Collins, CO 80524

Contact Info

(p) (970) 266-1734
(f) (970) 377-9865

Online

mybasecampkids.org
facebook.com/mybasecampkids

[CHESS CAMP]

Chessmates Chess Camp

Improve your chess in a fun atmosphere. Camp features lessons through-out the day as well as games, prizes, and trophies. **Note:** Full day campers bring a lunch. All skill levels welcome.

Age: 6-11 years

Location: Foothills Activity Center

Full Day

1/2-1/4	W-F	9:00 AM-4:00 PM	\$135	118792-01
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Half Day

1/2-1/4	W-F	9:00 AM-Noon	\$75	118792-02
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1/2-1/4	M-F	1:00-4:00 PM	\$75	118792-03
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BE OUR GUEST

Recreation is about more than just fitness.

Our venues are unique and accessible locations that can fit the needs and budget for your next special event. Our facilities range in size to welcome small groups of guests for intimate gatherings and groups of more than 1,500 guests for larger events. Whether you're planning a [wedding](#), [birthday party](#), or [neighborhood get-together](#), Recreation is available to make your next celebration memorable.

For more information and to inquire, visit fcgov.com/recreation and browse our facility pages.



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Early Learning

Early Learning courses are tailored toward children ages 6 years and under and are designed to enrich both their social and educational skills. Most classes for children ages 3 years and older are Child Without Parent Classes. Classes in which parents are required or permitted to attend are listed in the Child With Parent Classes on page 44.

It is recommended that children enrolled in classes without a parent/guardian are toilet trained. Children not yet toilet trained are welcome to attend classes. However, parents must be available to attend to toileting needs; City of Fort Collins Recreation staff is not permitted to change diapers. Please note any dietary restrictions when registering and inform class instructor.

For programs designed for youth ages 6 years and up, browse the youth portions in the other sections of the Recreator (ex. Education: Youth Programs).

CHILD WITHOUT PARENT PROGRAMS: 2-6 YEARS

[FUNTIME PROGRAMMING]

Funtime closures/holidays correspond to the Poudre School District schedule; but do not follow PSD weather closures. Class will not be held on 1/7, 1/21, 2/18, 3/4, 3/18, 3/19, 3/20, 3/21, 3/22, 4/12.

Funtime Discovery

Discover arts and crafts, creative play, letter/number recognition, and gym time in this transitional class. Previous class experience recommended.

Age: 2.5-3.5 years

Location: Northside Aztlan Center

1/8-2/14	Tu,Th	9:30-11:30 AM	\$102	117503-01
2/19-4/4	Tu,Th	9:30-11:30 AM	\$102	117503-02
4/9-5/16	Tu,Th	9:30-11:30 AM	\$102	117503-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be 3 years of age by 9/15/2018. Previous class experience recommended.

Age: 3-4 years

Location: Northside Aztlan Center

1/9-2/15	M,W,F	9:30 AM-Noon	\$220	117501-01
2/20-4/5	M,W,F	9:30 AM-Noon	\$220	117501-02
4/8-5/15	M,W,F	9:30 AM-Noon	\$234	117501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum focuses on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 years of age by 9/15/2018.

Age: 4-5 years

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Funtime Pre-K continued

Location: Northside Aztlan Center

1/9-2/15	M,W,F	9:30 AM-Noon	\$220	117500-01
2/20-4/5	M,W,F	9:30 AM-Noon	\$220	117500-02
4/8-5/15	M,W,F	9:30 AM-Noon	\$234	117500-03

[ARTS & CRAFTS]

Cupcakes 'n Canvas, Pre-K

Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes.

Age: 3-5 years

Location: Carnegie Center for Creativity

Christmas Tree Collage

12/6	Th	1:00-2:30 PM	\$35	117929-01
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What do Snowmen do at Night

12/13	Th	1:00-2:30 PM	\$34.50	117929-02
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March of the Penguin

1/17	Th	1:00-2:30 PM	\$35	117929-03
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Heart Inspired

2/7	Th	1:00-2:30 PM	\$35	117929-04
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Art Studio for Pre-K

Discover the inner artist with focus on different mediums and themes or create at will with various materials provided.

Age: 3-6 years

Location: Northside Aztlan Center

Holiday Art				
12/4	Tu	10:00-11:30 AM	\$16	116506-01
Holiday Art				
12/18	Tu	10:00-11:30 AM	\$16	116506-02
Watercolors				
1/8	Tu	10:00-11:30 AM	\$14	116506-03
Clay				
1/22	Tu	10:00-11:30 AM	\$16	116506-04
Valentines				
2/5	Tu	10:00-11:30 AM	\$12	116506-05
Paper Art				
2/19	Tu	10:00-11:30 AM	\$16	116506-06
Water Colors				
3/5	Tu	10:00-11:30 AM	\$16	116506-07

[COOKING]**Once Upon a Time in the Kitchen**

Each week the cooking and craft project is based on a different children's book.

Age: 3-6 years

Location: Northside Aztlan Center

1/31-2/14	Th	1:00-2:30 PM	\$35	117522-02
12/6-12/13	Th	1:00-2:30 PM	\$23	117522-01

[GENERAL PROGRAMS]**A Pirates Life for Me**

Jump aboard Matey. Help the crew search and find the hidden treasure. Dramatic play and arts and crafts are part of the curriculum.

Age: 3-6 years

Location: Northside Aztlan Center

1/10-1/17	Th	1:00-2:30 PM	\$23	117551-01
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Curious Twos

Attention is directed to games, crafts and stories, and providing a positive first step to independent learning. **Note:** Class will not be held on 1/18.

Age: 2 years

Location: Northside Aztlan Center

1/8-1/31	Tu,Th	9:30-10:30 AM	\$49	117504-01
1/8-1/31	Tu,Th	11:00 AM-Noon	\$49	117504-02
2/5-2/28	Tu,Th	9:30-10:30 AM	\$49	117504-03
2/5-2/28	Tu,Th	11:00 AM-Noon	\$49	117504-04

Disney Delights

Disney movie themed class with crafts, games, music, and story time.

Age: 3-6 years

Location: Mulberry Pool

The Incredibles				
12/3	M	1:00-2:30 PM	\$17	117240-01
Elena of Avalor				
12/17	M	1:00-2:30 PM	\$17	117240-02
Frozen				
1/14	M	1:00-2:30 PM	\$17	117240-03
Moana				
1/28	M	1:00-2:30 PM	\$17	117240-04
Zootopia				
2/11	M	1:00-2:30 PM	\$17	117240-05

Fancy Nancy

Life is better when Fancy. Enjoy arts and crafts and dress up activities based on the Fancy Nancy book series.

Age: 3-6 years

Location: Northside Aztlan Center

1/15	Tu	1:00-2:30 PM	\$17	117534-01
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Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. **Note:** Class will not be held on 1/7, 1/21, 1/8, 1/15, 2/18.

Age: 2-4 years

Location: Foothills Activity Center

1/9-1/30	M, W	9:30-11:30 AM	\$70	117758-01
1/8-1/31	Tu, Th	9:30-11:30 AM	\$92	117758-02
2/4-2/27	M, W	9:30-11:30 AM	\$81	117758-03
2/5-2/28	Tu, Th	9:30-11:30 AM	\$92	117758-04

Location: Mulberry Pool

1/9-1/30	M,W	9:30-11:30 AM	\$70	117258-01
2/4-2/27	M,W	9:30-11:30 AM	\$81	117258-02

Hospital Helpers

Designed for those who love to help. Simulate what it is like to be a doctor or nurse and learn how to take care of minor cuts, scrapes, and bruises.

Age: 3-6 years

Location: Northside Aztlan Center

1/24-1/31	Th	1:00-2:30 PM	\$23	117545-01
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I Want to be a Scientist

Explore, learn, and discover what it's like to be a scientist. Conduct hands-on investigations and discover the world of science.

Age: 3-6 years

Location: Northside Aztlan Center

Concoctions				
12/6	Th	10:00-11:30 AM	\$17	117507-01
Flight				
12/13	Th	10:00-11:30 AM	\$17	117507-02
Oceanography				
1/10	Th	10:00-11:30 AM	\$17	117507-03

I Want to be a Scientist continued

Astronomy

1/17	Th	10:00-11:30 AM	\$17	117507-04
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Zoology

1/24	Th	10:00-11:30 AM	\$17	117507-05
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Magnets

1/31	Th	10:00-11:30 AM	\$17	117507-06
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Entomology

2/7	Th	10:00-11:30 AM	\$17	117507-07
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Vet Medicine

2/14	Th	10:00-11:30 AM	\$17	117507-08
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Paleontology

2/21	Th	10:00-11:30 AM	\$17	117507-09
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Reptiles

2/28	Th	10:00-11:30 AM	\$17	117507-10
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LEGO with Friends

Use LEGO bricks to create all the imagination can dream up. In addition to building, crafts and games could be included.

Age: 3-6 years

Location: Foothills Activity Center

1/10-1/24	Th	1:00-2:30 PM	\$35	117749-01
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2/7-2/21	Th	1:00-2:30 PM	\$35	117749-02
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Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. **Note:** Drop-in available for \$12 per day until class maximum is reached. Class will not be held on 3/20, 3/22, 4/12.

Age: 4-6 years

Location: Northside Aztlan Center

1/9-2/13	W	Noon-2:00 PM	\$64	117509-01
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1/11-2/15	F	Noon-2:00 PM	\$64	117509-02
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2/20-4/3	W	Noon-2:00 PM	\$64	117509-03
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2/22-4/5	F	Noon-2:00 PM	\$64	117509-04
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4/10-5/8	W	Noon-2:00 PM	\$54	117509-05
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4/19-5/10	F	Noon-2:00 PM	\$34	117509-06
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My First Book Club

Develop early literacy and listening skills through reading, storytelling, arts and crafts, and more.

Age: 3-6 years

Location: Northside Aztlan Center

Pete the Cat

1/8	Tu	1:00-2:30 PM	\$17	117516-01
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Where the Wild Things Are

1/22	Tu	1:00-2:30 PM	\$17	117516-02
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The Mitten

2/12	Tu	1:00-2:30 PM	\$17	117516-03
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The Snowy Day

2/26	Tu	1:00-2:30 PM	\$17	117516-04
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Paw Patrol

Join Ryder and his Adventure Bay Friends for some Paw Patrol fun.

Age: 3-6 years

Location: Northside Aztlan Center

1/29	Tu	1:00-2:30 PM	\$17	117550-01
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Pinkalicious

In keeping with the Pinkalicious book series, embrace everything pink. Find inner pink with arts and crafts, cupcakes, and Pinkalicious stories.

Age: 3-6 years

Location: Northside Aztlan Center

2/19	Tu	1:00-2:30 PM	\$17	117537-01
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Playdough World

Spend time creating scented, edible, and even glow in the dark playdough.

Age: 3-6 years

Location: Northside Aztlan Center

2/7-2/14	Th	1:00-2:30 PM	\$23	117547-01
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Storybook Theater

Immerse in traditional children's stories and fairytales. Act out and make crafts related to the stories. New stories are introduced each week.

Age: 3-6 years

Location: Foothills Activity Center

1/8-1/22	Tu	1:00-2:30 PM	\$35	117730-01
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2/5-2/19	Tu	1:00-2:30 PM	\$35	117730-02
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Super Heroes

Create super heroes, dress up, and play like legendary heroes.

Age: 3-6 years

Location: Northside Aztlan Center

2/21-2/28	Th	1:00-2:30 PM	\$23	117548-01
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Those Amazing Dinosaurs

Learn about dinosaurs. Hunt for fossils, classify by characteristics, and create a unique dinosaur.

Age: 3-6 years

Location: Northside Aztlan Center

1/10-1/24	Th	1:00-2:30 PM	\$35	117508-01
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2/21-3/7	Th	1:00-2:30 PM	\$35	117508-02
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Ultimate Fort Making

Construct a fort using blankets, towels, parachutes, boxes, hula hoops, floor mats, and whatever else can be found. **Note:** Snack provided.

Age: 3-6 years

Location: Northside Aztlan Center

2/5	Tu	1:00-2:30 PM	\$15	117539-01
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[S.T.E.M.]

Preschool Tools

Under close supervision preschoolers have hands-on practice with real tools.

Age: 3-6 years

Location: Foothills Activity Center

1/9-1/23	W	1:00-2:00 PM	\$30	117756-01
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Preschool S.T.E.M.

Different hands-on S.T.E.M. activities presented each week.

Age: 3-6 years

Location: Foothills Activity Center

2/6-2/20	W	1:00-2:30 PM	\$35	117763-01
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CHILD WITH PARENT PROGRAMS: 0-5 YEARS

[ARTS & CRAFTS]

Art Start

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint.

Age: 18 months-3 years

Location: Carnegie Center for Creativity

Christmas Tree Collage

12/6-12/20	Th	9:30-10:30 AM	\$45	117983-01
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Winter Wonderland

1/10-1/31	Th	9:30-10:30 AM	\$60	117983-02
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The Color Red

2/7-2/28	Th	9:30-10:30 AM	\$60	117983-03
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Small Hands, Big Messy Art

Get hands on and in paint, shaving cream, flubber, and playdough.

Age: 18 months-2 years

Location: Mulberry Pool

12/7-12/14	F	10:00-11:00 AM	\$17	117285-01
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2/22-3/8	F	10:00-11:00 AM	\$25	117285-02
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[DROP-IN]

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. \$2.50 per child; no fee for adults.

Note: Class will not be held on 1/21, 2/18, 3/4, 3/18, 3/19, 3/20, 3/21, 3/22, 4/12.

Age: 0-5 years

Location: Northside Aztlan Center

1/8-5/10	M-F	10:00 AM-Noon	\$2.50	
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Location: Foothills Activity Center

1/9-5/10	W,F	10:00 AM-Noon	\$2.50	
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[GENERAL PROGRAMMING]

I Can Do it Myself

Enjoy several themed activities including arts and crafts, movement, and making new friends.

Age: 15 months-2 years

Location: Foothills Activity Center

Holiday				
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12/22	Sa	9:30-10:15 AM	\$20	117767-01
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Winter Wonderland

1/12	Sa	9:30-10:15 AM	\$20	117767-02
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Valentines

2/2	Sa	9:30-10:15 AM	\$20	117767-03
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I Can Do it Too

For the toddler who is not quite ready to take a class by themselves. Enjoy themed activities together with parent/guardian.

Age: 2-3 years

Location: Foothills Activity Center

Holiday				
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12/22	Sa	10:30-11:30 AM	\$20	117768-01
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Winter Wonderland

1/12	Sa	10:30-11:30 AM	\$20	117768-02
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Valentines

2/2	Sa	10:30-11:30 AM	\$20	117768-03
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Little Explorers

Explore science, movement, arts and crafts, and music.

Age: 2 years

Location: Mulberry Pool

1/11-1/25	F	10:00-11:00 AM	\$25	117261-01
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Parent and Tot Science

Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2-3 years

Location: Mulberry Pool

2/8	F	10:00-11:00 AM	\$25	117260-01
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Reptile Petting Zoo

Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. This hands-on program features both local and global reptiles. **Note:** Reduced rate of \$5 for additional siblings available after one full price enrollment; enroll additional siblings by phone at 970.221.6256. No fee for accompanying adults and siblings ages 2 years and under.

Age: 3-11 years

Location: Northside Aztlan Center

1/19	Sa	10:00-11:30 AM	\$15	118565-01
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2/16	Sa	10:00-11:30 AM	\$15	118565-03
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Additional sibling

1/19	Sa	10:00-11:30 AM	\$5	118565-02
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2/16	Sa	10:00-11:30 AM	\$5	118565-04
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[MUSIC & THEATRE]

Music Together, Demo Class

Learn about the Music Together Program through singing, movement, and instrument play. Designed for prospective/new families. Registration required.

Age: 0-4 years

Location: Foothills Activity Center

12/10	M	10:00-10:45 AM	No Fee	118775-01
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Music Together

Experience musical growth with singing, dancing, and instrument play in a creative yet structured environment. Tuition includes Drum CD and online resources. **Note:** No fee for siblings ages 8 months and under. Register two or more siblings by phone at 970.221.6256. Class will not be held on 1/21, 2/18, 3/18.

Age: 0-4 years

Location: Foothills Activity Center

Music Together

1/7-3/25	M	9:30-10:15 AM	\$185	118776-01
1/7-3/25	M	10:30-11:15 AM	\$185	118776-02
1/7-3/25	M	11:30-12:15 AM	\$185	118776-05

Music Together, Additional Sibling

1/7-3/25	M	9:30-10:15 AM	\$145	118776-03
1/7-3/25	M	10:30-11:15 AM	\$145	118776-04
1/7-3/25	M	11:30-12:15 AM	\$145	118776-06

Zumbini, Demo Class

Enjoy a free demo class to learn about Zumbini. The Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Registration required.

Age: 0-4 years

Location: Northside Aztlan Center

12/6	Th	9:15-10:00 AM	No Fee	118577-01
12/6	Th	10:30-11:15 AM	No Fee	118577-02

Zumbini

Created by Zumba and BabyFirst, the Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Materials include 20 songs on the Zumbini app, CD, songbook and plush toy. **Note:** No fee for siblings ages 6 months and younger. Register two or more siblings by phone at 970.221.6256. Class will not be held on 12/27, 1/3.

Age: 0-4 years

Location: Northside Aztlan Center

Zumbini

12/13-2/21	Th	9:15-10:00 AM	\$140	118578-01
12/13-2/21	Th	10:30-11:15 AM	\$140	118578-02

Zumbini; Additional Sibling

12/13-2/21	Th	9:15-10:00 AM	\$15	118578-03
12/13-2/21	Th	10:30-11:15 AM	\$15	118578-04

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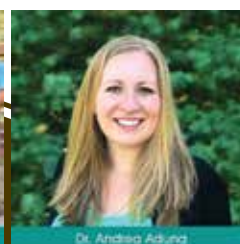
Dr. Joe Guido



Dr. Katie Rusnak



Dr. Shivaun McArtor



Dr. Andrea Aduna

Come see Dr. Joe Guido, Dr. Katie Rusnak,
Dr. Shivaun McArtor and Dr. Andrea Aduna!

Education

ADULT PROGRAMS

[CPR & FIRST AID]

CPR Professional

This American Heart Association course meets the BLS training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification is emailed upon completion and is valid for two years. **Note:** Includes AHA student text.

Age: 16 years & up

Location: Senior Center

12/12	W	5:30-9:30 PM	\$78	107442-01
1/9	W	5:30-9:30 PM	\$78	107442-02
2/6	W	5:30-9:30 PM	\$78	107442-03

First Aid, CPR & AED

Learn basic first aid procedures, as well as adult, child, and infant CPR and AED. Great for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued upon completion. Book included.

Age: 14 years & up

Location: Senior Center

12/8	Sa	9:00 AM-5:00 PM	\$78	107441-01
1/12	Sa	9:00 AM-5:00 PM	\$78	107441-02
2/9	Sa	9:00 AM-5:00 PM	\$78	107441-03

Wilderness First Aid

Cover assessment, short and long-term management of injury, medical emergencies and conditions when definitive care is more than one hour away. The field day focuses on hands-on scenarios and techniques needed to stabilize the victim and others in the group. ECSI certificate emailed upon completion.

Age: 18 years & up

Location: Senior Center

1/15-1/17	Tu,Th	5:30-9:30 PM	\$156	107443-01
1/19	Sa	9:00 AM-5:00 PM		

[CASINO GAMES]

Blackjack: Be Casino Ready

Feel confident on the next casino trip. Explore the basics of blackjack (also called 21) as it is played in casinos. Learn the rules of the game, casino rules, etiquette, play and betting strategies, and the history of card counting.

Age: 21 years & up

Location: Senior Center

1/24	Th	10:00-11:30 AM	\$15	107463-01
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Texas Hold 'Em Poker

Learn the basics of Texas hold 'em poker including casino etiquette, rules of the game, hand hierarchy, play, and betting strategies.

Age: 21 years & up

Location: Senior Center

2/6	W	10:00-11:30 AM	\$15	107464-01
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Craps: Be Casino Ready

Learn the basics of craps including casino rules and etiquette, rules of the game, understanding odds, play, and betting strategies.

Age: 21 years & up

Location: Senior Center

2/19	Tu	10:00 AM-Noon	\$15	107465-01
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[TRAVEL]

Transfort Travel Training

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

Age: 18 years & up

Location: Downtown Transit Center, 250 N. Mason

12/11	Tu	11:45 AM-1:45 PM	No Fee	107476-01
1/8	Tu	11:45 AM-1:45 PM	No Fee	107476-02
2/12	Tu	11:45 AM-1:45 PM	No Fee	107476-03

[COOKING]

Banking on Beans

Beans are legumes that have numerous health benefits. Learn the many ways to transform this humble and affordable food. Cook beans from scratch, sprout beans, and make recipes. Menu: Cajun red beans and rice, sprouted mixed beans salad, roasted chickpeas, and a dessert using aquafaba.

Age: 14 years & up

Location: Senior Center

2/7	Th	6:00-8:15 PM	\$37	107427-01
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Chinese at Home

Create delicious Chinese dishes at home. Learn tips and tricks for making popular Chinese take-out. Menu: tomato beef, stir fried spicy garlic eggplant, and fried rice.

Age: 18 years & up

Location: Senior Center

1/8	Tu	6:00-8:30 PM	\$37	107433-01
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Cooking Around the World

Learn about a new country each week through its cuisine. Recipes are simple, include adaptations using locally available ingredients, and are designed for convenience. Meals take 30-minutes to prepare. Vegetarian options available.

Age: 13 years & up

Location: Senior Center

12/3-12/17	M	6:30-7:30 PM	\$37	107437-01
2/4-2/25	M	6:30-7:30 PM	\$50	107437-02

Healthy Ethiopian Dishes

Learn basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains, and spices. Menu: Misir wot (red lentils), collard gomen, atkilt wot (cabbage, carrot, and potato stew), duba wot (buttermilk squash in berbere sauce), and teff flour crepe.

Age: 14 years & up

Location: Senior Center

1/16	W	6:00-8:15 PM	\$37	107428-01
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Homemade Indian Flatbreads

Make exotic, fantastic Indian bread. Menu: spinach and mint bread, cauliflower and spiced chickpea flour bread, potato-stuffed bread, and chai tea.

Age: 14 years & up

Location: Senior Center

2/26	Tu	6:00-8:15 PM	\$37	107432-01
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Indian Breakfast 101

Learn to make savory, delicious breakfast by making warm and hearty, not too spicy authentic Indian breakfasts. Recipes are gluten-free and vegan. Menu: masala oats, Idlis (steamed rice and lentil cakes) with coconut chutney, ginger tea, and amaranth cardamom pudding.

Age: 14 years & up

Location: Senior Center

12/13	Th	6:00-8:15 PM	\$37	107425-01
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Indian Spices 101

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. Learn how to incorporate Indian flavors into everyday cooking. Menu: dal, spicy mushrooms, cucumber raita/salad, cumin rice, and turmeric tea.

Age: 14 years & up

Location: Senior Center

1/24	Th	6:00-8:15 PM	\$37	107430-01
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Lunch Time in Bangkok

Lunch time is a busy time in Bangkok. Learn to cook a quick lunch or weeknight dinner in a dash with traditional ingredients. Also discover how to balance the unique flavors found in Thai cuisine. Menu: kaprao gai kai dao (stir fried basil with fried egg), Thai jasmine rice, and Thai dipping sauce

Age: 18 years & up

Location: Senior Center

1/26	Sa	10:00-11:30 AM	\$25	107434-01
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Noodle Time

Cook Thai food with a variety of noodles, from street food to fusion food. Learn how to pick all the ingredients as well as how to prepare and cook them. Menu: Singapore noodle stir fried with curry powder, instant noodle salad (spicy noodle salad with fresh lime, cilantro and shallots, and pad kee mao (drunken noodles).

Age: 18 years & up

Location: Senior Center

2/5	Tu	6:00-8:30 PM	\$37	107436-01
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Plant-Based Cheese & Yogurt

Learn to make homemade dairy-free cheese and yogurt from scratch as a healthy alternative to dairy. Menu: almond feta, parmesan, cashew cream cheese, nacho cheese, and cashew yogurt (mango) lassi.

