Adaptive Recreation Opportunities

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

**Inclusion Support**

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. If you are interested in participation support due to a disability, requests should be made two weeks prior to program start date. Contact Renee Lee, CTRS at 970.224.6027, rlee@fcgov.com.

**Specialized Adaptive Programs**

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

**Transition Support**

ARO offers assistance in recreation and leisure choices so you can be as independent as possible. A therapeutic recreation professional helps develop your personal Passport to Recreation profile with discussion of your strengths, needs, and interests.

**Attendants**

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

**Volunteer**

Volunteers are always needed to help support individuals, whether assisting with a few events or being a weekly inclusion support partner. Training is 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 ARO staff:

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

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

Brenda McDowell, CTRS,970.416.2024, bmcdowell@fcgov.com

Alison Cope, OTR, acope@frii.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

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 12/17-1/9.

Age: 16 years & up

Location: Edora Pool Ice Center

12/3-1/30 Tu,Th 9:30-10:30 AM $40 102228-01

2/4-2/27 Tu,Th 9:30-10:30 AM $30 102228-02

**Adaptive Swim Lessons**

Adaptive techniques are applied in an individual or small group setting to teach and enhance swimming skills and water safety for those with disabilities. **Note:** Registration deadline is 1/29.

Age: 2 years & up

Location: Edora Pool Ice Center

2/5-3/11 W 4:30-5:00 PM $44 102326-01

2/5-3/11 W 5:10-5:40 PM $44 102326-02

2/5-3/11 W 6:00-6:30 PM $44 102326-03

2/5-3/11 W 6:40-7:10 PM $44 102326-04

Arts & Crafts

**Artistic Abilities Art**

Learn drawing and painting techniques with a variety of materials to create unique pieces of art. All abilities welcome. Accommodations are made for various challenges and disabilities.

Age: 13 years & up

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

2/13-3/12 Th 4:00-6:00 PM $38 102990-01

**Holiday Gift Making Workshop**

Get ready for the holidays and create homemade gifts. Staff assistance available to complete thoughtful gifts for up to 4 people. **Note:** Gift making supplies are not included.

Age: 16 years & up

Location: Senior Center

12/4-12/11 W 5:30-7:00 PM $40 102991-01

Attendant Section

12/4-12/11 No Fee 102991-1A

Education

**Holiday Treats**

Make and decorate sweet treats for the holidays.

Age: 16 years & up

Location: Senior Center

12/12 Th 6:30-8:00 PM $12 102401-01

**Adaptive Cooking**

Learn how to cook tasty foods and gain positive eating habits. Cook together as a group, then set the table and enjoy the finished product. **Note:** Bring a container to take a portion to go.

Age: 16 years & up

Location: Senior Center

Noodles

2/10 M 6:30-8:00 PM $14 102401-03

Fitness

**Adaptive Power Step**

Designed to challenge balance, coordination, strength, and flexibility. Focus on walking stride and functional movement. Modified to accommodate all movement disorders.

Age: 18 years & up

Location: Foothills Activity Center

12/7-12/21 Sa 11:00 AM-Noon $21 102984-01

1/11-2/1 Sa 11:00 AM-Noon $28 102984-02

2/8-2/29 Sa 11:00 AM-Noon $28 102984-03

**Adaptive Yoga**

Designed for those with MS, brain injuries, or other neuromuscular disorders and adapted for people with physical disabilities. Learn yoga practices that include breathwork, gentle movements, and deep stretch poses. Some hands-on assistance available on Thursdays; Tuesdays include standing balance work. **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

12/3-12/17 Tu 2:00-3:00 PM $21 102980-01

1/7-1/28 Tu 2:00-3:00 PM $28 102980-02

2/4-2/25 Tu 2:00-3:00 PM $28 102980-03

Adaptive Chair Yoga

12/5-12/19 Th 2:00-3:00 PM $21 102980-04

1/9-1/30 Th 2:00-3:00 PM $28 102980-05

2/6-2/27 Th 2:00-3:00 PM $28 102980-06

**MS Dryland Exercise**

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

Age: 18 years & up

Location: Senior Center

11/25-12/18 M,W 11:00-11:55 AM $33 102483-01

1/6-1/29 M,W 11:00-11:55 AM $33 102483-02

2/3-2/26 M,W 11:00-11:55 AM $33 102483-03

Attendant Sections

11/25-12/16 M 11:00-11:55 AM $17 102483-1A

1/6-1/27 M 11:00-11:55 AM $17 102483-2A

2/3-2/24 M 11:00-11:55 AM $17 102483-3A

**Power Beats Boot Camp**

Dynamic cardio drumming designed for those with Parkinson’s, MS, brain injuries, or other neurological disorders. Improve cardiovascular health and memory function and elevate a sense of wellbeing.

Age: 18 years & up

Location: Foothills Activity Center

12/7-12/21 Sa 12:10-1:00 PM $21 102986-01

1/11-2/1 Sa 12:10-1:00 PM $28 102986-02

2/8-2/29 Sa 12:10-1:00 PM $28 102986-03

**Spectrum Yoga**

Designed for people with intellectual, sensory integration, or autism spectrum disorders. Learn yoga practices modified to teach breathwork and standing and balancing poses.

Age: 16 years & up

Location: Northside Aztlan Center

12/4-12/18 W 1:00-1:45 PM $21 102982-01

1/8-1/29 W 1:00-1:45 PM $28 102982-02

2/5-2/26 W 1:00-1:45 PM $28 102982-03

**Work Out Partners**

Workouts are organized in small groups to meet at times, days, and locations that work best. Those with and without disabilities are matched to meet weekly at a predetermined time and day. Strength training, cardiovascular equipment, and aquatic exercise are all available. **Note:** Facility pass or drop in fee required for recreation center use.

Age: 16 years & up

Location: Senior Center

2/19 W 5:30-6:30 PM $22 102585-01

Ice

**Adaptive Skating**

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

Age: 8 years & up

Location: Edora Pool Ice Center

1/11 – 2/8 Sat 10:15-10:45 AM $46 110356-01

2/15 – 3/14 Sat 10:15-10:45 AM $46 110356-02

Outdoor Recreation

Adaptive Ski Programs ]

Hit the slopes with ARO this winter. Each trip includes transportation to and from the listed pick up location, ski pass, full day individual adaptive snow sport instruction, and adaptive equipment.

**Note:** Ski pass and equipment not included for attendants. Bring a lunch and snacks. Registration ends the Monday before listed trip date. Scholarships available; to apply contact Becca Heinze at bheinze@fcgov.com, 970.416.6125.

**Breckenridge Outdoor Education Center (BOEC) at Keystone Resort**

Age: 14 years & up

Location: Senior Center

1/17 F 5:45 AM-7:30 PM $150 102432-01

3/6 F 5:45 AM-7:30 PM $150 102432-02

Attendant Sections

1/17 No Fee 102432-1A

3/6 No Fee 102432-2A

**Ignite Adaptive at Eldora Mountain Resort**

Age: 12 years & up

Location: Senior Center

Downhill Ski/board

1/26 Su 7:00 AM-5:30 PM $140 102431-01

2/9 Su 7:00 AM-5:30 PM $140 102431-02

2/23 Su 7:00 AM-5:30 PM $140 102431-03

Bi-Ski or Mono-Ski

1/26 Su 7:00 AM-5:30 PM $140 102431-05

2/9 Su 7:00 AM-5:30 PM $140 102431-06

2/23 Su 7:00 AM-5:30 PM $140 102431-07

Nordic Ski/Snowshoe

1/26 Su 7:00 AM-5:30 PM $111 102431-09

2/9 Su 7:00 AM-5:30 PM $111 102431-10

2/23 Su 7:00 AM-5:30 PM $111 102431-11

Attendant Sections

1/26 Su No Fee 102431-1A

2/9 Su No Fee 102431-2A

2/23 Su No Fee 102431-3A

**NSCD Youth Program at Winter Park**

Age: 10-17 years

Location: Mountain View High School, Loveland

2/27 Th 6:00 AM-6:00 PM $110 102933-01

Attendant Section

2/27 Th 6:00 AM-6:00 PM No Fee 102933-1A

**Adaptive Snowshoeing**

Enjoy the wonders of winter on an active adaptive trip. Instruction and guides provided on this introductory trail of 2-3 miles. **Note:** Reserve snowshoes in advance if needed. Bring a packed lunch, snacks, and a backpack.

Age: 14 years & up

Location: Senior Center

1/6 M 9:00 AM-4:00 PM $36 102941-01

2/14 F 9:00 AM-4:00 PM $36 102941-02

Attendant Sections

1/6 No Fee 102941-1A

2/14 No Fee 102941-2A

Paralympic Sports

Paralympic Sports 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 a drop-in rate of $4 per class available. Class will not be held on 2/17.

Age: 18 years & up

Location: Foothills Activity Center

1/27-3/9 M 10:30 AM-Noon $17 102464-01

**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

2/11-3/10 Tu 6:00-8:00 PM $18 102560-01

Social Programs

**Bowling**

Strike it big while bowling with others. All levels welcome. **Note:** Fee includes two games per person each week and shoe rental. Class will not be held on 2/15.

Age: 18 years & up

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

2/1-3/7 Sa 10:30-11:30 AM $44 102906-01

**Monthly Themed Dances**

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

12/13 F 6:00-8:00 PM $1

Winter Wonderland

1/31 F 6:00-8:00 PM $4

Sweetheart Dance

2/21 F 6:00-8:00 PM $4

Trips & Travel

**Brunch & Broncos**

Join a group of friends to watch the Denver Broncos take on the Raiders on the big screen and enjoy brunch on the town. Bring $20 for a meal. **Note:** This is a non-alcoholic event. Registration deadline is 11/25.

Age: 16 years & up

Location: Senior Center

12/1 Su 10:00 AM-4:00 PM $20 102927-01

Attendant Section

12/1 No Fee 102414-1A

**Friday Night Out**

Enjoy a performance and festive evening with friends in honor of the holidays. **Note:** Bring $20 for dinner and tip. Program fee includes a ticket to the show.

Age: 16 years & up

Location: Senior Center

12/6 F 5:00-9:00 PM $18 102320-01

Attendant Section

12/6 $7 102320-1A

**Western Stock Show**

The National Western Stock Show is the West at its best. Enjoy horses and riders compete in freestyle reining, listen to music, and take in western culture. See more than 15,000 animals including horses, alpaca, cattle, llamas, and bison. **Note:** Bring $20 for your meal and tip. Program fee includes a ticket to the show.

Age: 16 years & up

Location: Senior Center

1/12 Su 9:30 AM-5:00 PM $50 102555-01

Attendant Section

1/12 $30 102555-1A

**Movie Night**

See Hollywood’s finest flicks while out on the town. **Note:** Bring money for a movie ticket and desired snacks.

Age: 16 years & up

Location: Senior Center

1/21 Tu 5:30-9:00 PM $7 102403-02

2/11 Tu 5:30-9:00 PM $7 102403-03

Attendant Sections

1/21 No Fee 102403-2A

2/11 No Fee 102403-3A

**Restaurant Night**

Explore different restaurants in and out of town with good company. **Note:** Bring $20 for meal and tip.

Age: 16 years & up

Location: Senior Center

Southeast Restaurant

1/27 M 5:30-8:30 PM $10 102404-01

Loveland Restaurant

2/24 M 5:30-8:30 PM $10 102404-02

Attendant Sections

1/27 No Fee 102404-1A

2/24 No Fee 102404-2A

**Eagles Hockey**

Come cheer on the home team as they take on the Roadrunners of Arizona. **Note:** Registration deadline is 1/29. Register early to request ADA seating. Bring money for desired refreshments.

Age: 16 years & up

Location: Senior Center

2/12 W 6:00-10:00 PM $48 102414-01

Attendant Section

2/12 $21 102414-1A

**SpongeBob the Musical**

Broadway’s creative minds bring to life the beloved Nickelodeon series with humor, heart, and pure theatricality in “a party for the eyes and ears.” Explore the depths of theatrical innovation in the 2018 Best Musical winner of the Drama Desk and Outer Critics Circle Award winner show. **Note:** Bring a sack lunch. Registration deadline is 2/22.

Age: 16 years & up

Location: Senior Center

3/22 Su 11:30 AM-5:00 PM $105 102926-01

Attendant Section

3/22 $70 102926-1A

Unified Sports

Athletes of all abilities play as teammates against other integrated 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,  
bmcdowell@fcgov.com.

**Adaptive Panther Suns Cheer Squad**

Individuals with or without special needs experience cheer and dance together as one Unified Team. **Note:** $15 cheer shirt not included. Class will not be held 3/18.

Age: All

Location: Cheer Central Suns, 128 Racquette Dr.

1/8–2/12 W 5:30-7:00 PM $49 114936-01

2/19–4/1 W 5:30-7:00 PM $49 114936-02

**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 program time frame.

Age: 16 years & up

Location: Webber Middle School, 4201 Seneca St.

Competitive Division

1/11-3/14 Sa 3:30-7:30 PM $26.50 102751-01

Co-ed Recreational

1/11-3/14 Sa 3:30-7:30 PM $26.50 102751-03

Individual Skills

1/11-3/14 Sa 3:30-4:30 PM $19 102751-04

**Junior Basketball**

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

Age: 8-21 years

Location: TBD

Single Child

1/7-2/18 Tu 5:00-6:00 PM $24 102552-01

Multiple Children

1/7-2/18 Tu 5:00-6:00 PM $38 102552-02

Aqua Fitness

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

**Drop-In Policy**

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

Classes will not be held 11/27-11/29, 12/24, 12/25, 12/31, and 1/1.

Adult Programs

**Drop-In Water Volleyball**

An in-the-water volleyball game which provides a low-impact exercise option. **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

12/3-2/28 M,W,F 10:30-11:30 AM Day Pass

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

12/2-12/27 M,W,F 8:30-9:30 AM $42.25 100412-01

1/6-1/31 M,W,F 8:30-9:30 AM $46 100412-02

2/3-2/28 M,W,F 8:30-9:30 AM $46 100412-03

**Twinges**

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

Age: 18 years & up

Location: Edora Pool Ice Center

12/2-12/27 M,W,F 8:30-9:30 AM $42.25 100314-01

2/3-2/28 M,W,F 8:30-9:30 AM $46 100314-03

12/2-12/27 M,W,F 9:30-10:30 AM $42.25 100314-04

2/3-2/28 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

12/2-12/27 M,W,F 12:15-1:15 PM $42.25 100416-01

1/6-1/31 M,W,F 12:15-1:15 PM $46 100416-02

2/3-2/28 M,W,F 12:15-1:15 PM $46 100416-03

12/2-12/27 M,W,F 1:15-2:15 PM $42.25 100416-04

1/6-1/31 M,W,F 1:15-2:15 PM $46 100416-05

2/3-2/28 M,W,F 1:15-2:15 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

12/2-12/27 M,W,F 7:30-8:30 AM $42.25 100324-01

1/6-1/31 M,W,F 7:30-8:30 AM $46 100324-02

2/3-2/28 M,W,F 7:30-8:30 AM $46 100324-03

Location: Senior Center

12/2-12/27 M,W,F 9:30-10:30 AM $42.25 100424-01

1/6-1/31 M,W,F 9:30-10:30 AM $46 100424-02

2/3-2/28 M,W,F 9:30-10:30 AM $46 100424-03

12/3-12/26 Tu,Th 4:00-5:00 PM $27.25 100424-04

1/7-1/30 Tu,Th 4:00-5:00 PM $31 100424-05

2/4-2/27 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

12/2-12/27 M,W,F 6:00-7:00 PM $42.25 100417-01

1/6-1/31 M,W,F 6:00-7:00 PM $46 100417-02

2/3-2/28 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 challenge to a workout routine.

Age: 18 years & up

Location: Mulberry Pool

12/2-12/27 M,W,F 7:30-8:30 AM $42.25 100222-01

1/6-1/31 M,W,F 7:30-8:30 AM $46 100222-02

2/3-2/28 M,W,F 7:30-8:30 AM $46 100222-03

Location: Senior Center

12/2-12/27 M,W,F 6:15-7:15 AM $42.25 100422-01

1/6-1/31 M,W,F 6:15-7:15 AM $46 100422-02

2/3-2/28 M,W,F 6:15-7:15 AM $46 100422-03

12/2-12/27 M,W,F 5:00-6:00 PM $42.25 100422-04

1/6-1/31 M,W,F 5:00-6:00 PM $46 100422-05

2/3-2/28 M,W,F 5:00-6:00 PM $46 100422-06

12/3-12/26 Tu,Th 8:00-9:00 AM $27.25 100422-07

1/7-1/30 Tu,Th 8:00-9:00 AM $31 100422-08

2/4-2/27 Tu,Th 8:00-9:00 AM $31 100422-09

12/3-12/26 Tu,Th 9:00-10:00 AM $27.25 100422-10

1/7-1/30 Tu,Th 9:00-10:00 AM $31 100422-11

2/4-2/27 Tu,Th 9:00-10:00 AM $31 100422-12

12/3-12/26 Tu,Th 10:00-11:00 AM $27.25 100422-13

1/7-1/30 Tu,Th 10:00-11:00 AM $31 100422-14

2/4-2/27 Tu,Th 10:00-11:00 AM $31 100422-15

12/3-12/26 Tu,Th 7:00-8:00 PM $27.25 100422-16

1/7-1/30 Tu,Th 7:00-8:00 PM $31 100422-17

2/4-2/27 Tu,Th 7:00-8:00 PM $31 100422-18

**Fitness & Fun**

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

Age: 18 years & up

Location: Senior Center

12/2-12/27 M,W,F 7:30-8:30 AM $42.25 100420-01

1/6-1/31 M,W,F 7:30-8:30 AM $46 100420-02

2/3-2/28 M,W,F 7:30-8:30 AM $46 100420-03

**Twist & Shout**

Condition and tone the 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

12/2-12/27 M,W,F 4:00-5:00 PM $42.25 100426-01

1/6-1/31 M,W,F 4:00-5:00 PM $46 100426-02

2/3-2/28 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.

Age: 18 years & up

Location: Mulberry Pool

12/2-12/27 M,W,F 12:15-1:00 PM $42.25 100230-01

1/6-1/31 M,W,F 12:15-1:00 PM $46 100230-02

2/3-2/28 M,W,F 12:15-1:00 PM $46 100230-03

Location: Edora Pool Ice Center

12/2-12/27 M,W 5:30-6:30 PM $27.25 100330-01

1/6-1/31 M,W 5:30-6:30 PM $31 100330-02

2/3-2/28 M,W 5:30-6:30 PM $31 100330-03

Aquatics

**Group Rates for Swimming**

Reduced swim admissions are available for groups. A group must schedule at least 14 days in advance by calling the appropriate facility. It is preferred 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 permitted to swim.

**Birthday Party Packages**

Space for birthday parties is not permitted 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, visit fcgov.com/recreation.

**Private Swim Instruction**

Private swim instruction is available for all ability levels. Interested persons may fill out a request form with a cashier at EPIC or Mulberry Pool 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 head instructor, if it is evident that a child is not water ready before the second lesson, the manager contacts the parent for dismissal. A full refund is issued for the class.

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

Make-up lessons are not available.

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

Classes will not be held 11/27-11/29, 12/24, 12/25, 12/31, 1/1, and 3/16-3/24.

**Open Lap Swimming**

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

Adult Programs

**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

1/13-2/12 M,W 6:30-7:15 PM $61 101338-01

Location: Senior Center

1/19-2/16 Su 11:00-11:45 AM $31 101438-01

**Lifeguard Instructor**

Instructor candidates are trained to teach American Red Cross lifeguarding. Learn how to use the course material, methods, conduct training sessions, and evaluate participant progress. Must possess a current ARC lifeguard/first aid/CPR/AED certificate. Online class content is 2 hours, 30 minutes. Certification fee not included.

Age: 17 years & up

Location: Edora Pool Ice Center

1/9 Th 8:00-11:30 AM $149.63 101343-01

1/10-1/11 F,Sa 8:00 AM-5:00 PM

**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

2/17-3/25 M,W 6:30-7:15 PM $73.50 101339-01

Age: 15 years & up

Location: Senior Center

2/23-3/29 Su 11:00-11:45 AM $31 101439-01

Family Programs

**Discover Scuba Diving**

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. **Note:** Prior to class start call CSDA at 1.855.557.2822 to complete required additional paperwork.

Age: 10 years & up

Location: Edora Pool Ice Center

12/28 Sa 10:00-11:30 AM $36 101352-01

1/18 Sa 10:00-11:30 AM $36 101352-02

Location: Mulberry Pool

2/8 Sa 10:00-11:30 AM $36 101252-01

**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. Must 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 to complete required additional paperwork.

Age: 5 years & up

Location: Edora Pool Ice Center

12/28 Sa 10:00-11:30 AM $26 101353-01

1/18 Sa 10:00-11:30 AM $26 101353-02

Location: Mulberry Pool

2/8 Sa 10:00-11:30 AM $26 101253-01

**Scuba Challenge**

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

Age: 10 years & up

Location: Edora Pool Ice Center

12/4 W 6:00-9:00 PM $22 101356-01

12/18 W 6:00-9:00 PM $22 101356-02

1/8 W 6:00-9:00 PM $22 101356-03

1/22 W 6:00-9:00 PM $22 101356-04

2/5 W 6:00-9:00 PM $22 101356-05

2/19 W 6:00-9:00 PM $22 101356-06

Teen Programs

**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. Learn 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

12/27 F Noon-3:30 PM $202.80 101340-01

12/28 Sa 8:30 AM-5:30 PM

12/29 Su 8:30 AM-4:30 PM

1/31 F 4:00-7:30 PM $202.80 101340-02

2/1 Sa 8:30 AM-5:30 PM

2/2 Su 8:30 AM-4:30 PM

**Teen Swim Instruction**

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

Age: 13-17 years

Location: Edora Pool Ice Center

1/13-2/12 M,W 6:30-7:00 PM $73.50 101335-01

2/22-3/28 Sa 9:00-9:30 AM $37.25 101235-02

Location: Mulberry Pool

1/14-2/13 Tu,Th 4:45-5:15 PM $73.50 101235-01

Youth Programs

**Baby & Me 1**

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

Age: 6-18 months

Location: Edora Pool Ice Center

1/13-2/12 M,W 4:45-5:15 PM $61 101310-01

2/17-3/25 M,W 4:45-5:15 PM $61 101310-02

2/17-3/25 M,W 5:55-6:25 PM $61 101310-03

2/17-3/25 M,W 9:15-9:45 AM $61 101310-07

Location: Senior Center

1/19-2/16 Su 9:50-10:20 AM $31 101410-01

1/19-2/16 Su 11:00-11:30 AM $31 101410-02

2/23-3/29 Su 9:15-9:45 AM $31 101410-03

2/23-3/29 Su 10:25-10:55 AM $31 101410-04

**Baby & Me 2**

Build on the skills introduced in Baby & Me 1. Parents teach children skills for future swimming success and safety. One child per adult required. Swim diapers or plastic pants required.

Age: 18 months-3.5 years

Location: Edora Pool Ice Center

1/13-2/12 M,W 5:20-5:50 PM $61 101312-01

2/17-3/25 M,W 5:20-5:50 PM $61 101312-02

Location: Senior Center

1/19-2/16 Su 9:15-9:45 AM $31 101412-01

1/19-2/16 Su 10:25-10:55 AM $31 101412-02

2/23-3/29 Su 9:50-10:20 AM $31 101412-03

2/23-3/29 Su 11:00-11:30 AM $31 101412-04

**Pollywog**

Become oriented to the aquatic environment and learn basic aquatic skills to develop comfort in the water. Learn to enter and exit the water independently and float with support. No previous experience necessary.

Age: 3-6 years

Location: Mulberry Pool

1/14-2/13 Tu,Th 4:45-5:15 PM $61 101216-01

1/14-2/13 Tu,Th 5:55-6:25 PM $61 101216-02

1/14-2/13 Tu,Th 6:30-7:00 PM $61 101216-03

2/18-3/26 Tu,Th 5:20-5:50 PM $61 101216-04

2/18-3/26 Tu,Th 5:55-6:25 PM $61 101216-05

2/18-3/26 Tu,Th 6:30-7:00 PM $61 101216-06

1/18-2/15 Sa 9:00-9:30 AM $31 101216-07

1/18-2/15 Sa 10:10-10:40 AM $31 101216-08

1/18-2/15 Sa 11:20-11:50 AM $31 101216-09

2/22-3/28 Sa 9:35-10:05 AM $31 101216-10

2/22-3/28 Sa 10:45-11:15 AM $31 101216-11

2/22-3/28 Sa 11:20-11:50 AM $31 101216-12

1/19-2/16 Su 3:15-3:45 PM $31 101216-13

1/19-2/16 Su 3:50-4:20 PM $31 101216-14

1/19-2/16 Su 5:00-5:30 PM $31 101216-15

2/23-3/29 Su 3:50-4:20 PM $31 101216-16

2/23-3/29 Su 4:25-4:55 PM $31 101216-17

2/23-3/29 Su 5:35-6:05 PM $31 101216-18

Location: Edora Pool Ice Center

1/13-2/12 M,W 4:45-5:15 PM $61 101316-01

1/13-2/12 M,W 5:55-6:25 PM $61 101316-02

2/17-3/25 M,W 4:45-5:15 PM $61 101316-03

2/17-3/25 M,W 5:55-6:25 PM $61 101316-04

2/17-3/25 M,W 6:30-7:00 PM $61 101316-05

Location: Senior Center

1/19-2/16 Su 9:15-9:45 AM $31 101416-01

1/19-2/16 Su 10:25-10:55 AM $31 101416-02

2/23-3/29 Su 9:50-10:20 AM $31 101416-03

**Tadpole**

Build on basic skills learned in Pollywog and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back assist in the development of future stroke work. **Note:** Must be able to go underwater without hesitation.

