Adaptive Recreation Opportunities

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

Inclusion

The City of Fort Collins welcomes individuals of all abilities to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations needed when registering. Note: Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

Transition

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

Specialized

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 for optimal participation and quality experiences. Alternative Programs are specialized programs designed for adults with intellectual disabilities, focus on community activities and social outings, which include activities such as monthly dances, outings, cooking, bowling, and trips.

Attendants

There is no fee for personal care attendants providing needed assistance unless otherwise noted. Attendants may need to register separately and note whom they will be assisting.

Volunteer

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

Contact Information

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

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Becca Heinze, CTRS, M.Ed., 970.224.6125, bheinze@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Alison Cope, OTR, acope@frii.com
ARO Interns, 970.224.6034, 970.221.6330, aro@fcgov.com

Transportation

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

Transfort (Public City Transport) 970.221.6620
Dial-A-Ride 970.224.6066
SAINT 970.223.8645

[ Aquatics ]

Adaptive Swim Lessons

Swimming skills and water safety are introduced and/or enhanced for individuals with disabilities. Please bring an attendant if you need personal assistance outside of the water. Note: Registration deadline is 2/8. Class will not be held on 3/15.

Age: 3 years & up
Location: Edora Pool Ice Center

2/15–3/29 Th 4:00–4:30 PM $41 102326-01

2/15–3/29 Th 4:40–5:10 PM $41 102326-02

2/15–3/29 Th 5:20–5:50 PM $41 102326-03

2/15–3/29 Th 6:00–6:30 PM $41 102326-04

MS Aqua

Designed for people with multiple sclerosis and other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. Bring an attendant if you need assistance out of the water. Note: Fee provides a 16 visit pass. Class will not be held on 12/26, 12/28, 1/2, 1/4.

Age: 18 years & up
Location: Mulberry Pool

12/5–2/27 Tu,Th 9:30–10:30 AM $47

[ Art ]

Artistic Abilities Art

Learn 2-D 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

2/7–3/7 W 4:00–6:00 PM $37 102990-01

[ Fitness ]

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5-week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

The fitness classes listed below are ARO specific. See page 56 for information about additional fitness classes, as well as information about personal training services.

Adaptive Yoga

Learn yoga practices that include breathwork, gentle movements, and deep stretching poses. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed for people with MS or other neuromuscular disorders and adapted
for people with physical disabilities. Note: Class will not be held on 3/13, 3/15.

Age: 18 years & up
Location: Raintree Athletic Club, 2555 S. Shields St.

Adaptive Standing Yoga

1/9–2/6 Tu 2:00–3:00 PM $35 102980-01

2/13–3/20 Tu 2:00–3:00 PM $35 102980-02

Adaptive Chair Yoga

1/11–2/8 Th 2:00–3:00 PM $35 102980-03

2/15–3/22 Th 2:00–3:00 PM $35 102980-04

Alternative Yoga

Designed specifically for people with intellectual, sensory integration, or autism spectrum disorders. Learn modified yoga practices for breath work, stretching poses, standing, and balancing poses. Note: Class will not be held on 3/14.

Age: 16 years & up
Location: Northside Aztlan Center

1/10–2/7 W 1:15–2:00 PM $30 402982-01

2/14–3/21 W 1:15–2:00 PM $30 402982-02

MS Dryland Exercise

For people with multiple sclerosis or physical impairment.
Designed to maximize strength and endurance through chair
based exercises. The instructor is aware of symptom issues
and monitors participants closely.

Age: 18 years & up
Location: Senior Center

1/8–2/5 M,W 11:00–11:55 AM $41 102483-01

2/12–3/12 M,W 11:00–11:55 AM $41 102483-02

1/8–2/5 M 11:00–11:55 AM $21 102483-1A

2/12–3/12 M 11:00–11:55 AM $21 102483-2A

Work Out Partners

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

Age: 16 years & up
Location: Senior Center

2/12 M 5:30–6:30 PM $22 102585-01

[ Ice ]

Adaptive Ice Skating

Basic ice skating skills are introduced and adapted for individuals with disabilities. Skill improvement and fun are the focus.

Age: 8 years & up
Location: Edora Pool Ice Center

1/6–2/3 Sa 9:45–10:15 Am $46 110356-01

2/10–3/10 Sa 9:45–10:15 AM $46 110356-02

[ Outdoor Recreation ]

Adaptive Snowshoe Trip

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

Age: 14 years & up
Location: Northside Aztlan Center

1/28 Su 9:00 AM–4:00 PM $21 102941-01

Attendant Section $5 102322-1A

Adaptive Ski Trip, Keystone

Breckenridge Outdoor Education Center (BOEC) Adaptive Ski program provides individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. Ski at the Keystone Resort. Note: Attendants welcome at no cost; please pre-register.

Age: 16 years & up
Location: Senior Center

3/4 Su 5:45 AM–7:30 PM $138 102432-01

Ignite Adaptive Skiing

Adaptive instruction and equipment are offered for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket, and adapted equipment included. Note:
Attendants may register at no charge.

Age: 14 years & up
Location: Senior Center

Downhill/Snowboard

1/21 Su 7:30 AM–5:30 PM $124 102431-01

2/4 Su 7:30 AM–5:30 PM $124 102431-02

2/25 Su 7:30 AM–5:30 PM $124 102431-03

Bi-Ski Lessons

1/21 Su 7:30 AM–5:30 PM $124 102431-06

2/4 Su 7:30 AM–5:30 PM $124 102431-07

2/25 Su 7:30 AM–5:30 PM $124 102431-08

Nordic Ski/Snowshoe

1/21 Su 7:30 AM–5:30 PM $101 102431-11

2/4 Su 7:30 AM–5:30 PM $101 102431-12

2/25 Su 7:30 AM–5:30 PM $101 102431-13

Paralympic Sports

Paralympic Sports Club Fort Collins involves programming for youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

Adaptive Boccia

A Paralympic sport adapted for athletes with physical disabilities. Play 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 is available.

Age: 18 years & up
Location: Senior Center

1/29–3/5 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

2/13–3/6 Tu 6:00–8:00 PM $13 102560-01

Unified Sports

Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and have the opportunity to compete in a Special Olympics Unified Area Tournament. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, bmcdowell@fcgov.com.

Adult Basketball

Unified teams are made up of players of all abilities to practice
and play games. Note: Teams are scheduled for one hour of
practice/games.

Age: 16 years & up
Location: Webber Middle School

Competitive Division

1/6–3/10 Sa 3:00–7:00 PM $26 102751-01

Co-ed Recreational

1/6–3/10 Sa 3:00–7:00 PM $26 102751-03

Individual Skills
Learn fundamental basketball skills.

1/6–3/10 Sa 3:00–4:00 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. Note: Teams are scheduled for one hour of practice/games.

Age: 8–21 years
Location: Timnath Elementary School

Jr. Basketball, Child

1/9–2/27 Tu 5:00–7:00 PM $24 102552-01

Jr. Basketball, Family

1/9–2/27 Tu 5:00–7:00 PM $38 102552-02

Panthers Adaptive Cheer/Dance

Learn dance and cheer moves to perform around Fort Collins. Note: Panther shirts not included; cost is $15.

Age: All
Location: Cheer Central Suns, 128 Raquette Dr.

1/10–2/14 W 6:00–7:00 PM $46 114936-01

2/21–4/4 W 6:00–7:00 PM $46 114936-03

4/11–5/16 W 6:00–7:00 PM $46 114936-04

Alternative Programs

Activities listed in this section are designed for adults with intellectual and/or developmental disabilities. Programs focus on fun community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted. However, attendants are asked to register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Please inform us of any accommodations needed when registering; attendants register in section -1A.

[ Education ]

Cooking for the Dances

Help plan parties by cooking up healthy snacks for the ARO
Monthly Themed Dance.

Age: 18 years & up
Location: Senior Center

Holiday Treats

12/15 F 4:00–5:30 PM $10 102401-01

Healthy Appetizers

1/26 F 4:00–5:30 PM $10 102401-04

2/23 F 4:00–5:30 PM $10 102401-05

Cooking

Cook tasty foods while gaining positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. Bring a reusable container for a portion to go.

Age: 16 years & up
Location: Senior Center

Noodles

2/1 Th 6:30–8:00 PM $12 102401-02

Mardi Gras

2/8–2/15 Th 6:30–8:00 PM $24 102401-03

[ Social Opportunities ]

Bowling

All skill levels welcome. Note: Fee includes two games per person per week and shoe rental. Class will not be held on 2/17.

Age: 18 years & up
Location: Chipper’s Lanes North, 830 N. College Ave.

2/3–3/10 Sa 10:30–11:30 AM $43 102906-01

Movie Night

See Hollywood’s finest flicks while out on the town. Bring $7 for a movie and additional money for snacks, if desired.

Age: 16 years & up
Location: Senior Center

1/18 Th 6:00–9:30 PM $6 102403-02

2/19 M 6:00–9:30 PM $6 102403-03

Restaurant Night

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

Age: 16 years & up
Location: Senior Center

12/4 M 5:45–8:00 PM $6.50 102404-01

1/30 Tu 5:45–8:00 PM $6.50 102404-02

2/26 M 5:45–8:00 PM $6.50 102404-03

[ Special Events ]

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

12/15 F 6:00–8:00 PM $1

Winter Wonderland

1/26 F 6:00–8:00 PM $4

Under the Moonlight

2/23 F 6:00–8:00 PM $4

[ Trips & Travel ]

Denver Expedition

Explore unique spots in Denver. See historic sites and museums,
and ride the 16th Street Mall Bus Tour. Note: Requires 1.5 miles of walking or rolling. Bring $20 for meal and tip. Attendants register
for section -2A.

Age: 16 years & up
Location: Senior Center

1/27 Sa 10:00 AM–6:00 PM $33 102325-02

Attendant Section $13 102325-2A

Holiday Night Out

The season is here and it is bright. Enjoy a festive dinner and visit
the Gardens on Spring Creek to see the Garden of Lights. Note: Bring $20 for dinner and tip. Attendants register in section -1A.

Age: 16 years & up
Location: Senior Center

12/8 F 5:00–9:00 PM $11 102320-01

Attendant Section $3 102320-1A

Movie Bistro Night

Travel with a group to the Cinemark Movie Bistro and XD at Foothills. Relax in plush seating and with seat-side service while watching a movie on the big screen. Note: Bring $20 for dinner or refreshments, if desired. Attendants register in section -1A.

Age: 16 years & up
Location: Senior Center

12/19 Tu 6:00–9:45 PM $18 102322-01

Attendant Section $12 102322-1A

Winter Tubing

Enjoy the winter wonderland of Colorado’s mountains on this active winter trip. Eat lunch at a mountain cafe after tubing. Note: Snacks and hot cocoa included. Bring $20 for lunch and tip. Attendants register for section -1A.

Age: 16 years & up
Location: Senior Center

2/11 Su 10:00 AM–3:00 PM $33 102511-01

Attendant Section $10 102511-1A

Aqua Fitness

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

Drop-In Policy

Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fee. Participants may drop-in to aqua fitness classes if space is available using either:

$6 per class visit.

1 admission from a 10 admission drop-in fitness pass ($50).

Note: Classes will not be held on 12/25, 1/1.

[ Adult Programming ]

Drop-In Water Volleyball

An in-the-water volleyball game that is a great, low-impact exercise option. Note: Comfort in the water and basic swimming skills recommended. Pool Depth is 3 ½ – 4 ½ feet. Daily drop-in rate or one admission from facility pass.

Age: 18 years & up
Location: Senior Center

12/1–2/28 M,W,F 10:30–11:30 AM

[ Low Intensity ]

Stretch & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding joints.