Age: 14 years & up

Location: Senior Center

2/13	W	6:00-8:15 PM	\$37	107429-01
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Slow Cooker Curries

Make authentic Indian Curry in a slow cooker that is easy, delicious, gluten-free, dairy-free, and vegetarian. Menu: spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

Age: 14 years & up

Location: Senior Center

12/6	Th	6:00-8:15 PM	\$37	107424-01
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Tasty Turkish Cuisine

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

Age: 14 years & up

Location: Senior Center

1/30	W	6:00-8:15 PM	\$37	107426-01
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[MUSIC & THEATRE]

You Can Uke

Playing the uke is easy, fun, and good for the soul. Get started with tuning, chording, and strumming the uke. Play a song from the first lesson. No music background needed. A uke to use for the duration of the class, all instructional materials, and supplies provided.

Age: 18 years & up

Location: Senior Center

2/5-2/26	Tu	10:30 AM-Noon	\$65	107472-01
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You Can Uke 2

Playing the uke is easy, fun, and good for the soul. Continue to learn chords, strums, and songs. Basic knowledge of chords in the key of C and 3/4 and 4/4 strums. To reserve a uke, contact the instructor.

Age: 18 years & up

Location: Senior Center

2/5-2/26	Tu	12:30-2:00 PM	\$65	107473-01
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LEGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

[PHOTOGRAPHY]

Intro to Photography

Learn the basics of photography including camera operations, exposure, and composition through an interactive slideshow and workshop. An SLR (Single Lens Reflex) or mirrorless camera recommended, but not required.

Age: 18 years & up

Location: Senior Center

12/6	Th	6:00-8:00 PM	\$27	107458-01
1/23	W	6:00-8:00 PM	\$27	107458-02
2/21	Th	6:00-8:00 PM	\$27	107458-03

[S.T.E.M.]

2D Design and Laser Cutting

Learn the basics of 2D design using Inkscape, then engrave and cut the design on a Creator Hub 80W laser printer.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

1/16	W	7:00-10:00 PM	\$20	107958-01
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Excel Introduction

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010. Prerequisite: Basic computer knowledge such as familiarity with word processing.

Age: 18 years & up

Location: Columbine Health Computer Lab, 802 W. Drake Rd.

12/8	Sa	8:30 AM-12:30 PM	\$15	107903-01
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Intro 3D Printing

Learn how to create a 3D design and how to print on a 3D printer. Learn the basics of shape creation and editing to design an object of choice. Print design on Creator Hub 3D printers and take it home.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

12/12	W	7:00-10:00 PM	\$20	107957-01
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Pinball Engineering

Open a pinball machine and dive into the electro mechanics inside. Learn basic principles of electricity and magnetism and see how they're used to put a pinball in motion, to keep score, and drive the features and behavior of the game.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

1/12	Sa	1:00-4:00 PM	\$30	107959-01
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Telling Your Story with Maps

Maps have been used to tell stories for thousands of years. Today's story maps are digital, interactive, in 2D and 3D, and contain audio, video, photographs, text, and real-time data. Learn about community and the world through story maps, and how to make personalized maps in the hands-on workshop.

Age: 18 years & up

Location: Columbine Health Computer Lab, 802 W. Drake Rd.

12/1	Sa	10:00 AM-Noon	\$13	107455-01
1/12	Sa	10:00 AM-Noon	\$13	107455-02

Triumph Over Technology

Designed for those comfortable with basic computing (email and internet searches), but new to internet-based technologies (smartphone, video chatting, social media, cloud storage services). Topics include keeping in touch online, and managing, sharing, and storing digital photos.

Age: 18 years & up

Location: Senior Center

1/9-1/30	W	9:00-10:30 AM	\$50	107456-01
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[URBAN HOMESTEADING]

Homemade Hand Salve

Make hand salve with natural ingredients using basic tools found in any kitchen. Learn where to find or purchase salve containers and ingredients, explore handy websites for additional recipes, and discover the difference between carrier and essential oils.

Age: 18 years & up

Location: Senior Center

12/5	W	6:30-7:30 PM	\$15	107481-01
1/19	Sa	10:00-11:00 AM	\$15	107481-02

FAMILY PROGRAMS

Build Belt & Pulley Trains

Grandparents and grandchildren connect with LEGOs. Explore concepts in physics, mechanical engineering, and structural engineering while building moving trains using a belt and pulley transmission.

Age: All

Location: Senior Center

12/27	Th	9:00-11:00 AM	\$27	107459-01
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Putt-Putt with LEGOs

Enjoy a personalized Putt-Putt LEGO course. Bond with grandchildren by combining old style elements to the age-old game while adding a modern spin with LEGO materials. Learn elements of levers, elasticity, and other S.T.E.M. concepts while having fun.

Age: All

Location: Foothills Activity Center

1/21	M	9:00-11:00 AM	\$27	107461-01
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Rover Cars with LEGO

Generations connect through a fun and interactive workshop to build moving cars and traverse the span of a long bridge. Learn about structural, mechanical engineering, and simple machines while bonding with grandchildren.

Age: All

Location: Senior Center

1/3	Th	9:00-11:00 AM	\$27	107460-01
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YOUTH PROGRAMS

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. Certification for Babysitting by the American Safety and Health Institute issued upon completion.

Age: 11-16 years

Location: Northside Aztlan Center

1/21	M	Noon-8:00 PM	\$85	115575-01
3/20	W	Noon-8:00 PM	\$85	115575-02

[S.T.E.M. PROGRAMS]

Intro 3D Printing

Learn how to create a 3D design and how to print it on a 3D printer. Explore shape creation and editing to design an object of choice. Take projects home at the end of class.

Age: 10-17 years

Location: Creator Hub, 1304 Duff Dr. #15

2/9	Sa	1:00-4:00 PM	\$20	115973-02
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Intro to Soldering

Learn the basics of soldering including safety, theory, and technique. Build a lantern lit by a flickering candle circuit board soldered in class. Take projects home at the end of class.

Age: 10-17 years

Location: Creator Hub, 1304 Duff Dr. #15

1/5	Sa	1:00-3:00 PM	\$20	115970-01
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LEGO Bots & Walkers

Apply those engineering and creative thinking skills to create crazy motorized creatures. Discover a variety of methods of movements through a series of intriguing projects.

Location: Northside Aztlan Center

Age: 5-7 years

1/21	M	9:00 AM-Noon	\$36	115570-01
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Age: 8-12 years

1/21	M	1:00-4:00 PM	\$36	115570-02
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LEGO Carnival Creations

Help create a carnival for LEGO mini figures. Build several different designs including gondolas and Ferris wheels. Plan a layout, design rides, and give mini-figures the rides of their lives.

Location: Northside Aztlan Center

Age: 5-7 years

3/4	M	9:00 AM-Noon	\$36	115572-01
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Age: 8-12 years

3/4	M	1:00-4:00 PM	\$36	115572-02
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LEGO Club

Get together with other LEGO enthusiasts, share ideas, and use imagination to create unique LEGO masterpieces. Afterschool snack provided.

Age: 6-10 years

Location: Foothills Activity Center

1/9-1/30	W	4:30-6:00 PM	\$31	118746-01
2/6-2/27	W	4:30-6:00 PM	\$31	118746-02

LEGO Star Wars

Celebrate Star Wars with Play-Well engineers. Young Jedi recreate one of their favorite epic battles with the sheer amount of LEGO that only Play-Well can provide. May the force be with you.

Location: Northside Aztlan Center

Age: 5-7 years

2/18	M	9:00 AM-Noon	\$36	115571-01
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Age: 8-12 years

2/18	M	1:00-4:00 PM	\$36	115571-02
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YEL Junior Robotics

Learn STEM engineering to build a walking giant, ferocious lion, and terrible pterodactyl with LEGO bricks. Program creations to walk, roar, or flap wings using drag-and-drop software. **Note:** Class will not be held on 12/22, 12/29, 1/5, 1/19.

Age: 6-10 years

Location: Northside Aztlan Center

12/1-2/2	Sa	9:00-10:00 AM	\$95	115580-01
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YEL Pulley Engineers

Learn STEM engineering and focus on pulley concepts. Build a street sweeper and racer, and design an egg beater. **Note:** Class will not be held on 12/22, 12/29, 1/5, 1/19.

Age: 6-10 years

Location: Northside Aztlan Center

12/1-2/2	Sa	10:00-11:00 AM	\$95	115581-01
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They keep growing. You can too.

Online degrees, certificates, and courses



COLORADO STATE UNIVERSITY
ONLINE

Find new opportunities to grow
www.GrowWithCSU.com

Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, help provide the food and care of your animal.

It's easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation.

A Farm parent receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

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

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

Birthday Parties

Celebrate your child's birthday with Farm flair. Meeting the animals, riding a pony (April-October), or going on a hayride creates a unique party for your 3-8 years of age. Call The Farm or stop by during open hours to reserve your date. Payment is due at time of reservation. Your farmer hostess takes care of all the details to ensure a stress-free day for you and your guests. Party packages include pony rides or hayride, lemonade, table settings, a bandana for each child, and of course, a visit with the animals.

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.

Volunteer

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

FAMILY PROGRAMS

Breakfast with Santa

Enjoy breakfast with Santa Claus while he reads his list of good boys and girls. After breakfast, go on a hayride. Be sure to bring a camera to snap a picture sitting on Santa's lap. He'll have a special holiday gift for each boy and girl. **Note:** Each child must have a paid adult in attendance.

Age: 3-5 years

12/1	Sa	9:00-10:00 AM	\$10	108622-01
12/2	Su	9:00-10:00 AM	\$10	108622-02

Age: 18 years & up

12/1	Sa	9:00-10:00 AM	\$10	108622-1A
12/2	Su	9:00-10:00 AM	\$10	108622-2A

Santa on The Farm

Santa Claus is visiting The Farm. Be enchanted by holiday lights and decorations while enjoying hot chocolate, hayrides, visiting the animals, and Santa. For more fun, purchase \$1 tickets for gift and s'more making.

Age: All

12/1-12/2	Sa,Su	3:00-6:00 PM	No Fee	
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YOUTH PROGRAMS

Tractors Galore

Learn how tractors work by playing with tractors, reading stories, and making a tractor book to take home.

Age: 3-5 years

2/7-2/21	Th	9:00-10:00 AM	\$26	108612-01
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Farmer Round Up

See The Farm as it operates in the winter. Explore and learn about the hayloft, chicken house, and barn. Also, read, tell stories, and make craft projects to take home.

Age: 3-5 years

2/7-2/21	Th	10:30-11:30 AM	\$26	108628-01
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Farm Fun Club

Learn about each farm animal through games, stories, crafts, and activities.

Age: 5-7 years

Cows

2/2	Sa	1:00-3:00 PM	\$15	108635-01
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Goats

2/9	Sa	1:00-3:00 PM	\$15	108635-02
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Sheep

2/16	Sa	1:00-3:00 PM	\$15	108635-03
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Ponies

2/23	Sa	1:00-3:00 PM	\$15	108635-04
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Fitness

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years and up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

Registration Options

The following participation options are available for fitness classes:

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long, and 5-weeks long during major holidays; 5-week sessions are marked with an asterisk (*). Active facility pass holders receive 70% off enrollment price. **Note:** Health & Wellness programs  and 25 admission passes are not eligible for the discount.

Fitness Classes require a minimum number of 6 participants registered per class to avoid cancellation for the session. Participants may attend only the class for which they are registered.

Drop-in Policy

Participants may pay a drop-in fee of \$6 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily the drop-in fee.

Participants may also use one admission from a 10-admission drop-in fitness pass (\$50).

Class Specifics

Senior Center offers fitness classes to those ages 18 years and up unless otherwise noted.

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

For family, youth and teen fitness classes, see page 59.

For 50 years and up fitness classes, see page 94.

Class time includes set-up, warm-up, cool-down, take down, and transition times. Instruction time is approximately 50–55 minutes per 1-hour class. Fitness equipment needed for instruction is provided, though participants are welcome to bring their own.

Personal Training

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and provide one-on-one guidance to help you achieve your fitness goals. Personal training is available to those ages 13 years and up. For more information, including Personal Trainer bios and to submit an inquiry request, visit fcgov.com/fitness.

Personal Training Pricing

Package Name	Sessions	Cost
30 Minute Packages		
PT Single	1	\$25
PT Bronze	4	\$95
PT Silver	8	\$180
PT Gold	12	\$255
PT Platinum	24	\$480
60 Minute Packages		
PT Single	1	\$35
PT Bronze	4	\$135
PT Silver	8	\$260
PT Gold	12	\$375
PT Platinum	24	\$720
Group Packages		
PT 2-Person	1	\$50
PT 3-Person	1	\$67.50
PT 4-Person	1	\$80

Free Fitness Classes in the New Year!

New Year's Resolutions in action! Get on track with your fitness goals by exploring what fitness class options we have available for you. From 12/31-1/6, we'll be offering free fitness classes. For more information, visit fcgov.com/fitness.

ADULT FITNESS CLASSES

[CARDIO & STRENGTH]

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	M,W	9:00-10:00 AM	\$29	109501-01
1/7-1/30	M,W	9:00-10:00 AM	\$33	109501-02
2/4-2/27	M,W	9:00-10:00 AM	\$33	109501-03
12/7-12/28	F	7:00-8:00 AM	\$17	109501-04
1/11-2/1	F	7:00-8:00 AM	\$17	109501-05
2/8-3/1	F	7:00-8:00 AM	\$17	109501-06

Boomer Blast

A full body workout designed to increase strength and stamina. Get in shape and increase energy with guidance from the experts. By Columbine Health Systems.

12/4-12/20	Tu,Th	8:00-8:50 AM	\$20.25	125417-01
1/8-1/31	Tu,Th	8:00-8:50 AM	\$27	125417-02
2/5-2/28	Tu,Th	8:00-8:50 AM	\$27	125417-03

HEALTH -AND- WELLNESS

Women's Cardiovascular Health – Doc Talk

A UHealth Cardiologist specializing in women's health.
Signs, risk factors, tests, and treatments specific to women.

Senior Center **Friday February 22nd 2:00pm-3:30pm \$5.00**



CrossTrain

An intense workout that aims to maximize strength and agility by using kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is different. Keep the body guessing and force it to stay at its peak. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/28	M,W,F	6:15-7:15 AM	\$45	109502-01
1/7-2/1	M,W,F	6:15-7:15 AM	\$49	109502-02
2/4-3/1	M,W,F	6:15-7:15 AM	\$49	109502-03
12/3-12/28	M,W,F	Noon-1:00 PM	\$45	109502-04
1/7-2/1	M,W,F	Noon-1:00 PM	\$49	109502-05
2/4-3/1	M,W,F	Noon-1:00 PM	\$49	109502-06

Essentrics

Improve posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	M,W	10:00-11:00 AM	\$29	109503-01
1/7-1/30	M,W	10:00-11:00 AM	\$33	109503-02
2/4-2/27	M,W	10:00-11:00 AM	\$33	109503-03
12/3-12/17	M	5:15-6:15 PM	\$13	109503-04
1/7-1/28	M	5:15-6:15 PM	\$17	109503-05
2/4-2/25	M	5:15-6:15 PM	\$17	109503-06

Functional Interval Training

Keep the muscles guessing through workouts designed to improve cardiorespiratory recovery and build a base for strength and endurance. Experience a combination of new and progressive exercises. **Note:** Class will not be held on 12/25.

Location: Foothills Activity Center

12/4-12/27	Tu,Th	6:15-7:15 AM	\$29	109704-01
1/8-1/31	Tu,Th	6:15-7:15 AM	\$33	109704-02
2/5-2/28	Tu,Th	6:15-7:15 AM	\$33	109704-03

Functional Strength

Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/27	Tu,Th	8:00-8:50 AM	\$29	109402-01
1/8-1/31	Tu,Th	8:00-8:50 AM	\$33	109402-02
2/5-2/28	Tu,Th	8:00-8:50 AM	\$33	109402-03
12/4-12/27	Tu,Th	9:00-9:50 AM	\$29	109402-04
1/8-1/31	Tu,Th	9:00-9:50 AM	\$33	109402-05
2/5-2/28	Tu,Th	9:00-9:50 AM	\$33	109402-06

“I love how the kids feel a sense of ownership towards **Ross Natural Area**. We pick up trash about once a week. It’s a very clean town and **people respect our natural areas!**”

—*Kristi MunLeeuw*

“Lucky to call Fort Collins home, **just trying to do our part**”

—*Steve MunLeeuw*

“It’s such a nice park. It makes me **feel proud** to keep it clean.”

—*Wyatt MunLeeuw*

“I love how close it is to our house. **We feel good** picking up trash.”

—*Justin MunLeeuw*



FORT COLLINS
VOLUNTEER

Find Your Why and adopt a natural area, park, street or trail at fcgov.com/volunteer

HIIT Boot Camp

High Intensity Interval Training (HIIT) is a cardiovascular whole-body workout alternating short periods of intense anaerobic exercise with less intense recovery periods. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	Noon-1:00 PM	\$29	109516-01
1/8-1/31	Tu,Th	Noon-1:00 PM	\$33	109516-02
2/5-2/28	Tu,Th	Noon-1:00 PM	\$33	109516-03

Les Mills BODYPUMP

A total body workout using light to moderate weights with lots of repetition. Instructors coach through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music. **Note:** Class will not be held on 12/24, 12/25.

Location: Foothills Activity Center

12/3-12/26	M,W	6:15-7:15 AM	\$36	109710-01
1/7-1/30	M,W	6:15-7:15 AM	\$41	109710-02
2/4-2/27	M,W	6:15-7:15 AM	\$41	109710-03
12/3-12/26	M,W	12:15-1:00 PM	\$27.25	109710-04
1/7-1/30	M,W	12:15-1:00 PM	\$31	109710-05
2/4-2/27	M,W	12:15-1:00 PM	\$31	109710-06
12/3-12/26	M,W	6:40-7:40 PM	\$36	109710-07
1/7-1/30	M,W	6:40-7:40 PM	\$41	109710-08
2/4-2/27	M,W	6:40-7:40 PM	\$41	109710-09
12/4-12/27	Tu,Th	5:30-6:30 PM	\$36	109710-10
1/8-1/31	Tu,Th	5:30-6:30 PM	\$41	109710-11
2/5-2/28	Tu,Th	5:30-6:30 PM	\$41	109710-12
12/8-12/29	Sa	9:45-10:45 AM	\$21	109710-16
1/12-2/2	Sa	9:45-10:45 AM	\$21	109710-17
2/9-3/2	Sa	9:45-10:45 AM	\$21	109710-18

Loss to Win

Designed for those wanting to lose weight. Perform a variety of exercises that are geared to burn fat and gain confidence. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/28	M,W,F	9:30-10:30 AM	\$45	109504-01
1/7-2/1	M,W,F	9:30-10:30 AM	\$49	109504-02
2/4-3/1	M,W,F	9:30-10:30 AM	\$49	109504-03

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Good introduction for previously sedentary persons. **Note:** Class will not be held on 12/25.

Location: Foothills Activity Center

12/4-12/27	Tu,Th	8:50-9:50 AM	\$29	109705-01
1/8-1/31	Tu,Th	8:50-9:50 AM	\$33	109705-02
2/5-2/28	Tu,Th	8:50-9:50 AM	\$33	109705-03

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance by learning correct posture and alignment through a series of body movements. **Note:** Class will not be held on 12/24, 12/25.

Mat Pilates continued

Location: Senior Center

12/3-12/17	M	3:00-4:00 PM	\$13	109403-01
1/7-1/28	M	3:00-4:00 PM	\$17	109403-02
2/4-2/25	M	3:00-4:00 PM	\$17	109403-03
12/7-12/28	F	3:00-4:00 PM	\$17	109403-04
1/11-2/1	F	3:00-4:00 PM	\$17	109403-05
2/8-3/1	F	3:00-4:00 PM	\$17	109403-06

Location: Northside Aztlan Center

12/3-12/26	M,W	10:40-11:40 AM	\$29	109506-01
1/7-1/30	M,W	10:40-11:40 AM	\$33	109506-02
2/4-2/27	M,W	10:40-11:40 AM	\$33	109506-03
12/4-12/27	Tu,Th	1:00-2:00 PM	\$29	109506-04
1/8-1/31	Tu,Th	1:00-2:00 PM	\$33	109506-05
2/5-2/28	Tu,Th	1:00-2:00 PM	\$33	109506-06

Location: Foothills Activity Center

12/4-12/27	Tu,Th	8:30-9:30 AM	\$29	109702-01
1/8-1/31	Tu,Th	8:30-9:30 AM	\$33	109702-02
2/5-2/28	Tu,Th	8:30-9:30 AM	\$33	109702-03
12/4-12/27	Tu,Th	9:45-10:45 AM	\$29	109702-04
1/8-1/31	Tu,Th	9:45-10:45 AM	\$33	109702-05
2/5-2/28	Tu,Th	9:45-10:45 AM	\$33	109702-06

Pound Rockout Workout

Combine cardio, strength-training, balance, and pilates-inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning.

Location: Senior Center

12/5-12/26	W	6:35-7:20 PM	\$13	109405-01
1/9-1/30	W	6:35-7:20 PM	\$13	109405-02
2/6-2/27	W	6:35-7:20 PM	\$13	109405-03

PowerTrain

Pump iron and the heart. An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is different, keeping the body guessing and forcing it to stay at its peak. **Note:** Class will not be held on 12/24, 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	6:15-7:15 AM	\$29	109507-01
1/8-1/31	Tu,Th	6:15-7:15 AM	\$33	109507-02
2/5-2/28	Tu,Th	6:15-7:15 AM	\$33	109507-03
12/4-12/27	Tu,Th	Noon-1:00 PM	\$29	109507-04
1/8-1/31	Tu,Th	Noon-1:00 PM	\$33	109507-05
2/5-2/28	Tu,Th	Noon-1:00 PM	\$33	109507-06

Location: Foothills Activity Center

12/3-12/28	M,W,F	5:30-6:30 PM	\$45	109701-01
1/7-2/1	M,W,F	5:30-6:30 PM	\$49	109701-02
2/4-3/1	M,W,F	5:30-6:30 PM	\$49	109701-03

Spin & Tone

Includes the same challenging workout that other group spin classes offer, but with an additional toning segment. Great for cardiovascular training and total body strengthening. **Note:** Class will not be held on 12/24, 12/25.

Location: Northside Aztlan Center

12/3-12/26	M,W	5:30-6:30 PM	\$29	109505-01
1/7-1/30	M,W	5:30-6:30 PM	\$33	109505-02
2/4-2/27	M,W	5:30-6:30 PM	\$33	109505-03
12/4-12/27	Tu,Th	6:15-7:15 AM	\$29	109505-04
1/8-1/31	Tu,Th	6:15-7:15 AM	\$33	109505-05
2/5-2/28	Tu,Th	6:15-7:15 AM	\$33	109505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility for all levels. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	Noon-12:55 PM	\$29	109508-01
1/8-1/31	Tu,Th	Noon-12:55 PM	\$33	109508-02
2/5-2/28	Tu,Th	Noon-12:55 PM	\$33	109508-03

Strength Training

Increase muscle strength, bone mass, and stamina. The first class of each session includes an orientation to training principles and equipment. **Note:** Class will not be held on 12/24, 12/25.

Location: Northside Aztlan Center

12/3-12/26	M,W	8:30-9:30 AM	\$29	109509-01
1/7-1/30	M,W	8:30-9:30 AM	\$33	109509-02
2/4-2/27	M,W	8:30-9:30 AM	\$33	109509-03
12/4-12/27	Tu,Th	9:30-10:30 AM	\$29	109509-04
1/8-1/31	Tu,Th	9:30-10:30 AM	\$33	109509-05
2/5-2/28	Tu,Th	9:30-10:30 AM	\$33	109509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	5:30-6:30 PM	\$29	109510-01
1/8-1/31	Tu,Th	5:30-6:30 PM	\$33	109510-02
2/5-2/28	Tu,Th	5:30-6:30 PM	\$33	109510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	Noon-1:00 PM	\$29	109511-01
1/8-1/31	Tu,Th	Noon-1:00 PM	\$33	109511-02
2/5-2/28	Tu,Th	Noon-1:00 PM	\$33	109511-03

TRX Body Blast continued

12/8-12/29	Sa	8:15-9:15 AM	\$17	109511-04
1/12-2/2	Sa	8:15-9:15 AM	\$17	109511-05
2/9-3/2	Sa	8:15-9:15 AM	\$17	109511-06

Weight Lifting, Beginner

Designed for beginners, learn the basics of exercise science and weightlifting while also getting in a good workout. **Note:** Class will not be held on 12/25.