Age: 3-6 years

Location: Mulberry Pool

1/14-2/13 Tu,Th 5:20-5:50 PM $61 101218-01

1/14-2/13 Tu,Th 6:30-7:00 PM $61 101218-02

2/18-3/26 Tu,Th 4:45-5:15 PM $61 101218-03

2/18-3/26 Tu,Th 5:20-5:50 PM $61 101218-04

2/18-3/26 Tu,Th 6:30-7:00 PM $61 101218-05

1/18-2/15 Sa 9:35-10:05 AM $31 101218-06

1/18-2/15 Sa 10:10-10:40 AM $31 101218-07

1/18-2/15 Sa 10:45-11:15 AM $31 101218-08

1/18-2/15 Sa 11:20-11:50 AM $31 101218-09

2/22-3/28 Sa 9:00-9:30 AM $31 101218-10

2/22-3/28 Sa 10:10-10:40 AM $31 101218-11

2/22-3/28 Sa 11:20-11:50 AM $31 101218-12

1/19-2/16 Su 3:15-3:45 PM $31 101218-13

1/19-2/16 Su 4:25-4:55 PM $31 101218-14

1/19-2/16 Su 5:35-6:05 PM $31 101218-15

2/23-3/29 Su 3:15-3:45 PM $31 101218-16

2/23-3/29 Su 3:50-4:20 PM $31 101218-17

2/23-3/29 Su 5:00-5:30 PM $31 101218-18

Location: Edora Pool Ice Center

1/13-2/12 M,W 4:45-5:15 PM $61 101318-01

1/13-2/12 M,W 5:55-6:25 PM $61 101318-02

2/17-3/25 M,W 5:20-5:50 PM $61 101318-03

2/17-3/25 M,W 5:55-6:25 PM $61 101318-04

Location: Senior Center

1/19-2/16 Su 9:50-10:20 AM $31 101418-01

1/19-2/16 Su 11:00-11:30 AM $31 101418-02

2/23-3/29 Su 9:15-9:45 AM $31 101418-03

2/23-3/29 Su 10:25-10:55 AM $31 101418-04

**Froggy**

Perform the skills presented in Pollywog and Tadpole independently to reach greater distances and develop coordination. Use combined simultaneous arm and leg actions to continue building a foundation for proper stroke development.

Age: 3-6 years

Location: Mulberry Pool

1/14-2/13 Tu,Th 4:45-5:15 PM $61 101220-01

1/14-2/13 Tu,Th 5:20-5:50 PM $61 101220-02

2/18-3/26 Tu,Th 4:45-5:15 PM $61 101220-03

2/18-3/26 Tu,Th 5:55-6:25 PM $61 101220-04

1/18-2/15 Sa 9:00-9:30 AM $31 101220-05

1/18-2/15 Sa 9:35-10:05 AM $31 101220-06

1/18-2/15 Sa 10:45-11:15 AM $31 101220-07

2/22-3/28 Sa 9:00-9:30 AM $31 101220-08

2/22-3/28 Sa 10:10-10:40 AM $31 101220-09

2/22-3/28 Sa 10:45-11:15 AM $31 101220-10

1/19-2/16 Su 3:50-4:20 PM $31 101220-11

1/19-2/16 Su 4:25-4:55 PM $31 101220-12

1/19-2/16 Su 5:35-6:05 PM $31 101220-13

2/23-3/29 Su 3:15-3:45 PM $31 101220-14

2/23-3/29 Su 5:00-5:30 PM $31 101220-15

2/23-3/29 Su 5:35-6:05 PM $31 101220-16

Location: Edora Pool Ice Center

1/13-2/12 M,W 5:20-5:50 PM $61 101320-01

1/13-2/12 M,W 6:30-7:00 PM $61 101320-02

2/17-3/25 M,W 4:45-5:15 PM $61 101320-03

Location: Senior Center

1/19-2/16 Su 10:25-10:55 AM $31 101420-01

2/23-3/29 Su 9:15-9:45 AM $31 101420-02

2/23-3/29 Su 11:00-11:30 AM $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. No previous experience necessary

Age: 5-12 years

Location: Mulberry Pool

1/14-2/13 Tu,Th 5:20-5:50 PM $61 101222-01

1/14-2/13 Tu,Th 5:55-6:25 PM $61 101222-02

2/18-3/26 Tu,Th 4:45-5:15 PM $61 101222-03

2/18-3/26 Tu,Th 5:20-5:50 PM $61 101222-04

2/18-3/26 Tu,Th 6:30-7:00 PM $61 101222-05

1/18-2/15 Sa 9:00-9:30 AM $31 101222-06

1/18-2/15 Sa 10:10-10:40 AM $31 101222-07

1/18-2/15 Sa 11:20-11:50 AM $31 101222-08

2/22-3/28 Sa 9:35-10:05 AM $31 101222-09

2/22-3/28 Sa 10:10-10:40 AM $31 101222-10

2/22-3/28 Sa 11:20-11:50 AM $31 101222-11

1/19-2/16 Su 3:15-3:45 PM $31 101222-12

1/19-2/16 Su 4:25-4:55 PM $31 101222-13

1/19-2/16 Su 5:35-6:05 PM $31 101222-14

2/23-3/29 Su 3:15-3:45 PM $31 101222-15

2/23-3/29 Su 4:25-4:55 PM $31 101222-16

2/23-3/29 Su 5:00-5:30 PM $31 101222-17

Location: Edora Pool Ice Center

1/13-2/12 M,W 4:45-5:15 PM $61 101322-01

1/13-2/12 M,W 5:55-6:25 PM $61 101322-02

2/17-3/25 M,W 5:20-5:50 PM $61 101322-03

2/17-3/25 M,W 6:30-7:00 PM $61 101322-04

Location: Senior Center

1/19-2/16 Su 9:15-9:45 AM $31 101422-01

2/23-3/29 Su 9:50-10:20 AM $31 101422-02

**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

1/14-2/13 Tu,Th 4:45-5:15 PM $61 101224-01

1/14-2/13 Tu,Th 5:55-6:25 PM $61 101224-02

1/14-2/13 Tu,Th 6:30-7:00 PM $61 101224-03

2/18-3/26 Tu,Th 4:45-5:15 PM $61 101224-04

2/18-3/26 Tu,Th 5:55-6:25 PM $61 101224-05

1/18-2/15 Sa 9:00-9:30 AM $31 101224-06

1/18-2/15 Sa 9:35-10:05 AM $31 101224-07

1/18-2/15 Sa 10:45-11:15 AM $31 101224-08

2/22-3/28 Sa 9:00-9:30 AM $31 101224-09

2/22-3/28 Sa 9:35-10:05 AM $31 101224-10

2/22-3/28 Sa 10:45-11:15 AM $31 101224-11

1/19-2/16 Su 3:15-3:45 PM $31 101224-12

1/19-2/16 Su 3:50-4:20 PM $31 101224-13

1/19-2/16 Su 5:00-5:30 PM $31 101224-14

2/23-3/29 Su 3:15-3:45 PM $31 101224-15

2/23-3/29 Su 3:50-4:20 PM $31 101224-16

2/23-3/29 Su 4:25-4:55 PM $31 101224-17

2/23-3/29 Su 5:35-6:05 PM $31 101224-18

Location: Edora Pool Ice Center

1/13-2/12 M,W 5:20-5:50 PM $61 101324-01

1/13-2/12 M,W 6:30-7:00 PM $61 101324-02

2/17-3/25 M,W 4:45-5:15 PM $61 101324-03

2/17-3/25 M,W 6:30-7:00 PM $61 101324-04

Location: Senior Center

1/19-2/16 Su 9:50-10:20 AM $31 101424-01

2/23-3/29 Su 10:25-10:55 AM $31 101424-02

**Level 3**

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

Age: 5-12 years

Location: Mulberry Pool

1/14-2/13 Tu,Th 4:45-5:30 PM $73.50 101226-01

1/14-2/13 Tu,Th 5:55-6:40 PM $73.50 101226-02

2/18-3/26 Tu,Th 5:20-6:05 PM $73.50 101226-03

2/18-3/26 Tu,Th 6:30-7:15 PM $73.50 101226-04

1/18-2/15 Sa 9:35-10:20 AM $37.25 101226-05

1/18-2/15 Sa 11:20 AM-12:05 PM $37.25 101226-06

2/22-3/28 Sa 10:10-10:55 AM $37.25 101226-07

2/22-3/28 Sa 11:20 AM-12:05 PM $37.25 101226-08

1/19-2/16 Su 3:50-4:35 PM $37.25 101226-09

1/19-2/16 Su 5:35-6:20 PM $37.25 101226-10

2/23-3/29 Su 3:15-4:00 PM $37.25 101226-11

2/23-3/29 Su 5:00-5:45 PM $37.25 101226-12

Location: Edora Pool Ice Center

1/13-2/12 M,W 4:45-5:30 PM $73.50 101326-01

2/17-3/25 M,W 5:20-6:05 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

1/14-2/13 Tu,Th 5:20-6:05 PM $73.50 101228-01

2/18-3/26 Tu,Th 4:45-5:30 PM $73.50 101228-02

1/18-2/15 Sa 10:10-10:55 AM $37.25 101228-03

2/22-3/28 Sa 9:00-9:45 AM $37.25 101228-04

1/19-2/16 Su 4:25-5:10 PM $37.25 101228-05

2/23-3/29 Su 3:50-4:35 PM $37.25 101228-06

Age: 5-12 years

Location: Edora Pool Ice Center

1/13-2/12 M,W 5:20-6:05 PM $73.50 101328-01

2/17-3/25 M,W 4:45-5:30 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

1/14-2/13 Tu,Th 6:30-7:15 PM $73.50 101230-01

1/18-2/15 Sa 9:00-9:45 AM $37.25 101230-02

2/22-3/28 Sa 10:45-11:30 AM $37.25 101230-03

1/19-2/16 Su 3:15-4:00 PM $37.25 101230-04

2/23-3/29 Su 4:25-5:10 PM $37.25 101230-05

Location: Edora Pool Ice Center

1/13-2/12 M,W 5:55-6:40 PM $73.50 101330-01

**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

2/18-3/26 Tu,Th 5:55-6:40 PM $73.50 101232-01

1/18-2/15 Sa 10:45-11:30 AM $37.25 101232-02

1/19-2/16 Su 5:00-5:45 PM $37.25 101232-03

Location: Edora Pool Ice Center

2/17-3/25 M,W 5:55-6:40 PM $73.50 101332-01

Arts & Crafts

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with . 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 Membership 50+. For information about Membership 50+ benefits, see page 90.

**Senior Center Exhibits**

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 setup on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale. If interested in displaying pieces contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

**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 Betsy Emond at 970.224.6030, bemond@fcgov.com.

**Teachers**

New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Adult Programs

Drawing Arts ]

**Comics Essentials**

Develop a style of drawing whether it is doodles, stick figures, or superheroes. 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.

Age: 14 years & up

Location: Senior Center

1/14-2/18 Tu 6:30-8:30 PM $54 103407-01

**Right-Sided Brain Drawing**

Awaken creativity and improve drawing skills. Learn basic perceptual skills to stimulate the brain’s creative side and enhance seeing and drawing skills. **Note:** Supply list available at registration; approximate cost is $40.

Age: 18 years & up

Location: Senior Center

1/6-2/24 M 5:30-8:00 PM $115 103482-01

**Sketching Group**

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

Age: 18 years & up

Location: Senior Center

12/6-2/28 F 9:30 AM-12:30 PM No Fee

Fiber Arts ]

**Felting, Needle Style**

Learn the needle technique method on wool roving to create colorful handcrafted soft sculptures measuring roughly 4”-6” tall and landscapes roughly 5”x7.” **Note:** All supplies provided.

Age: 14 years & up

Location: Senior Center

Santa Claus Figure

12/7 Sa 9:00 AM-Noon $28 103436-01

New Year’s Angel

1/11 Sa 9:00 AM-Noon $28 103436-02

Needle Felted Gnomes

2/8 Sa 9:00 AM-Noon $28 103436-03

Glass Arts ]

**Glass Bevel Jewelry Box**

An introduction to using 3D objects, learn to construct a hinged jewelry box using glass bevels. Prerequisite: Stained Glass, Beginner. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

2/25-3/10 Tu 1:00-3:00 PM $60 103418-01

**Stained Glass, Foil Beginner**

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

Age: 18 years & up

Location: Senior Center

1/21-2/11 Tu 1:00-3:00 PM $65 103461-01

General Arts ]

**Basket Cases**

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

Age: 18 years & up

Location: Senior Center

12/5-2/27 Th 1:00-3:00 PM No Fee

**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. Class will not be held on 12/25, 1/1.

Age: 18 years & up

Location: Senior Center

12/4-2/28 W, F 1:00-3:00 PM No Fee

**Open Shop**

Open shop time. Tools are available for use with jewelry, stained glass, and woodwork 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 on 12/25, 1/1.

Age: 18 years & up

Location: Senior Center

12/3-2/25 Tu 8:00 AM-Noon No Fee

12/4-2/26 W 1:00 – 5:00 PM

12/5-2/27 Th 5:00 – 9:00 PM

Jewelry ]

For more jewelry classes with unique STEM technology, see page 50.

**Jewelry, Beginner**

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

Age: 18 years & up

Location: Senior Center

1/7-2/18 Tu 6:00-8:00 PM $98 103486-01

**Jewelry, Intermediate & Advanced**

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

Age: 18 years & up

Location: Senior Center

1/7-2/18 Tu 3:30-5:30 PM $98 103487-01

Paper Arts ]

**Iris Folding Paper**

Learn a simple paper folding technique originating in Holland. Color coordinated strips of folded paper are taped into place in a pattern to create two unique heart designs relative to Valentine’s Day. **Note:** All supplies provided. Personal scrapbook and wrapping paper permitted for use.

Age: 18 years & up

Location: Senior Center

1/25 Sa 9:00 AM-Noon $16 103416-01

Painting ]

**Acrylic Painting, Beginner**

Learn basic skills to prepare a canvas, as well as drawing, color, value, and composition techniques. 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 $65-85.

Age: 18 years & up

Location: Senior Center

12/2-12/16 M 1:00-3:00 PM $33 103446-01

1/6-1/27 M 1:00-3:00 PM $44 103446-02

2/3-2/24 M 1:00-3:00 PM $44 103446-03

12/2-12/16 M 6:30-8:30 PM $33 103446-04

1/6-1/27 M 6:30-8:30 PM $44 103446-05

2/3-2/24 M 6:30-8:30 PM $44 103446-06

**Bob Ross Style Painting**

Complete a finished landscape oil painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and the manipulation of special paints. **Note:** $15 discount available with use of personal Bob Ross supplies. Bring a roll of paper towels. Other supplies provided.

Age: 18 years & up

Location: Senior Center

12/5 Th 9:00 AM-3:30 PM $75 103427-01

1/9 Th 9:00 AM-3:30 PM $75 103427-02

2/6 Th 9:00 AM-3:30 PM $75 103427-03

12/6 F 9:00 AM-3:30 PM $75 103427-04

1/10 F 9:00 AM-3:30 PM $75 103427-05

2/7 F 9:00 AM-3:30 PM $75 103427-06

**Silk Painting**

Learn how to use fabric dyes to paint on silk with an elevated frame. **Note:** All supplies provided.

Age: 18 years & up

Location: Senior Center

1/7-1/14 Tu 1:00-3:00 PM $40 103468-01

**Watercolor, Beginner**

Learn basics to prepare paper and board for painting. Discover composition, painting techniques, special effects, setting up a palette, types of papers, color theory, design principles, and techniques for handling pigment. **Note:** Supply list available at registration; approximate cost is $100.

Age: 18 years & up

Location: Senior Center

1/23-2/27 Th 1:00-3:00 PM $70 103480-01

**Watercolor, Intermediate**

Emphasis on observation and various brush techniques with in-depth exploration into watercolor. Build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. **Note:** Supply list available at registration; approximate cost is $50-100.

Age: 18 years & up

Location: Senior Center

12/6-12/27 F 9:00-11:00 AM $51 103481-01

1/3-1/31 F 9:00-11:00 AM $51 103481-02

2/7-2/28 F 9:00-11:00 AM $51 103481-03

**Watercolor, Advanced**

Designed for those who want to further master the challenges of brush techniques, values, shapes, and use of watercolor. Prerequisite: Watercolor, Beginner. **Note:** Supply list available at registration; approximate cost is $100.

Age: 18 years & up

Location: Senior Center

12/6-12/27 F 1:00-3:00 PM $51 103483-01

1/3-1/31 F 1:00-3:00 PM $51 103483-02

2/7-2/28 F 1:00-3:00 PM $51 103483-03

Woodworking ]

**Woodworking, Beginner**

Create a basic project with use of woodworking tools. Learn proper setup, safety, and maintenance skills. Gain knowledge of wood skills, hand tools, and finishes. **Note:** Some supplies provided. Supply list available at first class; approximate cost is $20-30. Must attend first class.

Age: 18 years & up

Location: Senior Center

1/15-2/19 W 7:00-9:00 PM $107 103490-01

Family Programs

**Curious Creations Club**

Create together through guided instruction. **Note:** Price is per project. All supplies included. Children under 10 years must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Gingerbread House Ornament

12/6 F 6:00-7:30 PM $36 118983-01

Valentine Tote Bag

2/7 F 6:00-7:30 PM $36 118983-02

**Partners in Paint**

Instructor guides the creation of a two-canvas work of art. **Note:** Price is for a two-canvas project. Only one person of the pair needs to register. Children under 12 years must be accompanied by an adult.

Age: All

Location: Northside Aztlan Center

Snow Buddies

12/13 F 6:00-8:00 PM $42 118982-01

Valentine’s Day

2/14 F 6:00-8:00 PM $42 118982-02

Youth Programs

**Creative Clay**

Explore the endless possibilities of working with clay. Work with air dry clay to learn basic techniques and create a functional decorative piece.

Age: 8-12 years

Location: Mulberry Pool

12/27-1/3 F 11:00 AM-Noon $40 116210-01

**Cupcakes ‘n Canvas**

Theme inspired and designed to teach young artists the joy of painting. Paint on canvas and enjoy cupcakes. **Note:** Enter building through rear door.

Age: 8-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

Holiday

12/4 W 4:30-6:00 PM $35 116943-01

Peace Collage

1/20 M 1:00-2:30 PM $35 116943-02

Sloth

2/17 M 1:00-2:30 PM $35 116943-03

**Glitter Love Collage**

Create a sparkly collage using cut paper and things that glitter. **Note:** Enter building through rear door.

Age: 5-12 years

Location: Carnegie Center for Creativity, 200 Mathews St.

2/5 W 4:00-5:30 PM $35 118967-01

**Holiday Cityscapes**

Create beautiful holiday nighttime skylines using a variety of methods including paint and collage. Cut and paste to develop fine motor skills. **Note:** Enter building through rear door.

Age: 5-12 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/17 Tu 4:00-5:30 PM $35 118965-01

**Painting Workshop**

Create a new piece of art in this instructor guided class and gain confidence. **Note:** All supplies are provided.

Age: 6-14 years

Location: Northside Aztlan Center

Snow Day

12/14 Sa 2:00-3:30 PM $24 118985-01

Northern Lights

1/11 Sa 2:00-3:30 PM $24 118985-02

Moonscape

2/8 Sa 2:00-3:30 PM $24 118985-03

**Teen Art: Exploring Mediums**

For those who love art and want to expand skills. Learn about new mediums and techniques to use them. **Note:** All supplies included.

Age: 11-15 years

Location: Foothills Activity Center

Acrylics

1/7-2/4 Tu 5:45-7:00 PM $89 118986-02

Black Paper/Canvas

2/11-3/10 Tu 5:45-7:00 PM $89 118986-03

**Watercolor Landscapes**

Create landscapes inspired by Georgia O’Keefe with use of watercolors and oil pastels. **Note:** Enter through rear door.

Age: 8-12 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/30 M 1:00-2:30 PM $40 116924-01

**Winter Cardinals**

Inspired by the works of Charly Harper, use mixed media and geometric shapes to create colorful winter cardinals. **Note:** Enter building through rear door.

Age: 5-12 years

Location: Carnegie Center for Creativity, 200 Matthews St.

1/14 Tu 4:00-5:30 PM $35 118966-01

**Youth Art, How to Draw Series**

Designed for those new to art, who love to draw, and want to expand their skills. **Note:** All supplies included.

Age: 6-10 years

Location: Foothills Activity Center

Furry Creatures

1/7-2/4 Tu 4:30-5:30 PM $60 118987-02

Bugs/Insects

2/11-3/10 Tu 4:30-5:30 PM $60 118987-03

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. If you don’t already own hand tools, a basic tool kit ($12) needs to be purchased at the first class. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. All work must be accomplished at the Pottery Studio. This is a recreational and educational facility; production work is not permitted.

**Pottery Lab**

Lab is included for adult students who are currently enrolled in a class unless otherwise noted. Lab time 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. 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

1/6-3/14 M,W,Th,F,Sa 11:00 AM-2:00 PM $170 104899-01

1/7-3/10 Tu 9:00 AM-Noon

1/7-3/12 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.

**Adult Parties**

Have a unique, creative gathering while learning and creating a masterpiece with clay. Each attendee creates one piece. A tour of the facility is included. Duration is approximately 90 minutes; tailored packages available. Cost is $16 per adult (6 adult minimum).

**Birthday Parties**

Have a unique birthday while learning and creating a masterpiece with clay. Each attendee creates one piece. A tour of the facility is included. Duration is approximately 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 and create a piece 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/Guardian 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 parent/guardian and child 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

1/6-2/3 M 6:00-8:00 PM $90 104880-01

2/10-3/9 M 6:00-8:00 PM $90 104880-02

**Creative Clay Craft**

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

Age: 18 years & up

1/7-3/10 Tu 12:30-2:30 PM $170 104885-01

1/10-3/13 F 9:00-11:00 AM $170 104885-02

**Crystalline Glazes Introduction**

Learn glaze formulation, seed crystals, and catcher design, and use combinations of glazes to grow multiple species of crystals. Glaze materials provided. Bring 5-7 bisque ware pieces in various sizes. Limited class time for construction. Focus is on pedestals.

Age: 18 years & up

2/16-3/15 Su 10:00 AM-2:00 PM $95.90 104869-01

**Handbuilding Expressions**

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

Age: 18 years & up

1/8-3/11 W 6:00-8:00 PM $170 104875-01

**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

1/11-2/8 Sa 4:30-6:30 PM $60 104870-01

2/15-3/14 Sa 4:30-6:30 PM $60 104870-02

**Surface Embellishments**

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 is ready for pick up after the holidays.

Age: 18 years & up

11/20-12/18 W 10:00 AM-Noon $60 104868-01

**Wheel & Handbuilding, Beginner**

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

Age: 18 years & up

1/6-3/9 M 9:00-11:00 AM $170 104850-01

1/6-3/9 M 5:45-7:45 PM $170 104850-02

1/8-3/11 W 8:00-10:00 PM $170 104850-03

1/11-3/14 Sa 9:00-11:00 AM $170 104850-04

**Wheel & Handbuilding, Beginner Plus**

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Designed for those who wish to hone skills before the intermediate level. Prerequisite: Pottery Wheel, Beginner or equivalent.

Age: 18 years & up

1/6-3/9 M 8:00-10:00 PM $170 104855-01

1/8-3/11 W 5:45-7:45 PM $170 104855-02

1/9-3/12 Th 9:00-11:00 AM $170 104855-03

1/12-3/15 Su 11:00 AM-1:00 PM $170 104855-04

**Wheel & Handbuilding, Intermediate**

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

Age: 18 years & up

1/7-3/10 Tu 5:30-7:30 PM $170 104860-01

1/8-3/11 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 on combination of creativity and conceptual thought in design. Prerequisite: Intermediate Wheel or equivalent.

Age: 18 years & up

1/9-3/12 Th 5:45-7:45 PM $170 104865-01

Youth Programs ]

Child with Parent Programs

**Family Handbuilding**

Learn the basics of clay and squish, roll, pinch, scratch, and slip clay into whimsical creatures. Each week offers a different experience for the whole family. **Note:** Registration cost includes two participants; each additional person is $10.

Age: 5 years & up

Owls

1/19 Su 2:30-4:00 PM $25 104828-01

Hanging Wall Pockets

2/2 Su 2:30-4:00 PM $25 104828-03

Dragons

2/16 Su 2:30-4:00 PM $25 104828-05

Animal Rattles

3/8 Su 2:30-4:00 PM $25 104828-07

Additional Person

1/19 Su 2:30-4:00 PM $10 104828-02

2/2 Su 2:30-4:00 PM $10 104828-04

2/16 Su 2:30-4:00 PM $10 104828-06

3/8 Su 2:30-4:00 PM $10 104828-08

**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 both parent and child; each additional person is $18.

Age: 7 years & up

12/27 F 6:00-8:00 PM $37 104827-01

12/28 Sa 10:00 AM-2:00 PM

2/21 F 6:00-8:00 PM $37 104827-03

2/22 Sa 10:00 AM-2:00 PM

Additional Person

12/27 F 6:00-8:00 PM $18 104827-02

12/28 Sa 10:00 AM-2:00 PM

2/21 F 6:00-8:00 PM $18 104827-04

2/22 Sa 10:00 AM-2:00 PM

**Parent & Tot Mud, Handbuilding**

Parent and child combine their talents to create unique pottery. Projects are varied so it is possible to register for classes multiple times. **Note:** Registration cost includes two participants; each additional person is $15.

Age: 3-5 years

1/6-2/3 M 9:00-10:00 AM $30 104801-01

1/7-2/4 Tu 12:30-1:30 PM $30 104801-03

1/11-2/8 Sa 10:00-11:00 AM $30 104801-05

2/10-3/9 M 9:00-10:00 AM $30 104801-07

2/11-3/10 Tu 12:30-1:30 PM $30 104801-09

2/15-3/14 Sa 10:00-11:00 AM $30 104801-11

Additional Person

1/6-2/3 M 9:00-10:00 AM $15 104801-02

1/7-2/4 Tu 12:30-1:30 PM $15 104801-04

1/11-2/8 Sa 10:00-11:00 AM $15 104801-06

2/10-3/9 M 9:00-10:00 AM $15 104801-08

2/11-3/10 Tu 12:30-1:30 PM $15 104801-10

2/15-3/14 Sa 10:00-11:00 AM $15 104801-12

**Parent & Child Handbuilding**

Work on individual projects and share a creative experience together. **Note:** All supplies provided. Registration cost includes two participants; each additional person is $25.

Age: 6-9 years

1/11-2/8 Sa 2:30-4:00 PM $50 104835-01

2/15-3/14 Sa 2:30-4:00 PM $50 104835-03

Additional Person

1/11-2/8 Sa 2:30-4:00 PM $25 104835-02

2/15-3/14 Sa 2:30-4:00 PM $25 104835-04

**Parent, Teen & Youth Wheel & Handbuilding**

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter’s wheel and handbuilding techniques. **Note:** Registration cost includes two participants; each additional person is $25.