Age: 18 years & up
Location: Senior Center

12/18–1/19 M,W,F 8:30–9:30 AM $49.75 100410-01

1/22–2/23 M,W,F 8:30–9:30 AM $57.25 100410-02

2/26–3/30 M,W,F 8:30–9:30 AM $57.25 100410-03

Twinges

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

Age: 18 years & up
Location: Edora Pool Ice Center

12/18–1/19 M,W,F 8:30–9:30 AM $49.76 100314-01

1/22–2/23 M,W,F 8:30–9:30 AM $57.85 100314-02

2/26–3/30 M,W,F 8:30–9:30 AM $57.85 100314-03

12/19–1/18 Tu,Th 9:30–10:30 AM $38.50 100314-04

1/23–2/22 Tu,Th 9:30–10:30 AM $38.50 100314-05

2/27–3/29 Tu,Th 9:30–10:30 AM $38.50 100314-06

Twinges Plus

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

Age: 18 years & up
Location: Senior Center

12/18–1/19 M,W,F 12:15–1:15 PM $49.75 100416-01

1/22–2/23 M,W,F 12:15–1:15 PM $57.25 100416-02

2/26–3/30 M,W,F 12:15–1:15 PM $57.25 100416-03

[ Medium Intensity ]

Advanced Water Fitness

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

Age: 18 years & up

Location: Edora Pool Ice Center

12/18–1/19 M,W,F 7:30–8:30 AM $49.75 100324-01

1/22–2/23 M,W,F 7:30–8:30 AM $57.25 100324-02

2/26–3/30 M,W,F 7:30–8:30 AM $57.25 100324-03

Location: Senior Center

12/19–1/18 Tu,Th 4:00–5:00 PM $38.50 100424-01

1/23–2/22 Tu,Th 4:00–5:00 PM $38.50 100424-02

2/27–3/29 Tu,Th 4:00–5:00 PM $38.50 100424-03

Aqua Mix

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

Age: 18 years & up
Location: Senior Center

12/18–1/19 M,W,F 6:00–7:00 PM $49.75 100417-01

1/22–2/23 M,W,F 6:00–7:00 PM $57.25 100417-02

2/26–3/30 M,W,F 6:00–7:00 PM $57.25 100417-03

Classics

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

Age: 18 years & up

Location: Mulberry Pool

12/18–1/19 M,W,F 7:30–8:30 AM $49.75 100222-01

1/22–2/23 M,W,F 7:30–8:30 AM $57.25 100222-02

2/26–3/30 M,W,F 7:30–8:30 AM $57.25 100222-03

Location: Senior Center

12/18–1/19 M,W,F 6:15–7:15 AM $49.75 100422-01

1/22–2/23 M,W,F 6:15–7:15 AM $57.25 100422-02

2/26–3/30 M,W,F 6:15–7:15 AM $57.25 100422-03

12/18–1/19 M,W,F 9:30–10:30 AM $49.75 100422-04

1/22–2/23 M,W,F 9:30–10:30 AM $57.25 100422-05

2/26–3/30 M,W,F 9:30–10:30 AM $57.25 100422-06

12/18–1/19 M,W,F 5:00–6:00 PM $49.75 100422-07

1/22–2/23 M,W,F 5:00–6:00 PM $57.25 100422-08

2/26–3/30 M,W,F 5:00–6:00 PM $57.25 100422-09

12/19–1/18 Tu,Th 8:00–9:00 AM $38.50 100422-10

1/23–2/22 Tu,Th 8:00–9:00 AM $38.50 100422-11

2/27–3/29 Tu,Th 8:00–9:00 AM $38.50 100422-12

12/19–1/18 Tu,Th 9:00–10:00 AM $38.50 100422-13

1/23–2/22 Tu,Th 9:00–10:00 AM $38.50 100422-14

2/27–3/29 Tu,Th 9:00–10:00 AM $38.50 100422-15

12/19–1/18 Tu,Th 10:00–11:00 AM $38.50 100422-16

1/23–2/22 Tu,Th 10:00–11:00 AM $38.50 100422-17

2/27–3/29 Tu,Th 10:00–11:00 AM $38.50 100422-18

12/19–1/18 Tu,Th 7:00–8:00 PM $38.50 100422-19

1/23–2/22 Tu,Th 7:00–8:00 PM $38.50 100422-20

2/27–3/29 Tu,Th 7:00–8:00 PM $38.50 100422-21

Fitness & Fun

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

Age: 18 years & up
Location: Senior Center

12/18–1/19 M,W,F 7:30–8:30 AM $49.75 100420-01

1/22–2/23 M,W,F 7:30–8:30 AM $57.25 100420-02

2/26–3/30 M,W,F 7:30–8:30 AM $57.25 100420-03

Prenatal

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

Age: 18 years & up
Location: Senior Center

12/19–1/18 Tu,Th 6:00–7:00 PM $38.50 100418-01

1/23–2/22 Tu,Th 6:00–7:00 PM $38.50 100418-02

2/27–3/29 Tu,Th 6:00–7:00 PM $38.50 100418-03

Twist & Shout

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

Age: 18 years & up
Location: Senior Center

12/18–1/19 M,W,F 4:00–5:00 PM $49.75 100426-01

1/22–2/23 M,W,F 4:00–5:00 PM $57.25 100426-02

2/26–3/30 M,W,F 4:00–5:00 PM $57.25 100426-03

[ High Intensity ]

Aqua Box

Mix kickboxing moves with aerobics for an effective, fast, and high cardio workout.

Age: 18 years & up
Location: Senior Center

12/19–1/18 Tu,Th 5:00–6:00 PM $38.50 100428-01

1/23–2/22 Tu,Th 5:00–6:00 PM $38.50 100428-02

2/27–3/29 Tu,Th 5:00–6:00 PM $38.50 100428-03

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

12/18–1/19 M,W,F 12:15–1:00 PM $40 100230-01

1/22–2/23 M,W,F 12:15–1:00 PM $46 100230-02

2/26–3/30 M,W,F 12:15–1:00 PM $46 100230-03

Location: Edora Pool Ice Center

12/19–1/18 Tu,Th 5:30–6:30 PM $38.50 100330-01

1/23–2/22 Tu,Th 5:30–6:30 PM $38.50 100330-02

2/27–3/29 Tu,Th 5:30–6:30 PM $38.50 100330-03

Aquatics

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48-hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card. In an effort to provide a safe pool experience, we require adult supervision for children ages 8 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 8 years and older that 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 will not be allowed to swim.

Birthday Party Packages

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

Private Swim Instruction

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

Learn To Swim Policies

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

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

Make-up lessons are not available.

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

Class Class Maximum

Baby & Me 1– Baby & Me 2 10
Pollywog, Froggy, Tadpole 6
Levels 1–2 6
Levels 3–4 8
Level 5, Pre Comp 10
Diving 8

Note: Classes will not be held on 12/25, 1/1, 3/12, 3/13, 3/14, 3/15, 3/16, 3/17, 3/18.

Youth Learn To Swim

Baby & Me 1

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

Age: 6–18 months

Location: Mulberry Pool

1/16–2/15 Tu,Th 5:05–5:35 PM $61 101210-01

2/20–3/29 Tu,Th 4:30–5:00 PM $61 101210-02

2/20–3/29 Tu,Th 6:15–6:45 PM $61 101210-03

1/20–2/17 Sa 9:35–10:05 AM $31 101210-04

1/20–2/17 Sa 10:45–11:15 AM $31 101210-05

2/24–3/31 Sa 10:10–10:40 AM $31 101210-06

2/24–3/31 Sa 11:20–11:50 AM $31 101210-07

1/21–2/18 Su 3:50–4:20 PM $31 101210-08

1/21–2/18 Su 5:00–5:30 PM $31 101210-09

2/25–3/25 Su 4:25–4:55 PM $25 101210-10

2/25–3/25 Su 5:35–6:05 PM $25 101210-11

Location: Edora Pool Ice Center

1/15–2/14 M,W 4:30–5:00 PM $61 101310-01

1/15–2/14 M,W 5:40–6:10 PM $61 101310-02

2/19–3/28 M,W 5:05–5:35 PM $61 101310-03

1/16–2/15 Tu,Th 9:50–10:20 AM $61 101310-04

2/20–3/29 Tu,Th 11:00–11:30 AM $61 101310-05

Location: Senior Center

1/21–2/18 Su 3:30–4:00 PM $31 101410-01

1/21–2/18 Su 4:40–5:10 PM $31 101410-02

2/25–3/25 Su 4:05–4:35 PM $25 101410-03

2/25–3/25 Su 5:15–5:45 PM $25 101410-04

Baby & Me 2

Parents introduce children to the water while using songs to build confidence and comfort in the pool. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months–3.5 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 4:30–5:00 PM $61 101212-01

1/16–2/15 Tu,Th 6:15–6:45 PM $61 101212-02

2/20–3/29 Tu,Th 5:05–5:35 PM $61 101212-03

1/20–2/17 Sa 9:00–9:30 AM $31 101212-04

1/20–2/17 Sa 10:10–10:40 AM $31 101212-05

2/24–3/31 Sa 9:00–9:30 AM $31 101212-06

2/24–3/31 Sa 10:45–11:15 AM $31 101212-07

1/21–2/18 Su 3:15–3:45 PM $31 101212-08

1/21–2/18 Su 4:25–4:55 PM $31 101212-09

2/25–3/25 Su 3:50–4:20 PM $25 101212-10

2/25–3/25 Su 5:00–5:30 PM $25 101212-11

Location: Edora Pool Ice Center

1/15–2/14 M,W 5:05–5:35 PM $61 101312-01

2/19–3/28 M,W 4:30–5:00 PM $61 101312-02

2/19–3/28 M,W 5:40–6:10 PM $61 101312-03

1/16–2/15 Tu,Th 11:00–11:30 AM $61 101312-04

2/20–3/29 Tu,Th 9:50–10:20 AM $61 101312-05

Location: Senior Center

1/21–2/18 Su 4:05–4:35 PM $31 101412-01

1/21–2/18 Su 5:15–5:45 PM $31 101412-02

2/25–3/25 Su 3:30–4:00 PM $25 101412-03

2/25–3/25 Su 4:40–5:10 PM $25 101412-04

Pollywog

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

Age: 3–6 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 5:05–5:35 PM $61 101216-01

1/16–2/15 Tu,Th 5:40–6:10 PM $61 101216-02

2/20–3/29 Tu,Th 4:30–5:00 PM $61 101216-03

2/20–3/29 Tu,Th 5:40–6:10 PM $61 101216-04

1/20–2/17 Sa 9:35–10:05 AM $31 101216-05

1/20–2/17 Sa 10:45–11:15 AM $31 101216-06

2/24–3/31 Sa 9:00–9:30 AM $31 101216-07

2/24–3/31 Sa 9:35–10:05 AM $31 101216-08

2/24–3/31 Sa 11:20–11:50 AM $31 101216-09

1/21–2/18 Su 3:15–3:45 PM $31 101216-10

1/21–2/18 Su 4:25–4:55 PM $31 101216-11

1/21–2/18 Su 5:35–6:05 PM $31 101216-12

2/25–3/25 Su 3:15–3:45 PM $25 101216-13

2/25–3/25 Su 5:00–5:30 PM $25 101216-14

Location: Edora Pool Ice Center

1/15–2/14 M,W 4:30–5:00 PM $61 101316-01

1/15–2/14 M,W 5:40–6:10 PM $61 101316-02

2/19–3/28 M,W 5:05–5:35 PM $61 101316-03

2/19–3/28 M,W 6:15–6:45 PM $61 101316-04

1/16–2/15 Tu,Th 10:25–10:55 AM $61 101316-05

2/20–3/29 Tu,Th 10:25–10:55 AM $61 101316-06

Location: Senior Center

1/21–2/18 Su 4:05–4:35 PM $31 101416-01

1/21–2/18 Su 5:15–5:45 PM $31 101416-02

2/25–3/25 Su 3:30–4:00 PM $25 101416-03

Tadpole

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

Age: 3–6 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 4:30–5:00 PM $61 101218-01