Location: Foothills Activity Center

12/4-12/27	Tu,Th	5:30-6:30 PM	\$29	109703-01
1/8-1/31	Tu,Th	5:30-6:30 PM	\$33	109703-02
2/5-2/28	Tu,Th	5:30-6:30 PM	\$33	109703-03

[DANCE]

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves 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. **Note:** Class will not be held on 12/24, 12/25.

Location: Club Tico

12/3-12/17	M	9:00-10:00 AM	\$13	109112-01
1/7-1/28	M	9:00-10:00 AM	\$17	109112-02
2/4-2/25	M	9:00-10:00 AM	\$17	109112-03
12/5-12/26	W	9:00-10:00 AM	\$17	109112-04
1/9-1/30	W	9:00-10:00 AM	\$17	109112-05
2/6-2/27	W	9:00-10:00 AM	\$17	109112-06
12/7-12/28	F	9:00-10:00 AM	\$17	109112-07
1/11-2/1	F	9:00-10:00 AM	\$17	109112-08
2/8-3/1	F	9:00-10:00 AM	\$17	109112-09

Location: Senior Center

12/3-12/17	M	5:30-6:30 PM	\$13	109406-01
1/7-1/28	M	5:30-6:30 PM	\$17	109406-02
2/4-2/25	M	5:30-6:30 PM	\$17	109406-03
12/5-12/26	W	5:30-6:30 PM	\$17	109406-04
1/9-1/30	W	5:30-6:30 PM	\$17	109406-05
2/6-2/27	W	5:30-6:30 PM	\$17	109406-06
12/8-12/29	Sa	9:00-10:00 AM	\$17	109406-07
1/12-2/2	Sa	9:00-10:00 AM	\$17	109406-08
2/9-3/2	Sa	9:00-10:00 AM	\$17	109406-09

Location: Northside Aztlan Center

12/4-12/18	Tu	6:30-7:30 PM	\$13	109512-01
1/8-1/29	Tu	6:30-7:30 PM	\$17	109512-02
2/5-2/26	Tu	6:30-7:30 PM	\$17	109512-03
12/5-12/26	W	6:30-7:30 PM	\$17	109512-04
1/9-1/30	W	6:30-7:30 PM	\$17	109512-05
2/6-2/27	W	6:30-7:30 PM	\$17	109512-06
12/6-12/27	Th	6:30-7:30 PM	\$17	109512-07
1/10-1/31	Th	6:30-7:30 PM	\$17	109512-08
2/7-2/28	Th	6:30-7:30 PM	\$17	109512-09

[MIND & BODY]

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/18	Tu	5:30-6:30 PM	\$13	109404-01
1/8-1/29	Tu	5:30-6:30 PM	\$17	109404-02
2/5-2/26	Tu	5:30-6:30 PM	\$17	109404-03
12/6-12/27	Th	5:30-6:30 PM	\$17	109404-04
1/10-1/31	Th	5:30-6:30 PM	\$17	109404-05
2/7-2/28	Th	5:30-6:30 PM	\$17	109404-06

Qigong & Taichi for Health

Designed for beginners. Learn gentle Qigong and Taichi routines. Improve balance, strength, flexibility, mental concentration, and focus.

Location: Foothills Activity Center

12/8-12/29	Sa	9:15-10:15 AM	\$17	109740-01
1/12-2/2	Sa	9:15-10:15 AM	\$17	109740-02
2/9-3/2	Sa	9:15-10:15 AM	\$17	109740-03

Tai Chi, Beginner

Tai Chi is an orthodox internal martial art from China. Learn the four Mother Forms of the art with low-impact, meditative repeating movements. Gain insight into internal movement and training.

Location: Senior Center

12/8-12/29	Sa	12:45-1:45 PM	\$17	109441-01
1/12-2/2	Sa	12:45-1:45 PM	\$17	109441-02
2/9-3/2	Sa	12:45-1:45 PM	\$17	109441-03

Taijifit Flow

A style of fun and easy to follow tai chi that helps improve balance, strength, and flexibility. No routines or choreography to memorize. No experience necessary. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/26	M,W	Noon-12:45 PM	\$22	109440-01
1/7-1/30	M,W	Noon-12:45 PM	\$25	109440-02
2/4-2/27	M,W	Noon-12:45 PM	\$25	109440-03

Taijifit Forms

Taking the fun atmosphere of Taijifit Flow with the focus on learning traditional tai chi forms. Focus on choreography and intentional movement.

Location: Senior Center

12/6-12/27	Th	3:00-3:45 PM	\$13	109440-07
1/10-1/31	Th	3:00-3:45 PM	\$13	109440-08
2/7-2/28	Th	3:00-3:45 PM	\$13	109440-09

Taijifit Tools

All the flow of Taijifit with the addition of traditional tai chi tools; such as the sword fan and weighted chi spheres. Also use Fusion forms: Bamboo Fusion forms (yoga and tai chi), Iron Fusion (strength and tai chi), and Fire Fusion (karate and tai chi). No experience necessary. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/18	Tu	4:00-4:45 PM	\$10	109440-04
1/8-1/29	Tu	4:00-4:45 PM	\$13	109440-05
2/5-2/26	Tu	4:00-4:45 PM	\$13	109440-06

[YOGA]

Gentle Yoga

The many varied postures are individually adapted to address specific needs. Focus on awareness and breathing to benefit body, mind, heart, and health. Suitable for beginners, advanced who seek better precision, and those with some chronic conditions.

12/6-12/13	Th	12:15-1:15 PM	\$13.50	125452-01
1/10-1/31	Th	12:15-1:15 PM	\$27	125452-02
2/7-2/28	Th	12:15-1:15 PM	\$27	125452-03

Meditation

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

Location: Northside Aztlan Center

12/9-12/30	Su	11:15 AM-12:15 PM	\$17	109567-01
1/13-2/3	Su	11:15 AM-12:15 PM	\$17	109567-02
2/10-3/3	Su	11:15 AM-12:15 PM	\$17	109567-03

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. Suitable for all levels. Based on the book, *Mindfulness Yoga* by Frank Jude Boccio.

Location: Northside Aztlan Center

12/9-12/30	Su	10:00-11:00 AM	\$17	109566-01
1/13-2/3	Su	10:00-11:00 AM	\$17	109566-02
2/10-3/3	Su	10:00-11:00 AM	\$17	109566-03

Morning Meditation & Yoga

Begin the morning with meditation, moving into gentle yoga. A positive and healthy way to balance the day. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	7:30-8:30 AM	\$29	109564-01
1/8-1/31	Tu,Th	7:30-8:30 AM	\$33	109564-02
2/5-2/28	Tu,Th	7:30-8:30 AM	\$33	109564-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing. **Note:** Class will not be held on 12/24.

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Restorative Yoga continued

Location: Northside Aztlan Center

12/3-12/26	M,W	Noon-1:00 PM	\$29	109560-01
1/7-1/30	M,W	Noon-1:00 PM	\$33	109560-02
2/4-2/27	M,W	Noon-1:00 PM	\$33	109560-03
12/7-12/28	F	11:00 AM-Noon	\$17	109560-04
1/11-2/1	F	11:00 AM-Noon	\$17	109560-05
2/8-3/1	F	11:00 AM-Noon	\$17	109560-06

Sculpting Yoga

Practice yoga and sculpt with weights. Build strength and definition. Beginners to advanced levels welcome. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	1:00-2:00 PM	\$29	109561-01
1/8-1/31	Tu,Th	1:00-2:00 PM	\$33	109561-02
2/5-2/28	Tu,Th	1:00-2:00 PM	\$33	109561-03

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. Modifications offered. Designed for beginner and intermediate levels. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/17	M	6:30-7:30 PM	\$13	109461-01
1/7-1/28	M	6:30-7:30 PM	\$17	109461-02
2/4-2/25	M	6:30-7:30 PM	\$17	109461-03

Location: Northside Aztlan Center

12/3-12/17	M	4:00-5:00 PM	\$13	109562-01
1/7-1/28	M	4:00-5:00 PM	\$17	109562-02
2/4-2/25	M	4:00-5:00 PM	\$17	109562-03
12/4-12/18	Tu	5:00-6:00 PM	\$13	109562-04
1/8-1/29	Tu	5:00-6:00 PM	\$17	109562-05
2/5-2/26	Tu	5:00-6:00 PM	\$17	109562-06
12/5-12/26	W	4:00-5:00 PM	\$17	109562-07
1/9-1/30	W	4:00-5:00 PM	\$17	109562-08
2/6-2/27	W	4:00-5:00 PM	\$17	109562-09
12/6-12/27	Th	5:00-6:00 PM	\$17	109562-10
1/10-1/31	Th	5:00-6:00 PM	\$17	109562-11
2/7-2/28	Th	5:00-6:00 PM	\$17	109562-12

Location: Foothills Activity Center

12/3-12/26	M,W	5:30-6:30 PM	\$29	109761-01
1/7-1/30	M,W	5:30-6:30 PM	\$33	109761-02
2/4-2/27	M,W	5:30-6:30 PM	\$33	109761-03
12/4-12/27	Tu,Th	2:15-3:30 PM	\$34.25	109761-04
1/8-1/31	Tu,Th	2:15-3:30 PM	\$39	109761-05
2/5-2/28	Tu,Th	2:15-3:30 PM	\$39	109761-06

Svaroopa Yoga, Basic

A restorative style of Hatha Yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders, and neck. Dissolve tension, stress, and spinal compression. Transform outside and inside.

Svaroopa Yoga, Basic continued

Location: Senior Center

12/5-12/19	W	10:15-11:45 AM	\$30	125448-01
1/2-1/23	W	10:15-11:45 AM	\$40	125448-02

Svaroopa Yoga, Advanced

Practice advanced and deeper poses that offer spinal openings and relief from everyday physical discomfort. Balance, inversion, Vinyasa, classical, and twists included. Prerequisite: Three sessions of Basic Svaroopa or instructor approval.

Location: Senior Center

12/7-12/21	F	10:15-11:45 AM	\$30	125449-01
1/4-1/25	F	10:15-11:45 AM	\$40	125449-02

Therapeutic Yoga

Slow moving directed yoga emphasizes joint health, circulation, and mindfulness. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/17	M	10:00-11:00 AM	\$13	109460-01
1/7-1/28	M	10:00-11:00 AM	\$17	109460-02
2/4-2/25	M	10:00-11:00 AM	\$17	109460-03
12/3-12/17	M	11:00 AM-Noon	\$13	109460-04
1/7-1/28	M	11:00 AM-Noon	\$17	109460-05
2/4-2/25	M	11:00 AM-Noon	\$17	109460-06
12/6-12/27	Th	10:00-11:00 AM	\$17	109460-07
1/10-1/31	Th	10:00-11:00 AM	\$17	109460-08
2/7-2/28	Th	10:00-11:00 AM	\$17	109460-09
12/6-12/27	Th	11:00 AM-Noon	\$17	109460-10
1/10-1/31	Th	11:00 AM-Noon	\$17	109460-11
2/7-2/28	Th	11:00 AM-Noon	\$17	109460-12

Vinyasa Flow

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build core strength to support more advanced poses.

Location: Northside Aztlan Center

12/8-12/29	Sa	8:15-9:15 AM	\$17	109563-01
1/12-2/2	Sa	8:15-9:15 AM	\$17	109563-02
2/9-3/2	Sa	8:15-9:15 AM	\$17	109563-03

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

12/8-12/29	Sa	9:30-10:30 AM	\$17	109464-01
1/12-2/2	Sa	9:30-10:30 AM	\$17	109464-02
2/9-3/2	Sa	9:30-10:30 AM	\$17	109464-03

Yoga, Beginner

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Experience a sense of inner calm. **Note:** Class will not be held on 12/25.

continued on next page

Yoga, Beginner continued

Location: Senior Center

12/4-12/27	Tu,Th	2:45-3:45 PM	\$29	109462-01
1/8-1/31	Tu,Th	2:45-3:45 PM	\$33	109462-02
2/5-2/28	Tu,Th	2:45-3:45 PM	\$33	109462-03
12/4-12/27	Tu,Th	4:00-5:00 PM	\$29	109462-04
1/8-1/31	Tu,Th	4:00-5:00 PM	\$33	109462-05
2/5-2/28	Tu,Th	4:00-5:00 PM	\$33	109462-06
12/4-12/27	Tu,Th	5:15-6:15 PM	\$29	109462-07
1/8-1/31	Tu,Th	5:15-6:15 PM	\$33	109462-08
2/5-2/28	Tu,Th	5:15-6:15 PM	\$33	109462-09
12/5-12/26	W	Noon-1:00 PM	\$17	109462-10
1/9-1/30	W	Noon-1:00 PM	\$17	109462-11
2/6-2/27	W	Noon-1:00 PM	\$17	109462-12
12/5-12/26	W	1:15-2:15 PM	\$17	109462-13
1/9-1/30	W	1:15-2:15 PM	\$17	109462-14
2/6-2/27	W	1:15-2:15 PM	\$17	109462-15

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. **Note:** Must be able to do floor and standing exercises at a fast pace. Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/17	M	4:30-5:20 PM	\$13	109463-01
1/7-1/28	M	4:30-5:20 PM	\$17	109463-02
2/4-2/25	M	4:30-5:20 PM	\$17	109463-03
12/3-12/26	M,W	5:30-6:20 PM	\$29	109463-04
1/7-1/30	M,W	5:30-6:20 PM	\$33	109463-05
2/4-2/27	M,W	5:30-6:20 PM	\$33	109463-06
12/5-12/26	W	4:30-5:20 PM	\$13	109463-07
1/9-1/30	W	4:30-5:20 PM	\$17	109463-08
2/6-2/27	W	4:30-5:20 PM	\$17	109463-09
12/4-12/18	Tu	6:30-7:30 PM	\$13	109463-10
1/8-1/29	Tu	6:30-7:30 PM	\$17	109463-11
2/5-2/26	Tu	6:30-7:30 PM	\$17	109463-12

Yoga & Meditation

A calm approach to being present, rejuvenated, and healthier. Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/4-12/27	Tu,Th	9:00-10:00 AM	\$29	109565-01
1/8-1/31	Tu,Th	9:00-10:00 AM	\$33	109565-02
2/5-2/28	Tu,Th	9:00-10:00 AM	\$33	109565-03

Yoga for Depression

Learn how yoga principles and a variety of poses can assist with depression. Enjoy a combination of lecture and guided practice that can potentially help with depression. By Tim Koblenz PT, UCHealth. B ring a yoga mat.

1/24	Th	4:00-5:30 PM	\$5	125407-01
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FAMILY & YOUTH FITNESS CLASSES

Family Yoga, Baby & Toddler

Explore yoga with a baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children.

Location: Foothills Activity Center

Parent/Baby Yoga, Age: 6-18 months

12/7-12/28	F	9:00-10:00 AM	\$17	109760-01
1/11-2/1	F	9:00-10:00 AM	\$17	109760-02
2/8-3/1	F	9:00-10:00 AM	\$17	109760-03

Parent/Toddler Yoga, Age: 18 months-3 years

12/7-12/28	F	10:00-10:45 AM	\$13	109760-04
1/11-2/1	F	10:00-10:45 AM	\$13	109760-05
2/8-3/1	F	10:00-10:45 AM	\$13	109760-06

Family Yoga, Child

Parents and children explore yoga together. Improve body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness.

Location: Foothills Activity Center

Age: 4-6 years

12/7-12/28	F	5:00-5:45 PM	\$13	109760-07
1/11-2/1	F	5:00-5:45 PM	\$13	109760-08
2/8-3/1	F	5:00-5:45 PM	\$13	109760-09

Age: 7-10 years

12/7-12/28	F	5:45-6:30 PM	\$13	109760-10
1/11-2/1	F	5:45-6:30 PM	\$13	109760-11
2/8-3/1	F	5:45-6:30 PM	\$13	109760-12

Pre-Teen Yoga

Build self-esteem and confidence through mindful breathing, fun sequences of yoga poses, and empowering games with a rockin' playlist. Drop off and pick up available ten minutes before and after class time. **Note:** Class will not be held on 12/24.

Age: 9-12 years

Location: Foothills Activity Center

12/3-12/17	M	5:30-6:30 PM	\$13	109763-01
1/7-1/28	M	5:30-6:30 PM	\$17	109763-02
2/4-2/25	M	5:30-6:30 PM	\$17	109763-03

Teen Yoga

Become more connected with body, mind, and the world through self-discovery, mindful breathing, invigorating yoga sequences, and self-confidence building games.

Age: 13-16 years

Location: Foothills Activity Center

12/5-12/26	W	5:30-6:30 PM	\$17	109764-01
1/9-1/30	W	5:30-6:30 PM	\$17	109764-02
2/6-2/27	W	5:30-6:30 PM	\$17	109764-03

Fitness Schedules



FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM Les Mills BodyPump	6:15 - 7:15 AM Functional Interval Training	6:15 - 7:15 AM Les Mills BodyPump	6:15 - 7:15 AM Functional Interval Training	9:00 - 10:00 AM Parent/Baby Yoga
12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	10:00 - 10:45 AM Parent/Toddler Yoga
5:30 - 6:30 PM Slow Flow Hatha Yoga	8:50 - 9:50 AM Low Impact Aerobics	5:30 - 6:30 PM Slow Flow Hatha Yoga	8:50 - 9:50 AM Low Impact Aerobics	5:00 - 5:45 PM Parent/Child Yoga 4-6
5:30 - 6:30 PM Pre-teen Yoga	9:45 - 10:45 AM Mat Pilates	5:30 - 6:30 PM Teen Yoga	9:45 - 10:45 AM Mat Pilates	5:30 - 6:30 PM PowerTrain
5:30 - 6:30 PM PowerTrain	1:15 - 2:30 PM Slow Flow Hatha Yoga	5:30 - 6:30 PM PowerTrain	1:15 - 2:30 PM Slow Flow Hatha Yoga	5:45 - 6:30 PM Parent/Child Yoga 7-10
6:40 - 7:40 PM Les Mills BodyPump	5:30 - 6:30 PM Les Mills BodyPump	6:40 - 7:40 PM Les Mills BodyPump	5:30 - 6:30 PM Les Mills BodyPump	
	5:30 - 6:30 PM Weightlifting, Beginner		5:30 - 6:30 PM Weightlifting, Beginner	Saturday
				9:15 - 10:15 AM Qigong & Taichi for Health
				9:45 - 10:45 AM Les Mills BodyPump

NORTHSIDE AZTLAN COMMUNITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM CrossTrain	6:15 - 7:15 AM PowerTrain	6:15 - 7:15 AM CrossTrain	6:15 - 7:15 AM PowerTrain	6:15 - 7:15 AM CrossTrain
8:30 - 9:30 AM Strength Training	6:15 - 7:15 AM Spin & Tone	8:30 - 9:30 AM Strength Training	6:15 - 7:15 AM Spin & Tone	7:00 - 8:00 AM Barre Fitness
9:00 - 10:00 AM Barre Fitness	7:30 - 8:30 AM Morning Meditation & Yoga	9:00 - 10:00 AM Barre Fitness	7:30 - 8:30 AM Morning Meditation & Yoga	9:00 - 10:00 AM Zumba @ Club Tico
9:00 - 10:00 AM Zumba @ Club Tico	9:00 - 10:00 AM Yoga & Meditation	9:00 - 10:00 AM Zumba @ Club Tico	9:00 - 10:00 AM Yoga & Meditation	9:30 - 10:30 AM Lose to Win
9:30 - 10:30 AM Lose to Win	9:30 - 10:30 AM Strength Training	9:30 - 10:30 AM Lose to Win	9:30 - 10:30 AM Strength Training	11:00 AM - Noon Restorative Yoga
10:00 - 11:00 AM Essentrics	Noon - 1:00 PM TRX Body Blast	10:00 - 11:00 AM Essentrics	Noon - 1:00 PM TRX Body Blast	Noon - 1:00 PM CrossTrain
10:40 - 11:40 AM Mat Pilates	Noon - 1:00 PM PowerTrain	10:40 - 11:40 AM Mat Pilates	Noon - 1:00 PM PowerTrain	Saturday
11:00 - 11:45 AM SS Classic	Noon - 1:00 PM HIIT Boot Camp	11:00 - 11:45 AM SS Classic	Noon - 1:00 PM HIIT Boot Camp	8:15 - 9:15 AM TRX Body Blast
Noon - 1:00 PM CrossTrain	Noon - 12:55 PM Strength & Tone	Noon - 1:00 PM CrossTrain	Noon - 12:55 PM Strength & Tone	8:15 - 9:15 AM Vinyasa Flow Yoga
Noon - 1:00 PM Restorative Yoga	1:00 - 2:00 PM Mat Pilates	Noon - 1:00 PM Restorative Yoga	1:00 - 2:00 PM Mat Pilates	
4:00 - 5:00 PM Slow Flow Hatha Yoga	1:00 - 2:00 PM Sculpting Yoga	4:00 - 5:00 PM Slow Flow Hatha Yoga	1:00 - 2:00 PM Sculpting Yoga	Sunday
5:15 - 6:15 PM Essentrics	5:00 - 6:00 PM Slow Flow Hatha Yoga	5:30 - 6:30 PM Spin & Tone	5:00 - 6:00 PM Slow Flow Hatha Yoga	10:00 - 11:00 AM Mindfulness Yoga
5:30 - 6:30 PM Spin & Tone	5:30 - 6:30 PM Total Body Boot Camp	6:30 - 7:30 PM Zumba	5:30 - 6:30 PM Total Body Boot Camp	11:15 - 12:15 PM Meditation
	6:30 - 7:30 PM Zumba		6:30 - 7:30 PM Zumba	

SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM Yoga Chair	8:00 - 8:50 AM Boomer Blast 	8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Boomer Blast 	8:50 - 9:50 AM Back & Body Strength
8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Functional Strength	9:00 - 10:00 AM Yoga for Osteoporosis	8:00 - 8:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion
10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	10:15 - 11:45 AM Svaroopaa Yoga-Advanced
10:00 - 11:00 AM Therapeutic Yoga	10:10 - 10:55 AM SS Classic	10:15 - 11:45 AM Svaroopaa Yoga-Basic	10:00 - 11:00 AM Therapeutic Yoga	12:00 - 1:00 PM Tai Chi for Arthritis II
11:00 AM - Noon Therapeutic Yoga	11:10 - 11:55 AM SS Yoga	Noon - 1:00 PM Yoga, Beginning	10:10 - 10:55 AM SS Classic	1:00 - 1:45 PM SS Circuit
Noon - 12:45 PM Taijifit Flow	12:15 - 1:10 PM SS Splash	Noon - 12:45 PM Taijifit Flow	11:00 AM - Noon Therapeutic Yoga	2:00 - 2:45 PM SS Stability
1:00 - 1:45 PM SS Circuit	1:15 - 2:10 PM SS Splash	1:00 - 1:45 PM SS Circuit	11:10 - 11:55 AM SS Yoga	3:00 - 4:00 PM Mat Pilates
2:30 - 3:30 PM N'Balance 1/7 - 2/27	2:45 - 3:45 PM Yoga, Beginning	1:15 - 2:15 PM Yoga, Beginning	12:15 - 1:10 PM SS Splash	3:00 - 4:00 PM Tai Chi for Arthritis I
3:00 - 4:00 PM Mat Pilates	4:00 - 4:45 PM Taijifit Tools	2:30 - 3:30 PM N'Balance 1/7 - 2/27	12:15 - 1:15 PM Gentle Yoga	Saturday
4:10 - 4:55 PM SS Yoga	4:00 - 5:00 PM Yoga, Beginning	4:10 - 4:55 PM SS Yoga	12:30 - 1:30 PM Balance 201	9:00 - 10:00 AM Zumba
4:30 - 5:20 PM Yoga, Advanced Beginner	5:15 - 6:15 PM Yoga, Beginning	4:30 - 5:20 PM Yoga, Advanced Beginner	1:15 - 2:10 PM SS Splash	9:30 - 10:30 AM Yoga All Levels
5:30 - 6:20 PM Yoga, Advanced Beginner	5:30 - 6:30 PM Nia	5:30 - 6:20 PM Yoga, Advanced Beginner	2:45 - 3:45 PM Yoga, Beginning	10:30 - 11:15 AM SS Classic
5:30 - 6:30 PM Zumba	6:30 - 7:30 PM Yoga, Advanced Beginner	5:30 - 6:30 PM Zumba	3:00 - 3:45 PM Taijifit Forms	11:15 AM - Noon SS Yoga
6:30 - 7:30 PM Slow Flow Hatha Yoga		6:35 - 7:20 PM Pound Rockout Workout	4:00 - 5:00 PM Swiss Theraball	12:45 - 1:45 PM Tai Chi Beginning
			4:00 - 5:00 PM Yoga, Beginning	
			5:15 - 6:15 PM Yoga, Beginning	
			5:30 - 6:30 PM Nia	



HEALTH -AND- WELLNESS

Women's Cardiovascular Health – Doc Talk

A UHealth Cardiologist specializing in women's health. Signs, risk factors, tests, & treatments specific to women.