Age: 10-17 years

1/10-2/7 F 5:45-7:15 PM $50 104845-01

2/14-3/13 F 5:45-7:15 PM $50 104845-03

Additional Person

1/10-2/7 F 5:45-7:15 PM $25 104845-02

2/14-3/13 F 5:45-7:15 PM $25 104845-04

**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. Class is limited to a one adult to one child ratio.

Age: 7 years & up

1/9-2/6 Th 4:00-5:30 PM $65 104825-01

1/11-2/8 Sa 2:30-4:00 PM $65 104825-02

2/13-3/12 Th 4:00-5:30 PM $65 104825-03

2/15-3/14 Sa 2:30-4:00 PM $65 104825-04

Child without Parent Programs

**Pottery Sampler, Homeschool Edition**

Introduction to handbuilding, wheel-throwing, and glazing. Create and learn a few beginner techniques of clay. All materials and tools provided.

Age: 6-12 years

1/9-2/6 Th 2:15-3:45 PM $50 104820-01

2/13-3/12 Th 2:15-3:45 PM $50 104820-02

**Child Handbuilding**

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

Age: 6-9 years

1/6-2/3 M 4:00-5:15 PM $50 104805-01

1/8-2/5 W 4:00-5:15 PM $50 104805-02

2/10-3/9 M 4:00-5:15 PM $50 104805-03

2/12-3/11 W 4:00-5:15 PM $50 104805-04

**Youth Wheel & Handbuilding**

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

Age: 9-13 years

1/9-2/6 Th 4:00-5:30 PM $50 104810-01

1/10-2/7 F 4:00-5:30 PM $50 104810-02

2/13-3/12 Th 4:00-5:30 PM $50 104810-03

2/14-3/13 F 4:00-5:30 PM $50 104810-04

**Teen Wheel & Handbuilding**

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

Age: 13-17 years

1/7-2/4 Tu 4:30-6:00 PM $50 104815-01

2/11-3/10 Tu 4:30-6:00 PM $50 104815-02

Dance & Movement

Adult Programs

Belly Dancing ]

**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. Also, improve balance, core strength, and flexibility. Attire: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. **Note:** Ages 16 years & up welcome with instructor approval.

Age: 16 years & up

Location: Senior Center

1/7-1/28 Tu 7:00-8:00 PM $31 106426-01

2/4-2/25 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 Dancing, Beginner or instructor approval. Attire: Wear yoga/exercise gear and a scarf or sash to tie around hips.

Age: 16 years & up

Location: Senior Center

1/7-1/28 Tu 8:00-9:00 PM $31 106427-01

2/4-2/25 Tu 8:00-9:00 PM $31 106427-02

**Belly Dance Workshop, Fusion**

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

Age: 16 years & up

Location: Senior Center

12/10-12/17 Tu 7:00-9:00 PM $31 106428-01

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

1/28-3/10 Tu 5:30-6:30 PM $51 106102-01

**Ballet, Low-Intermediate**

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

Age: 18 years & up

Location: Empire Grange, 2306 W. Mulberry St.

1/27-3/9 M 5:30-6:45 PM $60.50 106103-01

**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

1/30-3/12 Th 5:45-7:00 PM $60.50 106104-01

Line Dance ]

**Line Dance, Beginner**

Learn the basic steps, terminology, and easy sequences to a variety of music rhythms. No partner necessary. **Note:** Option to pay a drop-in rate of $7 per class is available.

Age: 18 years & up

Location: Senior Center

1/7-1/28 Tu 12:30-1:40 PM $25 106436-01

2/4-2/25 Tu 12:30-1:40 PM $25 106436-02

**Line Dance, Continued**

Designed for the more experienced dancer who thrives on complex dance steps, sequences, and rhythms. **Note:** Option to pay a drop-in rate of $7 per class is available.

Age: 18 years & up

Location: Senior Center

1/7-1/28 Tu 1:45-3:00 PM $25 106437-01

2/4-2/25 Tu 1:45-3:00 PM $25 106437-02

Modern

**Modern Dance**

Earthy, sometimes jazzy or lyrical movements follow a 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.

1/27-3/9 M 6:50-7:50 PM $51 106156-01

West Coast Swing ]

**West Coast Swing, Beginner**

Learn all the basic 4, 6, and 8 count patterns of this partner swing dance. Dance the starter step, the side pass, the underarm pass, the sugar push, the tuck, the basket whip, and the basic whip. Singles and couples welcome. **Note:** Ages 9-15 years welcome with instructor approval.

Age: 16

Location: Senior Center

1/8-1/29 W 7:30-9:00 PM $40 106440-01

2/5-2/26 W 7:30-9:00 PM $40 106440-02

**West Coast Swing, Continued**

Expand upon the basic 6 and 8 count patterns of this partner swing dance. The inside turn, free spin, outside turn, inside whip, outside whip, cutoff whip, reverse whip and slingshot are taught. **Note:** Prerequisite: West Coast Swing, Beginner or instructor approval.

Age: 16 years & up

Location: Senior Center

1/9-1/30 Th 7:30-9:00 PM $40 106441-01

2/6-2/27 Th 7:30-9:00 PM $40 106441-02

Youth Programs

Child without Parent Programs ]

Ballet

**Ballet & Modern Dance**

Learn pre-ballet, modern dance, and improvisation techniques with live musical accompaniment. Build technical skills and engage in creative work.

Grade: Kindergarten-2

Location: Club Tico

2/6-3/5 Th 4:15-5:15 PM $46 106101-01

**Petite Ballerinas**

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

Location: Mulberry Pool

Age: 3.5-4 years

1/9-1/23 Th 10:00-10:45 AM $38 121224-01

2/6-2/27 Th 10:00-10:45 AM $48 121224-02

Age: 3.5-5 years

1/7-1/28 Tu 4:30-5:15 PM $48 121224-03

2/4-2/25 Tu 4:30-5:15 PM $48 121224-04

Location: Northside Aztlan Center

Age: 3.5-4 years

1/10-1/31 F 9:00-9:45 AM $48 121524-01

2/7-2/28 F 9:00-9:45 AM $48 121524-02

1/11-2/1 Sa 9:30-10:15 AM $48 121524-03

2/8-2/29 Sa 9:30-10:15 AM $48 121524-04

Age: 3.5-5 years

1/11-2/1 Sa 1:30-2:15 PM $48 121524-05

2/8-2/29 Sa 1:30-2:15 PM $48 121524-06

Age: 4.5-5 years

1/10-1/31 F 10:00-10:45 AM $48 121524-07

2/7-2/28 F 10:00-10:45 AM $48 121524-08

1/11-2/1 Sa 10:30-11:15 AM $48 121524-09

2/8-2/29 Sa 10:30-11:15 AM $48 121524-10

Age: 5.5-6 years

1/11-2/1 Sa 11:30 AM-12:15 PM $48 121524-11

2/8-2/29 Sa 11:30 AM-12:15 PM $48 121524-12

**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. Registration deadline is one week prior to class.

Age: 7-11 years

Location: Northside Aztlan Center

1/11-2/1 Sa 12:30-1:25 PM $52 121526-01

2/8-2/29 Sa 12:30-1:25 PM $52 121526-02

General Dance

**Acro Dance**

Learn basic skills in tumbling, acrobatics and dance combined with various props to produce coordination, balance, agility and strength. Attire: Leotard and footless tights, hair pulled out of face. **Note:** Class will not be held on 2/14.

Location: Mulberry Pool

Age: 3.5-5 years

1/7-1/28 Tu 5:30-6:15 PM $48 121213-01

2/4-2/25 Tu 5:30-6:15 PM $48 121213-02

1/9-1/23 Th 9:45-10:30 AM $38 121213-03

2/6-2/27 Th 9:45-10:30 AM $48 121213-04

Age: 6-11 years

1/7-1/28 Tu 6:30-7:30 PM $52 121213-05

2/4-2/25 Tu 6:30-7:30 PM $52 121213-06

**Dancin’ Dumplin’s**

Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class.

Location: Foothills Activity Center

Age: 3 years

1/9-1/30 Th 11:15 AM-Noon $45 121704-01

1/10-1/31 F 10:45-11:30 AM $45 121704-02

2/6-2/27 Th 11:15 AM-Noon $45 121704-03

2/7-2/21 F 10:45-11:30 AM $35 121704-04

Age: 4-5 years

1/10-1/31 F 9:30-10:30 AM $60 121704-05

2/7-2/21 F 9:30-10:30 AM $45 121704-06

**Jazz Dance Gymnastics**

Forty-five 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 Th 4:30-6:00 PM $89 121705-01

2/6-2/27 Th 4:30-6:00 PM $89 121705-02

**Just Tap**

Bring tap technique to the next level with time steps, step combinations, tap choreography, and gymnastics.

Age: 6-8 years

Location: Foothills Activity Center

1/7-1/28 Tu 6:15-7:00 PM $45 121714-01

2/4-2/25 Tu 6:15-7:00 PM $45 121714-02

**Tiny Pom Dance**

Shake poms and dance to today’s hits in a safe atmosphere. Enjoy obstacle courses using tumbling skills to develop gross motor skill development. **Note:** Class will not be held on 3/16.

Age: 3-5 years

Location: 128 Racquette Dr.

1/6-2/10 M 4:00-4:45 PM $91 121912-01

2/17-3/30 M 4:00-4:45 PM $91 121912-02

4/6-4/20 M 4:00-4:45 PM $41 121912-03

Tumbling

**Just Tumbling**

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

Age: 7-8 years

Location: Foothills Activity Center

1/8-1/29 W 6:00-7:15 PM $75 121703-01

2/5-2/26 W 6:00-7:15 PM $75 121703-02

**Tappin’ & Tumbling**

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

Age: 5-7 years

Location: Foothills Activity Center

1/7-1/28 Tu 4:30-6:00 PM $89 121706-01

2/4-2/25 Tu 4:30-6:00 PM $89 121706-02

**Tot Tumblers**

Tumble through obstacle courses and practice body control. Also, improve strength, flexibility, balance, and coordination. **Note:** Class will not be held on 3/18.

Age: 3-5 years

Location: 128 Racquette Dr.

1/8-2/12 W 10:15-11:00 AM $91 121911-01

2/19-4/1 W 10:15-11:00 AM $91 121911-02

**Tumble Bumbles**

Learn 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.

Location: Foothills Activity Center

Age: 4-5 years

1/6-1/27 M 4:30-5:30 PM $60 121702-01

1/8-1/29 W 11:45 AM-12:45 PM $60 121702-02

2/3-2/24 M 4:30-5:30 PM $60 121702-03

2/5-2/26 W 11:45 AM-12:45 PM $60 121702-04

Age: 5-6 years

1/6-1/27 M 6:00-7:00 PM $60 121702-05

2/3-2/24 M 6:00-7:00 PM $75 121702-06

Age: 6-7 years

1/8-1/29 W 4:30-5:30 PM $60 121702-07

2/5-2/26 W 4:30-5:30 PM $60 121702-08

Child with Parent Programs

**Baby Ballerinas**

Discover movement, range, and dynamics to develop gross motor skills.

Age: 2-3 years

Location: Mulberry Pool

2/6-2/27 Th 9:00-9:30 AM $48 121212-02

**Roly Polys**

Discover the world of gymnastics with focus on agility, flexibility, strength, and coordination with balance beams, swing bars, parallel bars, and a mini trampoline.

Location: Foothills Activity Center

Age: 2 years

1/6-1/27 M 10:30-11:15 AM $45 121701-01

1/7-1/28 Tu 11:15 AM-Noon $45 121701-02

1/8-1/29 W 10:30-11:15 AM $45 121701-03

2/3-2/24 M 10:30-11:15 AM $45 121701-04

2/4-2/25 Tu 11:15 AM-Noon $45 121701-05

2/5-2/26 W 10:30-11:15 AM $45 121701-06

Age: 3 years

1/6-1/27 M 9:30-10:15 AM $45 121701-07

1/8-1/29 W 9:30-10:15 AM $45 121701-08

2/3-2/24 M 9:30-10:15 AM $45 121701-09

2/5-2/26 W 9:30-10:15 AM $45 121701-10

Day Camps

Camp FunQuest

Camp FunQuest is Recreation’s way to keep children engaged when school is out of session. Unique activities and field trips are designed with children’s interests in mind. Bring a lunch, snack, and water bottle each day.

Download required camp forms and the parent manual at fcgov.com/daycamps. Completed camp forms and current immunization records are required at initial drop off.

Drop off and pick up for all campers is at Northside Aztlan Community Center. Parents are expected to sign their child in and out of camp each day. Biking/walking to or from camp is not permitted for any camper.

**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.

**Inclusion Services**

The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you would like to request support for your child to participate in camps and youth programs due to conditions of a disability, please indicate any special needs when registering and contact Renee Lee, CTRS, with Adaptive Recreation Opportunities, 970.224.6027, rlee@fcgov.com. **Note:** Requests should be made at least two weeks before the program begins.

Camp FunQuest, School’s Out Days

Keep busy with arts and crafts, games, gym time, and a featured field trip. **Note:** Bring a lunch, snack, and water bottle.

**Red Fox l Age: 6-8 years**

Rollerland

1/6 M 8:00 AM-5:00 PM $42 115551-01

Chippers Lanes

1/20 M 8:00 AM-5:00 PM $42 115551-03

Museum of Discovery

2/17 M 8:00 AM-5:00 PM $42 115551-05

**Big Horn l Age: 9-11 years**

Rollerland

1/6 M 8:00 AM-5:00 PM $42 115551-02

Chippers Lanes

1/20 M 8:00 AM-5:00 PM $42 115551-04

Museum of Discovery

2/17 M 8:00 AM-5:00 PM $42 115551-06

Camp FunQuest, Winter Break Camp

Keep busy with arts and crafts, games, gym time, and a Friday field trip. **Note:** Bring a sack lunch, snack, and water bottle. Itinerary provided the week prior to camp.

**Red Fox l Age: 6-8 years**

Museum of Discovery

12/26-12/27 Th,F 8:00 AM-5:00 PM $75 115550-01

Loveland Laser Tag

12/30-1/3 M,Tu,Th,F8:00 AM-5:00 PM $144 115550-03

Big Horn l Age: 9-11 years

Museum of Discovery

12/26-12/27 Th-F 8:00 AM-5:00 PM $75 115550-02

Loveland Laser Tag

12/30-1/3 M,Tu,Th,F 8:00 AM-5:00 PM $144 115550-04

General Camps

**Chessmates Chess Camp**

Learn to play chess in a fun atmosphere. Engage in lessons and games to win prizes and trophies. Designed for new and beginner level players. **Note:** Bring sack lunch and water bottle.

Age: 6-11 years

Location: Northside Aztlan Center

12/30-12/31 M,Tu 9:00 AM-4:00 PM $85 118792-01

1/2-1/3 Th,F 9:00 AM-4:00 PM $85 118792-02

**LEGO® Winter Wonderland**

Apply engineering, architecture, creativity and fun to create a magical Winter Wonderland. Build motorized contraptions like snowmobiles, gondolas, or a hilltop village.

Age: 6-12 years

Location: Northside Aztlan Center

12/26-12/27 Th,F 9:00 AM-Noon $71 115570-01

**LEGO® Harry Potter**

Explore the magic of Harry Potter with LEGO®. Find Platform 9 3/4, build the Hogwarts Express Train, work cooperatively to construct the Hogwarts Castle, and challenge the Hungarian Horntail Dragon. Hone magical skills and learn S.T.E.M. concepts.

Age: 6-12 years

Location: Northside Aztlan Center

1/2-1/3 Th,F 9:00 AM-Noon $71 115571-01

**LEGO® Animal Architects**

Be inspired by the natural innovation and engineering of the animal world. Design and build fluttering butterflies, stomping elephants, and fierce Tasmanian devils. Apply real world mechanical engineering concepts to design, build, and explore.

Location: Northside Aztlan Center

Age: 5-7 years

1/20 M 9:00 AM-Noon $39 115572-01

Age: 8-12 years

1/20 M 1:00-4:00 PM $39 115572-02

**LEGO® Minecraft Engineering**

Bring Minecraft to life with tens of thousands of LEGO® parts. Build engineer designed projects such as a Creeper, a Lava Trap, and a Minecart. Create favorite Minecraft mobs, tools, and objects with the guidance of an experienced Play-Well instructor.

Location: Northside Aztlan Center

Age: 5-7 years

2/17 M 9:00 AM-Noon $39 115573-01

Age: 8-12 years

2/17 M 1:00-4:00 PM $39 115573-02

**Schools Out Art**

Keep engaged with art when not in school. Art develops problem solving, critical thinking, and observational skills as well as focus, discipline, and perseverance. **Note:** Bring a sack lunch and water bottle.

Age: 6-14 years

Location: Foothills Activity Center

Pop Art, Warhol & Lichtenstein

1/6 M 8:30 AM-3:30 PM $70 118984-01

Dots & Mosaics, Van Gogh & Seurat

1/20 M 8:30 AM-3:30 PM $70 118984-02

Splatter, Jackson Pollack

2/17 M 8:30 AM-3:30 PM $70 118984-03

Early Learning

Early Learning programs are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Child without Parent Classes are designed for kids ages 3 years and older. 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 are not permitted to change diapers. Please note any dietary restrictions upon registration 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).

**Inclusion Services**

The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you would like to request support for your child to participate in camps and youth programs due to conditions of a disability, please indicate any special needs upon registration and contact Adaptive Recreation Opportunities at 970.221.6655, recreation@fcgov.com. **Note:** Requests should be made at least two weeks before the program begins.

Child without Parent Programs: 2-6 years

Funtime Classes ]

Funtime closures/holidays correspond to the Poudre School District schedule; however, it does not follow PSD weather closures. Class will not be held on 1/6, 1/20, 2/17, 2/28, 3/16, 3/18, 3/20, 4/10.

**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

12/3-12/19 Tu,Th 9:30-10:30 AM $46 117504-01

12/3-12/19 Tu,Th 11:00 AM-Noon $46 117504-02

1/7-1/30 Tu,Th 9:30-10:30 AM $61 117504-03

1/7-1/30 Tu,Th 11:00 AM-Noon $61 117504-04

2/4-2/27 Tu,Th 9:30-10:30 AM $61 117504-05

2/4-2/27 Tu,Th 11:00 AM-Noon $61 117504-06

**Funtime Discovery**

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

Age: 2.5-3.5 years

Location: Northside Aztlan Center

12/3-12/19 Tu,Th 1:00 PM-11:30 AM $79 117503-01

1/7-1/30 Tu,Th 1:00-3:00 PM $105 117503-02

2/4-2/27 Tu,Th 1:00-3:00 PM $105 117503-03

4/6-5/13 M,W,F 9:30 AM-Noon $248 217501-01

**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 9/15/2019. Previous class experience recommended.

Age: 3-4 years

Location: Northside Aztlan Center

12/2-12/20 M,W,F 9:30 AM-Noon $124 117501-01

1/8-2/14 M,W,F 9:30 AM-Noon $248 117501-02

2/19-4/3 M,W,F 9:30 AM-Noon $234 117501-03

4/6-5/13 M,W,F 9:30 AM-Noon $248 217500-01

**Funtime Pre-K**

Develop fundamental kindergarten readiness skills. Focus 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 9/15/2019.

Age: 4-5 years

Location: Northside Aztlan Center

12/2-12/20 M,W,F 1:00-4:00 PM $124 117500-01

1/8-2/14 M,W,F 1:00-4:00 PM $248 117500-02

2/17-4/3 M,W,F 1:00-4:00 PM $234 117500-03

4/6-5/13 M,W,F 1:00-4:00 PM $248 217500-01

Arts & Crafts ]

**Art in the Afternoon**

Meet new friends and get creative. New projects featured each week.

Age: 3-6 years

Location: Northside Aztlan Center

12/3-12/17 Tu 1:00-2:30 PM $36 116508-01

2/4-2/18 Tu 1:00-2:30 PM $36 116508-02

**Art Studio for Pre-K**

Discover the inner artist. Focus on different mediums and themes to create at will with a variety of materials.

Age: 3-6 years

Location: Northside Aztlan Center

Holiday Art

12/3 Tu 10:00-11:30 AM $17 116506-01

12/10 Tu 10:00-11:30 AM $17 116506-02

Watercolors

1/7 Tu 10:00-11:30 AM $17 116506-03

Clay

1/21 Tu 10:00-11:30 AM $17 116506-04

Valentines

2/4 Tu 10:00-11:30 AM $17 116506-05

Paper Art

2/18 Tu 10:00-11:30 AM $17 116506-06

Crayon Resist

3/3 Tu 10:00-11:30 AM $17 116506-07

**Creative Clay**

Explore the endless possibilities of clay. Work with air dry clay to learn basic techniques and create a functional decorative piece.

Age: 4-7 years

Location: Mulberry Pool

12/27-1/3 F 9:30-10:30 AM $40 116208-01

**Cupcakes ‘n Canvas, Pre-K**

Theme inspired and geared towards the joy of painting. Paint on canvas and enjoy cupcakes. **Note:** Enter building through rear door.

Age: 3-7 years

Location: Carnegie Center for Creativity, 200 Mathews St.

Age: 3-4 years

Holiday

12/3 Tu 1:00-2:00 PM $25 117929-01

Peace Collage

1/20 M 9:00-10:00 AM $25 117929-03

Sloth

2/17 M 1:00-2:00 PM $25 117929-05

Age: 4-7 years

Holiday

12/3 Tu 4:00-5:30 PM $35 117929-02

Peace collage

1/20 M 10:30 AM-Noon $35 117929-04

Sloth

2/17 M 10:30 AM-Noon $35 117929-06

**Elves on Shelves**

Inspired by magical holiday elves. Draw, paint, sculpt. **Note:** Enter building through rear door.

Age: 3-7 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years

12/10 Tu 2:00-3:00 PM $30 116940-01

Age: 4-7 years

12/10 Tu 4:00-5:30 PM $30 116940-02

**Glitter Love Collage**

Create a sparkly collage using cut paper and things that glitter. **Note:** Enter building through rear door.

Age: 3-4 years

Location: Carnegie Center for Creativity, 200 Matthews St.

2/5 W 2:00-3:00 PM $25 116944-01

**Holiday Cityscapes**

Create beautiful holiday skylines with paint and collage. Cut and paste to develop fine motor skills. **Note:** Enter building through rear door.

Age: 3-4 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/17 Tu 2:00-3:00 PM $25 116941-01

**I Can Draw & Paint**

Learn to use basic art supplies. Draw with pastels, pencils, and use watercolor and tempera paints. **Note:** Enter building through rear door.

Age: 4-7 years

Location: Carnegie Center for Creativity, 200 Matthews St.

1/8-1/29 W 4:00-5:00 PM $55 116209-01

**Paint Me a Story**

Enjoy story time and create a project to go with it. Explore with clay, paint, and collage. **Note:** Enter building through rear door.

Age: 4-6 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/12 Th 10:30-11:30 AM $20 117984-01

1/9 Th 10:30-11:30 AM $20 117984-02

2/13 Th 10:30-11:30 AM $20 117984-03

**Pre-K CreARTe**

Draw, paint, and sculpt with vibrant colors to create from the imagination. **Note:** Enter through rear door.

Age: 3-4 years

Location: Carnegie Center for Creativity, 200 Matthews St.

2/12-2/26 W 1:00-2:30 PM $45 116923-01

**Watercolor Landscapes**

Create landscapes inspired by Georgia O’Keefe with watercolors and oil pastels. **Note:** Enter through rear door.

Age: 3-7 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years

12/30 M 9:00-10:00 AM $35 116922-01

Age: 4-7 years

12/30 M 10:30 AM-Noon $40 116922-02

**Winter Cardinals**

Inspired by the works of Charly Harper, use mixed media and geometric shapes to create colorful winter cardinals. **Note:** Enter building through rear door.

Age: 3-4 years

Location: Carnegie Center for Creativity, 200 Matthews St.

1/14 Tu 2:00-3:00 PM $25 116945-01

Cooking ]

**Once Upon A Time in the Kitchen**

Cook and create based on a different children’s book each week.

Age: 3-6 years

Location: Northside Aztlan Center

12/5-12/19 Th 1:00-2:30 PM $35 117522-01

1/9-1/23 Th 1:00-2:30 PM $35 117522-02

General Programs ]

**A Pirates Life for Me**

Jump aboard Matey. Help the crew search and find hidden treasure during dramatic play and arts and crafts.

Age: 3-6 years

Location: Foothills Activity Center

1/9-1/23 Th 1:00-2:30 PM $35 117751-01

**Fancy Nancy**

Enjoy arts and crafts and dress up themed around the Fancy Nancy book series.

Age: 3-6 years

Location: Foothills Activity Center

2/7 F 10:00-11:30 AM $17 117734-01

**Fun & Fitness**

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, enjoy arts and crafts, social time, and story time. Parents are required to stay within the interior of the mall or building depending on class location. See front desk about fitness pass options. **Note:** Class will not be held on 1/7, 1/21, 1/20, 2/17.

Age: 2-4 years

Location: Foothills Activity Center

12/2-12/18 M,W 9:30-11:30 AM $79 117758-01

12/3-12/19 Tu,Th 9:30-11:30 AM $79 117758-02

1/8-1/29 M,W 9:30-11:30 AM $79 117758-03

1/7-1/30 Tu,Th 9:30-11:30 AM $105 117758-04

2/3-2/26 M,W 9:30-11:30 AM $92 117758-05

2/4-2/27 Tu,Th 9:30-11:30 AM $105 117758-06

Location: Mulberry Pool

12/2-12/18 M,W 9:30-11:30 AM $79 117258-01

1/8-1/29 M,W 9:30-11:30 AM $79 117258-02

2/3-2/26 M,W 9:30-11:30 AM $92 117258-03

**Holiday Gifts by Me**

Make the holidays merry and bright with crafts made for friends and family.

Age: 3-6 years

Location: Foothills Activity Center

12/6-12/13 F 9:30-11:30 AM $45 116553-01

**Hospital Helpers**

Specifically, 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: Foothills Activity Center

12/5-12/19 Th 1:00-2:30 PM $35 117545-01

2/20-3/5 Th 1:00-2:30 PM $35 117545-02

**I Want to be a Scientist**

Explore, learn, and discover what it is like to be a scientist by conducting hands-on investigations.