1/16–2/15 Tu,Th 6:15–6:45 PM $61 101218-02

2/20–3/29 Tu,Th 5:05–5:35 PM $61 101218-03

2/20–3/29 Tu,Th 6:15–6:45 PM $61 101218-04

1/20–2/17 Sa 9:00–9:30 AM $31 101218-05

1/20–2/17 Sa 10:10–10:40 AM $31 101218-06

1/20–2/17 Sa 11:20–11:50 AM $31 101218-07

2/24–3/31 Sa 9:35–10:05 AM $31 101218-08

2/24–3/31 Sa 10:45–11:15 AM $31 101218-09

1/21–2/18 Su 3:50–4:20 PM $31 101218-10

1/21–2/18 Su 5:35–6:05 PM $31 101218-11

2/25–3/25 Su 3:15–3:45 PM $25 101218-12

2/25–3/25 Su 3:50–4:20 PM $25 101218-13

2/25–3/25 Su 5:35–6:05 PM $25 101218-14

Location: Edora Pool Ice Center

1/15–2/14 M,W 5:05–5:35 PM $61 101318-01

1/15–2/14 M,W 6:15–6:45 PM $61 101318-02

2/19–3/28 M,W 4:30–5:00 PM $61 101318-03

2/19–3/28 M,W 5:40–6:10 PM $61 101318-04

2/20–3/29 Tu,Th 9:15–9:45 AM $61 101318-05

Location: Senior Center

1/21–2/18 Su 4:40–5:10 PM $31 101418-01

2/25–3/25 Su 4:05–4:35 PM $25 101418-02

Froggy

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

Age: 3–6 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 4:30–5:00 PM $61 101220-01

1/16–2/15 Tu,Th 5:40–6:10 PM $61 101220-02

2/20–3/29 Tu,Th 4:30–5:00 PM $61 101220-03

2/20–3/29 Tu,Th 5:40–6:10 PM $61 101220-04

1/20–2/17 Sa 9:00–9:30 AM $31 101220-05

1/20–2/17 Sa 11:20–11:50 AM $31 101220-06

2/24–3/31 Sa 9:00–9:30 AM $31 101220-07

2/24–3/31 Sa 10:10–10:40 AM $31 101220-08

2/24–3/31 Sa 11:20–11:50 AM $31 101220-09

1/21–2/18 Su 3:15–3:45 PM $31 101220-10

1/21–2/18 Su 5:00–5:30 PM $31 101220-11

2/25–3/25 Su 3:15–3:45 PM $25 101220-12

2/25–3/25 Su 4:25–4:55 PM $25 101220-13

Location: Edora Pool Ice Center

1/15–2/14 M,W 4:30–5:00 PM $61 101320-01

1/15–2/14 M,W 6:15–6:45 PM $61 101320-02

2/19–3/28 M,W 4:30–5:00 PM $61 101320-03

2/19–3/28 M,W 6:15–6:45 PM $61 101320-04

1/16–2/15 Tu,Th 9:15–9:45 AM $61 101320-05

Location: Senior Center

1/21–2/18 Su 3:30–4:00 PM $31 101420-01

2/25–3/25 Su 4:40–5:10 PM $25 101420-02

Level 1

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

Age: 5–12 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 5:05–5:35 PM $61 101222-01

1/16–2/15 Tu,Th 6:15–6:45 PM $61 101222-02

2/20–3/29 Tu,Th 4:30–5:00 PM $61 101222-03

2/20–3/29 Tu,Th 5:40–6:10 PM $61 101222-04

1/20–2/17 Sa 9:35–10:05 AM $31 101222-05

1/20–2/17 Sa 10:45–11:15 AM $31 101222-06

2/24–3/31 Sa 9:35–10:05 AM $31 101222-07

2/24–3/31 Sa 10:45–11:15 AM $31 101222-08

1/21–2/18 Su 3:50–4:20 PM $31 101222-09

1/21–2/18 Su 5:00–5:30 PM $31 101222-10

2/25–3/25 Su 3:15–3:45 PM $25 101222-11

2/25–3/25 Su 4:25–4:55 PM $25 101222-12

2/25–3/25 Su 5:35–6:05 PM $25 101222-13

Location: Edora Pool Ice Center

1/15–2/14 M,W 5:05–5:35 PM $61 101322-01

1/15–2/14 M,W 6:15–6:45 PM $61 101322-02

2/19–3/28 M,W 4:30–5:00 PM $61 101322-03

2/19–3/28 M,W 5:40–6:10 PM $61 101322-04

Location: Senior Center

1/21–2/18 Su 4:05–4:35 PM $31 101422-01

2/25–3/25 Su 5:15–5:45 PM $25 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

1/16–2/15 Tu,Th 4:30–5:00 PM $61 101224-01

1/16–2/15 Tu,Th 5:40–6:10 PM $61 101224-02

2/20–3/29 Tu,Th 5:05–5:35 PM $61 101224-03

2/20–3/29 Tu,Th 6:15–6:45 PM $61 101224-04

1/20–2/17 Sa 9:00–9:30 AM $31 101224-05

1/20–2/17 Sa 10:10–10:40 AM $31 101224-06

1/20–2/17 Sa 11:20–11:50 AM $31 101224-07

2/24–3/31 Sa 9:00–9:30 AM $31 101224-08

2/24–3/31 Sa 10:10–10:40 AM $31 101224-09

1/21–2/18 Su 3:15–3:45 PM $31 101224-10

1/21–2/18 Su 4:25–4:55 PM $31 101224-11

1/21–2/18 Su 5:35–6:05 PM $31 101224-12

2/25–3/25 Su 3:50–4:20 PM $25 101224-13

2/25–3/25 Su 5:00–5:30 PM $25 101224-14

Location: Edora Pool Ice Center

1/15–2/14 M,W 4:30–5:00 PM $61 101324-01

1/15–2/14 M,W 5:40–6:10 PM $61 101324-02

2/19–3/28 M,W 5:05–5:35 PM $61 101324-03

2/19–3/28 M,W 6:15–6:45 PM $61 101324-04

Location: Senior Center

1/21–2/18 Su 3:30–4:00 PM $31 101424-01

2/25–3/25 Su 3:30–4:00 PM $25 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

1/16–2/15 Tu,Th 4:30–5:15 PM $73.50 101226-01

1/16–2/15 Tu,Th 6:15–7:00 PM $73.50 101226-02

2/20–3/29 Tu,Th 5:40–6:25 PM $73.50 101226-03

1/20–2/17 Sa 9:35–10:20 AM $37.25 101226-04

1/20–2/17 Sa 11:20 AM–12:05 PM $37.25 101226-05

2/24–3/31 Sa 9:00–9:45 AM $37.25 101226-06

2/24–3/31 Sa 10:45–11:30 AM $37.25 101226-07

1/21–2/18 Su 3:50–4:35 PM $37.25 101226-08

1/21–2/18 Su 5:00–5:45 PM $37.25 101226-09

2/25–3/25 Su 3:15–4:00 PM $30 101226-10

2/25–3/25 Su 5:35–6:20 PM $30 101226-11

Location: Edora Pool Ice Center

1/15–2/14 M,W 5:40–6:25 PM $73.50 101326-01

2/19–3/28 M,W 4:30–5:15 PM $73.50 101326-02

Level 4

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

Age: 5–12 years

Location: Mulberry Pool.

1/16–2/15 Tu,Th 5:40–6:25 PM $73.50 101228-01

2/20–3/29 Tu,Th 6:15–7:00 PM $73.50 101228-02

1/20–2/17 Sa 10:45–11:30 AM $37.25 101228-03

2/24–3/31 Sa 10:10–10:55 AM $37.25 101228-04

2/24–3/31 Sa 11:20 AM–12:05 PM $37.25 101228-05

1/21–2/18 Su 4:25–5:10 PM $37.25 101228-06

1/21–2/18 Su 5:35–6:20 PM $37.25 101228-07

2/25–3/25 Su 3:50–4:35 PM $30 101228-08

Location: Edora Pool Ice Center

1/15–2/14 M,W 4:30–5:15 PM $73.50 101328-01

2/19–3/28 M,W 5:40–6:25 PM $73.50 101328-02

Level 5

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

Age: 5–12 years

Location: Mulberry Pool

1/16–2/15 Tu,Th 5:05–5:50 PM $73.50 101230-01

2/20–3/29 Tu,Th 4:30–5:15 PM $73.50 101230-02

1/20–2/17 Sa 10:10–10:55 AM $37.25 101230-03

2/24–3/31 Sa 9:35–10:20 AM $37.25 101230-04

1/21–2/18 Su 3:15–4:00 PM $37.25 101230-05

2/25–3/25 Su 4:25–5:10 PM $30 101230-06

Location: Edora Pool Ice Center

1/15–2/14 M,W 5:05–5:50 PM $73.50 101330-01

Pre Comp

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

2/20–3/29 Tu,Th 5:05–5:50 PM $73.50 101232-01

1/20–2/17 Sa 9:00–9:45 AM $37.25 101232-02

2/25–3/25 Su 5:00–5:45 PM $30 101232-03

Location: Edora Pool Ice Center

2/19–3/28 M,W 5:05–5:50 PM $73.50 101332-01

Teen Swim Instruction

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

Age: 13–17 years
Location: Senior Center

2/25–3/25 Su 4:05–4:35 PM $25 101435-01

Introduction to Swim Team

Learn the basics of being on swim team. Improve on Olympic strokes and increase speed and efficiency, all in a fun team environment. Fort Collins Area Swim Team introductory groups include Nova and Hammerhead swimming groups. Visit fortcollinsareaswimteam.org to register.

Age: 6–12 years
Location: Edora Pool Ice Center

Adult Learn To Swim

Learning the Basics

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

Age: 15 years & up

Location: Edora Pool Ice Center

1/15–2/14 M,W 6:15–7:00 PM $73.50 101338-01

2/19–3/28 M,W 6:15–7:00 PM $73.50 101338-02

Location: Senior Center

1/21–2/18 Su 4:40–5:25 PM $37.25 101438-01

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: Senior Center

2/25–3/25 Su 4:40–5:25 PM $30 101439-01

Scuba Diving

Discover Scuba Diving

Learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Learn the basics needed to dive under the direct supervision of a PADI Professional, including but not limited to seeing what scuba equipment feels like to wear and use. Note: Participants must call CSDA (1.855.557.2822) prior to class start, additional required paperwork must be completed to participate in class.

Age: 10 years & up

Location: Mulberry Pool

12/9 Sa 4:30–6:00 PM $36 101252-01

1/20 Sa 10:00–11:30 AM $36 101252-02

Location: Edora Pool Ice Center

12/30 Sa 10:00–11:30 AM $36 101352-01

2/18 Su Noon–2:00 PM $36 101352-02

Scuba Challenge

For the experienced diver who wants to practice up on their skills. Challenges are set-up and include some dryland information. Note: Must have current PADI certification.

Age: 10 years & up
Location: Edora Pool Ice Center

12/6 W 6:00–9:00 PM $22 101356-01

12/20 W 6:00–9:00 PM $22 101356-02

1/3 W 6:00–9:00 PM $22 101356-03

1/17 W 6:00–9:00 PM $22 101356-04

1/31 W 6:00–9:00 PM $22 101356-05

2/21 W 6:00–9:00 PM $22 101356-06

Advanced Blended Learning

Advanced Blended Learning courses combine online learning with hands-on skill sessions. Practice skills and demonstrate competency, reinforce skills learned with a Red Cross-certified instructor, and complete interactive lessons and activities online, while building the same knowledge and skills as our traditional training course.