Senior Center
Friday Febr. 22nd 2:00pm-3:30pm \$5.00

City of Fort Collins
COLUMBINE HEALTH SYSTEMS
fcbgov.com/health-wellness

Health & Wellness

Health and Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UHealth. All services are for ages 18 years & up unless otherwise noted. Programs are hosted at the Fort Collins Senior Center unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a **H**. **Note:** Health & Wellness programs **H** are not eligible for the discount.

SERVICES

Advanced Care Planning **H**

Receive assistance to help create advance directives to make medical decisions that resonate with personal values. Guides offer support in completing advance care plans that represent what is important to individuals by explaining treatment options, putting choices in writing, and sharing them with family and physicians. By The Health District of Northern Larimer County. **Note:** Appointments are one-hour.

12/11, 1/8, 2/12	Tu	9:00 AM-1:00 PM	No Fee
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Blood Pressure Clinic **H**

Sit down with a registered nurse one-on-one to take blood pressure and ask any health-related questions. No appointment necessary; check-in at the front desk. By: Health District.

12/10	M	10:00 AM-Noon	No Fee
1/14	M	10:00 AM-Noon	No Fee
2/11	M	10:00 AM-Noon	No Fee

Cholesterol Screening **H**

Blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight-hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District at 970.224.5209. Appointments are 20 minutes.

Cholesterol Screening continued

12/4, 1/8, 2/5	Tu	8:00-11:00 AM	\$15
12/20, 1/17, 2/21	Th	8:00-11:00 AM	\$15
2/9	Sa	8:00-11:00 AM	\$15

Fitness Checkups **H**

Check body fat percentage and BMI. Then, perform simple strength, cardio, and flexibility tests to determine strengths and weaknesses. Test periodically to see changes. Appointments are 45-minutes.

1/7, 1/14	M	1:00-4:00 PM	\$5
2/5	Tu	9:00 AM-Noon	\$5

Manicure/Pedicure/Nail Care **H**

Look and feel good with spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Thursdays 10:00 AM-4:00 PM

Basic Manicure or Pedicure	\$36	60 minutes
Spa Manicure or Pedicure	\$54	90 minutes
Combo Spa	\$72	120 minutes
Toe Nail Clip	\$18	30 minutes

Massage **H**

Enjoy the health benefits of massage such as stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation.

Tuesdays	9:00 AM-Noon	\$16.50	30 minutes
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FINANCIAL EDUCATION

Budgeting & Saving **H**

Tell money where to go instead of wondering where it went. Create a spending plan, track expenses, set goals, and find new ways to save. Get the tools and resources for these important financial basics. By Canvas Credit Union.

Location: Foothills Activity Center

2/12	Tu	6:30-7:30 PM	No Fee	125751-01
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Buying a Home ^H

Learn all the steps between checking credit to being handed the keys. Learn about loan types, down payments, the current market, choosing a realtor, and buying or renting considerations. Be informed before embarking on this major investment. By Canvas Credit Union.

Location: Foothills Activity Center

1/22	Tu	6:30-8:00 PM	No Fee	125752-01
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Digital Estate Planning

An important part of estate planning is incorporating life happenings that exist digitally. Learn ways to electronically organize documents, photos, and digital assets that can be passed on to loved ones while taking steps to reduce stress on those that could responsible for closing accounts.

Age: 18 years & up

Location: Senior Center

1/9	W	11:00 AM-Noon	\$15	107457-01
1/16	W	11:00 AM-Noon	\$15	107457-02
1/23	W	11:00 AM-Noon	\$15	107457-03
1/30	W	11:00 AM-Noon	\$15	107457-04

Estate Planning Toolbox ^H

Discussion on basic estate planning instruments that should be in the toolbox for ultimate preparedness. Learn each tool, what they do, and how to put them to work. The pros and cons of probate administration and how to avoid that process is also covered. By Attorneys of Wolfe, Van Ackern & Cuypers, LLP.

1/22	Tu	10:00-11:30 AM	No Fee	125460-01
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Upside of Downsizing ^H

Whether clearing the clutter from a closet, an attic or basement, or planning to downsize the home itself, get tips and strategies to declutter, organize, and recycle. Cover the what, how, and why of organizing and downsizing. By Home Smart Realty Group.

12/6	Th	10:00-11:30 AM	No Fee	125446-01
1/16	W	1:00-2:30 PM	No Fee	125446-02
2/12	Tu	2:00-3:30 PM	No Fee	125446-03

HOLISTIC OPTIONS**Essential Oils & Holiday Emotions ^H**

Discuss how to assist the various holiday emotions with essential oils. DIY materials provided.

12/5	W	6:00-7:00 PM	No Fee	125428-01
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Essential Oils & a Healthy Gut ^H

Learn which oils help assist the gut and why it is important to maintain a healthy gut.

1/2	W	6:00-7:00 PM	No Fee	125429-01
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Essential Oils & Healthy Skin ^H

Overview of a variety of essential oils designed to help maintain beautiful healthy skin. DIY recipes provided to make own skin care.

2/6	W	6:00-7:00 PM	No Fee	125430-01
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Feng Shui for the New Year ^H

Introduction to nine life areas in Feng Shui. Learn to focus on what's important and what is no longer beneficial. Bring positive flow into the New Year.

1/5-2/2	Sa	10:00-11:30 AM	\$25	125453-01
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Healing thru Meditation & Spiritual Wisdom ^H

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamiji Dharmananda.

1/4-1/25	F	10:00-11:30 AM	\$40	125420-01
2/1-2/22	F	10:00-11:30 AM	\$40	125420-02

Morning Meditation ^H

Basic instruction followed by guided meditation and time for silent practice. Enjoy reflections on how to make and maintain space for everyday mindfulness. All levels welcome. By CSU/Larimer County Extension.

12/20	Th	9:00-10:00 AM	No Fee	125451-01
1/24	Th	9:00-10:00 AM	No Fee	125451-02
2/21	Th	9:00-10:00 AM	No Fee	125451-03

NUTRITION**21-Day Sugar Detox ^H**

Sugar is highly addictive. Eating foods high in sugar and refined carbs can destroy health and cause fatigue, weight gain, mood swings, aches, pains, and illness. Through this proven program, learn to tame the sugar monster. By Certified Wellness Coach. **Note:** Class will not be held on 1/17, 2/13.

1/3-1/24	Th	5:30-6:30 PM	\$60	125431-01
1/30-2/20	W	10:00-11:00 AM	\$60	125431-02

Am I Hungry? Mindful Eating ^H

Be in charge of eating instead of feeling out of control. Practice eating food without overeating or guilt, improve mindfulness and emotional eating, and eat healthier without feeling deprived. By UHealth Registered Dietician.

1/14-2/25	M	3:00-5:30 PM	\$65	125418-01
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Eating for Energy & Health ^H

Keep energy levels high. Learn to choose nutritious foods that help promote positive energy levels and overall health. Choose the right type of fuel with both macro and micro nutrients, as well as specific vitamin and mineral needs. By UHealth Registered Dietician.

12/14	F	2:00-3:30 PM	\$5	125402-01
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EnhanceWellness Nutrition ^H

For participants in the EnhanceWellness program. A monthly class to answer questions about nutrition with a mindful eating focus. New members welcome. By Julie Knighton, RN.

1/21	M	1:00-3:00 PM	No Fee	125409-01
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One-on-One Nutritional Instruction

Private consultations and cooking classes for those interested in improving overall health. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction is provided by Sapna Von Reich, a certified health coach. For more information and to schedule a session, contact 970.221.6644.

Age: 18 years & up

1-hour session for 1 person	\$60
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1-hour session for 2 people	\$80
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MEDICAL EDUCATION**Aging Eye Common Conditions ^H**

Learn about common eye conditions including cataracts, glaucoma, macular degeneration, sagging eyelids, and dry eyes. Current and impending future treatments are discussed. Vision screening included. By Eye Center of Northern Colorado.

1/30	W	1:00-2:00 PM	No Fee	125408-01
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Bossy Bladder & Bowel ^H

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action and learn how to get control to lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care and Rehabilitation.

12/11	Tu	1:00-2:00 PM	No Fee	125419-01
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1/21	M	9:00-10:00 AM	No Fee	125419-02
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2/13	W	10:00-11:00 AM	No Fee	125419-03
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Continuum of Care ^H

Education about advanced health care options and services available in the area. By Covell Care and Rehabilitation.

12/4	Tu	2:00-3:00 PM	No Fee	125416-01
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1/9	W	1:00-2:00 PM	No Fee	125416-02
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2/25	M	1:00-2:00 PM	No Fee	125416-03
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Home Safety ^H

Learn about home hazards and what to do today to make the home safer. Receive a checklist to evaluate home safety ratings. By Covell Care and Rehabilitation.

12/12	W	11:00 AM-Noon	No Fee	125437-01
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1/28	M	2:00-3:00 PM	No Fee	125437-02
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2/19	Tu	2:00-3:00 PM	No Fee	125437-03
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In Home Exercise ^H

According to the Center of Disease Control, injuries and accidents are the number one reason older adults go to the emergency room. Learn safe in-home exercises specifically designed to reduce fall risk and stay out of the hospital. By Covell Care and Rehabilitation.

12/17	M	11:00 AM-Noon	No Fee	125436-01
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1/23	W	10:00-11:00 AM	No Fee	125436-02
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2/5	Tu	2:00-3:00 PM	No Fee	125436-03
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Prepare for Surgery & Heal Faster ^H

Based on the research of Peggy Huddleson, learn ways positive emotion and human spirit can speed healing, and body-mind techniques that were specially developed to reduce anxiety before surgery. Use less pain medication and heal faster. By UCHHealth Aspen Club.

2/19	Tu	2:00-3:30 PM	\$5	125403-01
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Social Security Basics & Beyond ^H

Make Social Security more understandable and less confusing by reviewing the basics of claims, spousal and survivor benefits, how to evaluate options, and information about being grandfathered under the rules previous to 2015. By PVH/MCR Planned Giving Committee.

2/5	Tu	5:30-7:00 PM	No Fee	125406-01
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To Drive or Not to Drive ^H

Learn startling statistics about older drivers and what to do to determine if someone is fit to drive or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care and Rehabilitation.

12/3	M	10:00-11:00 AM	No Fee	125415-01
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1/15	Tu	1:00-2:00 PM	No Fee	125415-02
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2/6	W	9:00-10:00 AM	No Fee	125415-03
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Understanding Speech Therapy ^H

Speech therapy is often misunderstood as only revolving around one's speaking ability. Learn the in and outs of speech therapy and how it goes beyond speaking to focus on areas of cognition, independence, and swallowing. By Covell Care and Rehabilitation.

12/11	Tu	10:00-11:00 AM	No Fee	125440-01
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1/8	Tu	2:00-3:00 PM	No Fee	125440-02
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2/20	W	9:00-10:00 AM	No Fee	125440-03
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Woman's Cardiovascular Health, Doc Health ^H

According to the American Heart Association, more women than men die from heart disease each year. The warning signs of heart attacks and strokes are shared, how these signs differ for women, controllable risk factors, and available tests and treatments. By UCHHealth Cardiologist.

2/22	F	2:00-3:30 PM	\$5	125400-01
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WELLNESS EDUCATION**Aging in Community ^H**

The hope is to retire in the neighborhood that is currently called home. Local experts share how to live safely, comfortably, and independently for as long as possible. By Neighbor to Neighbor.

1/17	Th	1:00-2:00 PM	No Fee	125447-01
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LEGEND

Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

Arthritis Support Group ^H

A quarterly meet-up group designed to offer information and support for those who have arthritis, and their family members, friends, and caregivers. Learn more, find related resources, meet people, network, and share experiences. To register call the Aspen Club at 970.495.8560.

2/11	M	11:30 AM-1:00 PM	No Fee	125423-01
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Authentic Connection ^H

Explore four elements of authentic connection: presence, mindfulness, attunement, and compassion. Practice mindful listening as a foundation for extending the gift of presence to others. By CSU/Larimer County Extension.

1/24	Th	10:30 AM-Noon	No Fee	125445-01
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Brain Boosters for the Noggin' ^H

Regularly challenge the brain with games, mental exercises, and new activities for brain wellbeing. Learn strategies that are a unique blend of brain health research and activities around the theme of brain-healthy living. By UCHHealth Aspen Club.

1/23	W	10:00-11:30 AM	\$5	125405-01
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Brain & Balance ^H

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane Horak, Columbine Health Systems. By Diane Horak, Columbine Health Systems.

1/10	Th	1:30-2:00 PM	\$15	125426-01
2/7-2/28	Th	1:30-2:00 PM	\$15	125426-02

Cancer: Prevention vs. Treatment ^H

Doctors focus on diagnosis and treatment of cancer, but many lifestyle choices can prevent cancer. Investigate a whole food plant-based diet and its impact on growth and prevention of cancer. Also, learn new ways to reduce risk. By Dr. Cory Carroll.

2/5	Tu	6:30-8:30 PM	No Fee	125465-01
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Conversation Café ^H

Part of the EnhanceWellness program, meet for support, encouragement on action plans, and the monthly focus. Led by Julie Knighton, RN UCHHealth Community Health.

12/11	Tu	2:00-3:00 PM	\$5	125404-01
1/8	Tu	2:00-3:00 PM	\$5	125404-02
2/12	Tu	2:00-3:00 PM	\$5	125404-03

Cultivating Compassion ^H

People are most joyful when being kind and generous to others. Yet barriers to compassion stand in the way, such as a lack of self-compassion. Explore how to free-up compassion energy, open hearts, and cultivate greater kindness towards ourselves and others. By CSU/Larimer County Extension.

2/21	Th	10:30 AM-Noon	No Fee	125441-01
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in Northern Colorado for over 45 years.**



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- A Supportive Environment
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Health District

FAMILY DENTAL CLINIC

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970-416-5331**

healthdistrict.org/dental

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



TIPS TO AVOID **OVEReating** DURING THE HOLIDAYS

By Linda DuVal, for UCHHealth

When you think about it, “the holidays” last at least five weeks, from Thanksgiving to New Year’s Day. “That’s one-tenth of the year,” said Holly Prehn, a registered dietitian with UCHHealth.

*A glass of eggnog. A slice of pecan pie with whipped cream.
A couple glasses of champagne. What can it hurt? And besides,
it’s “the holidays.”*

“It can be tough to stay on track with our eating habits through the holidays,” she said. “For one thing, this season usually brings with it a number of holiday parties where we are faced with decadent food and high-calorie beverages.

The holidays also bring more frequent social situations. For those of us who are people pleasers, situations like Grandma encouraging seconds of her homemade pie or a coworker bringing in fresh-baked cookies can lead to making less healthy choices.

And, holiday stress plays a role, too.

“It’s been proven that under stress, our food choices shift towards higher-fat, higher-sugar items. So, it’s easy to see why we tend to get off track this time of year,” says Prehn. Plus, there’s the increased consumption of alcohol.

“Alcohol can definitely be a bigger problem this time of year,” she said. “It’s such a standard part of holiday parties, dinners, and of course, New Year’s Eve festivities.

One drink per day for women and up to two drinks per day for men is considered moderation. Beyond that, you’re taking risks against your health.”

Try not to think of the entire season as a reason to indulge, and use these strategies to stay on a healthy track.

TIPS TO HELP THIS TIME OF YEAR

- **SNACK SMART** Eat good food throughout the day and have healthy snacks so you don’t walk into a party ravenous. That can be a set-up to overeat.
- **IT’S NOT ONE TIME ONLY** Remember you can have the food later. It’s not traditional, but you can make pumpkin pie in August if you want it.
- **ONE AND DONE** Keep in mind how much you really need to feel satisfied. If you’re not going to pass on the sugar cookies altogether, have one and really enjoy it.
- **ASK FOR THE RECIPE** Or a take-home container if you’re full or feel bad saying no to someone offering unhealthy options. Knowing you can have something later could prevent overindulgence.
- **MODIFY RECIPES** Cut down on the sugar, oil, and salt when possible. Often, it doesn’t significantly alter the end product.
- **CHECK THE SPREAD** If you’re at a buffet or potluck, look at all your options before grabbing a plate. This way you don’t fill up on a mediocre food, just the good stuff.
- **GO FOR A WALK** After the meal rather than jumping right into dessert. You’ll get the family moving and give your brain time to catch up with how full you are.

“The main thing I like to recommend to people is to pay attention to and honor their hunger and fullness signals,” she said. “The goal of eating mindfully is to really slow down the pace, focus your attention on what you are eating, and use all of your senses to enjoy your food.” Prehn concludes.

Diet & Type 2 Diabetes 

Type 2 Diabetes is an epidemic attributable to a growing number of overweight/obese people in the U.S. population. The saying we are what we eat is true about diabetes, but confusion persists as the best diet. See how a whole food plant-based diet, with proven benefits, can change lives. By Dr. Cory Carroll.

12/4	Tu	6:30-8:30 PM	No Fee	125467-01
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Fasting...It Does a Body Good 

Properly used, fasting can aid in maintaining an ideal body weight and has been shown to improve brain function and lessen the effect of dementia. Address reasons to add fasting to a health routine. Learn how to fast safely and effectively. By Dr. Cory Carroll.

1/22	Tu	6:30-8:30 PM	No Fee	125472-01
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Get Your Advance Directives Done 

It's especially important to complete advance directives as we age. Discuss living wills and medical health care directives; and complete them in class. Learn about end-of-life discussions and the importance of sharing individual plans. By UCHHealth Aspen Club.

1/15	Tu	9:00-10:30 AM	No Fee	125401-01
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Grief Meditation 

The death of a loved one is hard and many griever experience anxiety and restlessness. Join this guided meditation that helps promote relaxation and healing in the grief journey. No prior experience with meditation necessary. By AccentCare Hospice.

2/11	M	10:00-10:30 AM	No Fee	125414-01
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Keeping Your Heart Healthy 

Coronary Heart Disease (CAD) can be prevented; diet is key. Discover scientific evidence that shows a whole food plant-based diet cannot only stop but may reverse CAD. By Dr. Cory Carroll.

2/19	Tu	6:30-8:30 PM	No Fee	125466-01
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Know the 10 Signs: Early Detection Matters 

Learn the facts about memory loss. Early detection provides the opportunity to begin drug therapy, enroll in clinical studies, and plan. Discuss the difference between warning signs and normal aging. By the Alzheimer's Association.

1/18	F	1:00-2:30 PM	No Fee	125439-01
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Laughter Wellness 

A series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in the physical actions of happiness and relaxation.

12/1-2/23	Sa	9:00-9:45 AM	No Fee	125468-01
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Life After Stroke Support Group 

Stroke survivors and caregivers are united around others to create meaningful and fulfilling lives. Be a part of a group who listens and provides encouragement. By UCHHealth. **Note:** Class meets on the 2nd and 4th Thursdays of each month. Class will not be held on 12/27.

12/13-2/28	Th	12:30-2:00 PM	No Fee	125450-01
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DAILY
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LEARNING

SMALL
CLASS SIZE

INDIVIDUALIZED
CURRICULUM

*"Our son went to Rivendell from preschool through graduation in 5th grade. He came into Rivendell very sensitive, shy and self-contained, but ready to learn. By the time he left, he was doing much higher than grade-level work and loving it. He has adjusted seamlessly into a 700+ public middle school, and I know that is because of the confidence he gained in himself at Rivendell. Rivendell has something special and it shows in the kids who go there."
~Karen, Rivendell parent*



Rivendell
SCHOOL

RIVENDELL-SCHOOL.ORG



Living Well with Chronic Disease ^H

Learn skills and receive support to manage arthritis, heart/lung disease, or other chronic conditions. By UCHHealth Aspen Club.

1/30-3/6	W	1:30-4:00 PM	No Fee	125411-01
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Managing Caregiver Stress ^H

Being a caregiver for a loved one is one of the most difficult jobs. When stress is not managed, feelings of exhaustion, anger, physical illness, and guilt can be felt. Learn techniques to reduce stress to thrive as a caregiver. By AccentCare Hospice.

1/10	Th	9:30-11:00 AM	No Fee	125413-01
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Mind Body Connection ^H

Focus better by learning practical tools and techniques that use the mind to help change patterns of thought and behavior to healthier ones. By UCHHealth.

Location: Foothills Activity Center

1/24-3/21	W,Th	3:00-5:00 PM	\$25	125457-01
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Money & Chronic Disease ^H

Avoiding chronic disease makes good financial sense. The personal cost of suffering, pain, loss of physical abilities, and lower quality of life is high, but the increasing financial burden of constant medical care leaves many unprepared. Kick chronic disease to the curb. By Dr. Cory Carroll.

12/18	Tu	6:30-8:30 PM	No Fee	125470-01
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Parkinson's Support Group ^H

The Parkinson's Support Group of Larimer County (PSGLC) provides a variety of programming for those with Parkinson's Disease and their partners. Each month, find education, support, and fellowship. For more information, visit psdupportic.net.

12/5	W	10:30 AM-12:30 PM	No Fee	125427-01
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1/2	W	10:30 AM-12:30 PM	No Fee	125427-02
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2/6	W	10:30 AM-12:30 PM	No Fee	125427-03
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Radon Awareness ^H

Radon is an odorless, tasteless, invisible gas found naturally in the soil. Radon becomes a concern when it seeps into a home and accumulates. The U.S. Surgeon General and EPA recommend all homes be tested for radon. Learn about radon and receive a radon test kit. By CSU/Larimer County Extension.

Location: Northside Aztlan Center

1/24	Th	4:00-5:00 PM	No Fee	125455-02
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Location: Senior Center

1/15	Tu	1:00-2:00 PM	No Fee	125455-01
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The Risk of Being Overweight ^H

Obesity raises the risk of developing hypertension, type 2 diabetes, heart disease, osteoarthritis, sleep apnea, and a variety of cancers. Learn ways to attain and/or maintain an ideal body weight to live a healthier more productive life. By Dr. Cory Carroll.

1/8	Tu	6:30-8:30 PM	No Fee	125471-01
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Surviving the Holidays ^H

For those who are grieving, the holidays may be a time of mixed emotions, feelings of being overwhelmed with multiple demands, and the pain of loves lost. This class will offer helpful tips on how to survive the holidays. By AccentCare Hospice.

12/3	M	10:00-11:00 AM	No Fee	125412-01
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Tai Chi Chih ^H

The soft, gentle movements of Tai Chi Chih bring health to the body, mind, and spirit through the circulation and balancing of internal energy. The movements can be done by anyone regardless of age or physical condition. Benefits include better balance, increased flexibility, strength, wellbeing, and joy.

Beginner

1/8-2/26	Tu	1:00-2:00 PM	\$80	125438-01
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Beginner, Repeat

Prerequisite: Tai Chi Chih, Beginner

1/8-2/26	Tu	1:00-2:00 PM	\$40	125442-01
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Tai Chi Chih, Continuing

Prerequisite: Tai Chi Chih Beginner.

12/5-12/19	W	9:45-11:00 AM	\$15	125443-01
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1/9-1/30	W	9:45-11:00 AM	\$20	125443-02
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2/6-2/27	W	9:45-11:00 AM	\$15	125443-03
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Tai Chi Chih, Guided Practice ^H

This moving meditation circulates and balances the body's innate energy, or Chi. Easy to learn and can be done by all. Reduce stress, improve balance, and increase serenity. Guided practice requires some level of experience with the movements prior to class.

1/4-1/25	F	1:00-2:00 PM	\$25	125410-01
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2/1-2/22	F	1:00-2:00 PM	\$25	125410-02
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Tame Your Stress ^H

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo negative habits that spiral into a cycle of stress. Explore what mindfulness means and how to apply basic principles and practices in life. By CSU/Larimer County Extension.