Age: 3-6 years

Location: Northside Aztlan Center

Concoctions

12/5 Th 10:00-11:30 AM $17 117507-01

Flight

12/12 Th 10:00-11:30 AM $17 117507-02

Oceanography

1/9 Th 10:00-11:30 AM $17 117507-03

Astronomy

1/16 Th 10:00-11:30 AM $17 117507-04

Zoology

1/23 Th 10:00-11:30 AM $17 117507-05

Magnets

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

Entomology

2/6 Th 10:00-11:30 AM $17 117507-07

Vet Medicine

2/13 Th 10:00-11:30 AM $17 117507-08

Paleontology

2/20 Th 10:00-11:30 AM $17 117507-09

Reptiles

2/27 Th 10:00-11:30 AM $17 117507-10

**LEGO® with Friends**

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

Age: 3-6 years

Location: Foothills Activity Center

2/19-3/4 W 1:00-2:30 PM $35 117749-01

**Paw Patrol**

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

Age: 3-6 years

Location: Foothills Activity Center

1/28 Tu 1:00-2:30 PM $17 117550-01

**Pinkalicious**

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

Age: 3-6 years

Location: Foothills Activity Center

1/10 F 10:00-11:30 AM $16.50 117737-01

**Playdough World**

Create scented and edible playdough.

Age: 3-6 years

Location: Foothills Activity Center

1/30-2/13 Th 1:00-2:30 PM $35 117747-01

**Pretend with Friends**

One of the first and best ways to learn is though play. Learn through guided and interactive free play, arts, crafts, and games designed to encourage the imagination.

Age: 3-6 years

Location: Foothills Activity Center

Construction Crew

1/17 F 10:00-11:30 AM $17 117750-01

Camping

1/24 F 10:00-11:30 AM $17 117750-02

Zookeeper

1/31 F 10:00-11:30 AM $17 117750-03

Office

2/27 F 10:00-11:30 AM $17 117750-04

Bakery

2/14 F 10:00-11:30 AM $17 117750-05

Pizzeria

2/21 F 10:00-11:30 AM $17 117750-06

Grocery Store

2/28 F 10:00-11:30 AM $17 117750-07

**Storybook Theater**

Fairytales and traditional children’s stories provide a familiar base for acting skills. New stories are introduced each session.

Age: 3-6 years

Location: Foothills Activity Center

12/3-12/17 Tu 1:00-2:30 PM $35 117730-01

2/18-3/3 Tu 1:00-2:30 PM $35 117730-02

**Superheroes**

Create superheroes, then dress up and play like legendary superheroes.

Age: 3-6 years

Location: Foothills Activity Center

1/7-1/21 Tu 1:00-2:30 PM $35 117748-01

**Those Amazing Dinosaurs**

Learn about favorite dinosaurs, hunt for fossils, classify by characteristics, and maybe create a dinosaur from the imagination.

Age: 3-6 years

Location: Northside Aztlan Center

1/7-1/21 Tu 1:00-2:30 PM $35 117508-01

2/6-2/20 Th 1:00-2:30 PM $35 117508-02

**Ultimate Fort Making**

Construct a fort with blankets, towels, parachutes, boxes, hula hoops, floor mats, and any found objects. **Note:** Snack provided.

Age: 3-6 years

Location: Foothills Activity Center

2/4 Tu 1:00-2:30 PM $15 117739-01

S.T.E.M. ]

**Discover STEM**

Preschoolers are introduced to S.T.E.M. education through guided and self-discovered age-appropriate activities.

Age: 3-6 years

Location: Foothills Activity Center

1/8-1/22 W 1:00-2:00 PM $35 117763-01

**Preschool Tools**

Under close supervision preschoolers have hands-on practice with hammers and nails, screws and screwdrivers, and nuts and bolts.

Age: 3-6 years

Location: Foothills Activity Center

1/29-2/12 W 1:00-2:00 PM $30 117756-01

Parent with Child Programs

Arts & Crafts ]

**Art Start**

Hands-on independent art activities to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. **Note:** Enter building through rear door.

Age: 18 months-3 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/4-12/18 W 9:30-10:30 AM $45 117983-01

1/8-1/29 W 9:30-10:30 AM $55 117983-02

2/5-2/26 W 9:30-10:30 AM $55 117983-03

**I Can Do it Myself**

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

Age: 15 months-2 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Holiday

12/23 M 9:30-10:30 AM $20 117567-01

Valentines

2/6 Th 9:30-10:30 AM $20 117567-02

**I Can Do it, Too**

Enjoy themed activities together with Mom and/or Dad. **Note:** Enter building through rear door.

Age: 2 years

Location: Carnegie Center for Creativity, 200 Matthews St.

Holiday

12/23 M 11:00 AM-Noon $20 117568-01

Valentines

2/6 M,Th 11:00 AM-Noon $20 117568-02

**Paint Me a Story**

Enjoy story time and create a project to go with it. Explore with clay, paint, and collage. **Note:** Enter building through rear door.

Age: 2-3 years

Location: Carnegie Center for Creativity, 200 Matthews St.

12/12 Th 9:30-10:15 AM $20 117985-01

1/9 Th 9:30-10:15 AM $20 117985-02

2/13 Th 9:30-10:15 AM $20 117985-03

**Small Hands, Big Messy Art**

Get hands on with paint, playdough, and shaving cream.

Age: 18 months-2 years

Location: Mulberry Pool

12/3-12/17 Tu 10:00-11:00 AM $28 117285-01

2/18-3/3 Tu 10:00-11:00 AM $28 117285-02

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, adults are free. **Note:** Free admission for babies accompanying an older sibling and do not participate. Class will not be held on 12/25, 1/1. No Tot Gym at Foothills Activity Center during PSD Winter Break, 12/21-1/3.

Age: 0-5 years

Location: Northside Aztlan Center

12/3-2/28 M-F 10:00 AM-Noon $2.50 117598-01

Location: Foothills Activity Center

12/4-2/28 Tu,W,F 10:00 AM-Noon $2.50 117798-01

General Programs ]

**Little Explorers**

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

Age: 2 years

Location: Mulberry Pool

1/7-1/21 Tu 10:00-11:00 AM $28 117261-01

**Parent & Tot Science**

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

Age: 2-3 years

Location: Mulberry Pool

1/28-2/11 Tu 10:00-11:00 AM $28 117260-01

**Reptile Petting Zoo**

Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. Features a hands-on experience with both local and global reptiles. **Note:** Reduced rate of $5 for siblings after one full price enrollment. Accompanying adults and siblings ages 2 and under are free.

Age: 3-11 years

Location: Northside Aztlan Center

Reptile Petting Zoo

1/18 Sa 10:00-11:30 AM $15 118565-01

2/15 Sa 10:00-11:30 AM $15 118565-03

Additional Sibling

1/18 Sa 10:00-11:30 AM $5 118565-02

2/15 Sa 10:00-11:30 AM $5 118565-04

**You & Me Book Group**

Explore popular children’s books through reading, storytelling, and arts and crafts. Create a love for reading and develop early literacy and listening skills. New books presented each week.

Age: 2-4 years

Location: Mulberry Pool

1/9-1/23 Th 10:00-11:00 AM $25 117716-01

Music & Theatre ]

**Music Together**

Celebrate 20 years of Family Music Making with the Music Together program. Experience musical growth through singing, movement, and instrument play in a creative yet structured environment. Tuition includes picture songbook, CD, music download, “Hello Everybody” app, and parent education resources. **Note:** Discount available for additional sibling 9 months and older. No fee for siblings ages 8 months and under. Class will not be held on 1/20, 2/17, 3/16.

Age: 0-4 years

Location: Foothills Activity Center

Music Together

1/6-3/23 M 9:30-10:15 AM $185 118776-01

1/6-3/23 M 10:30-11:15 AM $185 118776-03

1/6-3/23 M 11:30 AM-12:15 PM $185 118776-05

Additional Sibling

1/6-3/23 M 9:30-10:15 AM $140 118776-02

1/6-3/23 M 10:30-11:15 AM $140 118776-04

1/6-3/23 M 11:30 AM-12:15 PM $140 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 experience.

Age: 0-4 years

Location: Northside Aztlan Center

12/19 Th 9:15-10:00 AM No Fee 118577-01

12/19 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 experience. Materials include 20 songs on the Zumbini app, CD, songbook, and plush toy. **Note:** Discount available for additional sibling. Must meet age requirement. No fee for siblings 6 months and under. Class will not be held on 12/27, 1/3.

Age: 0-4 years

Location: Northside Aztlan Center

Zumbini

1/9-2/27 Th 9:15-10:00 AM $130 118578-01

1/9-2/27 Th 10:30-11:15 AM $130 118578-03

Additional Sibling

1/9-2/27 Th 9:15-10:00 AM $15 118578-02

1/9-2/27 Th 10:30-11:15 AM $15 118578-04

Education

Adult Programs

Casino Games ]

**Texas Hold ‘Em Poker**

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

Age: 21 years & up

Location: Senior Center

1/8 W 10:00-11:30 AM $10 107464-01

**Craps: Be Casino Ready**

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

Age: 21 years & up

Location: Senior Center

1/14 Tu 10:00 AM-Noon $20 107465-01

**Blackjack: Be Casino Ready**

Feel confident on a 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 the card counting.

Age: 21 years & up

Location: Senior Center

1/20 M 10:00-11:30 AM $10 107463-01

Cooking ]

**One-on-One Nutritional Instruction**

Private consultations and cooking classes for those interested in improving overall health available. 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

1-hour session for 2 people $80

**Instant Pot Desserts**

Decadent desserts with wholesome ingredients for holiday gatherings. All recipes are vegan friendly. Menu: cardamom steel-cut oats pudding, chocolate cake, and a spice cake.

Age: 14 years & up

Location: Senior Center

12/4 W 6:00-8:15 PM $40 107422-02

**Christmas Curries**

Make three Indian Curries - one red, one green, and one white. Make curry pastes for each recipe, and then add different ingredients to complete the curries. All recipes are vegan and gluten free.

Age: 14 years & up

Location: Senior Center

12/9 M 6:00-8:15 PM $40 107423-02

**Cooking in the Wild**

Learn new techniques to save time and energy while cooking a delicious meal in the outdoors. Discuss appropriate leave no trace principles that support proper food storage, cleaning, and placement for backcountry safety.

Age: 18 years & up

Location: Senior Center

12/11 W 11:00 AM-1:00 PM $60 107438-01

**Cooking Around the World**

Learn about a new country each week through its cuisine. All recipes are simple adaptations with locally available ingredients for convenience. Meals take 30-40 minutes to prepare. All supplies are included. Vote on which country’s cuisine to cook for the following week.

Age: 14 years & up

Location: Senior Center

1/7-1/28 Tu 6:30-7:30 PM $60 107437-01

**Cooking with Thai Herbs**

Learn to use Thai favored herbs, as well as cooking tips and tricks, and how to choose quality ingredients to make meals taste great. **Note:** Bring an apron. Notify instructor of any food allergies.

Age: 18 years & up

Location: Senior Center

Menu: Thai coconut soup (Tom Kha), stir fry basil chicken, lemongrass salad, and lemongrass tea.

1/8 W 6:00-8:30 PM $40 107434-01

**Thai Street Food**

Menu: satay chicken, peanut sauce, cucumber salad, and Thai iced tea.

2/4 Tu 6:00-8:30 PM $40 107434-02

**Curry in a Snap**

Speedy preparation and easy recipes to create some quick curries. Meals take 20 minutes to prepare. Menu: Chana masala, spicy potato curry, and tikka masala sauce.

Age: 14 years & up

Location: Senior Center

1/16 Th 6:00-8:15 PM $40 107424-01

**Ethiopian Made Easy**

Learn to make a healthy and easy vegetarian Ethiopian meal. Cook with all the colors of the rainbow. Menu: key sir alicha (beets and potato stew), swiss chard gomen, chickpea wot, kik alicha (yellow split peas), and instant teff flour crepe.

Age: 14 years & up

Location: Senior Center

1/22 W 6:00-8:15 PM $40 107428-01

**Indian Breakfast 101**

Learn to make savory, delicious, warm, and hearty 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

1/27 M 6:00-8:15 PM $40 107425-01

**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

2/12 W 6:00-8:15 PM $40 107429-01

**Homemade Indian Flatbreads**

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

Age: 14 years & up

Location: Senior Center

2/18 T 6:00-8:15 PM $40 107432-01

**Cooking for Passover Seder**

Learn traditional Sedar recipes in preparation for Passover on April 8. Menu: Matzo ball soup, charoset, and tzimmes.

Age: 18 years & up

Location: Senior Center

2/25 Tu 6:00-8:30 PM $40 107421-01

CPR & First Aid ]

**First Aid, CPR & AED**

Learn basic first aid procedures, as well as adult, child, and infant CPR. Suited for daycare providers. ECSI certificate emailed upon completion. Course book included.

Age: 14 years & up

Location: Senior Center

12/7 Sa 9:00 AM-5:00 PM $78 107441-01

1/11 Sa 9:00 AM-5:00 PM $78 107441-02

2/8 Sa 9:00 AM-5:00 PM $78 107441-03

**BLS Provider**

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 emailed upon completion.

Age: 18 years & up

Location: Senior Center

12/11 W 5:30-9:30 PM $78 107442-01

1/15 W 5:30-9:30 PM $78 107442-02

2/12 W 5:30-9:30 PM $78 107442-03

In the City ]

**Transfort Travel Training**

Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Training starts at the Downtown Transit Center. Ride the MAX to the South Transit Center and back Downtown.

Age: 14 years & up

Location: Downtown Transit Center, 250 N. Mason St.

12/10 Tu 10:00 AM-Noon No Fee 107976-01

1/14 Tu 10:00 AM-Noon No Fee 107976-02

2/11 Tu 10:00 AM-Noon No Fee 107976-03

**Reduced Fee Info Session**

Learn about the City of Fort Collins’ Reduced Fee Program with Recreation. Speak to Recreation staff and gain assistance with documentation. Applications will not be accepted during sessions.

Age: 18 years & up

Location: Senior Center

1/18 Sa 3:00-5:00 PM No Fee

Location: Northside Aztlan Center

2/15 Sa 9:00-11:00 AM No Fee

Music, Art, & Theatre ]

**Guitar**

Discover the basics of the instrument, from proper tuning to strumming chords, and picking tunes. Learn to read guitar tabs and play at home. All levels welcome. **Note:** Bring own guitar.

Age: 18 years & up

Location: Senior Center

12/4-12/18 W 7:00-8:00 PM $60 107491-01

1/8-1/29 W 7:00-8:00 PM $80 107491-02

2/5-2/26 W 7:00-8:00 PM $80 107491-03

**Introduction to Photography**

Learn the basics of photography including camera operation, exposure, and composition through an interactive slideshow and workshop. An SLR or mirrorless camera recommended, but not required.

Age: 18 years & up

Location: Senior Center

12/12 Th 6:00-8:00 PM $27 107450-01

1/8 W 6:00-8:00 PM $27 107450-02

**Introduction to Stage Acting**

Learn the basics of stage acting from terminology to preparation for auditions. Discover unique personal talents through theater games, improvisation, and thinking outside the box. No experience necessary. Dress comfortably.

Age: 16 years & up

Location: Senior Center

1/15-2/19 W 6:00-8:00 PM $60 107495-01

**Shutterbugs & Cervezas**

Learn the basics of photography including camera operation, exposure, and composition while enjoying a flight of beer and a pint of your choice from O’Dell Brewing. Registration includes tastings and door-to-door transportation. **Note:** All participants must bring a valid 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.

Age: 21 years & up

Location: O’Dell Brewing, 800 E. Lincoln Ave.

1/17 F 6:30-8:00 PM $65 107953-01

**Portrait Photography 101**

Learn the fundamentals of portrait photography including equipment, lighting, and posing techniques. Designed for those interested in improving personal family photos. A basic understanding of shutter speed, ISO, and aperture is recommended, but not required.

Age: 18 years & up

Location: Senior Center

1/29 W 6:00-8:00 PM $27 107452-01

**Nature Photography 101**

Through interactive practice, learn about camera equipment, exposure, composition, and lighting as it pertains to subjects in nature. Bring an SLR camera.

Age: 18 years & up

Location: Senior Center

2/12 W 6:00-8:30 PM $27 107451-01

S.T.E.M. ]

**Glass Fusing & Slumping, Beginner**

Learn the basics of color coordination, glass cutting, fusing, and slumping by making at least four coasters. Tools and materials provided. No experience necessary.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

12/4 W 6:00-9:00 PM $90 107996-01

1/29 W 6:00-9:00 PM $90 107996-02

**Genealogy, Beginner**

Explore personal family genealogy by using Familysearch, a free genealogy website. Learn how to set up an account, enter known family history, and connect to existing genealogies. Limited computers available, personal devices encouraged. **Note:** Use the entrance on West side of building to access the Fort Collins Colorado Family History Center.

Age: 18 years & up

Location: The Church of Jesus Christ of Latter-Day Saints, 600 E. Swallow St.

12/5-12/19 Th 7:00-8:00 PM No Fee 107955-01

1/9-1/30 Th 7:00-8:00 PM No Fee 107955-02

2/6-2/27 Th 7:00-8:00 PM No Fee 107955-03

**Wood Jewelry**

Create unique light weight wooden earrings and pendants with a laser cutter. Bring color to pieces by hand dying the wood with alcohol ink stains. Learn how to open jump rings, create unique chains and add perfect findings for designs. Also, laser cut a jewelry card for display or a gift.

Age: 16 years & up

Location: Creator Hub, 1304 Duff Dr. #15

12/5 Th 6:00-8:30 PM $29 107992-01

2/27 Th 6:00-8:30 PM $29 107992-02

**Personalized Cuff Bracelet**

Create a personalized, hand stamped aluminum cuff bracelet. Learn how to hand stamp, oxidize and use bending pliers to form and finish the bracelet. Also, laser cut a jewelry card for display or a gift.

Age: 16 years & up

Location: Creator Hub, 1304 Duff Dr. #15

12/12 Th 6:00-8:30 PM $29 107999-01

2/6 Th 6:00-8:30 PM $29 107999-02

**Glass Fusing and Slumping, Continued**

Learn about glass cutting, fusing, and slumping by designing a larger piece with 3D effect (8” x 8” or 10” x 10”). Tools and materials provided. No experience necessary.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

12/18 W 6:00-9:00 PM $90 107997-01

2/12 W 6:00-9:00 PM $90 107997-02

**Fusion 360**

Fusion 360 is a 3D CAD, CAM, and CAE in a single cloud-based platform that works on PC, Mac, and mobile devices. It is free for qualifying hobbyist makers. Learn to sketch and model, then focus on assemblies and drawings tailored to the interests of the class. **Note:** Must attend first session.

Age: 18 years & up

Location: Creator Hub, 1304 Duff Dr. #15

1/13-1/27 M 6:00-9:00 PM $24 107954-01

**Silver Stamped Charm Necklaces**

Create a personalized hand stamped charm pendant in sterling silver. Learn how to hand stamp, oxidize and finish a sterling silver disc charm. Use texture hammers to add additional textures. Sterling silver chain provided. Also, laser cut a jewelry card for display or a gift.

Age: 16 years & up

Location: Creator Hub, 1304 Duff Dr. #15

1/16 Th 6:00-8:30 PM $35 107998-01

**Leather Earrings**

Create a custom design for leather earrings or a pendant using a laser cutter or Cricut Explore. Learn how to open jump rings, create unique chains, and add perfect findings for pieces. Also, laser cut a jewelry card for display or a gift.

Age: 16 years & up

Location: Creator Hub, 1304 Duff Dr. #15

1/23 Th 6:00-8:30 PM $29 107993-01

2/20 Th 6:00-8:30 PM $29 107993-02

Parenting ]

**How to Talk to Kids about S.E.X.**

Strategies on how and when to talk with kids about sex. Learn what’s healthy for them to know, and how to stay calm when kids start asking questions.

Age: 18 years & up

Location: Northside Aztlan Center

12/7 Sa Noon-1:00 PM $20 107581-01

1/25 Sa Noon-1:00 PM $20 107581-02

Family Programs

**Basic American Sign Language**

Learn the alphabet and numbers as well as everyday words in the categories of family, food, animals, colors, and vehicles as a family. **Note:** Recommended for children ages 7 to 11 years with parents/guardians.

Age: 7 years & up

Location: Northside Aztlan Center

Level 1

1/8-1/29 W 6:00-7:30 PM $50 107582-01

2/5-2/26 W 5:30-7:00 PM $50 107582-02

Level 2

2/5-2/26 W 7:00-8:30 PM $50 107582-03

Youth Programs

General ]

**Ultimate Babysitting Bootcamp**

Learn business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification for Babysit. **Note:** Please bring a sack lunch, pencil, paper, and snacks.

Age: 11-16 years

Location: Northside Aztlan Center

1/20 M Noon-8:00 PM $85 115575-01

**Theatre Players**

Learn about theatre through story dramatization. Bring a character and story to life, memorize lines, and hone acting skills. Dress rehearsal and final performance on 2/29 from 1-4 p.m. Presented in collaboration with the Fort Collins Children’s Theatre.

Age: 8-12 years

Location: Northside Aztlan Center

1/7-2/25 Tu 4:30-6:00 PM $130 118925-01

S.T.E.M. ]

**Intro to 3D Printing**

Learn the basics of shape creation and design with 3D printing.

Age: 10-17 years

Location: Creator Hub, 1304 Duff Dr. # 15

2/22 Sa 9:00 AM-Noon $20 115973-01

**Intro to Arduino**

Learn basic electrical circuits, features of the Arduino Uno, the Arduino program environment, and a set of staged projects using the Arduino.

Age: 14 years & up

Location: Creator Hub, 1304 Duff Dr. # 15

1/11 Sa 9:30AM-Noon $50 115971-01

**Intro to Soldering**

Learn the basics of soldering. Discover safety, theory, and technique to build a lantern lit by a flickering “candle” circuit board Projects will be taken home at the end of class.

Age: 10-17 years

Location: Creator Hub, 1304 Duff Dr. #15

1/25 Sa 9:00-11:00 AM $20 115970-01

**Raspberry Pi 101**

Receive a Raspberry Pi Zero, breadboard case, LEDs, buttons and jumper wires to build a dynamic system. The SD card will be preprogrammed to allow direct interface with a PC via a micro USB cable for further education.

Age: 14 years & up

Location: Creator Hub, 1304 Duff Dr. #15

2/1 Sa 9:00 AM-Noon $55 115977-01

**YEL EV3 Robotics**

EV3 is the most current robotics system from LEGO® Mindstorms. Build a basic EV3 robot, program, test, and modify a robot to accomplish tasks and challenges.

Age: 11-16 years

Location: Northside Aztlan Center

12/7-2/8 Sa 10:00-11:30 AM $157 115581-01

**YEL Junior Robotics**

Learn S.T.E.M. engineering with projects to build an alligator and race with LEGO® bricks. Program creations to race, chew, and make noise with drag-and-drop software.

Age: 6-10 years

Location: Northside Aztlan Center

12/7-2/8 Sa 9:00-10:00 AM $144 115580-01

The 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 welcomes your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity.

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

**Birthday Parties**

Celebrate your child’s birthday with Farm flair. Meet the animals, ride a pony (April-October), or go on a hayride for a unique party. Call The Farm or stop by during open hours to reserve your party 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 a 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 & Ross Proving-Up House

Take a walk-through yesteryear’s farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used. Test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Also, visit the Ross Proving-Up House to learn about the first settlers of Fort Collins.

**Volunteer**

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

**Pony Rides**

Go on a pony ride. Parents lead cowpokes for up to 10 minutes in the arena. Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. **Note:** Pony rides are available weather permitting.

4/6-10/20 Sa 11:00 AM-4:00 PM

Su 1:00-4:00 PM

Family Programs

**Breakfast with Santa**

Santa Claus reads the list of good boys and girls, then all enjoy a light breakfast, hayrides, and time for children to sit on Santa’s lap. Bring a camera. A gift from Santa highlights the morning. **Note:** Each child must have a paid adult in attendance; paid registration required for all attendees.

Age: 3-5 years

11/30 Sa 9:00-10:00 AM $13 108622-01

12/1 Su 9:00-10:00 AM $13 108622-02

Age: 18 years & up

11/30 Sa 9:00-10:00 AM $10 108622-1A

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

**Tractors Galore**

Designed for those who love tractors. Play with tractors, read stories, learn about how tractors work, and make a tractor book.

Age: 3-5 years

2/6-2/20 Th 9:00-10:00 AM $26 108612-01

**Farmer Round Up**

Explore The Farm and learn about the hayloft, chicken house, and barn. Farmers also read and tell stories and make craft projects to take home.

Age: 3-5 years

2/6-2/20 Th 10:30-11:30 AM $26 108628-01

**Farm Fun Club**

Learn about each animal through games, stories, crafts, and activities. Each class features a different animal and activities, so it is possible to register for more than one.

Age: 5-7 years

Cows

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

Goats & Sheep

2/8 Sa 1:00-3:00 PM $15 108635-02

Ponies

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

**Under the Lights**

Spend the night at The Farm under the holiday lights. Bring a favorite stuffed animal and enjoy games, crafts, stories, and wonder. “Midnight” snack and light breakfast provided.

Age: 7-10 years

12/20-12/21 F,Sa 7:00 PM-8:30 AM $46 108636-01

Fitness & Wellness

**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.

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 (\*).

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

Active facility pass holders receive 70% off enrollment price of Fitness Classes. **Note:** Wellness programs and 25 admission passes are not eligible for the discount.

**Drop-in Policy**

See page 7 for fitness class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number of a fitness class. Reduced rates do not apply to the daily drop-in fee.

**Class Specifics**

The 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 64.

For 50 years and up fitness classes, see page 93.

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.

**Free Fitness Week**

Try out any of our fitness classes for free December 30 through January 5. Free drop-in available for all classes, no registration required. Also, purchase a 20 Fitness Punch Pass for only $100. Only available during Free Fitness Week. For more details and the schedule of classes being offered visit fcgov.com/fitness.

**Blood Pressure Clinic**

Meet one-on-one with a registered nurse to check blood pressure and talk about heart health. No appointment necessary. Provided by the Health District.

Location: Senior Center

12/9, 1/13, 2/10 10:00 AM-Noon No Fee

**Cholesterol Clinic**

Meet one-on-one with a registered nurse for a cholesterol panel, glucose test, and blood pressure check. Includes explanation of test results, interactive discussion, and recommendations. Appointments required; call the Health District at 970.224.5209. **Note:** Clinics held in February are free for Health District residents.

Location: Senior Center

12/3, 12/19, 1/7, 1/16, 2/4, 2/8, 2/20 8:00-10:30 AM $15

Location: Northside Aztlan Center

12/11, 2/26 8:00-10:30 AM $15

**Manicure/Pedicure/Nail Care**

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweetheart Nails. Appointments required; call 970.221.6644 or visit the Senior Center front desk.

Age: 18 years & up

Location: Senior Center

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

Toenail Clip $18 30 minutes

**Personal Training**

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center. Trainers provide one-on-one guidance to help you achieve your fitness goals. Personal training is available to those ages 13 years & 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

**Arthritis Education & Support Group**

A meet up group to offer information and support for those who have arthritis and their family members, friends, and caregivers. Learn more, find resources, meet people, network, and share experiences. To register or for more information contact the Aspen Club, 970.495.8560.