Register for the online lesson at least two days prior to the first on-site skills session. No refunds are given for failure of the course.

Participants must attend all classes. There is a skills test on the first day; continuation depends on passing.

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatics emergencies. Skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over are also included. Online class content is 7 hours. Note: $10 pocket mask and $35 certification fee included.

Age: 15 years & up
Location: Edora Pool Ice Center

1/2–1/7 Tu,W,Th,F,Su 9:00 AM–1:30 PM $217 101340-01

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 participants’ progress. Must possess a current lifeguard/first aid/CPR/AED certificate. Online class content is 2 hours and 30 minutes. Note:$35 certification fee included. Class takes place Friday–Sunday.

Age: 17 years & up
Location: Edora Pool Ice Center

2/2 F 4:00–8:00 PM $195 101342-01

2/3–2/4 Sa,Su 9:00 AM–5:30 PM

Arts & Crafts

The Senior Center Member discount applies to programs 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.
If no fee is listed for a membership program, the program is exclusive to Senior Center members. For information about Senior Center Membership benefits, see page 91. Arts supply lists and approximate costs are available for many arts & crafts programs and are provided when registering.

Arts & Crafts programming is provided for recreation and education; production work is not permitted in Recreation facilities.

Adult Programming

Senior Center Exhibits

Call to artists, crafters, and collectors interested in displaying
their pieces. The Senior Center showcases both historical and contemporary artwork and collections by local, regional, national, and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are set-up on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale. Also, the Senior Center is currently accepting submissions for photography pieces to be displayed along the walls of the track in the fitness area. Photos are enlarged and presented
on a rotational basis.

Arts & Crafts Volunteers

Volunteers are needed to help oversee the operation of a
woodshop and general arts and crafts studio, as well as serve
as arts and crafts teachers.

Visual Arts Committee

Looking for Visual Arts Committee volunteer members; members attend monthly meetings and special engagements as needed. Members are participatory in the setup and takedown of shows, displays, and decisions regarding visual aspects related to art in
and around the Fort Collins Senior Center.

Teachers

New proposals for teaching classes from skilled arts and crafts instructors welcome.

Contact

Contact Steve Dietemann at 970.224.6028, sdietemann@fcgov.com, for more information about arts and crafts, exhibits, teaching, and volunteering.

[ Drawing Arts ]

Comics Essentials

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

Age: 14 years & up
Location: Senior Center

1/30–3/6 Tu 6:30–8:30 PM $54 103407-01

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 techniques. No instructor provided. Bring supplies necessary to work.

Age: 18 years & up
Location: Senior Center

Ongoing F 9:30 AM–12:30 PM No Fee

[ Fiber Arts ]

Felting, Needle Style

Learn the needle technique method on wool while making colorful handcrafted soft sculptures measuring roughly 4"–6" tall. All supplies provided.

Age: 14 years & up
Location: Senior Center

Holiday Angels

12/9 Sa 9:00 AM–Noon $28 103436-01

Birds

1/13 Sa 9:00 AM–Noon $28 103436-02

Valentine Princess & the Frog

2/10 Sa 9:00 AM–Noon $28 103436-03

Quilting Quorum

All levels welcome and may work on any projects, including items for a charity of your choice or the one the group has adopted that offers quilts for people in need. Ask the experts, but no instructor provided. Meet other local quilters, swap tips, and share techniques.

Age: 18 years & up
Location: Senior Center

Ongoing F 1:00–3:00 PM No Fee

[ Glass Arts ]

Stained Glass, Lamp

Learn to cut and assemble a simple 5-sided glass lamp. Using learned techniques, assemble a much more complicated design. View demonstrations of fitting and assembling the complicated lamp construction on a styrofoam mold. Prerequisite: Stained Glass, Foil Intermediate. Some supplies provided. Glass supply list available at registration; approx. cost: $40–70.

Age: 18 years & up
Location: Senior Center

1/30–2/6 Tu 12:30–3:30 PM $51 103467-01

[ General Arts ]

Basket Cases

Open time is for individuals interested in basketry to come together weekly and work on projects. Work with any medium: basket reed, yarn, pine needles, etc. Different techniques such as caning are also welcome. Share ideas and designs. Note: No instructor provided. Bring supplies necessary to work.

Age: 18 years & up
Location: Senior Center

Ongoing Th 1:00–3:00 PM No Fee

C.H.A.T. (Crafts Hobbies Arts Time)

Open for scrapbooks, crochet, watercolor, knitting, and other hobbies. This group of creative people meets weekly to work on projects and share ideas and techniques. Learn from others, discuss the many aspects of different art related hobbies and crafts. No instructor provided.

Age: 18 years & up
Location: Senior Center

Ongoing W 1:00–3:00 PM No Fee

Open Shop

The shop is open for use. Tools are made available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted.

Age: 18 years & up
Location: Senior Center

Ongoing Tu 8:00 AM–Noon No Fee

Ongoing W 1:00–5:00 PM No Fee

Ongoing Th 5:00–9:00 PM No Fee

Metal Wind Sculpture, Intermediate

Expand on skills learned in the beginning class using advanced
techniques such as embossing, shaping, and fold forming of sheet copper and brass to fabricate a kinetic weather vane. Note: Prerequisite: Beginning Metal Work or instructor approval. All tools and supplies provided.

Age: 18 years & up
Location: Senior Center

1/31–3/7 W 9:00 AM–Noon $105 103476-01

[ Jewelry ]

L.O.S.T. (Lapidary Open Shop Time)

Cut, grind, and work on stones for jewelry. Limited equipment available; use of specific equipment is not guaranteed. Full knowledge of lapidary required. Note: No instructor provided. Shop supervisors are available. Open to Senior Center Members or those currently enrolled in a jewelry class. Class will not be held on 12/24, 12/31.

Age: 18 years & up
Location: Senior Center

12/4–2/26 M 7:00–9:00 PM $25 103485-01

Jewelry, Beginning

Concentration is on cutting and piercing with a jeweler’s saw, filing, and soldering, as well as covering proper techniques for polishing and finishing. Designed for those with no metal experience, as well as those looking for a refresher. Note: Tools and some supplies provided. Supply list available at registration; approx. cost: $55–80.

Age: 18 years & up
Location: Senior Center

1/9–2/20 Tu 6:00–8:00 PM $98 103486-01

Jewelry, Lapidary

Learn the basic processes used for rock and gem cutting and grinding, which are the best stones for grinding and polishing, and how to work with semi-precious stones. Receive instruction about the construction of a jewelry piece with a stone. Prerequisite: Jewelry, Beginning. Note: Some supplies provided. Supply list available at registration; approx. cost: $15–45.

Age: 18 years & up
Location: Senior Center

1/9–2/20 Tu 4:00–6:00 PM $103 103489-01

[ Paper Arts ]

Non-Adhesive Bookbinding Workshop

Make a soft cover journal that is perfect for recording everything from travel adventures to garden notes. Learn the basics of sewing a multiple signature book while creating a personalized journal. Note: Bring pencil, scissors, and a bone folder; all other materials provided. Lunch hour provided, meal not included.

Age: 18 years & up
Location: Senior Center

2/10 Sa 9:00 AM–4:00 PM $39 103413-01

Stab Bookbinding Workshop

Learn a variety of stitching patterns and create a uniquely bound hardcover book album which is bound along one edge with a decorative stitch. Perfect beautiful scrapbooks and photo albums that can be enjoyed for years to come. Note: Lunch hour provided, meal not included. Supply list available at registration.

Age: 18 years & up
Location: Senior Center

1/20 Sa 9:00 AM–4:00 PM $39 103414-01

[ Painting ]

Acrylic Painting, Beginning

Ongoing entry-level course. Cover important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before and are interested, or those who would like to stretch their emerging skills to new levels. Note: Supply list available at registration; approx. cost: $30–50.

Age: 18 years & up
Location: Senior Center

12/4–12/18 M 1:00–3:00 PM $34.25 103446-01

1/8–1/29 M 1:00–3:00 PM $44 103446-02

2/5–2/26 M 1:00–3:00 PM $44 103446-03

12/4–12/18 M 6:30–8:30 PM $34.25 103446-04

1/8–1/29 M 6:30–8:30 PM $44 103446-05

2/5–2/26 M 6:30–8:30 PM $44 103446-06

Porcelain Painting, Beginning

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

Age: 18 years & up
Location: Senior Center

12/6–12/20 W 9:00–11:30 AM $38.50 103470-01

1/3–1/31 W 9:00–11:30 AM $57.50 103470-02

2/7–2/28 W 9:00–11:30 AM $48 103470-03

Porcelain Painting, Intermediate

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

Age: 18 years & up
Location: Senior Center

12/6–12/20 W 9:00–11:30 AM $33.50 103471-01

1/3–1/31 W 9:00–11:30 AM $52.50 103471-02

2/7–2/28 W 9:00–11:30 AM $43 103471-03

Porcelain Painting, Advanced

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

Age: 18 years & up
Location: Senior Center

12/6–12/20 W 1:00–4:00 PM $38 103472-01

1/3–1/31 W 1:00–4:00 PM $60 103472-02

2/7–2/28 W 1:00–4:00 PM $49 103472-03

Watercolor, Beginning

Learn basics techniques of preparing the paper and board for painting. Learn composition, painting techniques, and special effects, including setting up a palette, types of papers, color theory, design principals, and techniques for handling the pigment. Supply list available at registration; approx. cost: $50–75.

Age: 18 years & up
Location: Senior Center

1/12–2/16 F 9:00–11:00 AM $70.50 103480-01

Painting, Watercolor Intermediate & Advanced

Continuation for Watercolor, Beginning. An ongoing class with more in-depth exploration into watercolor techniques. Emphasis is on observation and various brush techniques. Build skills and knowledge of artistic concepts. Note: Prerequisite: Watercolor, Beginning. Supply list available at registration; approx. cost: $50–100.

Age: 18 years & up
Location: Senior Center

12/1–12/29 F 1:00–3:00 PM $58.75 103481-01

1/5–1/26 F 1:00–3:00 PM $49 103481-02

2/2–2/23 F 1:00–3:00 PM $49 103481-03

[ Woodworking ]

Woodworking, Beginning

Create a basic project that requires the use of the special skills. While using woodworking tools, learn their proper setup and maintenance. Gain the knowledge of wood skills, materials, and finishes needed to work independently in Open Shop. Note: Some supplies provided. Supply list available at first class; approx. cost: $20–30. Attendance at first class required. Class will not be held on 2/14.

Age: 18 years & up
Location: Senior Center

1/17–2/28 W 7:00–9:00 PM $107 103490-01

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 is provided. More clay can be purchased at the Studio for $22. Only clay purchased from the Pottery Studio is fired. A basic tool kit ($12) needs to be purchased at the first class if you don’t already own your own hand tools. 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. Lab time is included with adult classes unless otherwise noted. Note: All work must be accomplished at the Studio. Production work is not permitted. All pottery classes are held at the Fort Collins Pottery Studio, 1541 West Oak, Fort Collins which is located in the northwest corner of City Park.

Pottery Lab

Lab is included for adult students who are currently enrolled in a class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. Lab fee includes 25 lbs. of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. See pottery section page 32 to register as a Lab only participant.

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.

Contact

Direct questions regarding pottery to Steve Dietemann at 970.224.6028, sdietemann@fcgov.com.

Holiday Scheduling

Due to the New Year holiday, Pottery classes will not be held on 1/01/2018. Programs the run through the holiday will start and finish one week later than other classes.

[ Adult Programming ]

Pottery, Beginning Wheel & Handbuilding

For those who are new to pottery. Learn about clay, tools, and glazing including the basic skills, techniques, and principles involved in pottery. Primary emphasis is on creating while using the potter’s wheel. Some handbuilding is covered.