12/20	Th	10:30-11:30 AM	No Fee	125444-01
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Technology to Improve Balance ^H

New advances can help improve balance in short, fun interventions. Learn how to use smartphones to achieve results with balance. Free balance evaluations are available. Discover how fun the dual tasking approach to balance can be. By geriatric-certified physical therapist.

12/5	W	10:00-11:00 AM	No Fee	125434-01
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1/23	W	1:00-2:00 PM	No Fee	125434-02
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2/13	W	10:00-11:00 AM	No Fee	125434-03
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Zentangle Fundamentals ^H

Introduction to the basics of the Zentangle Method of Art for stress management, mindfulness, relaxation, and recreation. Supplies and a kit included.

1/16	W	11:00 AM-12:30 PM	\$40	125435-01
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Ice Skating

Learn to Skate USA

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

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and creates an obstruction for skaters that are entering or exiting the ice.

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

Our class 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 all classes is 5 students; class levels may be combined to meet this minimum.

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

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

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

There are no make-up lessons for missed skating classes.

If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.

If you are unable to attend the last day of classes for testing, request a progress card on the last day you attend.

Proper clothing may include:

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

Public Skate

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

Location: Edora Pool Ice Center

Age: 2-17 years

Ongoing	M-Su	Various Times \$4
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Age: 18-49 years

Ongoing	M-Su	Various Times \$5
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Age: 50 years & up

Ongoing	M-Su	Various Times \$4
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Freestyle

Interested in knowing more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

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

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included.

Figure Skating Lessons for Boy & Girl Scouts

Earn a skating Merit Badge. A learn to skate lesson can be arranged for troops during a public skate session at a discounted rate. Minimum of four skaters. Flexible number of weeks available. To make arrangements, contact 970.416.2770.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available (check with front desk for schedule).

TEAM & CLUB CONTACTS

Adult Hockey

Fort Collins Adult Hockey Association fcaha.org

Youth Hockey

Northern Colorado Youth Hockey ncyh.org

Figure Skating Club

Fort Collins Figure Skating Club fortcollinsfsc.org

Women's Hockey

Flames/Phoenix/Comets wachockey.com

College Hockey

Colorado State University csuhockey.com

High School Hockey

High Plains Hockey highplainshockey.com

Speed Skating

Jondon Speed Jondonspeed.com

Curling

Poudre Valley Curling Club Poudrevalleycurling.com

CURLING

Curling League

Designed for those wanting to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note.

Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose.

Age: 8 years & up

Location: Edora Pool Ice Center

1/27-2/17	Su	9:15-10:45 AM	\$44	110376-01
2/24-3/17	Su	9:15-10:45 AM	\$44	110376-02

HOCKEY

Basic 1 Hockey Skate

Designed for those who have never skated before. See Basic 1 Skate for more information about skills learned. **Note:** Hockey equipment not required.

Age: 5-9 years

Location: Edora Pool Ice Center

1/12-2/9	Sa	11:15-11:45 AM	\$46	110308-01
2/16-3/16	Sa	11:15-11:45 AM	\$46	110308-02

Basic 2 Hockey Skate

See Basic 2 Skate for more information about skills learned.

Prerequisite: Successful completion of Basic 1 or be between the ages of 10-15 years and never skated before. **Note:** Hockey equipment not required.

Age: 5-15 years

Location: Edora Pool Ice Center

1/12-2/9	Sa	10:30-11:00 AM	\$46	110312-01
2/16-3/16	Sa	10:30-11:00 AM	\$46	110312-02

Beginner Cub Hockey

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Equipment can be checked out with a \$150 deposit check. Rental skates included; stick available at equipment check-out for \$12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1. **Note:** Equipment handout is 1/17 from 4-6 p.m.; equipment can be checked out with a \$150 check deposit. Equipment check-in is immediately following the last game of the session.

Age: 4-8 years

Location: Edora Pool Ice Center

1/22-3/14	Tu,Th	4:15-5:00 PM	\$193	110372-01
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Power Skating Drop-In ^{NW}

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. **Note:** Full hockey gear required. Session will not be held on 12/26, 1/2.

Age: 9-17 years

Location: Edora Pool Ice Center

12/5-2/27	W	4:00-4:45 PM	\$14	
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Drop-In Hockey ^{NW}

Open practice session to sharpen skating and shooting skills. Full equipment required. Sign up at the front desk beginning at 6 a.m. Payment must be made at sign-up. Limited to 30 players. **Note:** Session will not be held on 12/25, 12/27, 1/1, 1/3.

Age: 16 years & up

Location: Edora Pool Ice Center

12/3-2/28	M-F	11:15 AM-12:45 PM	\$5	
12/6-2/28	Th	1:00-2:30 PM	\$5	

Stick & Puck Drop-In 

Open session. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. Attire: Hockey specific helmet, gloves, stick, and shin guards required.

Note: Session will not be held on 12/15, 1/1, 1/19, 1/20

Age: All

Location: Edora Pool Ice Center

12/1-2/24	Sa,Su	2:30-3:30 PM	\$5
12/26-1/4	W-F	4:45-6:00 PM	\$5

SPEED SKATING**Speed Skating** 

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Program developed by Olympic speed skater, Jondon Trevena. Attire: Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Prerequisite: Previous skating experience required.

Note: Class will not be held on 12/26, 1/2, 2/6. Age: 7 years & up

Location: Edora Pool Ice Center

Beginner

12/5-2/27	W	5:00-5:30 PM	\$10
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Intermediate

12/5-2/27	W	5:00-6:00 PM	\$19
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ADULT ICE SKATING**Adult Skate, Beginning & Intermediate**

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

Age: 16 years & up

Location: Edora Pool Ice Center

1/10-2/7	Th	6:15-6:45 PM	\$46	110349-01
2/14-3/14	Th	6:15-6:45 PM	\$46	110349-02

Adult Skate, Advanced

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

Age: 16 years & up

Location: Edora Pool Ice Center

1/10-2/7	Th	6:45-7:15 PM	\$49	110353-01
2/14-3/14	Th	6:45-7:15 PM	\$49	110353-02

Fitness Skate 

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. **Note:** Session will not be held on 12/7, 12/25, 1/1, 1/18. Age: 16 years & up

Location: Edora Pool Ice Center

12/3-2/28	M-F	11:15 AM-1:00 PM	\$6.00
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Senior Coffee Club 

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

Age: 60 years & up

Location: Edora Pool Ice Center

12/5-2/27	W	9:15-10:45 AM
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YOUTH ICE SKATING**Snowplow Sam 1 & 2**

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

Age: 4-5 years Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110302-01
1/8-2/7	Tu,Th	9:30-10:00 AM	\$91	110302-02
1/12-2/9	Sa	10:30-11:00 AM	\$46	110302-03
2/12-3/14	Tu,Th	4:45-5:15 PM	\$91	110302-04
2/12-3/14	Tu,Th	9:30-10:00 AM	\$91	110302-05
2/16-3/16	Sa	10:30-11:00 AM	\$46	110302-06

Snowplow Sam 3 & 4

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

Age: 4-5 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110304-01
1/8-2/7	Tu,Th	9:30-10:00 AM	\$91	110304-02
1/12-2/9	Sa	10:30-11:00 AM	\$46	110304-03
2/12-3/14	Tu,Th	4:45-5:15 PM	\$91	110304-04
2/12-3/14	Tu,Th	9:30-10:00 AM	\$91	110304-05
2/16-3/16	Sa	10:30-11:00 AM	\$46	110304-06

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110306-01
1/8-2/7	Tu,Th	10:00-10:30 AM	\$91	110306-02
1/12-2/9	Sa	10:30-11:00 AM	\$46	110306-03
1/28-3/11	M	4:00-4:30 PM	\$64	110306-04
1/28-3/11	M	4:30-5:00 PM	\$64	110306-05
2/12-3/14	Tu,Th	4:45-5:15 PM	\$91	110306-06
2/12-3/14	Tu,Th	10:00-10:30 AM	\$91	110306-07
2/16-3/16	Sa	10:30-11:00 AM	\$46	110306-08



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Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, to turn, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110310-01
1/8-2/7	Tu,Th	10:00-10:30 AM	\$91	110310-02
1/12-2/9	Sa	10:30-11:00 AM	\$46	110310-03
1/28-3/11	M	4:00-4:30 PM	\$64	110310-04
1/28-3/11	M	4:30-5:00 PM	\$64	110310-05
2/12-3/14	Tu,Th	4:00-4:30 PM	\$91	110310-06
2/12-3/14	Tu,Th	10:00-10:30 AM	\$91	110310-07
2/16-3/16	Sa	10:30-11:00 AM	\$46	110310-08

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110314-01
1/8-2/7	Tu,Th	10:30-11:00 AM	\$91	110314-02
1/12-2/9	Sa	11:15-11:45 AM	\$46	110314-03
2/12-3/14	Tu,Th	4:45-5:15 PM	\$91	110314-04
2/12-3/14	Tu,Th	10:30-11:00 AM	\$91	110314-05
2/16-3/16	Sa	11:15-11:45 AM	\$46	110314-06

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

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	4:45-5:15 PM	\$91	110316-01
1/8-2/7	Tu,Th	10:30-11:00 AM	\$91	110316-02
1/12-2/9	Sa	10:30-11:00 AM	\$46	110316-03
2/12-3/14	Tu,Th	4:45-5:15 PM	\$91	110316-04
2/12-3/14	Tu,Th	10:30-11:00 AM	\$91	110316-05
2/16-3/16	Sa	10:30-11:00 AM	\$46	110316-06

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.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:30-6:00 PM	\$91	110318-01
1/12-2/9	Sa	11:15-11:45 AM	\$46	110318-02
2/12-3/14	Tu,Th	5:30-6:00 PM	\$91	110318-03
2/16-3/16	Sa	11:15-11:45 AM	\$46	110318-04



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.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:30-6:00 PM	\$91	110322-01
1/12-2/9	Sa	11:15-11:45 AM	\$46	110322-02
2/12-3/14	Tu,Th	5:30-6:00 PM	\$91	110322-03
2/16-3/16	Sa	11:15-11:45 AM	\$46	110322-04

Pre-Free Skate

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

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:15-6:00 PM	\$144	110324-01
1/12-2/9	Sa	9:30-10:15 AM	\$72	110324-02
2/12-3/14	Tu,Th	5:15-6:00 PM	\$144	110324-03
2/16-3/16	Sa	9:30-10:15 AM	\$72	110324-04

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/5	Tu	6:15-6:45 PM	\$49	110330-01
2/12-3/12	Tu	6:15-6:45 PM	\$49	110330-02

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. For a full description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:15-6:00 PM	\$144	110332-01
1/12-2/9	Sa	9:30-10:15 AM	\$72	110332-02
2/12-3/14	Tu,Th	5:15-6:00 PM	\$144	110332-03
2/16-3/16	Sa	5:15-6:00 PM	\$72	110332-04

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, and stag jump or split falling leaf. For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:15-6:00 PM	\$144	110334-01
1/12-2/9	Sa	9:30-10:15 AM	\$72	110334-02
2/12-3/14	Tu,Th	5:15-6:00 PM	\$144	110334-03
2/16-3/16	Sa	9:30-10:15 AM	\$72	110334-04

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. For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5-15 years

Location: Edora Pool Ice Center

1/8-2/7	Tu,Th	5:15-6:00 PM	\$144	110336-01
1/12-2/9	Sa	9:30-10:15 AM	\$72	110336-02
2/12-3/14	Tu,Th	5:15-6:00 PM	\$144	110336-03
2/16-3/16	Sa	9:30-10:15 AM	\$72	110336-04

Spring Ice Show Registration

Skaters enrolled in Learn To Skate classes can participate in the 2019 Spring Spectacular ice show. Register by 2/4. Attendance at the casting call on 2/6 required. Costume fees range from \$60-85; \$60 deposit is taken at time of measuring. Rehearsals begin mid-March. Shows are the weekend of 5/11. **Note:** Look for ticket information in the Spring Recreator, released in late-January.

Age: 4 years & up

Location: Edora Pool Ice Center

Age: 4-15 years

Snowplow Sam 1 & 2

2/6	W	5:00-5:15 PM	\$20	110358-01
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Snowplow Sam 3 & 4

2/6	W	5:00-5:15 PM	\$20	110358-02
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Basic 1

2/6	W	5:00-5:15 PM	\$20	110358-03
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Basic 2

2/6	W	5:00-5:15 PM	\$20	110358-04
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Basic 3

2/6	W	5:15-5:30 PM	\$20	110358-05
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Spring Ice Show Registration continued

Basic 4

2/6	W	5:15-5:30 PM	\$20	110358-06
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Basic 5

2/6	W	5:15-5:30 PM	\$20	110358-07
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Basic 6

2/6	W	5:15-5:30 PM	\$20	110358-08
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Pre-Free Skate

2/6	W	5:30-6:00 PM	\$20	110358-09
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Free Skate 1 & 2

2/6	W	5:30-6:00 PM	\$20	110358-10
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Free Skate 3 & 4

2/6	W	5:30-6:00 PM	\$20	110358-11
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Free Skate 5 & 6

2/6	W	5:30-6:00 PM	\$20	110358-12
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Age: 16 years & up

Adult, Beginner

2/6	W	5:45-6:00 PM	\$20	110358-13
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Adult, Intermediate

2/6	W	5:45-6:00 PM	\$20	110358-14
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Adult, Advanced

2/6	W	5:45-6:00 PM	\$20	110358-15
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SPECIAL EVENTS**Winter Festival ^{NW}**

A fun-filled day of winter on-ice activities including free figure and synchronized skating exhibitions, speed skating, curling, and broomball demonstrations. Free public skate session is 12:15-2:15 p.m., followed by figure skating exhibitions from 2:30-6:30 p.m. Lessons in skating and curling available during public skate time. No registration necessary.

Age: All

Location: Edora Pool Ice Center

12/15	Sa	12:15 PM -2:15 PM	No Fee	
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LEGEND



Denotes no web registration for program



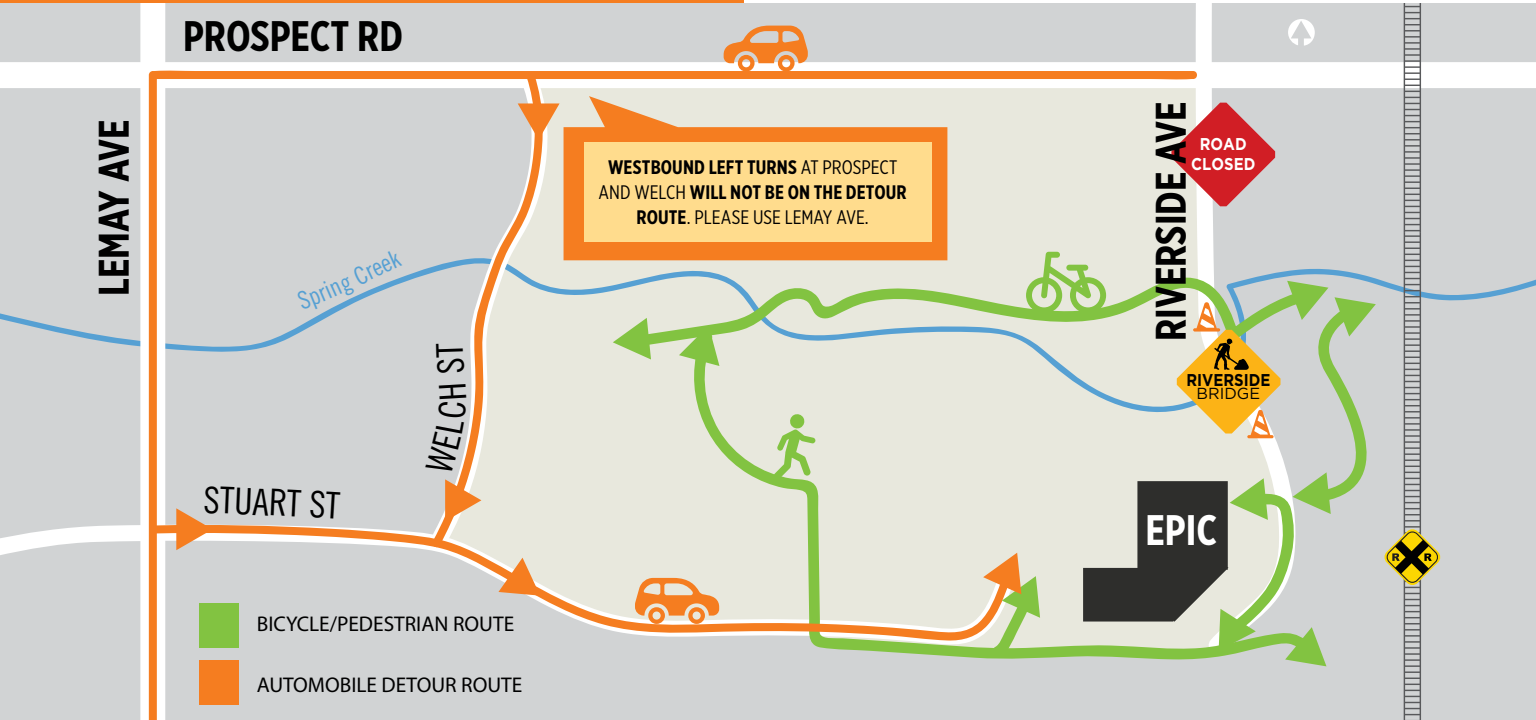
Denotes program/activity has special membership pricing



Denotes Health & Wellness program

RIVERSIDE BRIDGE REPLACEMENT

This fall, the City of Fort Collins will replace the structurally-deficient bridge over Spring Creek and will raise Riverside Avenue out of the 100-year floodplain. Following the bridge replacement, realignment and restoration work will begin for nearby Spring Creek.



WHAT YOU SHOULD EXPECT

- › **EPIC will remain open during construction! Access to EPIC and Edora Park will be via Stuart Street during bridge closure.**
- › **6-week full closure of Riverside Avenue during bridge construction beginning Saturday, Oct. 13.**
- › **Some of the Edora Disc Golf Course will be rerouted throughout 2019.**
- › **Spring Creek Trail users will cross Riverside Ave. via crosswalks throughout 2019.**

The City appreciates your patience. Please follow posted detour routes and speed limits. The City will actively monitor and ticket speeding traffic along Stuart Street during construction.

CONTACT

Mark Laken

mlaken@fcgov.com

970-222-3546

For more information or
to sign up for email updates
[fcgov.com/engineering/riversidebridge](https://www.fcgov.com/engineering/riversidebridge)



Outdoor Education & Recreation

Challenge your mind, challenge your body. Explore what Recreation has to offer in the great outdoors.

Programs that offer special pricing for members are denoted throughout the Recreator with **M**. For more information, see page 92.

For First Aid and CPR classes, see page 46.

Cancellation/Refund Policy

Trips may be cancelled, or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or the program. In case of a cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m. one week prior to trip departure for refund or credit in accordance with the Recreation refund policy on page 5.

ADULT PROGRAMS

Classes are for ages 18 years & up, unless otherwise noted.

Classes depart from the Senior Center, unless otherwise noted.

Outdoor Recreation Winter Social

Meet other winter outdoor recreation enthusiasts over refreshments. Meet staff and volunteers while learning about upcoming activities including downhill skiing, snowshoeing, and outdoor education classes.

12/6	Th	6:30 PM-8 PM	No Fee	411950-01
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[B.O.O.T.S.]

Building on Outdoor Trail Stewardship (BOOTS) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Attend the Quarterly Kickoff Meeting to learn more about club membership and activities. For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

B.O.O.T.S. Club Membership

Registration enrolls participants in club membership and all ongoing club activities throughout the quarter. Registration is open throughout the quarter.

B.O.O.T.S	\$10	111930-01
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Quarterly Kickoff Meeting

Meet club members and club coordinators. Learn about the details of the upcoming activities including destinations, projects, and continuing education opportunities. Attendance at the meeting is highly encouraged, but not necessary for participation in club activities.

12/3	M	5:00-6:00 PM
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Hiking Activities

Join fellow outdoor enthusiasts for weekly hikes along the Front Range led by a knowledgeable instructor. Enjoy an active morning filled with conversation and a chance to see local flora and fauna. Club benefits include access to hiking gear, trip coordination, carpooling options, social events, and exclusive continuing education opportunities. Hikes are no more than two hours long and depart from designated trailheads.

Stewardship Activities

Assist with outdoor volunteer projects around Larimer County to help maintain trails, clean up litter in parks, or pitch in wherever the environment needs help. In addition to giving back to nature, club members benefit from social events, behind the scenes tours, and continuing education opportunities.

[OUTDOOR EDUCATION]

Front Range Winter Bird Identification

Beginning birders learn about ducks and other birds that are present in Fort Collins during the winter months. Learn techniques for identifying unfamiliar birds and characteristics of familiar species of birds. **Note:** Includes two indoor classes and one field trip.

12/1-12/15	Sa	10:00 AM-Noon	\$38	107402-01
1/12-1/26	Sa	10:00 AM-Noon	\$38	107402-02
2/2-2/16	Sa	10:00 AM-Noon	\$38	107402-03

Snowshoe Lessons **M**

Learn the basics of snowshoeing with friendly instructors with a short outing. Get familiar with equipment, the feel for snow underfoot, and what to bring on longer trips. **Note:** Fee includes instruction. Bring a snack, water, and equipment. Destination determined by current weather conditions.

1/2	W	8:00 AM-Noon	\$31	111901-01
1/15	Tu	8:00 AM-Noon	\$31	111901-02
2/8	F	8:00 AM-Noon	\$31	111901-03
2/20	W	8:00 AM-Noon	\$31	111901-04

Snowshoe the Snowpack **M**

See the Cache la Poudre watershed in a new light by snowshoeing the snowpack, the City of Fort Collins' main drinking water supply. Snowshoe the trails of Joe Wright Reservoir with an Education Specialist from the Utilities Department to learn about the role that snow plays in our water story. Enjoy a discussion afterwards over coffee and pie. **Note:** Bring a lunch for the trail. Cost of snack after snowshoeing on your own.

1/30	W	8:30 AM-4:30 PM	\$46	111940-01
2/12	Tu	8:30 AM-4:30 PM	\$46	111940-02

Winter Ecology

Study plant and animal adaptations using good naturalist skills in the classroom and in the field. Learn the basics of animal tracking to discover the natural history of Colorado mammals. Optional field trip with snowshoes provided.

2/6-2/13	W	9:00 AM-Noon	\$27	107401-01
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[DOWNHILL SKI TRIPS] M

Motorcoach trips are made to various ski resorts. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Hwy. 34 at 7:20 a.m.

Location: Rolland Moore Park

Copper Mountain

1/9	W	7:00 AM-7:00 PM	\$46	111910-01
1/23	W	7:00 AM-7:00 PM	\$46	111910-03
2/6	W	7:00 AM-7:00 PM	\$46	111910-05
2/20	W	7:00 AM-7:00 PM	\$46	111910-07

Winter Park

1/16	W	7:00 AM-7:00 PM	\$46	111910-02
1/30	W	7:00 AM-7:00 PM	\$46	111910-04
2/13	W	7:00 AM-7:00 PM	\$46	111910-06
2/27	W	7:00 AM-7:00 PM	\$46	111910-08

[SNOWSHOEING & CROSS-COUNTRY SKIING] M

Designed for adults who enjoy a good physical challenge but can also accommodate a range of individual paces.

No formal instruction; trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDS and guides carry SPOT GPS positioning in case of emergency.

Some trips are in the backcountry of the Poudre Canyon without available Nordic centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or \$20 entry fee.

You should be in good health and capable of moderate physical activity, i.e. walking about 2 miles per hour at City of Fort Collins altitude. For your own safety bring equipment, water, layers, and food. Cost includes guide and sweep. **Note:** Ratings are subjective and offered as a general guide. All mileage is roundtrip and an estimate.

Cross-Country Skiing

Enjoy a day at the Eldora Nordic Center in the company of other cross-country skiers without formal instruction.

Age: 18 years & up

Location: Eldora Pool Ice Center

2/13	W	8:00 AM-4:00 PM	\$120	111921-01
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Snowshoeing

Enjoy a day out in the winter wilderness. All trips are snowshoe only.

Michigan Ditch

Spectacular views of the Nokhu Craggs. Rating: easy; Mileage: 4-5 miles; Lowest elevation: 10255 ft.; Highest elevation: 10320 ft.