Location: Senior Center

2/17 11:30 AM-1:00 PM No Fee

**Life After Stroke Support Group**

A monthly meeting of stroke survivors and their family/caregivers. Find support to experience meaningful and fulfilling life after a stroke. For more information contact UCHealth, 970.624.2109.

Location: Senior Center

12/12, 1/9, 2/13 12:30-2:00 PM No Fee

**Parkinson’s Support Group**

The Parkinson’s Support Group of Larimer County provides a variety of programs for those with Parkinson’s disease and their partners. Each month, find education, support, and fellowship. For more information visit pdsupportlc.net.

Location: Senior Center

12/4, 1/8, 2/5 10:30 AM-12:30 PM No Fee

Adult Fitness

Cardio & Strength ]

**Boomer Blast**

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/26 Tu,Th 8:00-8:50 AM $29 109414-01

1/7-1/30 Tu,Th 8:00-8:50 AM $33 109414-02

2/4-2/27 Tu,Th 8:00-8:50 AM $33 109414-03

**Barre Fitness**

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretches, 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 12/25.

Location: Northside Aztlan Center

12/2-12/23 M,W 7:30-8:30 AM $29 109501-01

1/6-1/29 M,W 7:30-8:30 AM $33 109501-02

2/3-2/26 M,W 7:30-8:30 AM $33 109501-03

12/2-12/23 M,W 9:00-10:00 AM $29 109501-04

1/6-1/29 M,W 9:00-10:00 AM $33 109501-05

2/3-2/26 M,W 9:00-10:00 AM $33 109501-06

12/6-12/27 F 7:00-8:00 AM $17 109501-07

1/10-1/31 F 7:00-8:00 AM $17 109501-08

2/7-2/28 F 7:00-8:00 AM $17 109501-09

**CrossTrain**

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo boxes, and ropes to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2-12/27 M,W,F 6:15-7:15 AM $45 109502-01

1/6-1/31 M,W,F 6:15-7:15 AM $49 109502-02

2/3-2/28 M,W,F 6:15-7:15 AM $49 109502-03

12/2-12/27 M,W,F 7:15-8:15 AM $45 109502-04

1/6-1/31 M,W,F 7:15-8:15 AM $49 109502-05

2/3-2/28 M,W,F 7:15-8:15 AM $49 109502-06

12/2-12/27 M,W,F 11:30 AM-12:30 PM $45 109502-07

1/6-1/31 M,W,F 11:30 AM-12:30 PM $49 109502-08

2/3-2/28 M,W,F 11:30 AM-12:30 PM $49 109502-09

12/2-12/27 M,W,F 12:30-1:30 PM $45 109502-10

1/6-1/31 M,W,F 12:30-1:30 PM $49 109502-11

2/3-2/28 M,W,F 12:30-1:30 PM $49 109502-12

**Essentrics**

A unique fitness program to 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, 12/25.

Location: Northside Aztlan Center

12/2-12/23 M,W 10:00-11:00 AM $29 109503-01

1/6-1/29 M,W 10:00-11:00 AM $33 109503-02

2/3-2/26 M,W 10:00-11:00 AM $33 109503-03

12/3-12/26 Tu,Th 10:30-11:30 AM $29 109503-04

1/7-1/30 Tu,Th 10:30-11:30 AM $33 109503-05

2/4-2/27 Tu,Th 10:30-11:30 AM $33 109503-06

**Essentrics + Yoga Fusion**

First, focus on lengthening and strengthening muscles, improving posture and joint mobility with Essentrics. Then, focus on flexibility and relaxation with a gentle, Hatha Yoga.

Location: Northside Aztlan Center

12/6-12/27 F 8:00-9:00 AM $17 109523-01

1/10-1/31 F 8:00-9:00 AM $17 109523-02

2/7-2/28 F 8:00-9:00 AM $17 109523-03

**Functional Strength**

Train for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/26 Tu,Th 8:00-8:50 AM $29 109401-01

1/7-1/30 Tu,Th 8:00-8:50 AM $33 109401-02

2/4-2/27 Tu,Th 8:00-8:50 AM $33 109401-03

12/3-12/26 Tu,Th 9:00-9:50 AM $29 109401-04

1/7-1/30 Tu,Th 9:00-9:50 AM $33 109401-05

2/4-2/27 Tu,Th 9:00-9:50 AM $33 109401-06

**Les Mills BODYPUMP**

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

Location: Foothills Activity Center

12/2-12/23 M,W 12:15-1:00 PM $27.25 109701-01

1/6-1/29 M,W 12:15-1:00 PM $31 109701-02

2/3-2/26 M,W 12:15-1:00 PM $31 109701-03

12/3-12/26 Tu,Th 5:30-6:30 PM $36 109701-04

1/7-1/30 Tu,Th 5:30-6:30 PM $41 109701-05

2/4-2/27 Tu,Th 5:30-6:30 PM $41 109701-06

12/7-12/28 Sa 9:15-10:15 AM $21 109701-07

1/11-2/1 Sa 9:15-10:15 AM $21 109701-08

2/8-2/29 Sa 9:15-10:15 AM $21 109701-09

**Lose to Win**

Designed for those who want to lose weight. Perform a variety of exercises to burn fat and gain confidence. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2-12/27 M,W,F 9:30-10:30 AM $45 109504-01

1/6-1/31 M,W,F 9:30-10:30 AM $49 109504-02

2/3-2/28 M,W,F 9:30-10:30 AM $49 109504-03

**Low Impact Aerobics**

Emphasis on low impact aerobics with floor exercise and a cool-down period. Good introduction for previously sedentary persons. **Note:** Class will not be held on 12/24.

Location: Foothills Activity Center

12/3-12/26 Tu,Th 9:00-10:00 AM $29 109702-01

1/7-1/30 Tu,Th 9:00-10:00 AM $33 109702-02

2/4-2/27 Tu,Th 9:00-10:00 AM $33 109702-03

**Mat Pilates**

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

Location: Senior Center

12/2-12/23 M 3:00-4:00 PM $17 109402-01

1/6-1/27 M 3:00-4:00 PM $17 109402-02

2/3-2/24 M 3:00-4:00 PM $17 109402-03

12/4-12/18 W 3:00-4:00 PM $13 109402-04

1/8-1/29 W 3:00-4:00 PM $17 109402-05

2/5-2/26 W 3:00-4:00 PM $17 109402-06

12/6-12/27 F 3:00-4:00 PM $17 109402-07

1/10-1/31 F 3:00-4:00 PM $17 109402-08

2/7-2/28 F 3:00-4:00 PM $17 109402-09

Location: Northside Aztlan Center

12/2-12/23 M,W 10:40-11:40 AM $29 109505-01

1/6-1/29 M,W 10:40-11:40 AM $33 109505-02

2/3-2/26 M,W 10:40-11:40 AM $33 109505-03

12/3-12/26 Tu,Th 1:00-2:00 PM $29 109505-04

1/7-1/30 Tu,Th 1:00-2:00 PM $33 109505-05

2/4-2/27 Tu,Th 1:00-2:00 PM $33 109505-06

Location: Foothills Activity Center

12/3-12/26 Tu,Th 8:30-9:30 AM $29 109703-01

1/7-1/30 Tu,Th 8:30-9:30 AM $33 109703-02

2/4-2/27 Tu,Th 8:30-9:30 AM $33 109703-03

12/3-12/26 Tu,Th 9:45-10:45 AM $29 109703-04

1/7-1/30 Tu,Th 9:45-10:45 AM $33 109703-05

2/4-2/27 Tu,Th 9:45-10:45 AM $33 109703-06

**Pound Rockout Workout**

Combine cardio, strength training, balance, and pilates inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning. **Note:** Class will not be held on 12/18, 12/25.

Location: Senior Center

12/4-12/11 W 6:35-7:20 PM $7 109403-01

1/8-1/29 W 6:35-7:20 PM $13 109403-02

2/5-2/26 W 6:35-7:20 PM $13 109403-03

**PowerTrain**

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

Location: Northside Aztlan Center

12/3-12/26 Tu,Th 6:15-7:15 AM $29 109506-01

1/7-1/30 Tu,Th 6:15-7:15 AM $33 109506-02

2/4-2/27 Tu,Th 6:15-7:15 AM $33 109506-03

12/3-12/26 Tu,Th 11:30 AM-12:30 PM $29 109506-04

1/7-1/30 Tu,Th 11:30 AM-12:30 PM $33 109506-05

2/4-2/27 Tu,Th 11:30 AM-12:30 PM $33 109506-06

12/3-12/26 Tu,Th 12:30-1:30 PM $29 109506-07

1/7-1/30 Tu,Th 12:30-1:30 PM $33 109506-08

2/4-2/27 Tu,Th 12:30-1:30 PM $33 109506-09

Location: Foothills Activity Center

12/2-12/27 M,W,F 5:30-6:30 PM $45 109704-01

1/6-1/31 M,W,F 5:30-6:30 PM $49 109704-02

2/3-2/28 M,W,F 5:30-6:30 PM $49 109704-03

**Spin & Tone**

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

Location: Northside Aztlan Center

12/2-12/23 M,W 5:30-6:30 PM $29 109507-01

1/6-1/29 M,W 5:30-6:30 PM $33 109507-02

2/3-2/26 M,W 5:30-6:30 PM $33 109507-03

12/3-12/26 Tu,Th 6:15-7:15 AM $33 109507-04

1/7-1/30 Tu,Th 6:15-7:15 AM $33 109507-05

2/4-2/27 Tu,Th 6:15-7:15 AM $33 109507-06

**Strength & Tone**

Upbeat and designed to develop strength and flexibility at every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help boost metabolism. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th Noon-12:55 PM $29 109508-01

1/7-1/30 Tu,Th Noon-12:55 PM $33 109508-02

2/4-2/27 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

12/2-12/23 M,W 8:30-9:30 AM $29 109509-01

1/6-1/29 M,W 8:30-9:30 AM $33 109509-02

2/3-2/26 M,W 8:30-9:30 AM $33 109509-03

12/3-12/26 Tu,Th 9:30-10:30 AM $29 109509-04

1/7-1/30 Tu,Th 9:30-10:30 AM $33 109509-05

2/4-2/27 Tu,Th 9:30-10:30 AM $33 109509-06

**Total Body Boot Camp**

A mix of cardio, weight circuits, and stretches. Keep the body guessing and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th 5:30-6:30 PM $29 109510-01

1/7-1/30 Tu,Th 5:30-6:30 PM $33 109510-02

2/4-2/27 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 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th Noon-1:00 PM $29 109511-01

1/7-1/30 Tu,Th Noon-1:00 PM $33 109511-02

2/4-2/27 Tu,Th Noon-1:00 PM $33 109511-03

12/7-12/28 Sa 8:15-9:15 AM $17 109511-04

1/11-2/1 Sa 8:15-9:15 AM $17 109511-05

2/8-2/29 Sa 8:15-9:15 AM $17 109511-06

Dance ]

**Zumba**

Zumba fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. **Note:** Class will not be held on 12/24, 12/25.

Location: Club Tico

12/2-12/23 M 9:00-10:00 AM $17 109112-01

1/6-1/27 M 9:00-10:00 AM $17 109112-02

2/3-2/24 M 9:00-10:00 AM $17 109112-03

12/4-12/18 W 9:00-10:00 AM $13 109112-04

1/8-1/29 W 9:00-10:00 AM $17 109112-05

2/5-2/26 W 9:00-10:00 AM $17 109112-06

12/6-12/27 F 9:00-10:00 AM $17 109112-07

1/10-1/31 F 9:00-10:00 AM $17 109112-08

2/7-2/28 F 9:00-10:00 AM $17 109112-09

Location: Senior Center

12/2-12/23 M 5:30-6:30 PM $17 109404-01

1/6-1/27 M 5:30-6:30 PM $17 109404-02

2/3-2/24 M 5:30-6:30 PM $17 109404-03

12/4-12/18 W 5:30-6:30 PM $13 109404-04

1/8-1/29 W 5:30-6:30 PM $17 109404-05

2/5-2/26 W 5:30-6:30 PM $17 109404-06

12/7-12/28 Sa 9:00-10:00 AM $17 109404-07

1/11-2/1 Sa 9:00-10:00 AM $17 109404-08

2/8-2/29 Sa 9:00-10:00 AM $17 109404-09

Location: Northside Aztlan Center

12/3-12/17 Tu 6:30-7:30 PM $13 109512-01

1/7-1/28 Tu 6:30-7:30 PM $17 109512-02

2/4-2/25 Tu 6:30-7:30 PM $17 109512-03

12/4-12/18 W 6:30-7:30 PM $13 109512-04

1/8-1/29 W 6:30-7:30 PM $17 109512-05

2/5-2/26 W 6:30-7:30 PM $17 109512-06

12/5-12/26 Th 6:30-7:30 PM $17 109512-07

1/9-1/30 Th 6:30-7:30 PM $17 109512-08

2/6-2/27 Th 6:30-7:30 PM $17 109512-09

Location: Foothills Activity Center

12/2-12/23 M 6:40-7:40 PM $17 109705-01

1/6-1/27 M 6:40-7:40 PM $17 109705-02

2/3-2/24 M 6:40-7:40 PM $17 109705-03

**Zumba Gold**

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

Location: Senior Center

12/5-12/26 Th 12:15-1:00 PM $13 109430-01

1/9-1/30 Th 12:15-1:00 PM $13 109430-02

2/6-2/27 Th 12:15-1:00 PM $13 109430-03

Mind/Body ]

**Introduction to Mindful Meditation**

Learn to meditate with basic techniques used in day to day life.

Age: 18 years & up

Location: Senior Center

1/2-1/23 Th 7:00-8:00 PM $20 107477-01

**Meditation**

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques to help find one that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.

Location: Northside Aztlan Center

12/8-12/29 Su 11:15 AM-12:15 PM $17 109513-01

1/12-2/2 Su 11:15 AM-12:15 PM $17 109513-02

2/9-3/1 Su 11:15 AM-12:15 PM $17 109513-03

**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 12/24.

Location: Senior Center

12/3-12/17 Tu 5:30-6:30 PM $13 109405-01

1/7-1/28 Tu 5:30-6:30 PM $17 109405-02

2/4-2/25 Tu 5:30-6:30 PM $17 109405-03

12/5-12/26 Th 5:30-6:30 PM $17 109405-04

1/9-1/30 Th 5:30-6:30 PM $17 109405-05

2/6-2/27 Th 5:30-6:30 PM $17 109405-06

**Tai Chi & Qigong for Health**

An introduction to the art of Tai Chi Chuan using health cultivation exercises that make up the basis of the long Yang style form. Suitable for adults of all ages.

Location: Foothills Activity Center

12/7-12/28 Sa 9:15-10:15 AM $17 109706-01

1/11-2/1 Sa 9:15-10:15 AM $17 109706-02

2/8-2/29 Sa 9:15-10:15 AM $17 109706-03

**Tai Chi, Beginner**

Tai Chi is an orthodox internal martial art from China. Discover the four “Mother Forms” of the art which are low-impact, meditative, and repetitive movements and provide insight into internal movement and training.

Location: Senior Center

12/7-12/28 Sa 12:45-1:45 PM $17 109406-01

1/11-2/1 Sa 12:45-1:45 PM $17 109406-02

2/8-2/29 Sa 12:45-1:45 PM $17 109406-03

**T’ai Chi Chih, Beginner**

The soft, gentle movements of T’ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility, and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition.

Location: Senior Center

1/7-2/25 Tu 1:00-2:00 PM $81 109432-01

**T’ai Chi Chih, Beginner Repeat**

The soft, gentle movements of T’ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition.

Location: Senior Center

1/7-2/25 Tu 1:00-2:00 PM $41 109433-01

**T’ai Chi Chih, Continued**

The soft, gentle movements of T’ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/18 W 9:45-11:00 AM $16 109434-01

1/8-1/29 W 9:45-11:00 AM $21 109434-02

2/5-2/26 W 9:45-11:00 AM $21 109434-03

**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 12/25.

Location: Senior Center

12/2-12/23 M,W Noon-12:45 PM $22 109407-01

1/6-1/29 M,W Noon-12:45 PM $25 109407-02

2/3-2/26 M,W Noon-12:45 PM $25 109407-03

Yoga ]

**Beginner Yoga for Men**

A gentle way to learn yoga, safe alignment, and how breathing can help you relax. Practice in a comfortable and non-intimidating space. All levels welcome.

Location: Northside Aztlan Center

1/11-2/1 Sa 11:00 AM-Noon $17 109517-01

2/8-2/29 Sa 11:00 AM-Noon $17 109517-02

**Gentle Yoga**

Includes flow practice and yin poses with a therapeutic emphasis. All levels welcome. **Note:** Class will not be held on 12/26.

Location: Foothills Activity Center

12/5-12/19 Th 12:15-1:15 PM $16 109712-01

1/9-1/30 Th 12:15-1:15 PM $21 109712-02

2/6-2/27 Th 12:15-1:15 PM $21 109712-03

**Mindfulness Yoga**

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

Location: Northside Aztlan Center

12/8-12/29 Su 10:00-11:00 AM $17 109515-01

1/12-2/2 Su 10:00-11:00 AM $17 109515-02

2/9-3/1 Su 10:00-11:00 AM $17 109515-03

**Morning Meditation & Yoga**

A positive and healthy way to balance the day. Begin the morning with meditation, moving into gentle yoga. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th 7:30-8:30 AM $29 109516-01

1/7-1/30 Tu,Th 7:30-8:30 AM $33 109516-02

2/4-2/27 Tu,Th 7:30-8:30 AM $33 109516-03

**Power Yoga**

A dynamic and upbeat yoga practice with emphasis on fitness to tone the entire body. Power yoga focuses on strength, stamina, and whole-body wellbeing. **Note:** Class will not be held on 12/25.

Location: Foothills Activity Center

12/2-12/23 M,W 1:15-2:15 PM $29 109707-01

1/6-1/29 M,W 1:15-2:15 PM $33 109707-02

2/3-2/26 M,W 1:15-2:15 PM $33 109707-03

**Restorative Yoga**

A pleasant way to relax and create balance in life. Use bolsters, blocks, and blankets to experience the benefits of a passive practice. Allows release of effort that encourages calmness, tranquility, and connecting with self-healing. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/17 Tu 11:00 AM-Noon $13 109408-01

1/7-1/28 Tu 11:00 AM-Noon $17 109408-02

2/4-2/25 Tu 11:00 AM-Noon $17 109408-03

Location: Northside Aztlan Center

12/2-12/23 M,W Noon-1:00 PM $29 109518-01

1/6-1/29 M,W Noon-1:00 PM $33 109518-02

2/3-2/26 M,W Noon-1:00 PM $33 109518-03

12/6-12/27 F 11:00 AM-Noon $17 109518-04

1/10-1/31 F 11:00 AM-Noon $17 109518-05

2/7-2/28 F 11:00 AM-Noon $17 109518-06

**Sculpting Yoga**

Sculpt with weights and yoga. Build strength and definition. All levels welcome. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th 1:00-2:00 PM $29 109519-01

1/7-1/30 Tu,Th 1:00-2:00 PM $33 109519-02

2/4-2/27 Tu,Th 1:00-2:00 PM $33 109519-03

**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. Designed for beginner and intermediate levels. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/2-12/23 M 6:30-7:30 PM $17 109409-01

1/6-1/27 M 6:30-7:30 PM $17 109409-02

2/3-2/24 M 6:30-7:30 PM $17 109409-03

12/4-12/18 W 6:30-7:30 PM $13 109409-04

1/8-1/29 W 6:30-7:30 PM $17 109409-05

2/5-2/26 W 6:30-7:30 PM $17 109409-06

Location: Northside Aztlan Center

12/2-12/23 M 4:00-5:00 PM $17 109520-01

1/6-1/27 M 4:00-5:00 PM $17 109520-02

2/3-2/24 M 4:00-5:00 PM $17 109520-03

12/3-12/17 Tu 5:00-6:00 PM $13 109520-04

1/7-1/28 Tu 5:00-6:00 PM $17 109520-05

2/4-2/25 Tu 5:00-6:00 PM $17 109520-06

12/4-12/18 W 4:00-5:00 PM $13 109520-07

1/8-1/29 W 4:00-5:00 PM $17 109520-08

2/5-2/26 W 4:00-5:00 PM $17 109520-09

12/5-12/26 Th 5:00-6:00 PM $17 109520-10

1/9-1/30 Th 5:00-6:00 PM $17 109520-11

2/6-2/27 Th 5:00-6:00 PM $17 109520-12

Location: Foothills Activity Center

12/2-12/23 M,W 5:30-6:30 PM $29 109708-01

1/6-1/29 M,W 5:30-6:30 PM $33 109708-02

2/3-2/26 M,W 5:30-6:30 PM $33 109708-03

12/3-12/26 Tu,Th 2:15-3:15 PM $29 109708-04

1/7-1/30 Tu,Th 2:15-3:15 PM $33 109708-05

2/4-2/27 Tu,Th 2:15-3:15 PM $33 109708-06

**Svaroopa Yoga for Strength**

Open the core and decompress deep spinal muscles. Focus on core in December, then work to strengthen arms, legs, and hands for mobility in January. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/18 W 10:15-11:45 AM $31 109431-01

1/8-1/29 W 10:15-11:45 AM $41 109431-02

**Therapeutic Yoga**

Slow, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults.

Location: Senior Center

12/2-12/23 M 10:00-11:00 AM $17 109410-01

1/6-1/27 M 10:00-11:00 AM $17 109410-02

2/3-2/24 M 10:00-11:00 AM $17 109410-03

12/2-12/23 M 11:00 AM-Noon $17 109410-04

1/6-1/27 M 11:00 AM-Noon $17 109410-05

2/3-2/24 M 11:00 AM-Noon $17 109410-06

12/5-12/26 Th 10:00-11:00 AM $17 109410-07

1/9-1/30 Th 10:00-11:00 AM $17 109410-08

2/6-2/27 Th 10:00-11:00 AM $17 109410-09

12/5-12/26 Th 11:00 AM-Noon $17 109410-10

1/9-1/30 Th 11:00 AM-Noon $17 109410-11

2/6-2/27 Th 11:00 AM-Noon $17 109410-12

**Vinyasa Flow**

A fun and fast paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/7-12/28 Sa 8:15-9:15 AM $17 109521-01

1/11-2/1 Sa 8:15-9:15 AM $17 109521-02

2/8-2/29 Sa 8:15-9:15 AM $17 109521-03

12/2-12/23 M,W 5:15-6:15 PM $29 109521-04

1/6-1/29 M,W 5:15-6:15 PM $33 109521-05

2/3-2/26 M,W 5:15-6:15 PM $33 109521-06

**Yoga All Levels**

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

12/7-12/28 Sa 9:30-10:30 AM $17 109411-01

1/11-2/1 Sa 9:30-10:30 AM $17 109411-02

2/8-2/29 Sa 9:30-10:30 AM $17 109411-03

**Yoga, Beginner**

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/26 Tu,Th 2:45-3:45 PM $29 109412-01

1/7-1/30 Tu,Th 2:45-3:45 PM $33 109412-02

2/4-2/27 Tu,Th 2:45-3:45 PM $33 109412-03

12/3-12/26 Tu,Th 4:00-5:00 PM $29 109412-04

1/7-1/30 Tu,Th 4:00-5:00 PM $33 109412-05

2/4-2/27 Tu,Th 4:00-5:00 PM $33 109412-06

12/3-12/26 Tu,Th 5:15-6:15 PM $29 109412-07

1/7-1/30 Tu,Th 5:15-6:15 PM $33 109412-08

2/4-2/27 Tu,Th 5:15-6:15 PM $33 109412-09

12/4-12/18 W Noon-1:00 PM $13 109412-10

1/8-1/29 W Noon-1:00 PM $17 109412-11

2/5-2/26 W Noon-1:00 PM $17 109412-12

12/4-12/18 W 1:15-2:15 PM $13 109412-13

1/8-1/29 W 1:15-2:15 PM $17 109412-14

2/5-2/26 W 1:15-2:15 PM $17 109412-15

**Yoga, Advanced Beginner**

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

12/2-12/23 M 4:30-5:20 PM $17 109413-01

1/6-1/27 M 4:30-5:20 PM $17 109413-02

2/3-2/24 M 4:30-5:20 PM $17 109413-03

12/2-12/23 M,W 5:30-6:20 PM $29 109413-04

1/6-1/29 M,W 5:30-6:20 PM $33 109413-05

2/3-2/26 M,W 5:30-6:20 PM $33 109413-06

12/4-12/18 W 4:30-5:20 PM $13 109413-07

1/8-1/29 W 4:30-5:20 PM $17 109413-08

2/5-2/26 W 4:30-5:20 PM $17 109413-09

12/3-12/17 Tu 6:30-7:30 PM $13 109413-10

1/7-1/28 Tu 6:30-7:30 PM $17 109413-11

2/4-2/25 Tu 6:30-7:30 PM $17 109413-12

**Yoga & Meditation**

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26 Tu,Th 9:00-10:00 AM $29 109522-01

1/7-1/30 Tu,Th 9:00-10:00 AM $33 109522-02

2/4-2/27 Tu,Th 9:00-10:00 AM $33 109522-03

Family & Youth Fitness

Cardio & Strength ]

**PlayItUp**

Connect with child through circuit training-based fitness play. Adults achieve a workout, while engaged with children. **Note:** At least one adult must be present and in the room with enrolled child/children. Class will not be held on 12/25, 12/26.

Age: 3-12 years

Location: Foothills Activity Center

12/4-12/18 W 5:00-6:00 PM $41 109709-01

1/8-1/29 W 5:00-6:00 PM $51 109709-02

2/5-2/26 W 5:00-6:00 PM $51 109709-03

12/5-12/19 Th 5:00-6:00 PM $41 109709-04

1/9-1/30 Th 5:00-6:00 PM $51 109709-05

2/6-2/27 Th 5:00-6:00 PM $51 109709-06

12/7-12/28 Sa 9:30-10:30 AM $51 109709-07

1/11-2/1 Sa 9:30-10:30 AM $51 109709-08

2/8-2/29 Sa 9:30-10:30 AM $51 109709-09

Yoga ]

**Family Yoga, Baby & Toddler**

Explore yoga with an infant. Both child and guardian benefit physically, emotionally, and mentally with this approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6-18 months

12/6-12/27 F 9:00-10:00 AM $17 109710-01

1/10-1/31 F 9:00-10:00 AM $17 109710-02

2/7-2/28 F 9:00-10:00 AM $17 109710-03

Parent/Toddler Yoga

Age: 18 months-3 years

12/6-12/27 F 10:00-10:45 AM $13 109710-04

1/10-1/31 F 10:00-10:45 AM $13 109710-05

2/7-2/28 F 10:00-10:45 AM $13 109710-06

**Family Yoga, Child**

Parent and child enjoy yoga together. Improve body and mind with a fun approach to breathwork and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness.