Age: 18 years & up

1/8–3/12 M 9:00–11:00 AM $170 104850-01

1/8–3/12 M 5:45–7:45 PM $170 104850-02

1/3–3/7 W 8:00–10:00 PM $170 104850-03

1/6–3/10 Sa 12:30–2:30 PM $170 104850-04

Pottery, Beginning Plus Wheel & Handbuilding

For students who have previously taken a beginning class and are acquainted with the basic techniques involved in wheel throwing. Excellent class for those that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate. Prerequisite: Beginning Wheel or equivalent.

Age: 18 years & up

1/8–3/12 M 8:00–10:00 PM $170 104855-01

1/3–3/7 W 5:45–7:45 PM $170 104855-02

1/4–3/8 Th 9:00–11:00 AM $170 104855-03

Pottery, Intermediate Wheel & Handbuilding

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

Age: 18 years & up

1/2–3/6 Tu 5:30–7:30 PM $170 104860-01

1/3–3/7 W 9:00–11:00 AM $170 104860-02

Pottery, Advanced Wheel & Handbuilding

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

Age: 18 years & up

1/4–3/8 Th 5:30–7:30 PM $170 104865-01

Pottery Sampler

Introduction to handbuilding and wheel-throwing, as well as glazing and studio operation. Create while learning a few beginning techniques of clay. Note: No lab is offered with this class. All materials and tools provided.

Age: 18 years & up

1/6–2/3 Sa 12:30–2:30 PM $60 104870-01

2/10–3/10 Sa 12:30–2:30 PM $60 104870-02

Pottery, Handbuilding Expressions

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

Age: 18 years & up

1/3–3/7 W 6:00–8:00 PM $170 104875-01

Cool Clay

Learn about imaginative methods of wheel and handbuilding while using extruders, slab rollers, various textures, and forms. Push the traditional boundaries of utilitarian clay, as well as concentrate with some focus on functionality. All levels welcome.

Age: 18 years & up

1/5–2/2 F 6:00–8:00 PM $90 104880-01

2/9–3/9 F 6:00–8:00 PM $90 104880-02

Pottery, Creative Clay Craft

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

Age: 18 years & up

1/5–3/9 F 9:00–11:00 AM $170 104885-01

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken a ten week class at the Pottery Studio may register as a lab student. This is a recreational and educational facility; production work is not permitted. Staff is in attendance,
but no formal instruction is provided.

Age: 18 years & up

1/3–3/12 M,W,Th,F, 11:00 AM–2:00 PM $170 104899-01
1/4–3/8 Th,Tu 7:30–10:00 PM
1/6–3/10 Tu,Sa 9:00 AM–Noon

[ Youth Programming ]

Youth Pottery provides learning experiences for basic pottery techniques while encouraging creativity and exploration with clay. New projects introduced with each session: feel free to register for multiple session to construct a variety of projects All tools
and supplies are provided for youth pottery classes. Lab times
are not provided.

Birthday Parties

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

Scout Badges

Boy and Girl Scouts learn the fundamentals of clay while completing badge requirements. Scouts go on a tour and see the workings
of a Pottery Studio, as well as create a piece that they can personalize with their own creativity. Cost is $16 per child (six children minimum); with 10 kids or more, one child is free.

Contact

Direct questions regarding pottery to Steve Dietemann at 970.224.6028, sdietemann@fcgov.com.

[ Child Without Parent Classes ]

Pottery, Child Handbuilding

Make interesting clay projects while learning various methods of forming and glazing clay.

Age: 6–9 years

1/8–2/5 M 4:00–5:30 PM $59 104805-01

1/3–1/31 W 4:00–5:30 PM $59 104805-02

2/12–3/12 M 4:00–5:30 PM $59 104805-03

2/7–3/7 W 4:00–5:30 PM $59 104805-04

Pottery, Youth Wheel & Handbuilding

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

Age: 10–12 years

1/4–3/8 Th 3:45–5:15 PM $110 104810-01

1/5–2/2 F 4:00–5:30 PM $59 104810-02

2/9–3/9 F 4:00–5:30 PM $59 104810-03

Pottery, Teen Wheel & Handbuilding

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

Age: 13–17 years

1/2–1/30 Tu 3:45–5:15 PM $59 104815-01

2/6–3/6 Tu 3:45–5:15 PM $59 104815-02

[ Child With Parent Classes ]

Classes specifically geared for a parent or grandparent to work together with a child on pottery projects. For the Parent Tot Mud classes, it is expected that the parent assists the child with their piece. Classes geared towards older children will include time for both generations to share in the experience and still work on their own projects.

Pottery, Parent, & Tot Mud Handbuilding

Parent and child combine their talents in this unique pottery class.

Age: 3–5 years

1/2–1/30 Tu 12:30–1:30 PM $45 104801-01

1/3–1/31 W 2:45–3:45 PM $45 104801-02

1/6–2/3 Sa 3:00–4:00 PM $45 104801-03

2/6–3/6 Tu 12:30–1:30 PM $45 104801-04

2/7–3/7 W 2:45–3:45 PM $45 104801-05

2/10–3/10 Sa 3:00–4:00 PM $45 104801-06

Pottery, Parent, & Child Handbuilding

Work together to share a creative experience and create masterpieces. Each additional youth is $52.50.

Age: 6–9 years

1/6–2/3 Sa 4:30–6:00 PM $110 104835-01

2/10–3/10 Sa 4:30–6:00 PM $110 104835-02

Pottery, Parent, Teen & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and
whimsical, imaginative clay objects in this combination while learning the potter’s wheel and handbuilding techniques. Each additional youth is $52.50.

Age: 10–17 years

1/5–2/2 F 5:45–7:15 PM $110 104845-01

2/9–3/9 F 5:45–7:15 PM $110 104845-02

Youth Programming

Art Impersonators

Re-create and put a unique twist on famous artists’ work.

Age: 6–10 years
Location: Foothills Activity Center

Warhol

1/16 Tu 4:30–6:00 PM $12 116715-01

Kandinsky

1/23 Tu 4:30–6:00 PM $12 116715-02

Matisse

1/30 Tu 4:30–6:00 PM $12 116715-03

O’Keefe

2/6 Tu 4:30–6:00 PM $12 116715-04

Mondrian

2/13 Tu 4:30–6:00 PM $12 116715-05

Picasso

2/20 Tu 4:30–6:00 PM $12 116715-06

Cezanne

2/27 Tu 4:30–6:00 PM $12 116715-07

Monet

3/6 Tu 4:30–6:00 PM $12 116715-08

Art Studio

Focus on different mediums and themes, or create at will
with various materials provided. This can be a messy class;
dress accordingly.

Age: 6–12 years
Location: Mulberry Pool

Holiday Art

12/4 M 4:30–6:00 PM $12 116207-01

12/11 M 4:30–6:00 PM $12 116207-02

Watercolors

1/15 M 4:30–6:00 PM $14 116207-03

2/26 M 4:30–6:00 PM $14 116207-09

Clay

1/22 M 4:30–6:00 PM $16 116207-04

Snow Scenes

1/29 M 4:30–6:00 PM $12 116207-05

Paper Art

2/5 M 4:30–6:00 PM $12 116207-06

Valentine’s Day

2/12 M 4:30–6:00 PM $12 116207-07

Penguins

2/19 M 4:30–6:00 PM $12 116207-08

Winter Works

Each day, create a wonderful winter inspired work by drawing and using paint and paper.

Age: 6–12 years
Location: Mulberry Pool

1/2–1/4 Tu–Th 9:00 AM–Noon $140 116212-01

Collage on Canvas

Collage on canvas using paint, paper, and found objects. Each week, add more onto the canvas to create a holiday masterpiece with an
O’ Christmas Tree theme.

Age: 6–12 years
Location: Mulberry Pool

12/6–12/20 W 4:30–6:00 PM $60 116214-01

Imaginary Realms

Draw, paint, and collage to create a unique universe from a
different dimension.

Age: 6–12 years
Location: Mulberry Pool

1/10–1/31 W 4:30–6:00 PM $100 116244-01

Degas Dancers

Using inspiration from Edward Degas, draw and paint to create
an art piece.

Age: 6–12 years
Location: Mulberry Pool

2/7 W 4:30–6:00 PM $30 116245-01

Snuggly Ugly Sweater

Create on canvas a portrait of a favorite furry friend wearing a snuggly, ugly sweater.

Age: 6–12 years
Location: Mulberry Pool

12/27–12/28 W,Th 9:00 AM–Noon $100 116275-01

Collage on Canvas, Jasper John

Use paper and paint on canvas to create a Jasper John’s inspired American flag.

Age: 6–12 years
Location: Northside Aztlan Center

2/19 M 9:30–11:30 AM $35 116513-01

Candy House Mosaics on Canvas

Using colorful candies and imagination, create a holiday mosaic while enjoying cocoa and cookies.

Age: 6–12 years
Location: Northside Aztlan Center

12/22 F 11:00 AM–Noon $35 116542-01

Cupcakes ‘n Canvas

Learn the joy of painting using bright, bold colors. Paint on canvas while enjoying cupcakes.

Age: 6–12 years
Location: Northside Aztlan Center

Elf Yourself

12/4 M 4:30–6:00 PM $30 116543-01

Starry Night Holiday

12/18 M 4:30–6:00 PM $30 116543-02

Valentines

2/13 Tu 4:30–6:00 PM $30 116543-03

Dance & Movement

Adult Programming

[ Belly Dancing ]

Belly Dancing, Beginning

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, all while improving balance, core strength, and flexibility. Note: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. Bare feet recommended.

Age: 18 years & up
Location: Senior Center

1/2–1/30 Tu 7:00–8:00 PM $40 106426-01

2/6–2/27 Tu 7:00–8:00 PM $33 106426-02

Belly Dancing, Continuing

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 Beginning Belly Dance or instructor approval. Note: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. Bare feet recommended.

Age: 18 years & up
Location: Senior Center

1/2–1/30 Tu 8:00–9:00 PM $40 106427-01

2/6–2/27 Tu 8:00–9:00 PM $33 106427-02

Belly Dance Workshop Combos

Add another layer to tribal style dance with queued combinations. Learn several sequences and how to queue them. Discuss the use of combos in dance, and coordinate new combos. Note: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. Bare feet recommended.

Age: 18 years & up
Location: Senior Center

12/5 Tu 7:00–9:00 PM $20 106428-01

Belly Dance Workshop, Zambra Mora

Zambra Mora is a belly dance/flamenco fusion style. Cover new moves, skirt work, posture, and how to blend dance styles. Familiarity with tribal belly dance is helpful, but not required. Note: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. Bare feet recommended.

Age: 18 years & up
Location: Senior Center

12/12 Tu 7:00–9:00 PM $20 106428-02

[ Ballet ]

Ballet, Beginning

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

Age: 18 years & up
Location: Club Tico

1/23–3/6 Tu 5:30–6:30 PM $47 106102-01

Ballet, Low-Intermediate

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

Age: 18 years & up
Location: Empire Grange, 2306 W Mulberry St.

1/22–3/5 M 5:30–6:45 PM $50.50 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

1/25–3/8 Th 5:45–7:00 PM $50.50 106104-01

[ Dance ]

West Coast Swing

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

Age: 18 years & up
Location: Senior Center

12/6–12/27 W 7:30–9:00 PM $40 106440-01

1/3–1/24 W 7:30–9:00 PM $40 106440-02

2/7–2/28 W 7:30–9:00 PM $40 106440-03

[ Line Dance ]

Line Dance, Starter Class

Designed for beginners. Learn the basic steps, terminology, and
easy choreography. Note: Option to pay a drop-in rate of $6 per class is available.