1/8	Tu	8:00 AM-4:30 PM	\$42	111920-01
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Zimmerman Lake

Beautiful views of Neota Wilderness. Peaceful trail on an old logging road. Rating: moderate; Mileage: 4-5 miles. Lowest elevation: 10020 ft.; Highest elevation: 10495 ft.

1/17	Th	8:00 AM-4:30 PM	\$42	111920-02
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Mills Lake

A steep trail to a spectacular glacial valley with views of Jewel Lake and Ribbon Falls along the way. Rating: challenging; Mileage: 6-8 miles; Lowest elevation: 9240 ft.; Highest elevation: 10000 ft.

1/23	W	8:00 AM-4:30 PM	\$42	111920-03
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Blue Lake

Forested trail in Poudre Canyon. **Note:** Rating: moderate; Mileage: 4-5 miles; Lowest elevation: 9520 ft.; Highest elevation: 11020 ft.

2/1	F	8:00 AM-4:30 PM	\$42	111920-04
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Montgomery Pass

Scenic wooded glacial moraine with excellent views along the way.

Note: Rating: moderate; Mileage: 3-4 miles; Lowest elevation: 8850 ft.; Highest elevation: 9416 ft.

2/6	W	8:00 AM-4:30 PM	\$42	111920-05
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Copeland Falls

Forested evergreen trail mixed with aspens. Hike to waterfalls.

Note: Rating: easy; Mileage: 2.5-3 miles; Lowest elevation: 8500 ft.; Highest elevation: 8600 ft.

2/15	F	8:00 AM-4:00 PM	\$42	111920-06
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Long Draw Road

Gently rising with views of RMNP and Cameron Peak. **Note:** Rating: moderate; Mileage: 4-5 miles; Lowest elevation: 9500 ft.; Highest elevation: 9800 ft.

2/22	F	8:00 AM-4:30 PM	\$42	111920-07
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Lost Lake

Trail passes Lost Lake as it winds through the trees and old timber cuts. Rating: moderate; Mileage: 3-5 miles; Lowest Elevation: 9000 ft.; Highest Elevation: 9300 ft.

2/27	W	8:00 AM-4:30 PM	\$42	111920-08
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LEGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

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for a *FREE*
trial of our
youth
programs.**

Reserve your spot at
Whetstoneclimbing.com.



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Opening Soon
220 Smokey St
Fort Collins, CO 80525

YOUTH PROGRAMS

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing, and action. Learn basic techniques and how to be safe.

Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Dr.

12/13-12/20	Th	4:30-5:30 PM	\$30	115941-01
1/17-1/24	Th	4:30-5:30 PM	\$30	115941-02
2/21-2/28	Th	4:30-5:30 PM	\$30	115941-03

Wilderness Explorer

Explore the wilderness and learn additional skills needed to be on the trail each day. Up to 5 miles of hiking at an elevation of 5600 ft.-6500 ft. No experience necessary.

Age: 10-15 years

Location: Depart Northside Aztlan Center

Navigation & Snow Caves

2/9	Sa	8:30 AM-2:30 PM	\$35	115531-01
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Fire & Ice

2/16	Sa	8:30 AM-2:30 PM	\$35	115531-02
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LEWIS TENNIS

50 years providing professional tennis programs. Be a part of the largest, all inclusive tennis program in Northern Colorado.

- 10 and under, middle school, high school, and adult programs
- Performance training and league coaching
- Private lessons
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- Complete pro shop

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



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

18-19139

Special Events

Winter SOAP Show: Memories of the Season

Be entertained this winter with SOAP (Slightly Older Adult Players) and their performance of Memories of the Season. Comedy skits and musical entertainment performed by the SOAPtones. Tickets available at the Senior Center or by calling 970.221.6644.

Age: All

Location: Senior Center

11/30	F	1:30 PM	\$6	Ticketed Event
11/30	F	7:00 PM	\$6	Ticketed Event
12/1	Sa	2:00 PM	\$6	Ticketed Event

Holiday Village

Visit the Fort Collins Senior Center lobby throughout the holiday season and enjoy the sights and sounds of a beautiful miniature village come to life. Be amazed at the gigantic holiday tree and winter village complete with a working train.

Age: All

Location: Senior Center

12/3-12/31	M-F	6:00 AM – 9:00 PM	No Fee
12/3-12/31	Sa	8:00 AM – 5:00 PM	No Fee
12/3-12/31	Su	9:00 AM – 8:00 PM	No Fee

The Nutcracker, An Abridged Performance

Studio West Dance Center tells the story of the classical Tchaikovsky/Pepita ballet. The show includes excerpts of Flowers, Sugar Plum, Spanish, Chinese, Snow, Pas De Deux, Soldier Doll, Ballerina Doll, Marzipan, March, and Angels. Tickets available at the Senior Center or by calling 970.221.6644.

Age: All

Location: Senior Center

12/15	Sa	4:00 PM	\$5	Ticketed Event
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Winter Festival ^{NW}

A fun-filled day of winter on-ice activities including free figure and synchronized skating exhibitions, speed skating, curling, and broomball demonstrations. Free public skate session is 12:15-2:15 p.m., followed by figure skating exhibitions from 2:30-6:30 p.m. Lessons in skating and curling available during public skate time. No registration necessary.

Age: All

Location: Edora Pool Ice Center

12/15	Sa	12:15 PM -2:15 PM	No Fee
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Annual Meeting

Find out what is current at the Senior Center and within Recreation, as well as speak with Recreation staff. RSVP at the front desk or by calling 970.221.6644. Brunch is served.

Age: 18 years & up

Location: Senior Center

2/21	Th	9:00-10:30 AM	No Fee	112445-01
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Sports

ADULT SPORTS

[BASKETBALL]

Lunch Time Basketball ^{NW}

Break up the day and join this group of drop-in basketball players for a lunchtime game. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Community Center

12/3-3/1	M-F	Noon-2:00 PM
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Winter Adult Basketball

Men's, women's, and coed leagues. Teams sign up for their level of play and night preference on a first come basis. Registration ends 12/14 or when leagues fill. 8 games scheduled. Leagues begin the week of 1/7.

Location: Northside Aztlan Center

Cost: \$459

Men's

Monday Competitive	113901-01
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Monday Recreational	113901-02
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Wednesday Recreational	113901-03
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Women's

Wed Competitive	113902-01
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Wed Recreational	113902-02
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Coed

Sun Recreational	113903-01
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Spring Adult Men's Basketball

Teams sign up for their level preference on a first come basis. Registration ends 3/15 or when leagues fill. 6 games scheduled. Leagues begin the week of 3/25.

Location: Northside Aztlan Center

Cost: \$341

Friday Competitive	213901-01
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Friday Recreational	213901-02
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[FLAG FOOTBALL]

Winter Adult Indoor Flag Football

8-on-8 non-contact league. Registration ends 12/14 or when leagues fill. 6 games scheduled, 6 games guaranteed.

Age: 16 years & up

Location: The Edge, 4450 Denrose Ct.

1/6-2/10	Su	9:30-Noon	\$450	113912-01
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Spring Adult Flag Football

8-on-8 non-contact. Registration ends 3/8 or when leagues fill; 6 games scheduled, 6 games guaranteed.

Location: Rolland Moore Park

3/18-4/29	M	6:00-10:00 PM	\$330	213011-01
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[KICKBALL]

Spring Coed Kickball

Have fun playing an American classic invented on the playground. Registration ends 3/8 or when league fills. 6 games scheduled. League begins 3/22.

Location: Rolland Moore Park

Cost: \$205

Fri Coed Competitive	213061-01
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Fri Coed Recreational	213061-02
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[PICKLEBALL]

Pickleball League, Individual Doubles

An individual doubles ladder league. Change teammates and opponents every game. Levels 3.0 + welcome.

Age: 18 years & up

Location: Senior Center

1/15-2/19	Tu	5:00-8:00 PM	\$30	124440-01
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Pickleball Tournament, Mixed Doubles

A full day of fun, fitness, and mixed-doubles competition. Matches begin as self-ranked and proceed to pool play against teams with similar skill levels. Fees paid per 2-person mixed double team.

Age: 18 years & up

Location: Northside Aztlan Center

1/27	Su	9:00 AM-4:00 PM	\$65	124400-01
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Pickleball, Beginner Lessons

For those new to pickleball or those wanting to freshen up basic skills. Classroom and court time provided to learn rules, scoring, and basics.

Age: 18 years & up

Location: Senior Center

12/4-12/18	Tu	9:45-11:00 AM	\$15.75	124420-01
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1/8-1/29	Tu	9:45-11:00 AM	\$15.75	124420-02
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2/5-2/26	Tu	9:45-11:00 AM	\$15.75	124420-03
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Pickleball, Novice Refresher

For beginners looking to improve skill and knowledge of the game. Play more and chase the ball less. Prerequisite: Successful completion of beginner lessons.

Age: 18 years & up

Location: Senior Center

12/19	W	10:00 AM-Noon	\$14	124422-01
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2/20	W	10:00 AM-Noon	\$14	124422-02
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Pickleball, Intermediate Lessons

Enhance skills through practice drills and learning the finer points of play. Prerequisite: Ability to demonstrate adequate skills and be proficient at novice play.

Age: 18 years & up

Location: Senior Center

1/16	W	10:00 AM-Noon	\$14	124423-01
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[MARTIAL ARTS]

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level. **Note:** Class will not be held 12/24-1/1.

Age: 7 years & up

Location: Club Tico

12/10-1/9	M,W	6:00-7:00 PM	\$40	122122-01
1/14-2/13	M,W	6:00-7:00 PM	\$56	122122-02
2/18-3/20	M,W	6:00-7:00 PM	\$56	122122-03

Location: Foothills Activity Center

12/11-1/10	Tu,Th	6:00-7:00 PM	\$40	122119-01
1/15-2/14	Tu,Th	6:00-7:00 PM	\$56	122119-02
2/19-3/21	Tu,Th	6:00-7:00 PM	\$56	122119-03

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. **Note:** Classes will not be held 12/24-1/1.

Age: 7 years & up

Location: Club Tico

12/10-1/9	M,W	7:00-8:00 PM	\$40	122123-01
1/14-2/13	M,W	7:00-8:00 PM	\$56	122123-02
2/18-3/20	M,W	7:00-8:00 PM	\$56	122123-03

Location: Foothills Activity Center

12/11-1/10	Tu,Th	7:00-8:00 PM	\$40	122120-01
1/15-2/14	Tu,Th	7:00-8:00 PM	\$56	122120-02
2/19-3/21	Tu,Th	7:00-8:00 PM	\$56	122120-03

Shotokan Karate, Advanced

Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques. **Note:** Class will not be held 12/24/1.

Age: 7 years & up

Location: Club Tico

12/11-1/9	M,W	7:00-8:00 PM	\$40	122124-01
1/14-2/13	M,W	7:00-8:00 PM	\$56	122124-02
2/18-3/20	M,W	7:00-8:00 PM	\$56	122124-03

Shotokan Karate, Advanced continued

Location: Foothills Activity Center

12/11-1/10	Tu,Th	7:00-8:00 PM	\$40	122121-01
1/15-2/14	Tu,Th	7:00-8:00 PM	\$56	122121-02
2/19-3/21	Tu,Th	7:00-8:00 PM	\$56	122121-03

[SOFTBALL]

Spring Adult Softball

Get the rust off before summer leagues begin. Registration ends 3/8, or when leagues fill. 6 games scheduled. Leagues begin the week of 3/17.

Location: Rolland Moore Park

Cost: \$345

Men's

Sunday IV	213021-01	Wednesday II	213021-06
Monday III	213021-02	Wednesday III	213021-07
Monday IV	213021-03	Wednesday IV	213021-08
Tuesday III	213021-04	Thursday III	213021-09
Tuesday IV	213021-05	Friday IV	213021-10

Women's

Thursday III	213022-01
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Coed

Sun. Competitive	213023-01	Wed. Competitive	213023-05
Sun. Recreational	213023-02	Wed. Recreational	213023-06
Tues. Competitive	213023-03	Thurs. Recreational	213023-07
Tues. Recreational	213023-04		

[VOLLEYBALL]

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

Levels of Play: A-Competitive, BB-Intermediate, B-Recreational.

Winter Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis. Registration ends 12/18 or when leagues fill. 8 games scheduled. Leagues begin the week of 1/6.

Location: TBA

Cost: \$281

Women's

Sunday B	113942-01	Wednesday BB	113942-03
Wednesday A	113942-02		

Coed

Monday BB	113943-01	Tuesday BB	113943-04
Monday B	113943-02	Friday B	113943-05
Tuesday A	113943-03		

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for their level of play and night of preferences on a first come basis. Registration ends 3/11 or when leagues fill. 8 games scheduled. Leagues begin the week of 3/25.

Age: 16 years & up

Location: TBA

Cost: \$281

Women's

Sunday B	213942-01	Wednesday BB	213942-03
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Wednesday A	213942-02		
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Coed

Monday BB	213943-01	Tuesday BB	213943-04
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Monday B	213943-02	Friday B	213943-05
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Tuesday A	213943-03		
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TENNIS

Lewis Tennis celebrates 50 years!

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

Rolland Moore Pro Shop

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

Winter hours are Noon-6 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.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

1/7-2/2	Session 1
2/4-3/2	Session 2
3/4-3/30	Session 3

[BEGINNER LESSONS]

Whether new to the game or getting back into it after a long hiatus, learn new skills and develop fundamentals to fully enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies to compete.

Age: 18 years & up

M, W	6:00-7:30 PM
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Intermediate Lessons

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

Age: 18 years & up

Tu, Th	6:00-7:30 PM
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League Coaching

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness to create competition at its best. A variety of coaching programs available.

Premier Clinics

Designed for beginner to advanced. Receive personal attention in group instruction. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine

Private lessons are available with USPTA certified professionals and college coaching staff. Rent the ball machines to work on that pesky backhand. Times are flexible; contact Lewis Tennis to schedule.

[YOUTH TENNIS]

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

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

1/7-2/2	Session 1
2/4-3/2	Session 2
3/4-3/30	Session 3

10 Years & Under

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

Little Lobber

Age: 4-6 years

Sa	10:00-10:45 AM
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Little Lobbers, Indoor-New!

Age: 4–6 years

Location: Foothills Activity Center

Call 970.493.7000 for dates and times.

Future Star

Age: 7–8 years

M, W	4:30 – 6:00 PM
Sa	11:00 AM–12:30 PM

Aces

Age: 9–10 years

M, W	4:30 – 6:00 PM
Sa	11:00 AM–12:30 PM

Middle School

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of tennis. All levels welcome.

Challenger, Beginner

Age: 11–13 years

Tu, Th	4:00 – 6:00 PM
Sa	1:00 – 3:00 PM

Competitive, Intermediate/Advanced

Age: 11–13 years

Tu, Th	4:00 – 6:00 PM
Sa	1:00 – 3:00 PM

High School

Designed for those interested in playing on a high school team, or just learn the game. Develop tennis skills.

Wimbledon, Beginner

Age: 14–18 years

Tu, Th	4:00 – 6:00 PM
Sa	1:00 – 3:00 PM

Grand Slam, Intermediate/Advanced

Age: 14–18 years

Tu, Th	4:00 – 6:00 PM
Sa	1:00 – 3:00 PM

Performance Training

Designed for the devoted junior player with 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 a pro.

Homeschool Classes

Held at flexible times during the day; contact Lewis Tennis to schedule.

After-School Enrichment

Held after school in the gymnasiums of local elementary schools. Check with your school for details.



LOVE HOOPS? PLAY BASKETBALL.

Northern Colorado's Premier
Club Basketball Program

Year-round Boys & Girls Competitive Teams
Camps/Clinics

FeverHoops.com

970.631.9310

**YOUTH SPORTS****Youth Sports General Information**

Registration closes approximately two weeks prior to the listed start date of the program.

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

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first-come-first serve 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. Teams practice 1-2 times per week based on availability. In the event of gym cancelations, teams may practice in locations that differ from registration site.

Coaching Criteria

All youth sports coaches must know the basic fundamentals and rules of the sport 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.



REGISTRATION FOR SPRING & SUMMER
SEASONS OPENS FEBRUARY 1ST
FORT COLLINS | WINDSOR | LOVELAND



WINTER SEASON

REGISTER NOW!

SEASON STARTS JAN 14TH
FORT COLLINS & WINDSOR

MIGHTY KICKS IS THE PREMIER INTRODUCTORY SOCCER PROGRAM FOR 3-6 YEAR OLDS

Our program is designed to build motor skills, life skills, self-confidence, and basic soccer techniques. Our proven methods and age-appropriate curriculum enhance each child's learning experience while leaving a lasting positive impression

FOR DATES - TIMES - LOCATIONS VISIT: WWW.MIGHTYKICKSNORTHERNCO.NET

All youth sport coaches that 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 policies of the City of Fort Collins Recreation Department.

Online Sports Schedules & League Rules

All youth and adult sports schedules and league rules are available online at teamsideline.com/fortcollins. Schedules are posted no later than one week prior to the first game of each season. League updates, game cancellations, and weather updates can also be found online

[WRESTLING]

Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for beginners, as well as the experienced wrestlers. Wrestling techniques and conditioning are taught. Compete in an end of season tournament. Coaches contact participants with practice times and dates. **Note:** School shirt included.

Cost: \$75

Date: 1/7-2/23

Grade: 1-6

Blevins	114911-01	Lincoln	114911-06
Boltz	114911-02	Preston	114911-07
CLP	114911-03	Webber	114911-08
Kinard	114911-04	Wellington	114911-09
Leshar	114911-05		

[BASKETBALL]

Junior Rams Basketball-New!

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

Girl's Junior Rams Basketball

Develop teamwork with participation, fun, skills, and sportsmanship. Practice dates and times are determined by the coach. Coaches call the week before the program with practice days/times. 6 scheduled games. One official assigned per game. Two practices per week with games on Saturdays. No special requests.

Junior Rams Basketball continued

Cost: \$87

Dates: 1/7-2/16

Grade: Kindergarten-1

Foothills Activity Center 114906-07

Northside Aztlan Center 114906-06

Grade: 2-3

Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
Linton	114907-27	Zach	114907-53

Grade: 4-5

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

Girl's Middle School Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Jerseys provided at practices. No special requests.

Cost: \$87

Date: 1/7-2/16

Grade: 6-8

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

Register **NOW**: WINTER Sports

at Northern Colorado's Largest **INDOOR** Sports Center

Year-round, Daytime & Evening INDOOR Preschool Sports!

Boys & Girls • New sessions every six weeks

Kinder Kicker Soccer

Ages 3 - 5

First Baseball

First Football

First Basketball

Ages 4 - 5

First Tennis

Little Laxer Lacrosse

Call for Days and Times



Late Fall Programs



• **Tennis** - Small Group Lessons

Gr K - 6 Fridays 11/2 - 12/14

• **Baseball** Small Group Hitting Lessons

w/ Colorado Rockies Minor League Player
Cole Anderson

Thursdays 11/1 - 12/13, 11/2 - 12/14

Winter Break Camps

BASEBALL



• **Grades PK - 8** (Must turn 5 by 9/15/19)

Boys & Girls

• Separate Camps for every level: Tee-ball, Beginning Baseball, Returning Recreational Baseball, and Competitive/Travel Team

• Jan 2 - 4

BOYS LACROSSE

VOLLEYBALL

BASKETBALL

• **Grades K - 8**

• Jan 2 - 4

• **Grades 3 - 8**

• Boys & Girls

• Jan 2 - 4

• **Grades K - 3**

• Boys & Girls

• Jan 2 - 4

Multi-Sport Day Camps

HEALTHY FUN FOR KIDS!

Explore & learn the basics of 4 - 5 different sports/day

- **Girls & Boys - Grades K - 5**

(Full-Day: 9 am - 4 pm or Half-Day: 9 am - noon)

Nov 12, Nov 21; Dec 21; Jan 2 - 4; Jan 21;

Feb 18, Mar 4, March 18 - 22



Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages.

No scores are kept. There are no fixed teams. The focus is on learning & having FUN!

• **Soccer** (Boys & Girls)

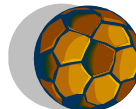
U7 - U11 11/5 - 12/10, 1/8 - 2/12, 1/9 - 2/13, 2/19 - 4/2

U5 - U6 11/6 - 12/18, 1/8 - 2/12, 2/19 - 4/2

• **Basketball** (Boys & Girls)

Gr K - 2 Tue 11/27 - 12/18, 1/8 - 2/12, 2/19 - 4/2

Gr K - 2 Sat 12/1 - 12/15, 1/12 - 2/16, 2/23 - 4/6



Winter Camps

BASEBALL: Small Group Hitting Clinics

• **Grades K - 8**

• 6-wk sessions: Jan 7 - Feb 11; Feb 25 - Apr 8

BASEBALL: FCBC Intermediate Pre-tryout Camps

• **Ages 8 - 14 as of 4/30/2019**

• 2-day camp: Mar 5 and 9

• 4-day camp: Mar 6, 7, 8, & 9



Family Open Play!

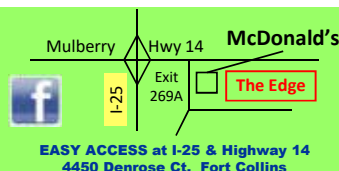
Quality play time with your preschool children **INDOORS**

Weekdays - call for times - \$5 per family!

NERF BLASTER Birthday Parties for all Ages!



Sports-themed Birthday Parties for all Ages!



For Details & Registration
edgesportscenter.com
970.472.0048

Batting Cages - Private Baseball Instruction

Boy's Junior Nuggets Basketball, Intermediate-New!

An introduction to intermediate basketball. 1-2 practices, 6 games, and an end of season tournament. Note: Jr. Nuggets Jersey provided.

Cost: \$99

Date: 1/14-3/1

Grade: 4-5 114903-01 Grade: 7-8 114905-01

Grade: 6 114904-01

[CHEERLEADING]

Classes will not be held on 2/27, 2/28, 3/4, 3/5, 3/19, 3/21.

Introduction to Cheer, Middle School

Designed for those wanting to learn more about being on a cheer team or are interested in trying out for high school cheer. Learn skills to perform jumps, motions, stunts, and dance. Team performs in-house or at a community event. Showcase at one competition and at a Colorado Eagles game during the winter. **Note:** \$15 cheer shirt not included.

Grade: 6-8

Location: Cheer Central Suns, 128 Racquette Dr.

1/10-2/11	Th	7:00-7:55 PM	\$71	114939-01
2/21-4/4	Th	7:00-7:55 PM	\$71	114939-02

Cheer Central Recreational Performance Team

Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Showcase at one competition and at a Colorado Eagles game during the winter.

Note: \$15 cheer shirt not included.

Location: Cheer Central Suns, 128 Racquette Dr.

Age: 5-8 years

1/8-2/12	Tu	5:00-5:55 PM	\$81	114937-01
2/19-4/2	Tu	5:00-5:55 PM	\$71	114937-02

Age: 8-14 years

1/8-2/12	Tu	6:00-6:55 PM	\$81	114937-05
2/19-4/2	Tu	6:00-6:55 PM	\$71	114937-06

Age: 5-10 years

1/10-2/7	Th	5:00-5:55 PM	\$71	114937-03
2/21-4/4	Th	5:00-5:55 PM	\$71	114937-07

Cheer Central Suns, Recreational Tumbling

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back hand-springs.

Age: 5-14 years

Location: Cheer Central Suns, 128 Racquette Dr.

1/8-2/12	M	6:30-7:25 PM	\$80	114938-05
2/19-4/2	M	6:30-7:25 PM	\$71	114938-06
1/7-2/11	Tu	4:00-4:55 PM	\$80	114938-01
2/18-4/1	Tu	4:00-4:55 PM	\$71	114938-02
1/10-2/11	Th	6:00-6:55 PM	\$71	114938-03
2/21-4/4	Th	6:00-6:55 PM	\$71	114938-07

[FOOTBALL]**NFL 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 twice per week; games are on Saturday mornings. 7 games scheduled.

Note: Official NFL FLAG jersey included.