Age: 4-12 years

Location: Foothills Activity Center

12/6-12/27 F 5:00-5:45 PM $13 109710-07

1/10-1/31 F 5:00-5:45 PM $13 109710-08

2/7-2/28 F 5:00-5:45 PM $13 109710-09

12/6-12/27 F 5:45-6:30 PM $13 109710-10

1/10-1/31 F 5:45-6:30 PM $13 109710-11

2/7-2/28 F 5:45-6:30 PM $13 109710-12

**Teen Yoga**

Become more connected with body, mind, and the world through self-discovery, mindful breathing, yoga sequences, and self-confidence exercises.

Age: 11-16 years

Location: Foothills Activity Center

12/4-12/18 W 4:20-5:20 PM $13 109711-01

1/8-1/29 W 4:20-5:20 PM $17 109711-02

2/5-2/26 W 4:20-5:20 PM $17 109711-03

Adult Wellness Programs

All programs are available to ages 18 years & up unless otherwise noted. All programs are held at the Senior Center unless otherwise noted.

Emotional Wellness ]

**Laughter Wellness**

A series of breath work, movement, positive thought, laughter, and fun create an environment of wellness and joy. Reduce stress as the body, mind, and spirit thrive with connection to others.

12/7-2/22 Sa 3:00-4:00 PM No Fee 125417-01

12/14-2/1 Sa 9:00-10:00 AM No Fee 125417-02

Intellectual Wellness ]

**A Focus on Mental Health**

People are quick to go to the doctor for a sore throat, but what about mental health? Discover information on causes of mental health issues, coping techniques, how to get help, and even put together a personal mental health plan.

2/19 W 10:00-11:00 AM No Fee 125415-01

**Beyond Canned Soup**

As people age it gets harder to shop, cook, and prepare healthy meals. Learn what should be on a plate, eating for health, how to make good choices at a restaurant, and how to grocery shop and read labels.

1/28 Tu 10:00-11:00 AM No Fee 125414-01

**Brain Boosters for the Noggin**

Workout the brain with brain games, mental exercises, and new activities to keep the mind active. Learn strategies supported by brain health research for brain healthy living. By UCHealth Aspen Club.

1/7 Tu 9:00-10:30 AM $5 125401-01

**Brain Health Fun, Move, & Laugh**

Humor and fun are woven into movement, dance, and singing to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Attire: comfortable shoes. By UCHealth Aspen Club.

2/27 Th 2:00-3:30 PM $5 125402-01

**Dementia Conversations**

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

12/3 Tu 4:00-5:00 PM No Fee 125408-01

**Home Safety**

Accidents and injuries often happen in or close to home. Understand hazards in the home, strategies to keep safe, and when and who to call for extra support. By Covell Care & Rehabilitation.

1/23 Th 9:30-10:30 AM No Fee 125412-01

**Make it Stick**

Behavior changes rarely stick the first time around. Explore the stages of change and learn how to assess and address the impediments that get people stuck. By Larimer County/CSU Extension.

1/16 Th 10:30 AM-Noon No Fee 125421-01

**Selfcare Planning Workshop**

Reprioritize selfcare and identify areas in life that need greater attention. Learn how to develop an individualized selfcare plan based on realistic goals and values for optimal wellbeing.

2/20 Th 10:30 AM-Noon No Fee 125422-01

**Sex after 50, 60, 70+**

Unravel the myths about sexuality with age. Whether together for 30 years or embarking on a new relationship, learn tools to keep the intimacy alive through a lifetime. By Weiler Counseling.

2/8 Sa Noon-1:00 PM $26 125416-01

**To Drive or Not to Drive**

Learn how to determine if someone is fit to drive or what restrictions may need to be put in place. Discuss Colorado regulations on driving, red flags to keep in mind, and what supportive resources exist. By Covell Care & Rehabilitation.

12/11 W 10:00-11:00 AM No Fee 125409-01

**Understanding Speech**

Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and more. By Covell Care & Rehabilitation.

2/13 Th 10:00-11:00 AM No Fee 125413-01

Physical Wellness ]

**Enhance Wellness, Nutrition**

Discuss nutritional choices and mindful eating strategies. By UCHealth Community Health.

12/16 M 1:00-2:00 PM No Fee 125403-01

1/20 M 1:00-2:00 PM No Fee 125403-02

2/17 M 1:00-2:00 PM No Fee 125403-03

**Mindful Eating Workshop**

Learn how to take charge of eating instead of feeling out of control. Practice eating favorite foods without overeating or guilt, and improve mindless and emotional eating. By UCHealth.

2/4-3/24 Tu 4:30-6:00 PM $66 125405-01

**The Unmentionables Talk**

Discuss incontinence, constipation, and prolapse with a little humor. Learn tips for exercise and diet to help take back control of the bathroom. By UCHealth.

2/26 W 10:30 AM-Noon No Fee 125406-01

**Is It Time Yet?**

Determine if it’s time to accept help or care at home or consider moving. Be informed to help prevent crisis and empower decisions. Explore living options including costs.

2/18 Tu 2:00-3:30 PM No Fee 125407-01

**Bossy Bladder or Bowel**

Bossy bladders or bowels can stand in the way of life and prevent participation in hobbies or family events. Learn how to get control to lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care & Rehabilitation.

12/17 Tu 1:00-2:00 PM No Fee 125410-01

**Exercise at Home**

Discuss which exercises can be done safely at home. Learn how to create a safe environment, along with some exercises and stretches for movement and strength. By Covell Care & Rehabilitation.

1/8 W 10:00-11:00 AM No Fee 125411-01

**The 21-Day Sugar Detox**

Learn to tame the sugar monster and squash cravings. Sugar is highly addictive and eating foods high in sugar and refined carbs can damage health, causing fatigue, weight gain, mood swings, aches, pains, and inflammation. By a holistic nutritionist. **Note:** Class will not be held on 1/16, 2/12.

1/2-1/23 Th 6:00-7:00 PM $66 125418-01

1/29-2/19 W 10:00-11:00 AM $66 125418-02

**Healthy Living-Brain & Body**

Science provides insights into how to optimize physical and cognitive health with age. Learn about the research in areas of diet and nutrition, exercise, cognitive activity, and social engagement.

1/7 Tu 1:00-2:00 PM No Fee 125500-01

Spiritual Wellness ]

**Meditation & Spiritual Wisdom**

Age gracefully with strength and healing through simple yoga breath work, visualization, positive affirmations, and meditation. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress.

12/6-12/20 F 10:00-11:30 AM $31 125400-01

1/10-1/31 F 10:00-11:30 AM $41 125400-02

2/7-2/28 F 10:00-11:30 AM $41 125400-03

**Morning Meditation**

Basic instruction offered as well as a guided meditation and time for silent practice. Practices will vary week to week. Each session concludes with reflections on how to make and maintain space for everyday mindfulness. All levels welcome.

12/5 Th 9:00-10:00 AM No Fee 125419-01

12/19 Th 9:00-10:00 AM No Fee 125419-02

1/2 Th 9:00-10:00 AM No Fee 125419-03

1/16 Th 9:00-10:00 AM No Fee 125419-04

2/6 Th 9:00-10:00 AM No Fee 125419-05

2/20 Th 9:00-10:00 AM No Fee 125419-06

**The Gift of Presence**

Designed to access inherent wisdom through the power of images. Explore what “presence” means through an art form with insightful collage cards. No experience necessary. Materials provided.

12/19 Th 10:30 AM-12:30 PM No Fee 125420-01

Youth Wellness Programs

Physical Wellness ]

**Food for Life, Kids Health**

Poor diet and lack of exercise put today’s children at greater risk for heart disease, diabetes, and cancer later in life. A foundation for healthy eating is needed. Learn about nutrition and how to cook new healthy recipes in each class. Consent form required at registration. **Note:** Class will not be held on 1/1.

Age: 6-12 years

Location: Foothills Activity Center

Bang-Up Breakfast

12/30 M 1:00-3:00 PM $21 125700-02

In-Between Meals

12/31 Tu 1:00-3:00 PM $21 125700-03

Rainbow Lunches

1/2 Th 1:00-3:00 PM $21 125700-04

Digging these Dinners

1/3 F 1:00-3:00 PM $21 125700-05

All 4 Classes

12/30-1/3 M,Tu,Th,F 1:00-3:00 PM $76 125700-01

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**

All Ice programs are held at EPIC unless otherwise noted.

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 and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.

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 lesson 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. Please see your coach with any concerns.

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 from your coach 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. See page 7 for public skate admission fees. **Note:** Skate rentals are an additional $3 fee.

**Freestyle**

Interested in learning more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

**Conditioning for Skaters**

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

**Private Skating Instruction**

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970.221.6683 or fill out a private lesson request at the front desk.

**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 schedule a lesson 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

**College Hockey**

Colorado State University, csuhockey.com

**High School Hockey**

High Plains Hockey, highplainshockey.com

**Women’s Hockey**

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

**Youth Hockey**

Northern Colorado Youth Hockey, ncyh.org

**Curling**

Poudre Valley Curling Club, poudrevalleycurling.com

**Figure Skating Club**

Fort Collins Figure Skating Club, fortcollinsfsc.org

**Speed Skating**

Jondon Speed, jondonspeed.com

Adult Programs

**Adult Skate, Beginner & Intermediate**

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills taught.

Age: 16 years & up

1/9-2/6 Th 6:15-6:45 PM $46 110349-01

2/13-3/12 Th 6:15-6:45 PM $46 110349-02

**Adult Skate, Advanced**

Designed for experienced skaters who desire to learn new skills. See descriptions for Youth Ice Skating, Basic 5–6 for skills taught.

Age: 16 years & up

1/9-2/6 Th 6:45-7:15 PM $49 110353-01

2/13-3/12 Th 6:45-7:15 PM $49 110353-02

**Fitness Skate**

Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes available. **Note:** Class will not be held on 12/6, 12/25, 1/1, 1/20.

Age: 16 years & up

12/2-2/28 M-F 11:15 AM-1:00 PM $6

**Senior Coffee Club**

Designed for older adults interested in social skating. Drop-in fees apply. **Note:** Adults age 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. **Note:** Session will not be held on 12/25, 1/1.

Age: 60 years & up

12/4-2/26 W 9:15-10:45 AM

Curling ]

**Curling League**

For those who want 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 stretchy/loose layers.

Age: 8 years & up

1/26-2/16 Su 9:15-11:15 AM $44 110376-01

2/23-3/15 Su 9:15-11:15 AM $44 110376-02

**Corporate Curling**

Curling is a great team building exercise and one of the fastest growing sports. For pricing and to reserve space on a Tuesday contact 970.416.2770. No experience required. All equipment provided. Reservation required.

Age: 8 years & up

12/10-2/25 Tu 1:00-2:30 PM

Hockey ]

**Cub Hockey, Beginner**

Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. **Note:** Equipment handout is 1/16 from 4-6 p.m.; equipment can be checked out with a $150 check deposit. Equipment check-in is immediately following last game of the session.

Age: 4-8 years

1/21-3/12 Tu,Th 4:15-5:00 PM $193 110372-01

**Drop-In Hockey**

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 when signing up. Limited to 30 players. **Note:** Session will not be held on 12/25, 1/1, 12/26, 1/2.

Age: 16 years & up

12/2-2/28 M-F 11:15 AM-12:45 PM $5

12/5-2/27 Th 1:00-2:30 PM $5

**Hockey Skate, Basic 1**

Designed for skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Hockey equipment not required.

Age: 5-9 years

1/11-2/8 Sa 11:15-11:45 AM $46 110308-01

2/15-3/14 Sa 11:15-11:45 AM $46 110308-02

**Hockey Skate, Basic 2**

Designed for skaters between the ages of 10-15 years who have never skated before or who have successfully completed Hockey Skate, Basic 1. See Basic 2 Skate for more information about skills learned. Hockey equipment not required.

Age: 5-15 years

1/11-2/8 Sa 10:30-11:00 AM $46 110312-01

2/15-3/14 Sa 10:30-11:00 AM $46 110312-02

**Power Skating Drop-In**

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. **Note:** Class will not be held on 12/25, 1/1.

Age: 9-17 years

12/4-2/26 W 4:00-4:45 PM $14

**Stick & Puck Drop-In**

Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed. Rules are posted in each arena. **Note:** Class will not be held on 1/18, 1/19.

Age: All

12/1-2/29 Sa,Su 2:30-3:30 PM $5

12/23-1/3 M,Th,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. Attire: warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Developed by Olympic speed skater, Jondon Trevena. Previous skating experience required. **Note:** Class will not be held on 12/25, 1/1, 2/5.

Age: 7 years & up

Beginner

12/4-2/26 W 5:00-5:30 PM $10

Intermediate

12/4-2/26 W 5:00-6:00 PM $19

Youth Programs

**Snowplow Sam 1 & 2**

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

Age: 4-5 years

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110302-01

1/7-2/6 Tu,Th 9:30-10:00 AM $91 110302-02

1/11-2/8 Sa 10:30-11:00 AM $46 110302-03

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110302-04

2/11-3/12 Tu,Th 9:30-10:00 AM $91 110302-05

2/15-3/14 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

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110304-01

1/7-2/6 Tu,Th 9:30-10:00 AM $91 110304-02

1/11-2/8 Sa 10:30-11:00 AM $46 110304-03

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110304-04

2/11-3/12 Tu,Th 9:30-10:00 AM $91 110304-05

2/15-3/14 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 introduction to forward one-foot glide.

Age: 5-15 years

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110306-01

1/7-2/6 Tu,Th 10:00-10:30 AM $91 110306-02

1/11-2/8 Sa 10:30-11:00 AM $46 110306-03

1/27-3/9 M 4:00-4:30 PM $64 110306-04

1/27-3/9 M 4:30-5:00 PM $64 110306-05

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110306-06

2/11-3/12 Tu,Th 10:00-10:30 AM $91 110306-07

2/15-3/14 Sa 10:30-11:00 AM $46 110306-08

**Basic 2 Skate**

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or ages 10-15 years and never skated.

Age: 5-15 years

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110310-01

1/7-2/6 Tu,Th 10:00-10:30 AM $91 110310-02

1/11-2/8 Sa 10:30-11:00 AM $46 110310-03

1/27-3/9 M 4:00-4:30 PM $64 110310-04

1/27-3/9 M 4:30-5:00 PM $64 110310-05

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110310-06

2/11-3/12 Tu,Th 10:00-10:30 AM $91 110310-07

2/15-3/14 Sa 10:30-11:00 AM $46 110310-08

**Basic 3 Skate**

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5-15 years

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110314-01

1/7-2/6 Tu,Th 10:30-11:00 AM $91 110314-02

1/11-2/8 Sa 11:15-11:45 AM $46 110314-03

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110314-04

2/11-3/12 Tu,Th 10:30-11:00 AM $91 110314-05

2/15-3/14 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

1/7-2/6 Tu,Th 4:45-5:15 PM $91 110316-01

1/7-2/6 Tu,Th 10:30-11:00 AM $91 110316-02

1/11-2/8 Sa 10:30-11:00 AM $46 110316-03

2/11-3/12 Tu,Th 4:45-5:15 PM $91 110316-04

2/11-3/12 Tu,Th 10:30-11:00 AM $91 110316-05

2/15-3/14 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

1/7-2/6 Tu,Th 5:30-6:00 PM $91 110318-01

1/11-2/8 Sa 11:15-11:45 AM $46 110318-02

2/11-3/12 Tu,Th 5:30-6:00 PM $91 110318-03

2/15-3/14 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

1/7-2/6 Tu,Th 5:30-6:00 PM $91 110322-01

1/11-2/8 Sa 11:15-11:45 AM $46 110322-02

2/11-3/12 Tu,Th 5:30-6:00 PM $91 110322-03

2/15-3/14 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

1/7-2/6 Tu,Th 5:15-6:00 PM $144 110324-01

1/11-2/8 Sa 9:30-10:15 AM $72 110324-02

2/11-3/12 Tu,Th 5:15-6:00 PM $144 110324-03

2/15-3/14 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

1/7-2/4 Tu 6:15-6:45 PM $49 110330-01

2/11-3/10 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.

Age: 5-15 years

1/7-2/6 Tu,Th 5:15-6:00 PM $144 110332-01

1/11-2/8 Sa 9:30-10:15 AM $72 110332-02

2/11-3/12 Tu,Th 5:15-6:00 PM $144 110332-03

2/15-3/14 Sa 9:30-10:15 AM $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.

Age: 5-15 years

1/7-2/6 Tu,Th 5:15-6:00 PM $144 110334-01

1/11-2/8 Sa 9:30-10:15 AM $72 110334-02

2/11-3/12 Tu,Th 5:15-6:00 PM $144 110334-03

2/15-3/14 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.

Age: 5-15 years

1/7-2/6 Tu,Th 5:15-6:00 PM $144 110336-01

1/11-2/8 Sa 9:30-10:15 AM $72 110336-02

2/11-3/12 Tu,Th 5:15-6:00 PM $144 110336-03

2/15-3/14 Sa 9:30-10:15 AM $72 110336-04

**Spring Ice Show Registration**

Skaters enrolled in Learn to Skate can participate in the 2020 “Spring Spectacular” ice show. Register by 2/3. Participants must attend a casting call on 2/5; times listed below. Costume fees range from $60-85. A $60 deposit is taken at time of measuring. Rehearsals begin mid-March. Shows are the weekend of 5/8. **Note:** Tickets available in the Spring 2020 Recreator, released January 21.

Snowplow Sam 1&2

2/5 W 5:00-5:15 PM $20 110358-01

Snowplow Sam 3&4

2/5 W 5:00-5:15 PM $20 110358-02

Basic 1

2/5 W 5:00-5:15 PM $20 110358-03

Basic 2

2/5 W 5:00-5:15 PM $20 110358-04

Basic 3

2/5 W 5:15-5:30 PM $20 110358-05

Basic 4

2/5 W 5:15-5:30 PM $20 110358-06

Basic 5

2/5 W 5:15-5:30 PM $20 110358-07

Basic 6

2/5 W 5:15-5:30 PM $20 110358-08

Pre-Free Skate

2/5 W 5:30-6:00 PM $20 110358-09

Free Skate 1 & 2

2/5 W 5:30-6:00 PM $20 110358-10

Free Skate 3 & 4

2/5 W 5:30-6:00 PM $20 110358-11

Free Skate 5 & 6

2/5 W 5:30-6:00 PM $20 110358-12

Age: 16 years & up

Adult Beginner

2/5 W 5:45-6:00 PM $20 110358-13

Adult Intermediate

2/5 W 5:45-6:00 PM $20 110358-14

Adult Advanced

2/5 W 5:45-6:00 PM $20 110358-15

Outdoor Recreation & Education

Challenge your mind, challenge your body. Explore what Recreation has to offer in the great outdoors.

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with . 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 Membership 50+. For information about Membership 50+ benefits, see page 4.

**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 cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m. one week prior to the trip departure for refund or credit, in accordance with the Recreation refund policy on page 4.

**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.

Adult Programs

Classes are for ages 18 years & up unless otherwise noted.

Winter Social

Learn about the opportunities offered with Outdoor Recreation this winter. From hikes, to snowshoe trips, to riding the ski bus, there’s something for everyone to enjoy. Also, network with other outdoor enthusiasts and enjoy the classic ski film, Far Out, created by Teton Gravity Films.

Age: All

Location: Senior Center

12/7 Sa 6:00-8:00 PM No Fee

B.O.O.T.S. Membership ]

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Dip toes in the great outdoors and start locally with a B.O.O.T.S. instructor. Attend the Winter Social to learn more about club membership and activities (see above). For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

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

Once registered as a member, participants choose hikes, stewardship, and educational events to attend (listed below). No stewardship or education programs are offered in the winter. After registration, the B.O.O.T.S. coordinator will contact club members to welcome them to the group.

12/1-2/29 M-Su 12:00-12:00 AM $25 111930-01

B.O.O.T.S. Hiking ]

King Fisher Point Natural Area

12/9 M 10:00 AM-Noon No Fee 111931-01

Devil’s Backbone Natural Area

12/16 M 10:00 AM-Noon No Fee 111931-02

McMurry Open Space

1/6 M 10:00 AM-Noon No Fee 111931-03

Running Dear Natural Area

1/20 M 10:00 AM-Noon No Fee 111931-04

Horsetooth Mountain Open Space

**Note:** Entrance fee not included.

1/27 M 10:00 AM-Noon No Fee 111931-05

Riverbend Ponds Natural Area

2/3 M 10:00 AM-Noon No Fee 111931-06

Maxwell Natural Area

2/10 M 10:00 AM-Noon No Fee 111931-07

Lory State Park

**Note:** Entrance fee not included.

2/24 M 10:00 AM-Noon No Fee 111931-08

Extended Travel

**Backcountry Boundary Waters Canoe Expedition**

Experience the serenity and beauty of the Boundary Waters Canoe Wilderness Area in Minnesota on this 7-day/6-night backcountry experience. Embark on a challenge with over 5 days of canoeing, including portaging, with experienced guides. Paddle, portage, carry personal and group gear, set up campsites, and work as a team during this strenuous expedition. For more information, contact outdoor@fcgov.com. **Note:** Fee includes accommodations (cabins and tents), gear, meals as listed in the itinerary, guides, and required permits. Fee does not include airfare.

8/20/20-8/26/20 Double occupancy $2,900 311991-01

8/20/20-8/26/20 Single rates available upon request 311991-01

Outdoor Education

**Wine & Wander**

Gear up for an invigorating two-hour hike in followed by a wine tasting presentation. **Note:** Fee includes hike, snacks, and wine flight.

Age: 21 years & up

10 Bears Winery

12/7 Sa 10:00 AM-3:00 PM $65 111909-01

Blendings Winery

2/29 Sa 10:00 AM-3:00 PM $65 111909-02

**Basic Land Navigation**

Discuss different land navigation techniques and learn how to use a map, compass, and landmarks to find a destination.

12/11 W 9:00-11:00 AM $30 107405-01

**Front Range Winter Bird ID**

Designed for beginner birders who love nature and want to learn more about local birds. Learn techniques to identify birds and how to use a field guide and binoculars in the comfort of the indoors.

12/15 Su 3:00-5:00 PM $15 107402-01

1/19 Su 3:00-5:00 PM $15 107402-02

2/9 Su 3:00-5:00 PM $15 107402-03

**Guided Forest Therapy**

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection, and creativity.

Location: Lee Martinez Park

12/21 Sa 1:00-3:00 PM $20 107907-01

1/18 Sa 1:00-3:00 PM $20 107907-02

2/15 Sa 1:00-3:00 PM $20 107907-03

Snow Day Trips

Designed for adults 18 years & older who wish to get into the outdoors with competent and experienced guides. Guides carry Garmin inReach positioning in case of emergency and are Wilderness First Aid certified. For safety, Outdoor Recreation instructors lead and sweep every hike. No instruction in activities is provided unless otherwise noted.

Vans depart and return to the Senior Center and are equipped with AEDs. Participants are required to provide their own appropriate equipment including but not limited to a rain jacket, close toed shoes, winter clothing, or cross-country skis, as well as water, food, and park entrance costs ($25 for RMNP or a park pass). Participants must be in good health and capable of moderate physical activity, meeting the distance and elevation requirement associated with each outing. All participants are encouraged to use trekking poles which can be provided upon request. Limited snowshoes also available upon request. For more information contact Sarah Olear, solear@fcgov.com.

Destination of outing and day of itinerary may change due to weather, trail conditions, or other factors at the discretion of the program coordinator or leading Outdoor Recreation instructor.

**Note:** Timing, elevations, and mileage are all subjective and vary dependent on mapping tools used and group pace.

Cross-country Skiing ]

**Cross-country Ski Refresher**

Take a refresher on the basics of cross-country skiing. Put skills into practice in State Forest State Park. **Note:** Fee includes instruction.

Lake Agnes Cabins

1/16 Th 7:00 AM-5:00 PM $45 111902-01

Gould Loop

2/5 W 7:00 AM-5:00 PM $45 111902-02

**Gould Mountain Loop**

Enjoy views of the Rawahs on this cross-country ski trail. Moderate; Mileage: 4-6; Lowest elevation: 8,500 ft.; Highest elevation: 9,200 ft.

1/22 W 8:00 AM-4:00 PM $45 111921-01

**Aspen Brooke Trail**

Enjoy views of Rocky Mountain National Park on this out and back trail. Moderate; Mileage: 3-5; Lowest elevation: 8,200 ft.; Highest elevation: 9,100 ft.

1/30 Th 7:00 AM-4:00 PM $45 111921-02

**Trail Ridge Road**

Enjoy the views of Trail Ridge Road to Many Parks Curve with views of snowcapped Mummy Range and scenic Endo Valley. Strenuous; Mileage: 4-6; Lowest elevation: 9,640 ft; Highest elevation: 10,290 ft.

2/13 Th 7:00 AM-4:00 PM $45 111921-03

**Finch Lake**

Explore Rocky Mountain National Park by cross country ski on the Finch Lake Trail. Strenuous; Mileage: 5-7; Lowest elevation: 8,400 ft.; Highest elevation: 10,000 ft.

2/19 W 7:00 AM-4:00 PM $45 111921-04

**Brockman Road to Diamond Peaks Loop**

Enjoy the Ponderosa pines along this scenic ski trail. Strenuous; Mileage: 7-10; Lowest elevation: 9,100 ft.; Highest elevation: 10,400 ft.

2/26 W 7:00 AM-5:00 PM $45 111921-05

Downhill Ski Trips ]

Take away the stress of I-70 traffic with transportation to and from some of Colorado’s iconic ski resorts.

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 Highway 34 at 7:20 a.m. Ski trips are subject to the City of Fort Collins one-week cancellation policy. If the minimum number of participants are not registered for the program, or weather conditions are unsafe, it is at the discretion of the coordinator to cancel the program. All cancellations due to low enrollment or weather receive a full refund back to the original method of payment.