Age: 18 years & up
Location: Senior Center

12/5–12/12 Tu 12:30–1:45 PM $11 106436-01

1/2–1/30 Tu 12:30–1:45 PM $20 106436-02

2/6–2/27 Tu 12:30–1:45 PM $17 106436-03

Line Dance, Continued

Designed for the more experienced dancer who thrives on
complex choreography. Note: Option to pay a drop-in rate of
$6 per class is available.

Age: 18 years & up
Location: Senior Center

12/5–12/12 Tu 1:45–3:00 PM $11 106437-01

1/2–1/30 Tu 1:45–3:00 PM $20 106437-02

2/6–2/27 Tu 1:45–3:00 PM $17 106437-03

[ Modern Dance ]

Modern Dance

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

Age: 18 years & up
Location: Empire Grange, 2306 W Mulberry St.

1/22–3/5 M 6:50–7:50 PM $47 106156-01

Youth Programming

[ Ballet ]

Ballet & Modern Dance

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

Grade: Kindergarten–2

Location: Club Tico

1/30–2/27 Tu 4:15–5:15 PM $38 106101-01

Dancing Swans

An introduction to basic dance, pre-ballet movement, and body awareness using imagery and imaginative play.

Age: 3–5 years
Location: Mulberry Pool

12/5–12/19 Tu 10:15–11:00 AM $35 115211-01

1/9–1/30 Tu 10:15–11:00 AM $45 115211-02

2/6–2/27 Tu 10:15–11:00 AM $45 115211-03

3/6–3/27 Tu 10:15–11:00 AM $45 115211-04

Petite Ballerinas

Gain confidence and body awareness by creatively exploring pre-ballet movements. Leveled classes teach progressive skills. Parents watch the last day of sessions. Registration deadline is one week prior to class. Attire: Leotards and tights, pink leather ballet slippers, hair in a bun, ballet skirts permitted, but not required.

Location: Northside Aztlan Center

Petite Ballerinas l
Age: 3–4 years

1/5–1/26 F 11:45 AM–12:30 PM $45 115524-01

2/2–2/23 F 11:45 AM–12:30 PM $45 115524-02

1/6–1/27 Sa 9:00–9:45 AM $45 115524-03

2/3–2/24 Sa 9:00–9:45 AM $45 115524-04

Petite Ballerinas lI
Age: 4–5 years

1/5–1/26 F 12:45–1:30 PM $45 115524-05

2/2–2/23 F 12:45–1:30 PM $45 115524-06

1/6–1/27 Sa 10:00–10:45 AM $45 115524-07

2/3–2/24 Sa 10:00–10:45 AM $45 115524-08

Petite Ballerinas III
Age: 5–6 years

1/6–1/27 Sa 11:00–11:45 AM $45 115524-09

2/3–2/24 Sa 11:00–11:45 AM $45 115524-10

Petite Ballet

Begin learning classical technique in a dance studio setting with trained instructors. Attire: Solid colored leotards and pink tights, pink leather ballet slippers, hair in a bun. Registration deadline is one week prior to class beginning.

Age: 7–11 years
Location: Northside Aztlan Center

1/6–1/27 Sa Noon–12:45 PM $45 115526-01

2/3–2/24 Sa Noon–12:45 PM $45 115526-02

Acro Dance

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

Location: Mulberry Pool

Acro Dance I
Age: 3–5 years

12/7–12/28 Th 10:15–11:00 AM $45 115213-01

1/11–1/25 Th 10:15–11:00 AM $35 115213-02

2/8–2/22 Th 10:15–11:00 AM $35 115213-03

3/8–3/29 Th 10:15–11:00 AM $45 115213-04

Acro Dance II
Age: 6–8 years

12/6–12/27 W 4:30–5:15 PM $45 115213-05

1/10–1/31 W 4:30–5:15 PM $45 115213-06

2/7–2/28 W 4:30–5:15 PM $35 115213-07

3/7–3/28 W 4:30–5:15 PM $45 115213-08

Acro Dance III
Age: 9 years & up

12/6–12/27 W 5:15–6:00 PM $45 115213-09

1/10–1/31 W 5:15–6:00 PM $45 115213-10

2/7–2/28 W 5:15–6:00 PM $35 115213-11

3/7–3/28 W 5:15–6:00 PM $45 115213-12

Hip Hop

Fundamentals of hip hop are taught in a fun, appropriate environment. Learn basic dance skills like keeping rhythm, following choreography, and developing body control. Leveled classes teach progressive skills.

Hip Hop I
Age: 3–5 years
Location: Mulberry Pool

12/7–12/28 Th 9:30–10:15 AM $45 115110-01

1/11–1/25 Th 9:30–10:15 AM $35 115110-02

2/8–2/22 Th 9:30–10:15 AM $45 115110-03

3/8–3/29 Th 9:30–10:15 AM $35 115110-04

Hip Hop II
Age: 6–8 years
Location: Northside Aztlan Center

1/8–1/29 M 4:30–5:15 PM $45 115511-02

2/5–2/26 M 4:30–5:15 PM $45 115511-03

3/5–3/26 M 4:30–5:15 PM $45 115511-04

Hip Hop III
Age: 9–11 years
Location: Northside Aztlan Center

1/8–1/29 M 5:15–6:00 PM $45 115511-06

2/5–2/26 M 5:15–6:00 PM $45 115511-07

3/5–3/26 M 5:15–6:00 PM $45 115511-08

Hip Hop IV
Age: 12–17 years
Location: Northside Aztlan Center

1/8–1/29 M 6:00–6:45 PM $45 115511-10

2/5–2/26 M 6:00–6:45 PM $45 115511-11

3/5–3/26 M 6:00–6:45 PM $45 115511-12

Dancin’ Dumplin’s

Introduction to dance rhythms, movement, tumbling, and creativity. Attire: Leotard and tights, or t-shirt and shorts.

Location: Foothills Activity Center

Age: 3 years

1/11–2/8 Th 11:00–11:45 AM $55 115710-01

1/12–2/9 F 10:45–11:30 AM $55 115710-02

2/15–3/8 Th 11:00–11:45 AM $45 115710-03

2/16–3/9 F 10:45–11:30 AM $45 115710-04

3/22–4/12 Th 11:00–11:45 AM $45 115710-05

3/23–4/13 F 10:45–11:30 AM $45 115710-06

Age: 4–5 years

1/12–2/9 F 9:30–10:30 AM $65 115710-07

2/16–3/9 F 9:30–10:30 AM $55 115710-08

3/23–4/13 F 9:30–10:30 AM $55 115710-09

Tappin’ & Tumbling

Forty-five minutes of basic tap techniques and rhythms followed by forty-five minutes of basic gymnastics skills and rotations. Note: Class will not be held on 2/20.

Location: Foothills Activity Center

Tappin’ & Tumbling I
Age: 4–5 years

1/9–1/30 Tu 1:00–2:30 PM $75 115715-01

2/6–3/6 Tu 1:00–2:30 PM $75 115715-02

3/20–4/10 Tu 1:00–2:30 PM $75 115715-03

Tappin’ & Tumbling II
Age: 5–7 years

1/9–1/30 Tu 4:30–6:00 PM $75 115715-04

2/6–3/6 Tu 4:30–6:00 PM $75 115715-05

3/20–4/10 Tu 4:30–6:00 PM $75 115715-06

Just Tumbling

Learn basic tumbling skills and incorporate new learned skills into a mini-floor exercise routine. Note: Class will not be held on 3/15.

Age: 7–8 years
Location: Foothills Activity Center

1/11–2/1 Th 6:00–7:15 PM $65 115716-01

2/8–3/1 Th 6:00–7:15 PM $65 115716-02

3/8–4/5 Th 6:00–7:15 PM $65 115716-03

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts. Note: Class will not be held on 2/19, 2/14, 3/15.

Location: Foothills Activity Center

Tumble Bumbles I
Age: 4–5 years

1/8–1/29 M 1:00–2:00 PM $55 115717-01

1/8–1/29 M 4:30–5:30 PM $55 115717-02

1/10–1/31 W 1:00–2:00 PM $55 115717-03

2/5–3/5 M 1:00–2:00 PM $55 115717-04

2/5–3/5 M 4:30–5:30 PM $55 115717-05

2/7–3/7 W 1:00–2:00 PM $55 115717-06

3/19–4/9 M 1:00–2:00 PM $55 115717-07

3/19–4/9 M 4:30–5:30 PM $55 115717-08

3/21–4/11 W 1:00–2:00 PM $55 115717-09

Tumble Bumbles II
Age: 5–6 years

1/8–1/29 M 5:50–6:50 PM $55 115717-10

2/5–3/5 M 5:50–6:50 PM $55 115717-11

3/19–4/9 M 5:50–6:50 PM $55 115717-12

Tumble Bumbles III
Age: 6–7 years

1/11–2/1 Th 4:30–5:30 PM $55 115717-13

2/8–3/1 Th 4:30–5:30 PM $55 115717-14

3/8–4/5 Th 4:30–5:30 PM $55 115717-15

Just Dance

A combination dance class including a ballet warm up for technique, gymnastics for alignment, and jazz dance combos for rhythm. Note: Class will not be held on 2/14.

Age: 6–8 years
Location: Foothills Activity Center

1/10–1/31 W 4:30–5:45 PM $65 115718-01

2/7–3/7 W 4:30–5:45 PM $65 115718-02

3/21–4/11 W 4:30–5:45 PM $65 115718-03

[ Parent & Child Programming ]

Baby Ballerinas

Bring imagination to life to explore body movement and awareness as a ballerina.

Age: 2–3 years
Location: Mulberry Pool

12/5–12/19 Tu 9:30–10:15 AM $35 115212-01

1/9–1/30 Tu 9:30–10:15 AM $45 115212-02

2/6–2/27 Tu 9:30–10:15 AM $45 115212-03

3/6–3/27 Tu 9:30–10:15 AM $45 115212-04

Roly Polys

Discover the world of gymnastics by working on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini trampoline. Note: Class will not be held on 2/19.

Location: Foothills Activity Center

Age: 2 years

1/8–1/29 M 10:30–11:15 AM $45 115720-01

1/9–2/6 Tu 11:00–11:45 AM $55 115720-02

1/10–2/7 W 10:30–11:15 AM $55 115720-03

2/5–3/5 M 10:30–11:15 AM $45 115720-04

2/13–3/6 Tu 11:00–11:45 AM $45 115720-05

2/14–3/7 W 10:30–11:15 AM $45 115720-06

3/19–4/9 M 10:30–11:15 AM $45 115720-07

3/20–4/10 Tu 11:00–11:45 AM $45 115720-08

3/21–4/11 W 10:30–11:15 AM $45 115720-09

Age: 3 years

1/8–1/29 M 9:30–10:15 AM $45 115720-10

1/10–2/7 W 9:30–10:15 AM $55 115720-11

2/5–3/5 M 9:30–10:15 AM $45 115720-12

2/14–3/7 W 9:30–10:15 AM $45 115720-13

3/19–4/9 M 9:30–10:15 AM $45 115720-14

3/21–4/11 W 9:30–10:15 AM $45 115720-15

Early Learning

Early Learning courses are tailored toward children ages 6 years and under and are designed to enrich both their social and educational skills. Most classes for kids ages 3 years and older are Child Without Parent Classes. Classes in which parents are required or permitted
to attend are listed in the Child With Parent Classes on page 46.

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

For programming designed for youth ages 6 years and up,
browse the youth portions in the other sections of the Recreator.
(Ex. Education – Youth Programming)

Child Without Parent Classes: 2–6 years

[ Funtime Programming ]

Funtime closures/holidays correspond to the Poudre School District schedule; however it does not follow PSD weather closures. Funtime classes will not be held on 1/8, 1/15, 2/19, 3/2, 3/12, 3/13, 3/14, 3/15, 3/16, 4/13.