Cost: \$85

Dates: 3/30-5/11

Grade: Kindergarten-1

City Park	214012-01	Harmony Park	214012-17
Edora Park	214012-03	Spring Canyon Park	214012-21
English Ranch Park	214012-07	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29
Greenbriar Park	214012-14		

Grade: 2-3

Beattie Park	214013-01	Greenbriar Park	214013-11
Blevins Park	214013-03	Harmony Park	214013-13
Stew Case Park	214013-05	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
Fossil Creek	214013-29	Warren Park	214013-25

Grade: 4-5

Blevins Park	214014-07	Harmony Park	214014-11
City Park	214014-03	Rolland Moore Park	214014-13
Edora Park	214014-05	Spring Canyon Park	214014-17
Fossil Creek Park	214014-21	Troutman Park	214014-23
Greenbriar Park	214014-08	Warren Park	214014-25

Grade: 6

Blevins	214015-01	Preston	214015-13
Boltz	214015-03	Heritage	214015-18
CLP	214015-05	Mountain Sage	214015-19
Kinard	214015-07	Webber	214015-15
Leshner	214015-09	Wellington	214015-17
Lincoln	214015-11		

Grade: 7-8

Blevins	214017-01	Preston	214017-13
Boltz	214017-03	Heritage	214017-18
CLP	214017-05	Mountain Sage	214017-19
Kinard	214017-07	Webber	214017-15
Leshner	214017-09	Wellington	214017-17
Lincoln	214017-11		



Registration Begins January 15

Mark Your Calendar!

Fort Collins Baseball Club Summer Leagues!

**Boys & Girls Pre-K to 11th Grade
Includes Intermediate League**

2019 Registration will run
from 1/15/19 – 3/29/19

Details, forms, and online registration:
www.FortCollinsBaseballClub.org
970-484-3368

*Thanks to all who enjoyed
America's Pastime with FCBC in 2018!*

211 S. Bryan Ave. (in City Park) • P.O. Box 1031 Fort Collins, CO 80522

[VOLLEYBALL]

6th-8th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and maybe some weeknights. Practice days and times vary. Coaches contact teammates by 3/13 with practice dates/times

Cost: \$74

Location: Foothills Activity Center

Dates: 3/25-5/11

Blevins	214944-01	Leshar	214944-09
Boltz	214944-03	Lincoln	214944-11
CLP	214944-05	Preston	214944-13
Kinard	214944-07	Webber	214944-15
Liberty Common	214944-08	Wellington	214944-17

[SKYHAWK'S WINTER BREAK CAMP]

Mini-Hawk Winter Break Camps

Introductory program to explore the basics of soccer, baseball, and basketball while instilling confidence. Coaching staff is trained to meet the special needs of young children and helping them get started off on the right foot as they take their first steps into athletics.

Age: 4-7 years

Location: Foothills Activity Center

12/26-12/28	W-F	9:00 AM-Noon	\$89	114072-01
1/2-1/4	W-F	9:00 AM-Noon	\$89	114072-03

Winter Break Sports Camps

Skyhawk's volleyball and basketball breaks down these exhilarating sports into fundamental skills that all athletes, no matter the skill level, need to succeed.

Age: 6-12 years

Location: Foothills Activity Center

Volleyball

12/26-12/28	W-F	1:00-4:00 PM	\$89	114072-02
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Basketball

1/2-1/4	W-F	1:00-4:00 PM	\$89	114072-04
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LEGEND



NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

H Denotes Health & Wellness program

YOUNGSTERS

Ninja Kids

Bring out the inner ninja. Be challenged with obstacle courses and create a special ninja identity. **Note:** Class will not be held on 2/27, 2/28, 3/1, 3/20, 3/21, 3/22.

Location: Cheer Central Suns, 128 Racquette Dr.

Ninja Kids I

Age: 3–5 years

1/9–2/13	W	9:15–10:00 AM	\$81	121910-01
2/20–4/3	W	9:15–10:00 AM	\$71	121910-02
1/10–2/7	Th	4:00–4:45 PM	\$71	121910-03
2/21–4/4	Th	4:00–4:45 PM	\$71	121910-04
1/11–2/15	F	5:00–5:45 PM	\$81	121910-05
2/22–4/5	F	5:00–5:45 PM	\$71	121910-06

Ninja Kids II

Age: 6–11 years

1/11–2/15	F	6:00–6:55 PM	\$81	121910-07
2/22–4/5	F	6:00–6:55 PM	\$71	121910-08

Sporties for Shorties

Play ball and explore the world of sports. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork. **Note:** Parents are not permitted in the gym during class.

Age: 3–5 years

Location: Northside Aztlan Center

1/2–1/16	W	10:00–10:45 AM	\$29	114771-01
1/29–2/12	Tu	10:00–10:45 AM	\$29	114771-02
1/7–1/12	M	2:30–3:15 PM	\$29	114771-03

Basketball for Shorties

Explore basketball basics by working on large and small motor skills as they relate to shooting, dribbling, and passing. **Note:** Parents are not permitted in the gym during class.

Age: 4–5 years

Location: Northside Aztlan Center

1/8–1/22	Tu	10:00–10:45 AM	\$29	114772-01
1/28–2/11	M	2:30–3:15 PM	\$29	114772-02

Baseball for Shorties

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching.

Note: Parents are not permitted in the gym during class.

Age: 4–5 years

Location: Northside Aztlan Center

1/23–2/6	W	10:00–10:45 AM	\$29	114773-01
1/24–2/7	Th	2:30–3:15 PM	\$29	114773-02

Amazing Athletes

Have a blast exploring the basics of nine different ball sports, including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning-based environment. Practice kid-friendly cardio, muscle terminology, motor development skills, speed, agility, and teamwork.

Amazing Athletes continued

Location: Foothills Activity Center

Age: 18 months–2.5 years

12/31–1/28	M	10:35–11:00 AM	\$46	114782-02
1/3–1/31	Th	0:35–11:00 AM	\$46	114782-01
2/4–3/4	M	10:35–11:00 AM	\$46	114782-03
2/7–3/7	Th	10:35–11:00 AM	\$46	114782-04

Age: 2.5–3 years

12/31–1/28	M	9:00–9:30 AM	\$46	114774-02
1/3–1/31	Th	9:00–9:30 AM	\$46	114774-01
2/4–3/4	M	9:00–9:30 AM	\$46	114774-03
2/7–3/7	Th	9:00–9:30 AM	\$46	114774-04

Age: 3.5–5 years

12/31–1/28	M	9:45–10:30 AM	\$46	114775-02
1/3–1/31	Th	9:45–10:30 AM	\$46	114775-01
2/4–3/4	M	9:45–10:30 AM	\$46	114775-03
2/7–3/7	Th	9:45–10:30 AM	\$46	114775-04

SuperTots

Incorporate physical activity in a non-competitive environment. Designed with an engaging, skill-building curriculum where tots learn through a series of fun and beneficial games. Tots acquire skills and fitness, as well as develop an interest and a love for sports.

Location: Foothills Activity Center

Cost: \$59

Age: 2–3 years

SuperTots Sampler

1/16–2/6	W	10:00–10:50 AM	114770-01
1/18–2/8	F	10:00–10:50 AM	114770-05

Basketball

2/13–3/6	W	10:00–10:50 AM	114770-09
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Soccer

2/15–3/8	F	10:00–10:50 AM	114770-13
3/27–4/17	W	10:00–10:50 AM	114770-15

Baseball

3/29–4/19	F	10:00–10:50 AM	114770-17
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Age: 3–4 years

SuperTots Sampler

1/16–2/6	W	11:00–11:50 AM	114770-02
1/18–2/8	F	11:00–11:50 AM	114770-06

Basketball

2/13–3/6	W	11:00–11:50 AM	114770-10
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Soccer

2/15–3/8	F	11:00–11:50 AM	114770-14
3/27–4/17	W	11:00–11:50 AM	114770-16

Baseball

3/29–4/19	F	11:00–11:50 AM	114770-18
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50+

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the *Recreator*.

Other Adult Programs in the Recreator

Adaptive Recreation	16	Fitness 50+	94
Aqua Fitness	20	Heath & Wellness	62
Aquatics	22	Ice Skating	71
Arts & Crafts	28	Outdoor Recreation	78
Dance & Movement	35	Special Events	81
Education	46	Sports	82
Fitness	52	Trips & Travel	99

Senior Center Membership

Membership 50+ is \$30 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the *Recreator* with . A 15% discount applies to the fee minus the \$1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members.

Senior Center Membership benefits include:

- \$3 per month discount for fitness passes and full access passes, or \$1 off daily fitness admissions.
- Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.
- 2-day advance registration to Recreator programs.
- Member discounts on select services and activities.
- Member celebrations.
- Notary service.

CLUBS & ORGANIZATIONS

C.H.A.T. (Crafts Hobbies Arts Time)

For more information about C.H.A.T., see page 29.

Donut Make U Wonder

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

Ongoing	F	10:00–11:30 AM	No Fee
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Fort Collins Senior Center Friends

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings held four times per year. \$10 annual membership fee. For more information, contact Chris Hays at 970.237.9340, haysmith@frii.com.

Front Range Forum

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers programs: FRF Travels and FRF Goes to the Movies. \$20 annual membership fee. For more information, including the newsletter, visit frontrangeforum.org.

Harmonettes

The Harmonettes practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com. **Note:** Practice not held on third Monday of the month.

Practice	M	9:30–11:00 AM	No Fee
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Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community. Seeking persons who are OGLBT and ages 50 years & up, but open to all. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Senior Bowling Leagues

League members and substitutes play at Chippers Lanes on Horsetooth; league fees apply. For more information contact Karen Burgess at 970.484.2906.

Tuesday League	T	1:00 PM
Thursday League	Th	1:00 PM

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of the community. The board consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Chess Club

Meet in the lobby and play chess with other members. Some chess boards available; members are encouraged to bring their own. All levels welcome. Contact Magic John at 970.599.1234, sc-chess@broccoli.gq.

Ongoing	Tu/F	9:30–11:30 AM	No Fee
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SOAP Troupe (Slightly Older Adult Players)  

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group  

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. For more information, contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing	Tu	9:30 AM–Noon	No Fee
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CARDS & GAMES**Bingo** 

Compete in Bingo for prizes.

12/10, 1/14, 2/11	M	1:00–2:00 PM	No Fee
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Cards & Games 

Age: 18 years & up

Ongoing	All Games	M	9:00 AM–Noon	No Fee
Ongoing	Bridge	T	12:30–4:00 PM	No Fee
Ongoing	Pinochle	T	12:30–4:00 PM	No Fee
Ongoing	Mahjong	T	1:00–4:00 PM	No Fee
Ongoing	All Games	W	12:30–4:00 PM	No Fee
Ongoing	Bridge	Th	5:00–8:00 PM	No Fee
Ongoing	Pinochle	F	12:30–4:00 PM	No Fee

BRIDGE**Duplicate Bridge**  

Weekly drop-in duplicate bridge for companionable play.

No partner required.

Age: 18 years & up

Ongoing	F	11:30 AM–3:00 PM	\$4
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Bridge Mentoring  

Drop-in half-hour review of one topic, followed by bridge play. Mentor assists with bidding and playing questions. No partner required. Non-member fee is \$4.

Age: 18 years & up

12/10	M	5:30–8:30 PM	No Fee
1/14	M	5:30–8:30 PM	No Fee
1/28	M	5:30–8:30 PM	No Fee
2/11	M	5:30–8:30 PM	No Fee
2/25	M	5:30–8:30 PM	No Fee

[BRIDGE COURSES, 1-7]

Learn the 21st Century Standard American Bridge System using MiniBridge and the American Contract Bridge League (ACBL) textbook series.

In Bridge Play Courses P1-P8, practice using companion materials. Participate in 30-minute lessons and play 8 pre-set hands each session. Also receive specific analysis for each hand.

Beginner courses are on Wednesday evenings.

Intermediate courses are on Monday afternoons.

Registration includes supplies.

Courses are taught by an ACBL-certified life-master teacher.

Bridge 3, Play of the Hand

Add Jacoby Transfer convention in response to Notrump opener. Improve skills as Declarer to develop extra tricks through a PLAN of play (pause, look, analyze, now put together) and techniques such as: promotion, length, finesse, ruff in dummy, discard losers on extra winners, manage trump suit, use entries. Prerequisite Bridge 2, Bidding or instructor approval. **Note:** Class will not be held on 12/26.

Age: 18 years & up

12/5–2/6	W	5:30–8:30 PM	\$115	112460-01
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Bridge 4, Defense

Add Negative Double convention in competitive bidding. Improve skills as Defender to defeat Declarer through opening leads against Notrump and Suit contracts, third-hand and second-hand play, defensive signals, develop defensive tricks and interfere with Declarer. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

2/13–4/10	W	5:30–8:30 PM	\$110	112461-01
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Bridge 6, More Commonly Used Conventions

Add more conventions on Standard American Yellow Card (SAYC). Other doubles, overcalls, Drury, Blackwood, Gerber, finding key cards, leads and signals, introduction to Two-Over-One Game Force. Prerequisite: Bridge 5, Commonly Used Conventions or instructor approval.

Age: 18 years & up

12/10–2/18	M	1:30–4:30 PM	\$110	112462-01
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Bridge P2, Play of the Hand Play

Practice hands with bridge play and bidding concepts learned through Bridge 3, in structured play. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

1/7,1/21,2/4,2/18M		5:30–8:30 PM	\$55	112463-01
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Bridge P7, Major Suit Raises I Play

In structured play practice hands with bridge play and bidding concepts learned through Bridge 5. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

2/25–3/18	M	1:30–4:30 PM	\$55	112464-01
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Bridge R1, Getting Started

Designed for beginner players to play with limited knowledge of rules and language for bidding. Learn MiniBridge, a trick-taking mind sport for four players played as partners. Focus on card basics, bridge etiquette, hand evaluation/counting points, how to win tricks, defending, and scoring. **Note:** Class will not be held on 1/23.

Age: 18 years & up

1/9-2/6	W	1:30-4:30 PM	\$48	112465-01
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Bridge R2, Bidding

Learn the language of bidding with a partner to use in competitive auction against opponents to determine the final contract. Focus on Suit and Notrump opening bids, overcalls, responses, and rebids. Develop skills to play Party Bridge by the end of course. Prerequisite: Bridge R1 or instructor approval. **Note:** Class will not be held 2/27, 3/27, 4/24.

Age: 18 years & up

2/13-5/8	W	1:30-4:30 PM	\$125	112466-01
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EDUCATION

[ACTIVE MINDS VIRTUAL LEARNING]

Engage in a unique virtual learning experience. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the Twinberry auditorium.

Age: 18 years & up

Holiday Traditions Unwrapped

Why are there Christmas trees? Or for that matter holiday lights, eggnog, holly, or mistletoe? Seek the origins of a wide variety of holiday traditions and examine how they have evolved and changed over time.

12/18	Tu	1:00-2:00 PM	\$9	112441-01
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Chocolate

The story of chocolate is a rich tale indeed. It involves aristocracy, slavery, innovation, and coincidence. Pivotal roles were played by both Christopher Columbus and Hernando Cortéz in this story. Learn how bitter cacao beans are transformed into one of the world's most sought-after flavors.

2/7	Th	1:00-2:00 PM	\$9	112441-02
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[HISTORY HOUR]

Light appetizers served after the presentation.

Age: 18 years & up

The Story of Frederick R. Baker

From the City of Washington to Fort Collins, Baker was a witness to history. Hear the story of this four-term mayor of early Fort Collins, who began his career in public service as a bodyguard for President Lincoln during the Civil War.

1/16	W	4:00-5:30 PM	\$10	112459-0
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FITNESS

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 55 years & up, sedentary, or exhibit any of the major coronary risk factors, we recommend that you get your doctor's clearance to start a new exercise program.

Registration Options

The following participation options are available for fitness classes:

- Participants may register for an entire 4-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of six participants registered per class to avoid cancellation. Note: Health & Wellness programs **H** and 25 admission passes are not eligible for the discount.
- Participants may pay a drop-in fee of \$6 per class.
- The fitness classes listed below are specific for ages 50 years & up. See page 52 for information about additional fitness classes, as well as information about personal training services.

[GROUP FITNESS]

Back & Body Strength

Strengthen and stretch major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. **Note:** Class will not be held on 12/24.

12/3-12/28	M,W,F	8:50-9:50 AM	\$45	109431-01
1/7-2/1	M,W,F	8:50-9:50 AM	\$49	109431-02
2/4-3/1	M,W,F	8:50-9:50 AM	\$49	109431-03

Back & Body 2x/Week

12/3-12/26	M,W	8:50-9:50 AM	\$29	109431-1A
1/7-1/30	M,W	8:50-9:50 AM	\$33	109431-2A
2/4-2/27	M,W	8:50-9:50 AM	\$33	109431-3A

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in balance. Just like strength improves with practice, so can balance.

12/6-12/27	Th	12:30-1:30 PM	\$17	109439-01
1/10-1/31	Th	12:30-1:30 PM	\$17	109439-02
2/7-2/28	Th	12:30-1:30 PM	\$17	109439-03

Body & Mind in Motion

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs. **Note:** Class will not be held on 12/24.

12/3-12/28	M,W,F	10:00-10:55 AM	\$45	109432-01
1/7-2/1	M,W,F	10:00-10:55 AM	\$49	109432-02
2/4-3/1	M,W,F	10:00-10:55 AM	\$49	109432-03

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LEARNING INSTITUTE**
COLORADO STATE UNIVERSITY

Body & Mind in Motion 2x/Week

12/3-12/26	M,W	10:00-10:55 AM	\$29	109432-1A
1/7-1/30	M,W	10:00-10:55 AM	\$33	109432-2A
2/4-2/27	M,W	10:00-10:55 AM	\$33	109432-3A

N'Balance

Learn effective fall prevention techniques that achieve results. Practice exercises and movements to strengthen core balance and overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton.

1/7-2/27	M,W	2:30-3:30 PM	\$20	109433-01
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Swiss Theraball

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

12/6-12/27	Th	4:00-5:00 PM	\$17	109434-01
1/10-1/31	Th	4:00-5:00 PM	\$17	109434-02
2/7-2/28	Th	4:00-5:00 PM	\$17	109434-03

Tai Chi for Arthritis I

Tai Chi for Arthritis and Falls Prevention is effective and evidence based. It relieves pain, maintains and improves health, and the quality of life.

12/7-12/28	F	3:00-4:00 PM	\$17	109436-01
1/11-2/1	F	3:00-4:00 PM	\$17	109436-02
2/8-3/1	F	3:00-4:00 PM	\$17	109436-03

Tai Chi for Arthritis II

Designed for those with or without Arthritis and who have taken Tai Chi for Arthritis I and are looking for a challenge.

12/7-12/28	F	Noon-1:00 PM	\$17	109435-01
1/11-2/1	F	Noon-1:00 PM	\$17	109435-02
2/8-3/1	F	Noon-1:00 PM	\$17	109435-03

[SILVERSNEAKERS]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. **Note:** SilverSneakers Nonmembers may attend by paying the drop-in fee or registering for the session.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance, and a chair is used for seated or standing support. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/4-12/27	Tu,Th	10:10-10:55 AM	\$22	109450-01
1/8-1/31	Tu,Th	10:10-10:55 AM	\$25	109450-02
2/5-2/28	Tu,Th	10:10-10:55 AM	\$25	109450-03
12/8-12/29	Sa	10:30-11:15 AM	\$13	109450-04
1/12-2/2	Sa	10:30-11:15 AM	\$13	109450-05
2/9-3/2	Sa	10:30-11:15 AM	\$13	109450-06

Location: Northside Aztlan Center

12/3-12/26	M,W	11:00-11:45 AM	\$22	109550-01
1/7-1/30	M,W	11:00-11:45 AM	\$25	109550-02
2/4-2/27	M,W	11:00-11:45 AM	\$25	109550-03

Circuit SilverSneakers

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

Note: Class will not be held on 12/24.

12/3-12/28	M,W,F	1:00-1:45 PM	\$34	109451-01
1/7-2/1	M,W,F	1:00-1:45 PM	\$37	109451-02
2/4-3/1	M,W,F	1:00-1:45 PM	\$37	109451-03

LEGEND



NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

H Denotes Health & Wellness program

HOME CARE
MEDICAL EQUIPMENT
INDEPENDENT LIVING
ASSISTED LIVING
REHABILITATION
NURSING HOMES
PATIO HOMES



*Continuity
of care is the
key to quality care.*

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columbinehealth.com

Splash SilverSneakers

Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination. **Note:** Class will not be held on 12/25.

12/4-12/27	Tu,Th	12:15-1:10 PM	\$29	109452-01
1/8-1/31	Tu,Th	12:15-1:10 PM	\$33	109452-02
2/5-2/28	Tu,Th	12:15-1:10 PM	\$33	109452-03
12/4-12/27	Tu,Th	1:15-2:10 PM	\$29	109452-04
1/8-1/31	Tu,Th	1:15-2:10 PM	\$33	109452-05
2/5-2/28	Tu,Th	1:15-2:10 PM	\$33	109452-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and is suitable for nearly every fitness level. Exercises can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

12/7-12/28	F	2:00-2:45 PM	\$13	109453-01
1/11-2/1	F	2:00-2:45 PM	\$13	109453-02
2/8-3/1	F	2:00-2:45 PM	\$13	109453-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Class will not be held on 12/24, 12/25.

12/3-12/26	M,W	4:10-4:55 PM	\$22	109454-01
1/7-1/30	M,W	4:10-4:55 PM	\$25	109454-02
2/4-2/27	M,W	4:10-4:55 PM	\$25	109454-03
12/4-12/27	Tu,Th	11:10-11:55 AM	\$22	109454-04
1/8-1/31	Tu,Th	11:10-11:55 AM	\$25	109454-05
2/5-2/28	Tu,Th	11:10-11:55 AM	\$25	109454-06
12/8-12/29	Sa	11:15 AM-Noon	\$13	109454-07
1/12-2/2	Sa	11:15 AM-Noon	\$13	109454-08
2/9-3/2	Sa	11:15 AM-Noon	\$13	109454-09

[YOGA]

Yoga, Chair

A form of adaptive exercise. Use a chair for support and receive yoga's healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility.

Note: Class will not be held on 12/24.

12/3-12/17	M	8:30-9:30 AM	\$13	109437-01
1/7-1/28	M	8:30-9:30 AM	\$17	109437-02
2/4-2/25	M	8:30-9:30 AM	\$17	109437-03

Yoga for Osteoporosis

Learn and practice yoga poses that help with the prevention and treatment of osteoporosis and strengthen bones. Focus on breathing techniques, balance, strength, and posture. Based on the book, *Walk Tall*, by Sara Meeks, PT.

12/5-12/26	W	9:00-10:00 AM	\$17	109466-01
1/9-1/30	W	9:00-10:00 AM	\$17	109466-02
2/6-2/27	W	9:00-10:00 AM	\$17	109466-03

ICE

Senior Coffee Club ^{NW}

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

Age: 60 years & up

Location: Edora Pool Ice Center

12/5-2/27	W	9:15-10:45 AM
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RESOURCES

Library/Media Center ^M ^{NW}

A quiet location for reading, reflection, relaxing, or using one of the computers. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room ^M ^{NW}

The Pool Room has four 8-ball tables and one snooker table. Non-members pay a daily drop-in rate. Additionally, users are asked to make a donation in the donation box located in the room to help support facility maintenance.

VOA Senior Nutrition Program ^{NW}

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing	M,Tu,Th,F	Noon	\$2.50 suggested donation
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Location: Northside Aztlan Center

Ongoing	Tu,W,Th	Noon	\$2.50 suggested donation
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Volunteers

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

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To complete a volunteer application, visit [Engage.fcgov.com](https://engage.fcgov.com), click on 'Sign Up', enter the required information, and create an account. For additional information, visit fcgov.com/recreation/join-us or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

SOCIAL PROGRAMS

Ancianos

Instituted more than 40 years ago, Ancianos is one of Northside's oldest running social groups. Members gather for lunch, arts and crafts, bingo, and games during lunch programs. Lunch runs in conjunction with the VOA Senior Nutrition Program. Suggested donations accepted. Excursions to casinos, baseball games, and other events are also coordinated each quarter. Participation in quarterly programming is not required to participate in lunch programming. Scholarships are available to support participation in quarterly programming.

Location: Northside Aztlan Center

Age: 50 years & up

Quarterly Excursions

Ongoing	Quarterly	\$50.00	112500-01
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VOA Senior Nutrition Program ^{NW}

Ongoing	T,W,Th	Noon	\$2.50 suggested donation
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Coffee with Bob ^{NW}

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

1/23	W	8:30-9:30 AM	No Fee
2/27	W	9:00-10:00 AM	No Fee

Movies, New Release, & Classics ^M ^{NW}

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

12/7	F	1:00-3:00 PM	No Fee
12/21	F	1:00-3:00 PM	No Fee
1/4	F	1:00-3:00 PM	No Fee
1/18	F	1:00-3:00 PM	No Fee
2/1	F	1:00-3:00 PM	No Fee
2/15	F	1:00-3:00 PM	No Fee

Prairie Sage Dances ^{NW}

Dance to live music. Refreshments served. Free dance lessons at 5:30 p.m. with the purchase of dance ticket.