Copper Mountain

12/18 W 7:00 AM-7:00 PM $50 111910-01

1/15 W 7:00 AM-7:00 PM $50 111910-03

1/29 W 7:00 AM-7:00 PM $50 111910-06

2/12 W 7:00 AM-7:00 PM $50 111910-09

2/26 W 7:00 AM-7:00 PM $50 111910-12

Winter Park

1/8 W 7:00 AM-7:00 PM $50 111910-02

1/22 W 7:00 AM-7:00 PM $50 111910-04

2/5 W 7:00 AM-7:00 PM $50 111910-07

2/10 M 7:00 AM-7:00 PM $50 111910-08

2/19 W 7:00 AM-7:00 PM $50 111910-10

Arapahoe Basin/Keystone

1/27 M 7:00 AM-7:00 PM $50 111910-05

2/24 M 7:00 AM-7:00 PM $50 111910-11

Snowshoeing ]

**Tips & Trails for Snowshoeing**

Learn about snowshoeing and where to go, where to get gear, and how to stay safe. Discover new-to-snowshoeing information. All levels welcome.

1/20 M 4:30-6:00 PM $5 125404-01

**Introduction to Snowshoeing**

Take a refresher on the basics of snowshoeing. Put skills into practice in Rocky Mountain National Park. **Note:** Fee includes instruction.

Dream Lake

1/7 Tu 7:00 AM-4:00 PM $45 111901-01

Deer Mountain

2/4 Tu 7:00 AM-4:00 PM $45 111901-02

**Gould Loop**

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

1/15 W 7:00 AM-5:00 PM $45 111920-01

**Lake Agnes**

Spectacular views of Nokhu Crags. Rating: Strenuous; Mileage: 6-8 miles; Lowest elevation: 9,600 ft.; Highest elevation: 10,700 ft.

1/19 Su 7:00 AM-5:00 PM $45 111920-02

**Cub Lake**

Wander through lush meadows, keeping an eye out for elk or deer. Rating: Easy; Mileage: 3-7 miles; Lowest elevation: 8,100 ft.; Highest elevation: 8,600 ft.

1/23 Th 7:00 AM-4:00 PM $45 111920-03

**Bierstadt Lake Loop**

Scenic wooded glacial moraine with excellent views along the way. Rating: Moderate; Mileage: 3-4 miles; Lowest elevation: 8,850 ft.; Highest elevation: 9,416 ft.

1/31 F 7:00 AM-4:00 PM $45 111920-04

**Emerald Lake**

Hike to one of Rocky Mountain National Park’s scenic gems. Rating: Easy; Mileage: 1-3 miles; Lowest elevation: 9,400 ft.; Highest elevation: 10,100 ft.

2/12 W 7:00 AM-4:00 PM $45 111920-05

**Rabbit Mountain Open**

Explore beautiful open space surrounded by amazing views. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 5,500 ft.; Highest elevation: 5,850 ft.

2/20 Th 7:00 AM-5:00 PM $45 111920-06

**Calypso Cascades**

See the beautiful falls encased in ice and snow. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 8,500 ft.; Highest elevation: 9,200 ft.

2/28 F 7:00 AM-4:00 PM $45 111920-07

Youth Programs

**Archery**

Learn balance, poise, accuracy, vision, timing, and action. Discover basic techniques and how to be safe. Equipment is provided.

Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Dr.

12/12-12/19 Th 4:30-5:30 PM $30 115941-01

1/16-1/23 Th 4:30-5:30 PM $30 115941-02

2/13-2/20 Th 4:30-5:30 PM $30 115941-03

Special Events

**Santa on The Farm**

Santa Claus is visiting The Farm. Be enchanted by holiday lights and decorations, and enjoy hot chocolate, hayrides, visits with the animals, and of course, Santa. For more fun, purchase $1 tickets for gift making, hot dogs, and s’mores.

Age: All

11/30-12/1 Sa,Su 3:00-6:00 PM No Fee

**Winter SOAP Show: Bits of Broadway**

Be entertained this winter with SOAP (Slightly Older Adult Players) and their performance of Bits of Broadway, Done SOAPs Way. Music featured from 16 fan favorite shows. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

12/6 F 1:30 PM $6 Ticketed Event

12/6 F 7:00 PM $6 Ticketed Event

12/7 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

12/9-12/31 M-F 6:00 AM-9:00 PM

12/9-12/31 Sa 8:00 AM-5:00 PM

12/9-12/31 Su 9:00 AM-8:00 PM

**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 Deaux, Soldier Doll, Ballerina Doll, Marzipan, March, and Angels. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

12/14 Sa 5:00 PM $5 Ticketed Event

**Winter Festival**

A fun-filled day of winter on-ice activities includes free figure and synchronized skating exhibitions, and a speed skating demonstration. Free public skate session from 12:15-2:15 p.m., followed by figure skating exhibitions from 2:30-6:30 p.m. Lessons in skating available during public skate time. No registration necessary.

Age: All

Location: Edora Pool Ice Center

12/14 Sa 12:15 PM-2:15 PM No Fee

**LIVE INVOLVED**

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

Age: 18 years & up

Location: Senior Center

1/25 Sa 10:00 AM – 2:00PM No Fee

**Opera Fort Collins Presents Gilbert & Sullivan Showcase**

Apprentice and Bel Canto Artists with Opera Fort Collins Opera Chorus presents musical highlights from H.M S. Pinafore, Pirates of Penzance, The Gondoliers, and The Mikado. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

2/15 Sa 6:30 PM $5 Ticketed Event

Sports

**Online Sports Schedules & League Rules**

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

Adult Sports

Basketball ]

**Lunchtime Basketball**

Break up the day with drop-in basketball for a lunchtime game. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Community Center

12/2–2/28 M-F Noon–2:00PM

**Winter Adult Basketball**

Teams register for their level of play and night preference on a first-come-first-servedd basis. 8 games scheduled. Registration ends 12/13 or when leagues fill. Leagues begin the week of 1/6.

Location: Northside Aztlan Center

Cost: $459

**Men’s**

Monday Competitive 113901-01

Monday Recreational 113901-02

Wednesday Recreational 113901-03

**Women’s**

Wed Recreational 113902-02

**Coed**

Sun Recreational 113903-01

**Spring Adult Men’s Basketball**

Teams sign up for their level preference on a first-come-first-served basis. 6 games scheduled. Registration ends 3/19 or when leagues fill. Leagues begin the week of 3/27.

Location: Northside Aztlan Center

Cost: $341

Friday Competitive 213901-01

Friday Recreational 213901-02

Flag Football ]

**Spring Adult Flag Football**

8-on-8 non-contact. Registration ends 3/13 or when leagues fill. 6 games scheduled; 6 games guaranteed.

Location: Rolland Moore Park

3/23–4/27 M 6:00–10:00 PM $330 213011-01

Kickball ]

**Spring Coed Kickball**

Play an American classic invented on the playground. Registration ends 3/6 or when league fills. 6 games scheduled. League begins 3/20.

Location: Rolland Moore Park

Cost: $210

Fri Coed Competitive 213061-01

Fri Coed Recreational 213061-02

Martial Arts ]

**Shotokan Karate, Beginner**

Introduction to karate and a Japanese martial art form. May be divided into groups depending on ability. Adults welcome to participate with their children. Learn basic karate techniques and form before continuation to the intermediate level.

Age: 7 years & up

Location: Club Tico

1/6–2/5 M,W 6:00–7:00 PM $56 122122-02

2/10–3/11 M,W 6:00–7:00 PM $56 122122-03

Location: Foothills Activity Center

2/11–3/12 Tu,Th 5:00–6:00 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.

Age: 7 years & up

Location: Club Tico

1/6–2/5 M,W 6:00–7:00 PM $56 122123-02

2/10–3/11 M,W 6:00–7:00 PM $56 122123-03

Location: Foothills Activity Center

2/11–3/12 Tu,Th 6:00–7:00 PM $56 122120-03

**Shotokan Karate, Advanced**

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

1/6–2/5 M,W 7:00–8:00 PM $56 122124-02

2/10–3/11 M,W 7:00–8:00 PM $56 122124-03

Location: Foothills Activity Center

2/11–3/12 Tu,Th 6:00–7:00 PM $56 122121-03

Pickleball ]

**Pickleball POP (Paid Open Play)**

Playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up

Location: Northside Aztlan Center

Beginner

12/2–12/30 M 1:45–4:00 PM $15 124500-01

1/6–1/27 M 1:45–4:00 PM $15 124500-02

2/3–2/24 M 1:45–4:00 PM $15 124500-03

Intermediate

12/4–12/18 W 1:45–4:00 PM $10 124510-01

1/8–1/29 W 1:45–4:00 PM $15 124510-02

2/5–2/26 W 1:45–4:00 PM $15 124510-03

Advanced

12/6–12/27 F 1:45–4:00 PM $15 124520-01

1/3–1/31 F 1:45–4:00 PM $15 124520-02

2/7–2/28 F 1:45–4:00 PM $15 124520-03

4.0+

12/5–12/26 Th 6:00–9:00 AM $15 124525-01

1/2–1/30 Th 6:00–9:00 AM $15 124525-02

2/6–2/27 Th 6:00–9:00 AM $15 124525-03

**Pickleball Ladder League, Individual Doubles**

Adult teams play matches against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets according to results. Fee is per person.

Age: 18 years & up

Location: Senior Center

12/2-2/23 Tu 5:30-8:00 PM $25 124440-01

1/6-1/27 Tu 5:30-8:00 PM $25 124440-02

2/3-2/24 Tu 5:30-8:00 PM $25 124440-03

**Pickleball Tournament, Sweetheart Swing**

A full day of fun, fitness, and mixed-doubles competition. Both partners must register. List partner name at registration.

Age: 18 years & up

Location: Northside Aztlan Center

2/16 Su 9:00 AM-3:00 PM $35 124400-01

**Pickleball, Beginner Lessons**

For those new to pickleball or those wanting to freshen up basic skills. Classroom and court time to learn rules, scoring, and basics. Designed as introduction to a fun and growing sport.

Age: 18 years & up

Location: Senior Center

12/3-12/10 Tu 9:00-11:00 AM $20 124420-01

1/7-1/14 Tu 9:00-11:00 AM $20 124420-02

1/21-1/28 Tu 9:00-11:00 AM $20 124420-03

2/4-2/11 Tu 9:00-11:00 AM $20 124420-04

2/18-2/25 Tu 9:00-11:00 AM $20 124420-05

**Pickleball Skills & Drills**

Drills designed to improve play. No games played. Different courts designated for different skill levels.

Age: 18 years & up

Location: Northside Aztlan Community Center

12/3-12/17 Tu 6:30-9:00 AM $15 124422-01

1/7-1/28 Tu 6:30-9:00 AM $20 124422-02

2/4-2/25 Tu 6:30-9:00 AM $20 124422-03

**Pickleball, Intermediate Lessons**

Designed for those above beginner level. Enhance game through practice drills and learn the finer points of play. Must demonstrate adequate skills and proficiency at novice play.

Age: 18 years & up

Location: Senior Center

12/3-12/17 Tu 8:00-9:00 AM $15 124423-01

1/7-1/28 Tu 8:00-9:00 AM $20 124423-02

2/4-2/25 Tu 8:00-9:00 AM $20 124423-03

Softball ]

Teams sign up for their level of play and night preference on a first-come-first-served basis. Levels of Play:

II–Competitive, III–Intermediate, IV–Recreational

**Spring Adult Softball**

Get the rust off before the summer leagues begin. Registration ends 3/6, or when leagues fill. Leagues begin the week of 3/16. 6 games scheduled.

Location: Rolland Moore Park

Cost: $355

Men’s

Sunday IV 213021-01

Monday III 213021-02

Monday IV 213021-03

Tuesday III 213021-04

Tuesday IV 213021-05

Wednesday II 213021-06

Wednesday III 213021-07

Wednesday IV 213021-08

Thursday III 213021-09

Friday IV 213021-10

Women’s

Thursday III 213022-01

Coed

Sunday Competitive 213023-01

Sunday Recreational 213023-02

Tuesday Competitive 213023-03

Tuesday Recreational 213023-04

Wednesday Competitive 213023-05

Wednesday Recreational 213023-06

Thursday Recreational 213023-07

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. Registration ends 12/27 or when leagues fill. Leagues begin the week of 1/5. 8 games scheduled.

Location: TBA

Cost: $281

Women’s

Sunday B 113942-01

Wednesday A 113942-02

Wednesday BB 113942-03

Coed

Monday BB 113943-01

Monday B 113943-02

Tuesday A 113943-03

Tuesday BB 113943-04

Friday B 113943-05

**Spring Adult Volleyball**

Coed and women’s leagues are offered for 6-person teams. Registration ends 3/13 or when leagues fill. Leagues begin 3/25. 8 games scheduled.

Age: 16 years & up

Location: TBA

Cost: $281

Women’s

Sunday B 213942-01

Wednesday A 213942-02

Wednesday BB 213942-03

Coed

Monday BB 213943-01

Monday B 213943-02

Tuesday A 213943-03

Tuesday BB 213943-04

Friday B 213943-05

Tennis

**General Information**

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

All courses take place at the Rolland Moore Racquet Complex unless otherwise noted.

**Rolland Moore Pro Shop**

Visit our fully stocked pro shop located at the Rolland Moore Racquet Complex. 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 and Fossil Creek Park.

**Session Dates for All Classes**

1/6-2/1 Session 1

2/3-2/29 Session 2

3/2-3/28 Session 3

**Beginner Lessons**

Whether new to the game or getting back into it after a long hiatus, learn and develop fundamentals. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition.

Age: 18 years & up

M, W 6:00–7:30PM

**Intermediate Lessons**

Learn the “Modern Game” of tennis and refine skills. Experience techniques used by the pros. Develop topspin, forehand, backhand and serves, and learn doubles and singles strategies that win.

Age: 18 years & up

Tu, Th 6:00–7:30 PM

**League Coaching**

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness. A variety of coaching programs available.

**Premier Clinics**

Designed for the beginner through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. 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. Times are flexible. Rent ball machines to work on that pesky backhand.

Youth Tennis ]

Lewis Tennis School directs all tennis programs for the City of Fort Collins. For more information about Lewis Tennis, see page 81.

**Performance Training**

Designed for the junior player who has a foundation of the game and shows a high level of commitment. Players have goals of state and sectional rankings, high school varsity play, and college scholarships. Performance players participate in NJTL tennis, leadership, and life skills training on Fridays. Players must be accepted by Head Pro. Call 970.493.7000 for additional information.

**Homeschool Classes**

These tennis classes are held at flexible times during the day. Call 970.493.7000 to arrange a homeschool class.

**After-School Enrichment**

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with school for details.

**10 Years & Under**

Exciting play format for those new to 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

**Indoor Little Lobber – NEW!**

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 this lifetime sport.

**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**

Develop tennis skills to play on the high school team or to enjoy with friends.

**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

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 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-served basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. 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 fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

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

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970.416.4297.

**Online Sports Schedules & League Rules**

All youth sports schedules and league rules are located online through Team Sideline. See page 77 for more information.

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 teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games with one official minimum for each game. Two practices per week with games on Saturdays.

Cost: $87

Dates: 1/13–2/29

Grade: Kindergarten–1

Foothills Activity Center 114906-07

Northside Aztlan Center 114906-06

Grade: 2–3

Bacon 114907-01

Bauder 114907-03

Beattie 114907-05

Bennett 114907-07

Bethke 114907-09

CLP 114907-11

Dunn 114907-13

Eyestone 114907-15

Harris 114907-17

Irish 114907-19

Johnson 114907-21

Kruse 114907-23

Laurel 114907-25

Linton 114907-27

Lopez 114907-29

McGraw 114907-31

Odea 114907-33

Olander 114907-35

Putnam 114907-37

Rice 114907-39

Riffenburgh 114907-41

Shepardson 114907-43

Tavelli 114907-45

Polaris 114907-38

Timnath 114907-47

Traut 114907-49

Werner 114907-51

Zach 114907-53

Grade: 4–5

Bacon 114908-01

Bauder 114908-03

Beattie 114908-05

Bennett 114908-07

Bethke 114908-09

CLP 114908-11

Dunn 114908-13

Eyestone 114908-15

Harris 114908-17

Irish 114908-19

Johnson 114908-21

Kruse 114908-23

Laurel 114908-25

Linton 114908-27

Lopez 114908-29

McGraw 114908-31

O’dea 114908-33

Olander 114908-35

Putnam 114908-37

Rice 114908-39

Riffenburg 114908-41

Shepardson 114908-43

Tavelli 114908-45

Liberty Common 114908-26

Timnath 114908-47

Traut 114908-49

Werner 114908-51

Zach 114908-53

**Girls Middle School Basketball**

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game T-shirt is provided at practice

Cost: $87

Date: 1/13–2/29

Grade: 6–8

Liberty Common 114909-16

Blevins 114909-01

Boltz 114909-03

CLP 114909-05

Kinard 114909-07

Lesher 114909-09

Lincoln 114909-11

Preston 114909-12

Webber 114909-15

Wellington 114909-17

**Boy’s Junior Nuggets Basketball, Intermediate – NEW!**

An introduction to intermediate basketball. 1-2 practices, 6 games, and an end of season tournament. **Note:** Junior Nuggets jersey provided.

Cost: $99

Date: 1/13–3/7

Grade: 4–5 114903-01

Grade: 6 114904-01

Grade: 7–8 114905-01

Cheerleading ]

Classes will not be held on 3/16-20.

All classes will be held at 128 Racquette Dr. unless otherwise noted. For more information contact Vel Green, vel@cheercentralsuns.com.

**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. Teams showcase at one competition. **Note:** $15 cheer shirt not included.

Age: 5–8 years

1/7–2/11 Tu 5:00–5:55 PM $90 114937-01

2/18–3/31 Tu 5:00–5:55 PM $90 114937-02

Age: 8-14 years

1/7–2/11 Tu 6:00–6:55 PM $90 114937-05

2/18–3/31 Tu 6:00–6:55 PM $90 114937-06

Age: 5–12 years

1/9–2/13 Th 5:00–5:55 PM $90 114937-03

2/20–4/2 Th 5:00–5:55 PM $90 114937-07

**Cheer Central Suns, Recreational Tumbling**

Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back handsprings.

Age: 5-14 years

1/6–2/10 M 6:00–6:55 PM $90 114938-05

2/17–3/30 M 6:00–6:55 PM $90 114938-06

1/7–2/11 Tu 4:00–4:55 PM $90 114938-01

1/7–2/11 Tu 7:00–7:55 PM $90 114938-08

2/18–3/31 Tu 4:00–4:55 PM $90 114938-02

2/18–3/31 Tu 7:00–7:55 PM $90 114938-09

1/9–2/13 Th 6:00–6:50 PM $90 114938-03

2/20–4/2 Th 6:00–6:50 PM $90 114938-07

Fencing ]

**YEL Youth Fencing**

Students pair up and practice fencing moves or concepts with rotating partners. If participating in multiple fencing matches, use only the moves taught. All equipment provided. No experience necessary. **Note:** Class will not be held on 12/23, 1/20.

Age: 6-12 years

Location: Foothills Activity Center

12/2-2/10 M 4:00-5:00 PM $152 115730-01

Football ]

**Junior Rams Spring Flag Football**

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. Seven games and a Junior Rams jersey included.

Cost: $89

Dates: 4/4–5/16

Grade: Kindergarten-1

City Park 214012-01

Edora Park 214012-03

English Ranch Park 214012-07

Fossil Creek Park 214012-11

Greenbriar Park 214012-14

Harmony Park 214012-17

Spring Canyon Park 214012-21

Troutman Park 214012-25

Warren Park 214012-29

Grade: 2–3

Beattie Park 214013-01

Blevins Park 214013-03

Stew Case Park 214013-05

City Park 214013-31

Edora Park 214013-07

Fossil Creek 214013-29

Greenbriar Park 214013-11

Harmony Park 214013-13

Rolland Moore Park 214013-19

Spring Canyon Park 214013-21

Troutman Park 214013-23

Warren Park 214013-25

Grade: 4–5

Blevins Park 214014-07

City Park 214014-03

Edora Park 214014-05

Fossil Creek Park 214014-21

Greenbriar Park 214014-08

Harmony Park 214014-11

Rolland Moore Park 214014-13

Spring Canyon Park 214014-17

Troutman Park 214014-23

Warren Park 214014-25

Grade: 6

Blevins 214015-01

Boltz 214015-03

CLP 214015-05

Kinard 214015-07

Lesher 214015-09

Lincoln 214015-11

Preston 214015-13

Heritage 214015-18

Mountain Sage 214015-19

Webber 214015-15

Wellington 214015-17

Grade: 7–8

Blevins 214017-01

Boltz 214017-03

CLP 214017-05

Kinard 214017-07

Lesher 214017-09

Lincoln 214017-11

Preston 214017-13

Heritage 214017-18

Mountain Sage 214017-19

Webber 214017-15

Wellington 214017-17

Volleyball ]

**Youth Volleyball**

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week; matches are Saturday mornings and some weeknights. Practice days and times vary. Coaches contact players by 3/16.

Cost: $75

Location: Foothills Activity Center

Dates: 3/23–5/9

Grade: 4–5 214942-01

Grade: 6–8

Blevins 214944-01

Boltz 214944-03

CLP 214944-05

Kinard 214944-07

Liberty Common 214944-08

Lesher 214944-09

Lincoln 214944-11

Preston 214944-13

Webber 214944-15

Wellington 214944-17

Wrestling ]

**Wrestling**

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. All participants compete in an end of season tournament. **Note:** School shirt included.

Date: 1/6–2/22

Cost: $75

Grade: 1–6

Blevins 114911-01

Boltz 114911-02

CLP 114911-03

Kinard 114911-04

Lesher 114911-05

Lincoln 114911-06

Preston 114911-07

Webber 114911-08

Wellington 114911-09

Youngsters

**Amazing Athletes**

Explore 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.

Location: Foothills Activity Center

Age: 18 mon ths–2.5 years

1/6–1/27 M 10:35–11:00 AM $36 114782-02

1/7–1/28 Tu 10:35–11:00 AM $36 114782-01

2/3–2/24 M 10:35–11:00 AM $36 114782-03

2/4–2/25 Tu 10:35–11:00 AM $36 114782-04

Age: 2.5–3 years

1/6–1/27 M 9:00–9:30 AM $36 114774-02

1/7–1/28 Tu 9:00–9:30 AM $36 114774-01

2/3–2/24 M 9:00–9:30 AM $36 114774-03

2/4–2/25 Tu 9:00–9:30 AM $36 114774-04

Age: 3.5–5 years

1/6–1/27 M 9:45–10:30 AM $36 114775-02

1/7–1/28 Tu 9:45–10:30 AM $36 114775-01

2/3–2/24 M 9:45–10:30 AM $36 114775-03

2/4–2/25 Tu 9:45–10:30 AM $36 114775-04

**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 allowed in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/29–2/12 W 10:00–10:45 AM $29 114773-01

**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 allowed in the gym in order to provide a more efficient class.

Age: 4–5 years

Location: Northside Aztlan Center

1/7–1/21 Tu 10:00–10:45 AM $29 114772-01

**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 3/18, 3/19, 3/20.

Location: Cheer Central Suns, 128 Racquette Dr.

Age: 3-5 years

1/8-2/12 W 9:15-10:00 AM $91 121910-01

2/19-4/1 W 9:15-10:00 AM $91 121910-02

1/10-2/14 F 5:00-5:45 PM $91 121910-05

2/21-4/3 F 5:00-5:45 PM $91 121910-06

Age: 3-8 years

1/9-2/13 Th 4:00-4:45 PM $91 121910-03

2/20-4/2 Th 4:00-4:45 PM $91 121910-04

Age: 6-11 years

1/10-2/14 F 6:00-6:55 PM $91 121910-07

2/21-4/3 F 6:00-6:55 PM $91 121910-08

**Sporties for Shorties**

Play ball and explore the world of sports. Work on the fundamentals of sports through throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork. **Note:** Parents are not allowed in the gym in order to provide a more efficient class.

Age: 3–5 years

Location: Northside Aztlan Center

1/8–1/22 W 10:00–10:45 AM $29 114771-01

1/28–2/11 Tu 10:00–10:45 AM $29 114771-02

**SuperTots**

Incorporate physical activity in a non-competitive environment. Designed with an engaging, skill-building curriculum in which “tots” learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

Cost: $89

Location: Foothills Activity Center

Soccer Tots

Age: 2-3 years

1/8-2/12 W 9:30 AM-10:20 AM 114770-01

1/9-2/13 Th 9:30 AM-10:20 AM 114770-02

Age: 3-4 years

1/8-2/12 W 10:30 AM-11:20 AM 114770-03

1/9-2/13 Th 10:30 AM-11:20 AM 114770-04

Age: 4-5 years

1/8-2/12 W 11:30 AM-12:20 PM 114770-05

1/9-2/13 Th 11:30 AM-12:20 PM 114770-06

Hoopster Tots

Age: 2-3 years

2/19-4/1 W 9:30 AM-10:20 AM 114770-07

2/20-4/2 Th 9:30 AM-10:20 AM 114770-08

Age: 3-4 years

2/19-4/1 W 10:30 AM-11:20 AM 114770-09

2/20-4/2 Th 10:30 AM-11:20 AM 114770-10

Age: 4-5 years

2/19-4/1 W 11:30 AM-12:20 PM 114770-11

2/20-4/2 Th 11:30 AM-12:20 PM 114770-12

Baseball Tots

Age: 2-3 years

4/8-5/13 W 9:30 AM-10:20 AM 114770-13

4/9-5/14 Th 9:30 AM-10:20 AM 114770-14

Age: 3-4 years

4/8-5/13 W 10:30 AM-11:20 AM 114770-15

4/9-5/14 Th 10:30 AM-11:20 AM 114770-16

Age: 4-5 years

4/8-5/13 W 11:30 AM-12:20 PM 114770-17

4/9-5/14 Th 11:30 AM-12:20 PM 114770-18

50+

All 50+ programs are for ages 50 years & up and held at the Senior Center unless otherwise noted. For programs designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

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Sports 77

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**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 Membership 50+. Membership 50+ benefits include:

$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, 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.

Membership in member-only Outdoor Recreation clubs. See page 73 for more information.

Birthday and anniversary 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 10:00-11:00 AM No Fee

**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 are four times per year. Annual membership fees are $10. For more information contact Diane Smith at fcscfriends@gmail.com.

**Front Range Forum**

Front Range Forum serves the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enrichment of daily lives through life-long education. Registrants facilitate classes for each other; participants take part in short term presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered throughout each quarter. For more information visit frontrangeforum.org.