Funtime Discovery

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

Age: 2.5–3.5 years
Location: Northside Aztlan Center

11/28–12/14 Tu,Th 9:30–11:30 AM $68 117503-01

1/9–2/1 Tu,Th 9:30–11:30 AM $88 117503-02

2/6–3/1 Tu,Th 9:30–11:30 AM $88 117503-03

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be age 3 by 9/15/2017. Previous class experience recommended.

Age: 3–4 years
Location: Northside Aztlan Center

1/10–2/16 M,W,F 9:30 AM–Noon $225 117501-01

2/21–4/6 M,W,F 9:30 AM–Noon $225 117501-02

4/9–5/18 M,W,F 9:30 AM–Noon $239 117501-03

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Curriculum
focus is 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 age 4
by 9/15/2017.

Age: 4–5 years
Location: Northside Aztlan Center

1/10–2/16 M,W,F 9:30 AM–Noon $225 117500-01

2/21–4/6 M,W,F 9:30 AM–Noon $225 117500-02

4/9–5/18 M,W,F 9:30 AM–Noon $239 117500-03

General Programming

Curious Twos

Attention is directed to games, crafts, stories, and providing a positive first step to independent learning.

Age: 2 years
Location: Mulberry Pool

11/28–12/14 Tu,Th 9:30–10:30 AM $37 117204-01

1/9–2/1 Tu,Th 9:30–10:30 AM $47 117204-02

2/6–3/1 Tu,Th 9:30–10:30 AM $47 117204-03

Fun & Fitness

Develop a healthy fitness habit in a fun, festive atmosphere. Along with fitness activities, also enjoy arts and crafts, social time, and story time. Note: Class will not be held on 1/8, 1/15, 2/19.

Age: 2–4 years
Location: Foothills Activity Center

12/4–12/20 M,W 9:30–11:30 AM $68 117758-01

12/5–12/21 Tu,Th 9:30–11:30 AM $68 117758-02

1/10–1/31 M,W 9:30–11:30 AM $68 117758-03

1/9–2/1 Tu,Th 9:30–11:30 AM $89 117758-04

2/5–2/28 M,W 9:30–11:30 AM $78 117758-05

2/6–3/1 Tu,Th 9:30–11:30 AM $89 117758-06

Those Amazing Dinosaurs

Learn about dinosaurs while hunting for fossils, classifying by characteristics, and creating a dinosaur to take home.

Age: 3–5 years
Location: Northside Aztlan Center

1/11–1/25 Th 9:30–11:00 AM $31 117508-01

When I Grow Up

Learn about different grown-up jobs and play pretend using themed props and dress up clothes.

Age: 3–5 years
Location: Mulberry Pool

Firefighter

1/8 M 1:00–2:30 PM $13 117244-01

Farmer

1/29 M 1:00–2:30 PM $13 117244-02

Dentist

2/12 M 1:00–2:30 PM $13 117244-03

Chef

3/5 M 1:00–2:30 PM $13 117244-04

Afternoon Adventures

Participate in an afternoon of arts and crafts, games, and gym play.

Age: 3–6 years
Location: Foothills Activity Center

12/4 M 1:00–5:00 PM $23 117713-01

12/6 W 1:00–5:00 PM $23 117713-02

12/11 M 1:00–5:00 PM $23 117713-03

12/13 W 1:00–5:00 PM $23 117713-04

12/18 M 1:00–5:00 PM $23 117713-05

12/20 W 1:00–5:00 PM $23 117713-06

Disney Delights

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

Age: 3–6 years
Location: Mulberry Pool

Cars

12/4 M 1:00–2:30 PM $17 117240-01

Moana

12/11 M 1:00–2:30 PM $17 117240-02

Frozen

12/18 M 1:00–2:30 PM $17 117240-03

The Incredibles

1/22 M 1:00–2:30 PM $17 117240-04

Minions

2/5 M 1:00–2:30 PM $17 117240-05

Brave

2/26 M 1:00–2:30 PM $17 117240-06

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: Northside Aztlan Center

1/11–1/18 Th 1:00–2:30 PM $25 117545-01

I Want to be a Scientist

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

Age: 3–6 years
Location: Northside Aztlan Center

Concoctions

12/7 Th 10:00–11:30 AM $17 117507-01

Vet Medicine

12/14 Th 10:00–11:30 AM $17 117507-02

Oceanography

2/8 Th 10:00–11:30 AM $17 117507-03

Astronomy

2/15 Th 10:00–11:30 AM $17 117507-04

Zoology

2/22 Th 10:00–11:30 AM $17 117507-05

LEGO with Friends

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

Age: 3–6 years
Location: Foothills Activity Center

1/18–1/25 Th 1:00–2:30 PM $21 117749-01

2/8–2/15 Th 1:00–2:30 PM $21 117749-02

My First Book Club

Experience favorite stories through reading, storytelling, arts and crafts, and games.

Age: 3–6 years
Location: Northside Aztlan Center

Pete The Cat

1/9 Tu 1:00–2:30 PM $17 117516-01

Where the Wild Things Are

1/16 Tu 1:00–2:30 PM $17 117516-02

The Mitten

1/23 Tu 1:00–2:30 PM $17 117516-03

The Snowy Day

1/30 Tu 1:00–2:30 PM $17 117516-04

Brown Bear, Brown Bear

2/20 Tu 1:00–2:30 PM $17 117516-05

If You Give a Moose a Muffin

2/27 Tu 1:00–2:30 PM $17 117516-06

Paw Patrol

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

Age: 3–6 years
Location: Northside Aztlan Center

2/22 Th 1:00–2:30 PM $17 117550-01

Pretend with Friends

Foster imaginative theme-based play. Activities include interactive free play, arts and crafts, games, and more.

Age: 3–6 years
Location: Foothills Activity Center

Camping

1/12 F 10:00–11:30 AM $13 117750-01

Construction

1/19 F 10:00–11:30 AM $13 117750-02

Zookeeper

1/26 F 10:00–11:30 AM $13 117750-03

Restaurant

2/2 F 10:00–11:30 AM $13 117750-04

Junior Jedi

2/9 F 10:00–11:30 AM $13 117750-05

Birthday Party

2/16 F 10:00–11:30 AM $13 117750-06

Office

2/23 F 10:00–11:30 AM $13 117750-07

Wacky Science

Explore with hands on science experiments.

Age: 3–6 years
Location: Northside Aztlan Center

2/8–2/15 Th 1:00–2:30 PM $25 117536-01

Winter Animals

Learn about the winter animals of Colorado through reading and arts and crafts.

Age: 3–6 years
Location: Northside Aztlan Center

1/25–2/1 Th 1:00–2:30 PM $25 117511-01

Lunch Bunch Enrichment

Bring a lunch, make new friends, and learn something new. Varied enrichment activities are designed to complement most pre-k and half-day kindergarten programs. Note: Class will not be held on 3/2, 3/14, 3/17.

Age: 4–6 years
Location: Northside Aztlan Center

11/29–12/13 W Noon–2:00 PM $35 117509-01

12/1–12/15 F Noon–2:00 PM $35 117509-02

1/10–2/14 W Noon–2:00 PM $65 117509-03

1/12–2/16 F Noon–2:00 PM $65 117509-04

2/21–4/4 W Noon–2:00 PM $65 117509-05

2/23–4/6 F Noon–2:00 PM $55 117509-06

4/11–5/9 W Noon–2:00 PM $55 117509-07

4/20–5/11 F Noon–2:00 PM $55 117509-08

Splash & Dance

Incorporate preschool and kindergarten enrichment activities, with a dance lesson each week on Tuesday and free swim on Thursday. Dance lessons include introduction to hip hop, ballet, and acro dance.

Age: 4–6 years
Location: Mulberry Pool

12/5–12/21 Tu,Th 12:30–3:00 PM $99 117291-01

1/9–2/1 Tu,Th 12:30–3:00 PM $126 117291-02

2/6–3/1 Tu,Th 12:30–3:00 PM $126 117291-03

Storybook Theater

Designed for those interested in acting. Fairytales and traditional children’s stories provide a familiar base on which acting skills are encouraged. Dependent on the story, make simple costumes and backgrounds. New stories are introduced each week.

Age: 4–6 years
Location: Foothills Activity Center

The Three Pigs

1/9 Tu 1:00–2:30 PM $12 117730-01

The Three Bears

1/16 Tu 1:00–2:30 PM $12 117730-02

Henny Penny

1/23 Tu 1:00–2:30 PM $12 117730-03

Caps for Sale

1/30 Tu 1:00–2:30 PM $12 117730-04

The Mitten

2/6 Tu 1:00–2:30 PM $12 117730-05

Dino Bones

2/13 Tu 1:00–2:30 PM $12 117730-06

Stone Soup

2/20 Tu 1:00–2:30 PM $12 117730-07

Billy Goats Gruff

2/27 Tu 1:00–2:30 PM $12 117730-08

[ Arts & Crafts ]

Snuggly Ugly Sweater

Create a portrait of a favorite furry friend wearing a snuggly, ugly sweater, on canvas.

Age: 3–5 years
Location: Mulberry Pool

12/27–12/28 W,Th 1:00–3:00 PM $70 117276-01

Collage on Canvas

Create a collage using paint, paper, and found objects. Add more onto the canvas each week to create a holiday masterpiece.

Age: 3–5 years

12/6–12/20 W 1:00–2:30 PM $60 117277-01

Degas Dancers

Using inspiration from Edward Degas, draw and paint to create
a masterpiece.

Age: 3–5 years
Location: Mulberry Pool

2/7 W 1:00–2:30 PM $30 117279-01

Imaginary Realms

Draw, paint, and collage to create a unique universe from a
different dimension.

Age: 3–5 years
Location: Mulberry Pool

1/10–1/31 W 1:00–2:30 PM $100 117286-01

Winter Works

Each day, create a wonderful winter inspired work by drawing and using paint and paper.

Age: 3–5 years
Location: Mulberry Pool

1/2–1/4 Tu–Th 1:00–3:00 PM $95 117288-01

Cupcakes ‘n Canvas

Learn the joy of painting using bright, bold colors. Paint on canvas while enjoying cupcakes.

Age: 3–5 years
Location: Northside Aztlan Center

Elf Yourself

12/4 M 1:00–2:30 PM $30 117529-01

Starry Night Holiday

12/18 M 1:00–2:30 PM $30 117529-02

Valentines

2/13 Tu 1:00–2:30 PM $30 117529-03

Collage on Canvas, Jasper John

Use paper and paint on canvas to create a Jasper John’s inspired American flag.

Age: 3–5 years
Location: Northside Aztlan Center

2/19 M 1:00–2:30 PM $30 117578-01

Candy House Mosaics on Canvas

Using colorful candies and imagination, create a holiday mosaic while enjoying cocoa and cookies.

Age: 3–5 years
Location: Northside Aztlan Center

12/22 F 9:30–10:30 AM $35 117581-01

That’s a Wrap

Create colorful wrappings to adorn holiday gifts and cards.

Age: 3–5 years
Location: Northside Aztlan Center

12/5–12/19 Tu 1:00–2:30 PM $40 117584-02

What Do You See?

Inspired by Eric Carle’s, Brown Bear, Brown Bear What Do You See?, create works of art using bright colors and patterns.

Age: 3–5 years
Location: Northside Aztlan Center

1/9–1/30 Tu 1:00–2:30 PM $100 117587-01

Art Studio for Preschoolers

Discover the artist within. Focus on different mediums and themes, or create at will with various materials provided.