Harris and Harris

12/3	M	7:00-10:00 PM	\$5
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Big Twang Theory (Snowball Dance)

12/17	M	7:00-10:00 PM	\$5
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Big Twang Theory

1/7	M	7:00-10:00 PM	\$5
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Life in the Past Lane (Western Dance)

1/21	M	7:00-10:00 PM	\$5
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Harris and Harris

2/4	M	7:00-10:00 PM	\$5
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Jim Ehrlich (Red Hearts Dance)

2/18	M	7:00-10:00 PM	\$5
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NOCO
RUNNIN' HERD
BASKETBALL CLUB
 CULTURE-CHARACTER-COMPETE
2018 BOYS WINTER TRYOUTS
GRADES 5—8
LATE OCTOBER /
EARLY NOVEMBER
 YEAR ROUND CAMPS WINTER
 CAMP JANUARY 3 & 4
www.nocorunninherd.com
info@nocorunninherd.com
 970.633.0808





SPECIAL EVENTS

See a list of Special Events available for all ages on page 81.

Celebrations

Celebrate October, November and December birthdays and anniversaries of Senior Center members with cake, gifts, and entertainment.

12/13	Th	1:30-3:00 PM	No Fee	112410-01
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Mahjong Mini-Marathon

Bring boards and tiles for a morning of coffee and Mahjong.

Age: 18 years & up

12/8	Sa	9:00 AM-Noon	No Fee	112422-01
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Pool Tournament

8-ball billiards tournament with prizes awarded to the top three competitors. Snacks and beverages provided.

Age: 18 years & up

12/8	Sa	10:00 AM-3:00 PM	\$16	112421-01
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Fondue & a Film

Celebrate Valentine's Day with a special night of appetizers, a chocolate fondue fountain and a romantic movie at the Senior Center. Visit the front desk to inquire about the featured flick.

Age: 18 years & up

2/14	Th	5:00-8:00 PM	\$9	112443-01
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NEED ACCESS TO THE CITY IN YOUR POCKET?



Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at fcgov.com, or download the free mobile app.



SPORTS

AOA Badminton ^{NW}

Join the group of Active Older Adults to play badminton. **Note:** Drop-in fees apply. Class will not be held on 12/25, 1/1.

Age: 18 years & up

Location: Northside Aztlan Center

12/4-2/28	Tu,Th	8:00-10:00 AM
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AOA Basketball ^{NW}

Active Older Adults suit-up and get on the court for some hoops.

Note: Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

12/3-3/1	M,W,F	8:00-10:00 AM
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LEGEND



Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program

Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

Registration

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

Refunds/Cancellation

In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat.

The Recreation refund policy can be found on page 5.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to: shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

Discounts

The Senior Center Member discount applies to trips where an **M** is listed next to the activity title. This 15% discount applies to the fee minus the \$1 program fee. Additional discounts do not apply.

Departure

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

Return Times

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

What's Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

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

Smoking

Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

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 printed trip timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is \$5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist

If a trip is sold out, you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

● = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

■ = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

ADVENTURE

Installment billing is available for Adventure trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136, trips@fcgov.com.

All adventure trips are rated ▲. Accommodations must be requested at time of registration.

These include wheelchair transport at airports, airline seat assignments, and other accommodations.

New York City: The Big Apple

Spring in the Big Apple is an unforgettable experience with something for everyone. From Broadway to the Empire State Building to the Statue of Liberty, enjoy the sights and sounds of this bustling metropolis. See the highlights with city tours and culinary inclusions, as well as explore on your own the unexpected delights of the city that never sleeps. **Note:** 4 days/3 nights. Fee includes airfare, admissions, accommodations, tours, tour director, Broadway show, and meals as listed in the itinerary. Non-refundable after 3/19/2019.

5/16-5/19, 2019	Double Occupancy	\$2,445	205992-01
5/16-5/19, 2019	Single Occupancy	\$2,905	205992-01

Imperial Cities

Bask in the splendor and romance of Eastern Europe's Imperial Cities: Prague, Vienna, and Budapest. Walk the Golden Lane in Prague before a private castle tour. Delight in the Baroque marvels of Vienna's Schoenbrunn Palace and indulge in an unforgettable classical music performance. Experience the chivalry of old as knights recreate the days of old in a Hungarian castle. **Note:** 11 days/10 nights. Fee includes airfare, accommodations, tours, admissions, tour director, and meals as listed in the itinerary. Non-refundable after 5/1/2019.

7/15-7/25, 2019	Double Occupancy	\$4,300	305996-01
7/15-7/25, 2019	Single and Triple Rate Available Upon Request		

Nature's Best: Alaska with Alaskan Cruise

From Fairbanks to Anchorage, see what the Great Land of Alaska has to offer on this exhilarating tour and cruise. Visit Denali National Park and enjoy an exclusive presentation from a local naturalist. Ride the thrilling Alaska Railroad through untamed wilderness to Talkeetna. Cruise aboard a sternwheeler riverboat in Fairbanks and learn about the famous Iditarod Race. While cruising on Kenai Fjords National Park watch glaciers crash in to the sea. Witness wildlife and stunning scenery along the 7-night Alaskan cruise through Glacier Bay National Park and Inside Passage. **Note:** 13 days/12 nights. Fee includes accommodations, cruise, tours, tour director, and meals as listed in itinerary. Airfare not included. Non-refundable after 6/6/2019.

8/20-9/1, 2019	Double Occupancy	\$4,255	305998-01
8/20-9/1, 2019	Single Occupancy	\$6,065	305998-01

Wonders of the Maritimes & Cape Breton

Discover the heart of Canada's Atlantic seacoast. Beginning in Halifax and ending in Montreal, experience scenic drives, and visit beautiful national parks and quaint fishing villages. With overnights in Moncton, Charlottetown, and Baddeck, visit Cape Breton Highlands National Park and UNESCO World Heritage Site, Lunenburg. Travel VIA Rail's Ocean Train to Montreal for a beautiful ending to an out of the ordinary tour. **Note:** 12 days/11 nights. Fee includes accommodations, tour, tour director, and meals as listed in itinerary. Airfare not included. Non-refundable after 7/9/2019.

9/12-9/23, 2019	Double Occupancy	\$3,320	405990-01
9/12-9/23, 2019	Single and Triple Rates Available Upon Request		

Albuquerque Balloon Fiesta

There is no better way to experience the wonders of New Mexico and one of America's favorite festivals than on this guided tour. Take in the waves of colorful balloons as they lift into the morning sky and the evening Balloon Glow. Enjoy tours along the way with stops in Colorado Springs, Garden of the Gods, Santa Fe, and Taos. **Note:** 6 days/5 nights. Fee includes accommodations, tours, tour director, and meals as listed in the itinerary. Non-refundable after 8/2/2019.

10/2-10/7, 2019	Double Occupancy	\$1,985	405991-01
10/2-10/7, 2019	Single Occupancy	\$2,485	405991-01

Galapagos

Experience the incredible wildlife and scenery of the Galapagos Islands on this multi-sport tour. Spend days with playful sea lions, giant manta rays, and the Galapagos giant tortoise. Enjoy stops at the Charles Darwin Research Station and Giant Tortoise Breeding Centre, snorkeling and kayaking around Floreana Island, biking on Isabela Island, and hiking Sierra Negra Volcano. **Note:** 11 days/10 nights. Fee includes accommodations, tours, tour director, and meals as listed in the itinerary. Airfare not included. Non-refundable after 8/12/2019.

10/11-10/21, 2019	Double Occupancy	\$3,299	405992-01
10/11-10/21, 2019	Single Occupancy	\$3,838	405992-01

SAVE THE DATE - Inca Discovery: Peru & the Inca Trail

Enjoy an active trip up to Machu Pichu while hiking and camping along the Inca Trail on this award-winning program. May 2020.

ONGOING TRIPS**[OUT TO LUNCH]** 

A trip out to lunch with friends. Note: Lunch cost on your own. Range: \$10-15.

Mystery Meal

Trust is the name of the game. Have a good meal with good people.

12/11	Tu	11:00 AM-3:30 PM	\$21	105930-01
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The Black Diamond, Lafayette

Originally a coal mine on the corner of Hwy 7 and Hwy 287 that now serves American dishes.

1/15	Tu	10:30 AM-3:30 PM	\$21	105930-02
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Sugar House, Eaton

Originally one of the Great Western Sugar Company homes. Specialties include in-house smoke meats, burgers, and classic American comfort foods.

2/5	Tu	11:00 AM-3:00 PM	\$21	105930-03
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[SUNDAY OUT TO LUNCH]  

Head somewhere in the specified area for lunch to enjoy a day out of the house. We won't tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. Note: Lunch cost on your own. Range: \$10-15.

Broomfield

12/16	Su	11:00 AM-3:00 PM	\$11	105932-01
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Loveland

1/6	Su	11:30 AM-3:00 PM	\$11	105932-02
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Greeley

2/17	Su	11:00 AM-3:00 PM	\$11	105932-03
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[TRAVELING GOURMET]  

Get fancy for dinner and try gourmet Colorado cuisine. Note: Dinner cost on your own. Range: \$40-75.

Greenbriar Inn, Boulder

Enjoy the holiday decorations during a dinner featuring seasonal American classics.

12/18	Tu	4:00-9:30 PM	\$26	105940-01
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Elway's, Cherry Creek

It's football season. Enjoy a fine dinner at the famous Elway's Steaks and Seafood.

1/24	Th	4:00-9:30 PM	\$26	105940-02
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PF Chang's, Loveland

By popular demand, enjoy made from scratch popular Asian cuisine.

2/19	Tu	4:00-9:30 PM	\$26	105940-03
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SYMPHONY, DENVER **A Classical Christmas**

A blend of traditional and classical holiday arrangements in an unforgettable performance. Featuring vocal soloists Anna Christy and Andrew Garland, and the Colorado Symphony Chorus. **Note:** Bring a snack to enjoy on the shuttle. Non-refundable after 11/9/18.

Location: Boettcher Concert Hall

12/7	F	4:30-11:30 PM	\$100	105920-01
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Too Hot to Handel

Associate conductor, Christopher Dragon, leads this exuberant jazz, gospel, and R&B-infused concert that reinvents Handel's, Messiah.

Note: Bring a snack to enjoy on the bus. Non-refundable after 11/23/18.

Location: Boettcher Concert Hall

12/21	F	4:30-11:30 PM	\$100	105925-01
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Dvorak Symphony No. 9

View the American experiment through the prism of three prominent composers as they reflect their observations of who we were during the Civil War, who we were during the civil rights movement, and who we've always strived to be in a trio of thematically tied works culminating in Dvorak's Symphony No. 9. **Note:** Bring a snack/meal for the bus. Non-refundable after 12/21/18.

Location: Boettcher Concert Hall

1/20	Su	10:30 AM-6:00 PM	\$100	105966-01
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Itzhak Perlman & the Colorado Symphony

One of the most extraordinary masters of the violin, with a spectacular 50-year career, violinist Itzhak Perlman brings his celebrated brilliance to a performance of Beethoven's Violin Concerto. **Note:** Bring a snack to enjoy on the bus. Non-refundable after 12/7/18.

Location: Boettcher Concert Hall

1/10	Th	4:00-11:00 PM	\$220	105926-01
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Mendelssohn Double Concerto

A mere fourteen years old when he composed it, Mendelssohn's Double Concerto in D minor is one of his most brilliant early works. Guest conductor, Kevin John Edusei, directs Colorado Symphony Concertmaster, Yumi Hwang-Williams, and guest pianist, Anne Marie McDermott, in a stunning combination of unlikely forces. **Note:** Bring a snack/meal for the bus. Non-refundable after 1/1/19.

Location: Boettcher Concert Hall.

2/3	Su	10:30 AM-6:30 PM	\$100	105928-01
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DECEMBER**Brown Palace Tea, Denver**  

Experience tea as it is meant to be: on the floor of the Brown Palace's Tea Lobby surrounded by elegant decor and live music. The Royal Palace service includes house-made scones, Devonshire cream, finger sandwiches, and classic tea pastries. After tea, enjoy a tour of the historical Trinity United Methodist with their 4,202 pipe organ.

Note: Fee includes the Royal Palace Afternoon Tea and a guided tour.

12/5	W	10:30 AM-6:00 PM	\$95	105950-01
1/4	F	10:30 AM-6:00 PM	\$95	105950-02

Georgetown Christmas Market  

Enjoy the 58th 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 motorcoach transportation. Georgetown is at 9,600 ft.; dress appropriately for the season including footwear with good grip. Lunch cost on your own.

Location: Rolland Moore Park

12/8	Sa	8:00 AM-5:00 PM	\$56	105951-01
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Scrooge, Johnstown ■

A musical adaptation of the Charles Dickens' novel: a tale that has charmed generations with its tribute to the magic of the Christmas spirit. **Note:** Fee includes ticket and dinner. Non-refundable after 11/9/18.

Location: Candlelight Dinner Playhouse.

12/9	Su	11:30 AM-6:00 PM	\$80	105922-01
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USAF Academy Band Holiday Concert, Greeley M ■

For over 60 years, the United States Air Force Academy Band has used the power of music to honor our nation's heroes. Enjoy original arrangements of holiday favorites like It's the Most Wonderful Time of the Year, Rocking around the Christmas Tree, All I want for Christmas is You. **Note:** Bring a snack to enjoy on the shuttle. Non-refundable after 11/9/17.

Location: Union Colony Civic Center.

12/10	M	12:30-5:30 PM	\$21	105921-01
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Elf, Arvada ■

One of the most beloved holiday movies in recent years is live on stage. The uproarious tale of Buddy, who was raised by elves at the North Pole, is unaware he is actually human. Buddy helps bring people together while finding the human family he never knew he had. **Note:** Bring a snack to enjoy on the bus. Non-refundable after 11/9/18.

Location: Arvada Center.

12/12	W	11:00 AM-7:00 PM	\$70	105923-01
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White Christmas, Denver ■

Irving Berlin's White Christmas tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. **Note:** Bring a snack to enjoy on the shuttle. Non-refundable after 11/9/18.

Location: Buell Theater.

12/15	Sa	11:00 AM-6:30 PM	\$115	105924-01
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Denver Zoo Lights M ◆

Zoo Lights span through 60 acres of the Denver Zoo's campus. Enjoy nightly entertainment, animal encounters, and illuminated animal sculptures that swing through the trees. Jump across lawns, hide in bushes, and appear in places least expected. **Note:** Bring a snack/meal to enjoy on the bus.

12/19	W	3:30-10:00 PM	\$45	105952-01
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JANUARY**Pepsi Center Tour, Denver** M ◆

See where the Denver Nuggets, Colorado Avalanche, and Colorado Mammoth call home. This world-class arena is the Denver host to premier sports and entertainment. **Note:** Lunch cost on your own.

1/3	Th	8:00 AM-4:00 PM	\$50	105953-01
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Dior at the Denver Art Museum M ◆

Dior: From Paris to the World surveys 70 years of the House of Dior's enduring legacy and its global influence. Trace the history of the iconic couture fashion house through more than 170 dresses, accessories, costume jewelry, photographs, drawings, and archival material. **Note:** Lunch cost on your own.

1/9	W	8:30 AM-4:00 PM	\$76	105963-01
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History Colorado Center, Denver M ◆

History Colorado creates a better future for Colorado by inspiring wonder in the past. Enjoy a guided tour exploring Colorado stories from the mountains to the plains to the plateaus. The community-based suite of exhibits with media and artifact rich galleries explores the many ways Coloradans have created community. **Note:** Lunch cost on your own.

1/16	W	8:30 AM-4:00 PM	\$42	105954-01
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Colorado Cowboy Poetry Gathering, Golden M ◆

Celebrate the 30th Anniversary of the Colorado Cowboy Poetry Gathering. The celebration of Western heritage includes poets and musicians taking on all things cowboy from Fine Equine to Women of the West. Enjoy the comradery and spontaneous, crowd-pleasing collaborations. **Note:** Lunch cost on your own.

1/18	F	9:00 AM-6:00 PM	\$60	105955-01
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National Western Stock Show, Denver M ▲

The West at its best. With over 350 vendors and 15,000 animals including horses, cattle, sheep, llamas, bison, and yak, it is the largest horse and tradeshow in Colorado. Enjoy the Pro Rodeo and watch the cowboys in action. **Note:** Fee includes Pro Rodeo ticket and stock show. Lunch cost is on your own. Non-refundable after 01/01/19.

1/25	F	9:00 AM-5:00 PM	\$65	105956-01
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Nonsense, Johnstown ■

The Little Sisters of Hoboken are in dire need of funds and decide to put on a variety show. Featuring star turns, tap and ballet dancing, and comic surprises, this show has become an international phenomenon. **Note:** Fee includes ticket and dinner. Non-refundable after 12/31/19.

Location: Candlelight Dinner Playhouse.

1/27	Su	11:30 AM-6:00 PM	\$80	105927-01
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International Snow Sculpture, Breckenridge M ▲

The 29th Annual International Snow Sculpture Championships is must-do holiday experience. International sculptors descend on Breckenridge to compete using only hand tools and creativity to shape 20-ton blocks of snow. **Note:** Fee includes motorcoach transportation. Breckenridge is 9,600'; wear comfortable and sturdy footwear with good grip and dress for walking outside. Lunch cost on own.

Location: Rolland Moore Park

1/28	M	8:00 AM-5:00 PM	\$60	105957-01
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Beer 101, Fort Collins  

Fort Collins is famous for its great water and better beer. Learn the basics of brewing, hops, styles, and glassware in the brewery world. Sample and learn from the experts at three Fort Collins breweries with a stop for lunch along the way. **Note:** Fee includes tastings and door-to-door transportation. Lunch cost on your own. All participants must bring a photo ID and will be picked up at home for the trip. Staff will call two days prior to the trip with pick-up times. Door-to-door transportation may add up to an hour both prior to and after listed trip time.

1/31	Th	11:30 AM-4:30 PM	\$66	105964-01
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FEBRUARY**Art Castings of Colorado, Loveland**  

Since 1972, Art Castings of Colorado has been the trusted choice of artists around the country and the world. Tour the bronze art foundry and learn about what it takes to create the beautiful works of art that dot the Loveland landscape. **Note:** Lunch cost on your own.

2/7	Th	9:00 AM-3:00 PM	\$31	105958-01
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Anna Karenina, Denver 

This modern adaptation of Leo Tolstoy's masterpiece brings the romantic backdrop of Tsarist Russia to life in a heart-wrenching tale of passion and betrayal, dreams chased and lost, and a love that's worth risking everything. **Note:** Bring a snack/meal for the bus. Non-refundable after 1/9/19.

Location: Stage Theater

2/10	Su	11:00 AM-6:00 PM	\$75	105929-01
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Castle Marne Tea, Denver  

This Valentine's Day, enjoy the Chocolate Lover's Tea at Castle Marne. This famous old mansion is celebrating its second century, lovingly restored to its original splendor. The rusticated lava stone house was built in 1889, by the architect William Lang, the most eclectic architect of the time. **Note:** Fee includes 4-course afternoon tea and guided tour.

2/14	Th	11:30 AM-5:30 PM	\$101	105959-01
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The Money Museum, Denver  

The Money Museum at the Federal Reserve fosters stability, integrity, and efficiency of the nation's monetary and financial systems. Learn about the security features designed in U.S. currency. **Note:** Lunch cost on your own. Valid Photo ID required.

2/20	W	8:30 AM-4:00 PM	\$21	105960-01
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Denver Nuggets vs LA Clippers, Denver 

Cheer on the Denver Nuggets as they take on the LA Clippers. Watch Nikola Jokic and Paul Millsap face off against Tobias Harris and Lou Williams. **Note:** Fee includes ticket and voucher for concessions. Non-refundable after 1/3/19.

2/24	Su	12:00 PM-8:00 PM	\$91	105901-01
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YELLOWSTONE

WINTER WONDERLAND

SNOW COACH TOUR

FEB 28 - MAR 5, 2018

Two Days in Yellowstone with Guides
Old Faithful and Fountain Paint Pots
Grand Canyon of the Yellowstone
Artist Point and Gibbon Falls • Moss Mansion
Occidental Hotel • Little Bighorn Battlefield

\$1149 Dbl | \$1469 Sgl | \$1099 Tpl



DEADWOOD CHRISTMAS

NOV 30 - DEC 3, 2018

Potter Family Performance • Deadwood Gulch
Resort & Casino • Slot Tournament Entry
Casino Reception \$40 Free Slot Play
\$56 Meal Vouchers • Box Lunches To and From

\$259 Dbl | \$339 Sgl - All Inclusive



970-493-7778
RoyaltyCoach.com

Trips include motor coach, hotels, & admissions.

Fleece Factory, La Salle  

The Fleece Factory opened in 2014 and has processed more than 4,000 lbs. of fleece. Tour the full-service artisan fiber mill, including product development, processing, the gift boutique, and a craft store. **Note:** Lunch cost on your own.

2/26	Tu	9:30 AM-3:00 PM	\$21	105962-01
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Kirkland Museum, Denver  

Recently reopened, the Kirkland Museum is home to three collections containing more than 30,000 displayed together in salon style. Enjoy the international decorative art collection from 1875 to 1900, the Colorado and regional art collection, and a retrospective of Colorado's distinguished painter Vance Kirkland. **Note:** Fee includes a self-guided tour. Lunch cost on your own.

2/28	Th	9:30 AM-4:00 PM	\$36	105965-01
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LEGEND

Denotes no web registration for program



Denotes program/activity has special membership pricing



Denotes Health & Wellness program



RECYCLE

ALL ITEMS MUST BE **EMPTY** AND **DRY**

Fort Collins residents do a good job of putting the correct materials in their bins. With today's global markets, we can't just be good—we have to be great recyclers!

METALS & GLASS



CARDBOARD & PAPER



PLASTIC BOTTLES, TUBS & PAPER CARTONS



KEEP OUT

OF CURBSIDE RECYCLING

*



Please follow this handy, updated guide for **curbside recycling**.

* Starred items can be recycled elsewhere.

Learn more at fcgov.com/recycle or fcgov.com/a-z.

FIGHT THE FLU



The Youth Clinic's 2018 Express Flu Clinics

Clinics will be after hours Weekdays starting at 5:30 p.m. and Saturdays starting at 9 a.m.

****Youth Clinic Patients and Families Only****

Call 970.482.2515 to Schedule for ALL Family Members!

Be prepared when you call:

- ☒ Know Dates Available ☒ Know Number of People ☒ Have All Names & Birth Dates Ready

- Appts are required
- Insurance will be billed (we do not accept Adult Medicare, Adult Medicaid, or Adult Tricare)
- Charges will apply for no-show appts
- Save your family time in line and complete your paperwork 2 days before your appt. using Phreesia, our new electronic check-in system

All Express Flu Clinic appointments will be located at 1200 E. Elizabeth Office on the following dates:

SAT	September 29	TUES	October 9	SAT	October 20	SAT	November 3
WED	October 3	WED	October 17	TUES	October 23	WED	November 7



The Youth Clinic
caring for our future generations

www.YouthClinic.com

The Youth Clinic, the Advisory Committee on Immunization Practices, and the Center for Disease Control are recommending the vaccination of everyone over 6 months of age to prevent possible complication of influenza.

The providers at The Youth Clinic agree with the AAP and are recommending that our patients receive the FLU SHOT rather than the Flumist for this season. Please visit www.youthclinic.com for more information.



We believe in a healthy balance between sports and family life and that kids should be kids. Our programs are designed to facilitate growth in a variety of other sports and activities all while not requiring an excessive time commitment to participate in recreationally or competitively. This affords our students a well rounded childhood with ample time for a variety of activities and the ability to explore different interests.

- * New and convenient class times for families and for students that participate in other activities or sports.
- * Ninja and sport themed classes.
- * Fun and recreational competitive opportunities.
- * Mix and match our gymnastics, dance and ninja classes for a well rounded athletic and artistic experience.



Gymnastics
Dance
Ninja
Preschool
Swimming
Summer Camp