12/1-2/28 M-F $14 107410-01

**Senior Serenaders**

Formerly known as the Harmonettes, the Senior Serenaders 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 Betsy Emond at 970.224.6030,   
bemond@fcgov.com. **Note:** Practice not held on third Monday of the month.

Ongoing M 9:30–11:00 AM No Fee

**Older Gay Lesbian Bisexual Transgender (OGLBT)**

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities. 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 Connie Henry at 970.420.6677.

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 nine members appointed by City 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 of the Senior Center and play chess with other members. Some chess boards available; members encouraged to bring their own. All levels welcome. For more information contact Magic John at 970.599.1234, sc-chess@broccoli.gq.

Ongoing Tu/F 9:30-11:30 AM No Fee

**SOAP Troupe Acting**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, and dance. Whether an experienced performer or a beginner, talent can be used for each show. Meetings are held monthly.

12/17, 1/28, 2/25 Tu 1:00-3:00 PM $12 112401-01

**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 Betsy Emond at 970.224.6030, bemond@fcgov.com.

Ongoing Tu 9:30 AM–Noon No Fee

Cards & Games

**Note:** $5 non-member drop-in option available for member games and billiards.

**Bingo**

Compete in bingo for prizes.

12/9, 1/13, 2/10 M 1:00-2:00 PM No Fee

**Cards & Games**

Age: 18 years & up

Ongoing All Games M 9:00 AM-Noon No Fee

Ongoing Party 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 Party Bridge Th 5:00-8:00 PM No Fee

Ongoing Pinochle F 12:30-4:00 No Fee

Bridge

Bridge Drop-in Play ]

**Duplicate Bridge**

Weekly drop-in duplicate bridge for companionable play. No partner required. **Note:** Member discount does not apply for drop-in.

12/6-2/28 F Noon-4:00 PM $44 112420-01

**Bridge Mentoring**

Drop-in half-hour review of one topic, followed by bridge play with class concepts. Preset boards with hand record available to play. Mentor assists with bidding and playing questions. No partner required. **Note:** Non-members pay $5 drop-in fee.

Age: 18 years & up

Ongoing M 5:30-8:30 PM No Fee

Learn to Play Bridge ]

Learn the 21st Century Standard American Bridge System using MiniBridge and the ACBL Bridge Series textbooks in Bridge 1-6. Bridge 7 uses the book, 25 More Bridge Conventions You Should Know by Barbara Seagram.

In Bridge “Play” programs (Bridge P1-P8), practice with companion materials. Receive a 30-minute overview of teaching points, play eight pre-set hands each session, and review specific analysis for each hand.

Registration includes supplies.

Courses taught by ACBL certified life-master teacher.

**Bridge 1, Getting Started**

Learn MiniBridge, a trick-taking mind sport for four players played as partners. Designed for beginners to start play right away with limited knowledge of rules and language for bidding. Focus on card basics, bridge etiquette, hand evaluation/counting points, and how to win tricks.

Age: 18 years & up

1/29-2/19 W 12:30-3:30 PM $59 112465-01

**Bridge 3, Play of Hand**

Add Jacoby Transfer convention in response to Notrump opener. Improve skills and different playing techniques to develop extra tricks such as Declarer, promotion, length, finesse, ruff in dummy, discard losers on extra winners, manage trump suit, use entries. Prerequisite: Bridge 2, Bidding, or instructor permission. **Note:** Class will not be held on 1/28.

Age: 18 years & up

1/07-3/10 Tu 5:30-8:30 PM $139 112460-01

**Bridge 5, Commonly Used Conventions**

Add conventions to bidding language: Stayman, Jacoby Transfers, Jacoby 2NT, Jordan 2NT, Drury, Weak Two’s, Michaels, Unusual NT. Prepare to play in duplicate bridge games with review of SAYC convention card. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

1/09-3/12 Th 1:30-4:30 PM $149 112415-01

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 at the Senior Center.

**London: Biography of a City**

From the Romans to the Anglo-Saxons, the Norman Conquest and more, learn the story of London right up to the present day. Along the way, visit some of London’s most colorful characters and notable places, including the Tower of London, where Elizabeth I was held before becoming queen.

12/17 Tu 1:00-2:00 PM $9 112441-01

**Coffee**

Trace the history of coffee from its origins in Ethiopia to Starbucks. It is a fascinating story of politics, power, chance, and intrigue. Examine coffee’s cultural influences and the differences between various types of coffee.

1/28 Tu 1:00-2:00 PM $9 112441-02

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.

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 (\*).

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

Active facility pass holders receive 70% off enrollment price of fitness classes. **Note:** 25-admission passes are not eligible for the discount.

**Drop-in Policy**

See page 7 for fitness class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number in fitness classes. Reduced rates do not apply to the daily drop-in fee.

The fitness classes listed below are specific for ages 50 years & up. See page 55 for information on additional fitness classes and personal training services.

Free Fitness Week. See pg. 55

**Back & Body Strength**

Strengthen and stretch the 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 12/23, 12/25, 12/27.

12/2-12/20 M,W,F 8:50-9:50 AM $37 109415-01

1/6-1/31 M,W,F 8:50-9:50 AM $49 109415-02

2/3-2/28 M,W,F 8:50-9:50 AM $49 109415-03

2x/Week

12/2-12/18 M,W 8:50-9:50 AM $25 109415-1A

1/6-1/29 M,W 8:50-9:50 AM $33 109415-2A

2/3-2/26 M,W 8:50-9:50 AM $33 109415-3A

**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 12/23, 12/25, 12/27.

12/2-12/20 M,W,F 10:00-10:55 AM $37 109416-01

1/6-1/31 M,W,F 10:00-10:55 AM $49 109416-02

2/3-2/28 M,W,F 10:00-10:55 AM $49 109416-03

2x/Week

12/2-12/18 M,W 10:00-10:55 AM $25 109416-1A

1/6-1/29 M,W 10:00-10:55 AM $33 109416-2A

2/3-2/26 M,W 10:00-10:55 AM $33 109416-3A

**N’Balance**

Learn effective fall prevention techniques that achieve results. Practice exercises and movements to strengthen core balance and to 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.

1/6-2/26 M,W 2:30-3:30 PM $20 109417-01

**Balance 201**

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance.

12/5-12/26 Th 1:15-2:15 PM $17 109418-01

1/9-1/30 Th 1:15-2:15 PM $17 109418-02

2/6-2/27 Th 1:15-2:15 PM $17 109418-03

**Parklane Fitness**

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. **Note:** Class will not be held on 12/24, 12/26.

Location: Parklane Towers North, 415 S. Howes St.

12/3-12/19 Tu,Th 9:30-10:30 AM $25 109419-01

1/7-1/30 Tu,Th 9:30-10:30 AM $33 109419-02

2/4-2/27 Tu,Th 9:30-10:30 AM $33 109419-03

**Swiss Theraball**

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

12/5-12/26 Th 2:30-3:30 PM $17 109420-01

1/9-1/30 Th 2:30-3:30 PM $17 109420-02

2/6-2/27 Th 2:30-3:30 PM $17 109420-03

**Tai Chi for Arthritis I**

Tai Chi for Arthritis and Falls Prevention is effective and evidence based. It relieves pain and maintains and improves health and the quality of life.

12/6-12/27 F 3:00-4:00 PM $17 109421-01

1/10-1/31 F 3:00-4:00 PM $17 109421-02

2/7-2/28 F 3:00-4:00 PM $17 109421-03

**Tai Chi for Arthritis II**

Designed for those with or without Arthritis and are looking for a challenge. Prerequisite: Tai Chi for Arthritis I.

12/6-12/27 F Noon-1:00 PM $17 109422-01

1/10-1/31 F Noon-1:00 PM $17 109422-02

2/7-2/28 F Noon-1:00 PM $17 109422-03

SilverSneakers ]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside Aztlan Community Center. **Note:** SilverSneakers non-members 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. A chair is used for seated or standing support. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/26 Tu,Th 10:10-10:55 AM $22 109423-01

1/7-1/30 Tu,Th 10:10-10:55 AM $25 109423-02

2/4-2/27 Tu,Th 10:10-10:55 AM $25 109423-03

12/7-12/28 Sa 10:30-11:15 AM $13 109423-04

1/11-2/1 Sa 10:30-11:15 AM $13 109423-05

2/8-2/29 Sa 10:30-11:15 AM $13 109423-06

Location: Northside Aztlan Center

12/2-12/23 M,W 11:00-11:45 AM $22 109514-01

1/6-1/29 M,W 11:00-11:45 AM $25 109514-02

2/3-2/26 M,W 11:00-11:45 AM $25 109514-03

**Circuit SilverSneakers**

Move through a series of exercises in a circuit format to improve cardiovascular endurance, as well as muscular strength and endurance. **Note:** Class will not be held on 12/25.

12/2-12/27 M,W,F 1:00-1:45 PM $34 109424-01

1/6-1/31 M,W,F 1:00-1:45 PM $37 109424-02

2/3-2/28 M,W,F 1:00-1:45 PM $37 109424-03

**SilverSneakers EnerChi**

Combine modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind. **Note:** Class will not be held on 12/24.

12/3-12/26 Tu,Th 4:00-4:45 PM $22 109435-01

1/7-1/30 Tu,Th 4:00-4:45 PM $25 109435-02

2/4-2/27 Tu,Th 4:00-4:45 PM $25 109435-03

**Splash SilverSneakers**

Utilize movement in shallow water to 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 12/24.

12/3-12/26 Tu,Th 12:15-1:15 PM $29 109425-01

1/7-1/30 Tu,Th 12:15-1:15 PM $33 109425-02

2/4-2/27 Tu,Th 12:15-1:15 PM $33 109425-03

**Stability SilverSneakers**

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Exercise is adapted depending on the skill of participants. A chair may be used for balance and support.

12/6-12/27 F 2:00-2:45 PM $13 109426-01

1/10-1/31 F 2:00-2:45 PM $13 109426-02

2/7-2/28 F 2:00-2:45 PM $13 109426-03

**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.

12/2-12/23 M,W 4:10-4:55 PM $22 109427-01

1/6-1/29 M,W 4:10-4:55 PM $25 109427-02

2/3-2/26 M,W 4:10-4:55 PM $25 109427-03

12/3-12/26 Tu,Th 11:10-11:55 AM $22 109427-04

1/7-1/30 Tu,Th 11:10-11:55 AM $25 109427-05

2/4-2/27 Tu,Th 11:10-11:55 AM $25 109427-06

12/7-12/28 Sa 11:15 AM-Noon $13 109427-07

1/11-2/1 Sa 11:15 AM-Noon $13 109427-08

2/8-2/29 Sa 11:15 AM-Noon $13 109427-09

Yoga

**Yoga, Chair**

A form of adaptive exercise. Be supported by a chair and receive yoga’s healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility.

12/2-12/23 M 8:30-9:30 AM $17 109428-01

1/6-1/27 M 8:30-9:30 AM $17 109428-02

2/3-2/24 M 8:30-9:30 AM $17 109428-03

**Yoga for Osteoporosis**

Learn and practice yoga poses that can 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 Th 1:30-2:30 PM $17 109429-01

1/9-1/30 Th 1:30-2:30 PM $17 109429-02

2/6-2/27 Th 1:30-2:30 PM $17 109429-03

Ice

**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 the front desk for details. No sessions 12/25, 1/01.

Location: Edora Pool Ice Center

Age: 60 years & up

12/4 – 2/26 W 9:15-10:45 AM No Fee

Resources

**Library/Media Center**

A quiet location for reading, reflection, relaxation, or use of a computer. 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**

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

**VOA Senior Nutrition Program**

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

Location: Northside Aztlan Community Center

Ongoing Tu,Th Noon $2.50 suggested donation

**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 apply as a volunteer, visit engage.fcgov.com/D/sc/App/General or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

**Ancianos Senior Programs**

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins’ oldest running social groups. Gather for lunch, arts and crafts, bingo, and holiday themed parties, and engage with community guest speakers during lunch programs. Ancianos runs in conjunction with the VOA Senior Nutrition Program. Discount available for those enrolled in the City of Fort Collins Recreation Reduced Fee Program. **Note:** Participation in Ancianos is not required to participate in VOA Senior Nutrition Program. Participation in quarterly programs not required if attending lunch only.

Age: 60 years and up

Location: Northside Aztlan Center

Ongoing T, Th 11:00 AM-1:00 PM $75 112500-01

Monthly schedule:

Week 1 Bingo & Guest Speaker

Week 2 Exercise & Craft/Holiday Party

Week 3 Memory Café & Movie

Week 4 Exercise & Craft

**VOA Senior Nutrition Program**

Ongoing T, Th $2.50 suggested donation

**Coffee with Bob**

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

1/22 W 8:30-9:30 AM No Fee

2/26 W 8:30-9:30 AM No Fee

**Movies, New Release, & Classics**

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

12/6 F 1:00-3:00 PM No Fee

12/20 F 1:00-3:00 PM No Fee

1/03 F 1:00-3:00 PM No Fee

1/17 F 1:00-3:00 PM No Fee

2/07 F 1:00-3:00 PM No Fee

2/21 F 1:00-3:00 PM No Fee

**Prairie Sage Dances**

Dance to live music. Refreshments served. Free dance lessons at 5:30 p.m. with purchase of dance ticket. Tickets may be purchased in advance.

Harris & Harris

12/2 M 7:00-10:00 PM $5

Big Twang Theory (Winter Wonderland Dance)

12/16 M 7:00-10:00 PM $5

Harris a& Harris

1/6 M 7:00-10:00 PM $6

Just Us (Just Getting Started - wear Purple)

1/20 M 7:00-10:00 PM $6

Jim

2/03 M 7:00-10:00 PM $6

BTT (Lover’s Lane Dance - wear Red, Pasta Supper)

2/17 M 5:00 – 8:00 PM $6

**Sing Along/Jam Session**

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

12/19, 1/16, 2/20 Th 4:00-6:00 PM No Fee

Special Events

See a list of Special Events, including Winter SOAP Show and The Nutcracker, on page 76.

**Pool Tournament**

8-ball tournament with prizes for the top three scores. **Note:** Rules will be reviewed. Snacks and beverages provided.

12/7 Sa 10:00 AM-3:00 PM $16 112421

**Celebrations**

Celebrate October, November, and December birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment. Space is limited to 150.

12/12 Th 1:30-3:00 PM No Fee 112410-01

**Capturing a Generation**

Wisdom really does often come with age. Listen and interact with panelists born between 1930-1935 while they share their personal stories and modern insights. Refreshments provided. Provided in partnership with Preserving the Past. Space is limited to 120.

Age: All

1/18 Sa 10:00-11:30 AM No Fee 112457-01

**History Hour - The Unknown Soliders of F.C.**

Fort Collins originated as a military post in 1862 to provide protection for the mail routes, stagecoaches, and wagon trains traveling on the Overland Trail. Learn about the post and the lives of the soldiers who stood guard. **Note:** Light appetizers served after presentation. Space is limited to 150.

Age: 18 years & up

1/29 W 4:00-5:30 PM $10 112459-01

Trips & Travel

Trips & Travel programs 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 4.

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 Membership 50+ discount applies to trips where an 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**

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 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. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. Distance: Less than 20 yards.

 = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

 = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

 = Walk for long distances, on uneven surfaces, and/or on stairs. You are on your feet for most of the outing. Distance: 1-5 miles.

Extended Travel

For more information on extended travel activities including all 2020 tours, contact Cate Eckenrode at 970.224.6136.

For a schedule of trip previews contact 970.224.6136,   
trips@fcgov.com or visit fcgov.com/trips.

All extended travel activities are rated . Accommodations must be requested at the time of registration. These include wheelchair transport at airports, airline seat requests, and other accommodations.

For Outdoor Recreation’s Extended Travel activities see page 73.

**Journey Through Southern France**

Heady with a seduction of vine-gilded countryside and centuries-old castles that tower the cerulean depths of the Mediterranean, Southern France is to be explored. This small group tour expands the palette, and opens the eye to expression of flavor, color, and culture. **Note:** 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Rates may change.

6/13-6/22, 2020 Double Occupancy $5350 305990-01

6/13-6/22, 2020 Single Occupancy $6850 305990-01

**Oregon Culinary & Wine Experience**

Made up of seven diverse regions, Oregon has it all: ocean, mountains, valleys, high desert, and everything in between. From the charm of Portland to the delicacies of Willamette Valley. Enjoy a cooking lesson for a farm to table feast, the beach, Multnomah Falls, and Hood River. This small group tour offers a taste of the magical land. **Note:** 7 days/6 nights. Fee includes roundtrip airfare, accommodations, guide, and meals as listed on the itinerary. Fee and cancellation schedule available upon request.

8/3-8/10, 2020 Double Occupancy $3,500 305991-01

8/3-8/10, 2020 Single Occupancy $3,999 305991-01

**Exploring South Africa, Victoria Falls, & Botswana**

The ultimate African travel adventure through the brilliant expanses of Southern Africa. Explore the famous wilderness that stirs the soul from Cape Town to Victoria Falls and the Rainbow Nation. **Note:** 14 days/13 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Rates may change.

9/21-10/4, 2020 Double Occupancy $7600 405995-01

9/21-10/4, 2020 Single Occupancy $8600 405995-01

**New England Fall Foliage Adventure**

No better time to visit New England than when the famous reds, yellows, and oranges abound. Enjoy the colors and explore the history from Massachusetts, Vermont, New Hampshire, and Maine. **Note:** 7 days/6 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request.

9/27-10/3, 2020 Double Occupancy $2995 405996-01

9/27-10/3, 2020 Single Occupancy $3695 405996-01

**Discover Scotland**

Tour from its rugged sea-sprayed islands to its stately castles rich in history. Scotland’s treasures are as diverse as they are compelling. Visit stunning landscapes, lively cities, and hear stirring history. **Note:** 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Triple occupancy available. Rates may change after 4/13/20.

10/11-20, 2020 Double Occupancy $3800 405997-01

10/11-20, 2020 Single Occupancy $4200 405997-01

**Wellness Nepal**

Mindful travelers come blissfully close to inner peace in Nepal. Visit Boudhanath Stupa, one of the world’s largest Buddhist shrines. Dive deeper into self-reflection with a monastery stay, followed by a visit to Buddha’s birthplace in Lumbini. Reflect on everything you’ve learned about the country and yourself. **Note:** 14 days/13 nights, not including travel. Fee includes accommodations, guide, yoga and meditation classes, meals as listed in the itinerary. Airfare not included. Fee and cancellation schedule available upon request.

10/31-11/13, 2020 Double Occupancy $3,415 405998-01

10/31-11/13, 2020 Single Occupancy $4,415 405998-01

Local Outings

Get to Know Your FOCO  ]

Explore Fort Collins and be a hometown tourist. Enjoy small groups, low prices, local cuisine.

**Music District**

Explore the Music District, a dynamic gathering hub, workspace, and creative playground for the music community on a guided tour. Learn the history of the site, the philosophy, and the purpose behind the creation of this district. **Note:** Lunch cost on own.

1/30 Th Noon-4:00 PM $14 105958-01

**CSU Center for the Arts**

Tour the University Center for the Arts and get a behind the scenes look at the old Fort Collins High School turned music, theatre, and dance facility for Colorado State University. Visit Griffin Concert Hall to hear the CSU Symphony rehearse for an upcoming concert.

2/4 Tu 11:30 AM-4:30 PM $14 105958-02

Ongoing Trips

**Casino Trips** 

Enjoy a day in the mountains at Mardi Gras Blackhawk. **Note:** Fee includes motorcoach transportation, $5 coupon for lunch, and $5 free play.

1/21 Tu 8:00 AM-5:30 PM $11 105910-01

2/18 Tu 8:00 AM-5:30 PM $11 105910-02

Out to Lunch  ]

A trip out to lunch with friends. **Note:** Lunch cost on own.

**Cinzetti’s, Northglenn**

Roam through a piazza where trained chefs prepare fresh Italian food at fourteen exhibition cooking stations. Up to 80 items on display, and all are available to sample.

1/29 W 10:30 AM-3:30 PM $21 105930-01

**Asian Pearl, Windsor**

Healthy Asian dishes with only the finest ingredients and freshest vegetables.

2/18 Tu 10:30 AM-3:30 PM $21 105930-02

Sunday Surprise Out to Lunch  ]

Head somewhere in the specified area for lunch at a surprise restaurant and enjoy a day out of the house. **Note:** Lunch cost on own.

Loveland

12/1 Su 11:00 AM-3:00 PM $19 105932-01

Erie

1/12 Su 11:00 AM-3:00 PM $19 105932-02

Boulder

2/2 Su 11:00 AM-3:00 PM $19 105932-03

Traveling Gourmet

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on own.

**Greenbriar Inn, Boulder**

Enjoy the holiday decorations during a dinner featuring seasonal American classics.

12/19 Th 4:30-10:00 PM $26 105940-01

**Hideaway Steakhouse, Denver**

Hidden among tree groves and open fields, Hideaway offers a familiar, relaxing place to indulge the senses.

1/23 Th 4:00-9:30 PM $26 105940-02

**Dunraven, Estes Park**

A charming neighborhood restaurant, inspired by the spirit of Estes Park. Italian, steak, and seafood dishes are specialties of the house.

2/6 Th 4:00-9:30 PM $26 105940-03

December

**Holiday Inn, Johnstown** 

Enjoy the show based on the film from Universal Pictures, with music and lyrics by Irving Berlin and the book by Gordon Greenberg and Chad Hodge. **Note:** Fee includes ticket and dinner. Non-refundable after 11/1/2020.

Location: Candlelight Dinner Playhouse

12/3 Tu 4:45-9:30 PM $90 105920-01

**IKEA, Denver** 

Holiday shopping at its best. IKEA has 415,000 square-feet, 50 room settings, three complete model home interiors, and a restaurant featuring Swedish specialties. Roam and explore the furniture, rugs, lighting, linens, kids store, kitchen stuff, and home decor. **Note:** Lunch cost on own. Van has space for purchases.

12/5 Th 8:00 AM-4:00 PM $21 105967-01

**USAF Academy Band Holiday Concert, Greeley** 

For over 60 years, the United States Air Force Academy Band has used the power of music to honor the nation’s heroes. Enjoy original arrangements of holiday favorites like “It’s the Most Wonderful Time of the Year,” “Rocking Around the Christmas Tree,” and “All I Want for Christmas is You.” **Note:** Bring a snack to enjoy on the shuttle. Non-refundable after 12/1/2019.

Location: Union Colony Civic Center

12/16 M Noon-6:00 PM $21 105921-01

**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 artfully prepared house-made scones, Devonshire cream, exquisite finger sandwiches, and classic tea pastries. Enjoy a tour of historical Trinity United Methodist Church with the 4,202 pipe organ before tea. **Note:** Fee includes the Royal Palace Afternoon Tea. Bring a sack lunch for the drive. Tea served at 3 p.m.

12/9 M Noon-7:00 PM $95 105950-01

12/10 Tu Noon-7:00 PM $95 105950-02

**Governor’s Mansion, Denver** 

The Governor’s Residence is all dressed up for the holidays. Open house style tour with docents present to answer questions. Enjoy lunch at Denver’s famous Racine’s restaurant. **Note:** Lunch cost is on own.

12/12 Th 8:30 AM-3:30 PM $36 105933-01

**Air Traffic Control, Longmont** 

Take a peek behind the curtain on this guided tour. The Longmont branch of the Federal Aviation Administration’s Air Traffic Control covers approximately 285,000 square miles of the western United States. Learn how it handles more than 1.5 million airplanes and one of the top ten busiest airports safely and expeditiously. **Note:** Lunch cost on own. Government issued ID required. Dress warm and eat a hearty breakfast. Non-refundable after 12/3/2019.

12/17 Tu 8:00 AM-4:00 PM $36 105960-01

January

**PBS Channel 6 Tour, Denver** 

Rocky Mountain Public Broadcasting station is celebrating 60 years of service. See the daily operations of a public television company. Learn how television programs are scheduled and presented. **Note:** Lunch cost is on own.

1/15 W 9:15 AM-3:30 PM $36 105902-01

**Cowboy Poetry Gathering, Golden** 

The Colorado Cowboy Poetry Gathering in Golden hosts some of the best poets and western musicians. Performers take turns on topics like “Fine Equine”, “Women of the West”, “Hombres”, and “Global Yodel.” Spontaneous, crowd-pleasing collaborations may occur. **Note:** Lunch cost is on your own.

1/17 F 9:00 AM-6:00 PM $50 105934-01

February

**George Gray & The Elvis Experience, Johnstown** 

A local favorite, George and the band recreate what it was like to actually see the King of Rock and Roll. Listen to famous songs with the same high energy, charisma, and humor that made Elvis a world legend. **Note:** Fee includes ticket and dinner. Non-refundable after 1/11/2020.

Location: Candlelight Dinner Playhouse

2/11 Tu 4:30-9:30 PM $74 105922-01

**Eagles Hockey, Loveland** 

Cheer on the home team as they take on the Roadrunners of Arizona on the ice. **Note:** Registration deadline is 1/29. To request ADA Seating, reserve your seat early.

Location: Budweiser Event Center

Age: 16 years & up

2/12 W 6:00-10:00 PM $48 105914-01

**Jekyll & Hyde, Johnstown** 

Dr. Henry Jekyll accidentally creates a potion that changes him into a murderous alter ego, Edward Hyde. **Note:** Fee includes ticket and dinner. Non-refundable after 1/13/2020.

Location: Candlelight Dinner Theater

2/13 Th 4:30-9:30 PM $90 105923-01

**Glenn Miller Orchestra, Boulder** 

The most popular and sought-after big band in the world today, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. **Note:** Fee includes ticket and dinner. Non-refundable after 1/26/2020.

Location: Boulder Dinner Theater

2/26 W 4:00-10:00 PM $85 105924-01

March

**Ragtime the Musical, Boulder** 

Go back in time to the volatile melting pot of turn-of-the-century New York and see three distinctly American tales woven together. **Note:** Fee includes ticket and dinner. Non-refundable after 2/3/2020.

Location: Boulder Dinner Theater.

3/8 Su 10:45 AM-7:00 PM $85 105925-01

**SpongeBob the Musical, Denver** 

Broadway’s best creative minds reimagine and bring to life the beloved Nickelodeon series with humor, heart, and pure theatricality in “a party for the eyes and ears.” Explore the depths of theatrical innovation in the 2018 Best Musical winner of the Drama Desk and Outer Critics Circle Awards, where the power of optimism saves the world. **Note:** Bring a lunch to enjoy on the bus. Non-refundable after 2/22/2020.

Location: Denver Center for Performing Arts.

Age: All

3/22 Su Noon-5:00 PM $90 105926-01