Age: 3–6 years
Location: Northside Aztlan Center

Holiday Art

12/5 Tu 10:00–11:30 AM $12 116506-01

12/12 Tu 10:00–11:30 AM $12 116506-02

Watercolors

1/16 Tu 10:00–11:30 AM $14 116506-03

2/27 Tu 10:00–11:30 AM $14 116506-09

Clay

1/23 Tu 10:00–11:30 AM $16 116506-04

Snow Scenes

1/30 Tu 10:00–11:30 AM $12 116506-05

Paper Art

2/6 Tu 10:00–11:30 AM $12 116506-06

Valentine’s Day

2/13 Tu 10:00–11:30 AM $12 116506-07

Penguins

2/20 Tu 10:00–11:30 AM $12 116506-08

Holiday Ornaments

Create holiday decorations and ornaments to take home.

Age: 3–6 years
Location: Northside Aztlan Center

12/12–12/14 Tu,Th 1:00–3:00 PM $35 116551-01

Holiday Cards

Cut, paste, glue, paint, and design creative holiday cards to send to friends and family.

Age: 3–6 years
Location: Northside Aztlan Center

12/5–12/7 Tu,Th 1:00–2:30 PM $20 116552-01

Holiday Gifts by Me

Make the holidays merry and bright by crafting special gifts for friends and family.

Age: 3–6 years
Location: Northside Aztlan Center

12/19–12/21 Tu,Th 1:00–2:30 PM $45 116553-01

Frosty Art

Create art pieces of snowflakes, and snowmen, and other winter inspired themes.

Age: 3–6 years
Location: Foothills Activity Center

12/5–12/7 Tu,Th 1:00–2:30 PM $21 116748-01

[ Cooking ]

Once Upon a Time in the Kitchen

Each class is based on a popular children’s book. Cook up a delicacy that is featured in the story.

Age: 3–5 years
Location: Northside Aztlan Center

12/1 F 10:00–11:00 AM $17 117522-01

1/12 F 10:00–11:00 AM $17 117522-02

1/26 F 10:00–11:00 AM $17 117522-03

2/9 F 10:00–11:00 AM $17 117522-04

2/23 F 10:00–11:00 AM $17 117522-05

Little Kids Can Cook

Get creative in the kitchen. Themed classes help increase
cooking knowledge.

Age: 4–7 years
Location: Northside Aztlan Center

Valentines

2/10 Sa 9:30–11:30 AM $21 117523-02

Frozen Goodies

1/20 Sa 9:30–11:30 AM $21 117523-03

Holiday Cookies

12/9 Sa 9:30–11:30 AM $21 117523-01

[ Dance & Movement ]

Little Yogis

Explore movement through animated poses, games, art, music, and breathing exercises that help to strengthen coordination and build body awareness. Bark in downward dog, hiss in cobra, and take a yoga journey.

Age: 3–6 years
Location: KidsCrave Yoga, 4206 S College Ave. #107

12/1–12/22 F 10:00–10:45 AM $45 117955-01

1/5–1/26 F 10:00–10:45 AM $45 117955-02

2/2–2/23 F 10:00–10:45 AM $45 117955-03

Child With Parent Classes: 0–5 years

[ General Programming ]

I Can Do It Myself

Enjoy a number of themed activities including arts and crafts
and movement.

Age: 15 months–2 years
Location: Northside Aztlan Center

2/13 Tu 9:30–10:30 AM $18 117567-01

Grandma, Grandpa, & Me

Playgroup designed for grandparents and their grandchildren. Includes arts and crafts, snack time, stories, and free play. Note: Registration includes space for one child and up to two grandparents.

Age: 18 months–2 years
Location: Mulberry Pool

1/12–1/26 F 10:00–11:00 AM $25 117265-01

2/23–3/9 F 10:00–11:00 AM $25 117265-02

Curious Two’s Together

For curious two year olds not ready to venture on their own.

Age: 2 years
Location: Mulberry Pool

11/28–12/14 Tu,Th 11:00 AM–Noon $37 117266-01

1/9–2/1 Tu,Th 11:00 AM–Noon $47 117266-02

2/6–3/1 Tu,Th 11:00 AM–Noon $47 117266-03

I Can Do It, Too

For the toddler who is not quite ready to take a class by themselves. Enjoy themed activities together with Mom and/or Dad.

Age: 2 years
Location: Northside Aztlan Center

2/13 Tu 11:00 AM–Noon $18 117568-01

Little Explorers

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

Age: 2 years
Location: Mulberry Pool

12/4–12/18 M 10:00–11:00 AM $25 117261-01

2/5–2/12 M 10:00–11:00 AM $18 117261-02

Parent & Tot Science

Explore the world of science by making and doing all kinds of fun science experiments. Note: Class will not be held on 1/15.

Age: 2–3 years
Location: Mulberry Pool

1/8–1/29 M 10:00–11:00 AM $25 117260-01

2/26–3/5 M 10:00–11:00 AM $18 117260-02

Preschool Tools

Under close supervision preschoolers get hands-on practice using real tools.

Age: 3–6 years
Location: Foothills Activity Center

Hammers

1/11 Th 1:00–2:00 PM $15 117756-01

Screws, Nuts, & Bolts

2/1 Th 1:00–2:00 PM $15 117756-02

Take It Apart

2/22 Th 1:00–2:00 PM $15 117756-03

S.T.E.M. Together

Enjoy exploring S.T.E.M (Science, Technology, Engineering, and Mathematics) activities.

Age: 3–5 years
Location: Foothills Activity Center

Airplanes/Launchers

1/10 W 1:00–2:30 PM $16 117763-01

Sewing

1/17 W 1:00–2:30 PM $16 117763-02

Building Bridges

1/24 W 1:00–2:30 PM $16 117763-03

Magnets

1/31 W 1:00–2:30 PM $16 117763-04

Marbles

2/7 W 1:00–2:30 PM $16 117763-05

Architecture

2/14 W 1:00–2:30 PM $16 117763-06

Catapults

2/21 W 1:00–2:30 PM $16 117763-07

Ramps & Friction

2/28 W 1:00–2:30 PM $16 117763-08

[ Arts & Crafts ]

Collage on Canvas

Collage on canvas using paint, paper, and found objects. Each week add more onto the canvas to create a holiday masterpiece with an
O’ Christmas Tree theme.

Age: 18 months–2 years
Location: Mulberry Pool

12/6–12/20 W 9:30–10:30 AM $41 117277-02

Small Hands, Big Messy Art

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

Age: 18 months–2 years
Location: Mulberry Pool

12/1–12/15 F 10:00–11:00 AM $25 117285-01

2/2–2/16 F 10:00–11:00 AM $25 117285-02

That’s A Wrap

Create colorful wrappings to adorn holiday gifts and cards.

Age: 18 months–2 years
Location: Northside Aztlan Center

12/5–12/19 Tu 9:30–10:30 AM $40 117584-01

Art Start with Parent

Hands-on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. Note: Parent participation is optional.
Age: 18 months–3 years
Location: Mulberry Pool

All the Colors

1/10–1/31 W 9:30–10:30 AM $50 117283-01

Museum Masters

2/7–2/28 W 9:30–10:30 AM $50 117283-02

[ Cooking ]

Mother Hubbard’s Cupboard

Find out what is in Mother Hubbard’s cupboard. Themed arts, crafts, and cooking activities are inspired by popular children’s books.

Age: 2 years
Location: Northside Aztlan Center

12/8 F 10:00–11:00 AM $17 117571-01

1/19 F 10:00–11:00 AM $17 117571-02

2/2 F 10:00–11:00 AM $17 117571-03

2/16 F 10:00–11:00 AM $17 117571-04

[ Dance & Movement ]

Music Together, Demo Class

Get an introduction the Music Together program, before signing up for the full class session. Discover music through singing, instrument play, and movement.

Age: 0–4 years
Location: Foothills Activity Center

12/11 M 10:00–10:45 AM No Fee 118775-01

Music Together

Experience musical growth with singing, dancing, and instrument play. Note: $45 non-refundable program fee is due to instructor and not included in registration price. Materials include CDs, songbooks. No fee for siblings ages 8 months and younger. Class will not be held on 1/15, 2/19, 3/12.

Age: 0–4 years
Location: Foothills Activity Center

1/8–3/26 M 9:30–10:15 AM $139.50 118776-01

Zumbini, Demo Class

Learn about Zumbini before signing up for the full class session. Zumbini combines music and dance for a fun and educational child and caregiver interactive class.

Age: 0–4 years
Location: Northside Aztlan Center

1/4 Th 9:15–10:00 AM No Fee 118577-01

Zumbini

Created by Zumba and BabyFirst, the Zumbini program combines music and dance for a fun and educational child and caregiver interactive class. Note: $35 non-refundable program fee is due to instructor and not included in registration price. Materials include 20 songs on the Zumbini app, CD, songbook, and plush toy. Reduced rate available for additional siblings. Register two or more siblings by phone.

Age: 0–4 years
Location: Northside Aztlan Center

1/11–3/8 Th 9:15–10:00 AM $105 118578-01

Drop-In Programming

Baby Gym

Babies crawl on mats and through tunnels, play with balls and blocks, and challenge themselves on the soft obstacle course. Children must be accompanied by an adult. $2.50 per child. Adults are free. Registration is not required. Note: Class will not be held on 2/19, 3/12, 3/16, 4/13.

Age: 0 years–18 months

Location: Foothills Activity Center

1/22–5/7 M 9:30–11:30 AM $2.50 117799-01

Location: Northside Aztlan Center

1/12–5/11 F 9:30–11:30 AM $2.50 117599-01

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. Registration is not required. Note: Class will not be at Foothills Activity Center or 3/12–3/16 and 4/13.

Age: 0–6 years

Location: Foothills Activity Center

1/10–5/11 W,F 10:00 AM–Noon $2.50 117798-01

1/9–5/10 Tu,Th 12:30–2:30 PM $2.50 117798-02

Location: Northside Aztlan Center

1/9–5/10 M–Th 10:00 AM–Noon $2.50 117598-01

Education

Adult Programming

[ CPR & First Aid ]

CPR & First Aid

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

Age: 14 years & up
Location: Senior Center

12/9 Sa 9:00 AM–5:00 PM $78 107441-01

1/13 Sa 9:00 AM–5:00 PM $78 107441-02

2/3 Sa 9:00 AM–5:00 PM $78 107441-03

CPR Professional

Learn skills for adult, child, and infant CPR including the use
of a barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification is issued upon successful completion of the course. Appropriate for new certifications and re-certifications. Note: Includes AHA student text.

Age: 16 years & up
Location: Senior Center

12/6 W 5:30–9:30 PM $78 107442-01

1/10 W 5:30–9:30 PM $78 107442-02

2/7 W 5:30–9:30 PM $78 107442-03

[ Cooking ]

Slow Cooker Curries

Use a slow cooker to make authentic Indian Curry that is easy,
delicious, gluten-free, and vegan. Menu: Spicy lentil soup, garbanzo bean curry, saag (spinach curry), and vegetable korma.

Age: 14 years & up
Location: Senior Center

12/4 M 6:00–8:15 PM $36 107424-01

Holiday Treats

Learn the tips and tricks to make sure holiday desserts turn out perfect and healthy. All recipes are gluten-free and vegan.

Age: 14 years & up
Location: Senior Center

12/6 W 6:00–8:15 PM $30 107425-01

Christmas Curries

Make three Indian curries: one red, one green, and one white. Make curry pastes and add various ingredients to complete each recipe. Dishes are vegan and gluten-free.

Age: 14 years & up
Location: Senior Center

12/12 Tu 6:00–8:15 PM $36 107426-01

Thai Cooking, 1st Course

Learn how to use herbs, tips and tricks, and how to choose quality ingredients to make great tasting Thai food. Menu: Thai coconut soup (Tom Kha), lemongrass salad, stir fried jungle curry, Thai iced tea.

Age: 18 years & up
Location: Senior Center

1/9 Tu 6:00–8:30 PM $37 107433-01

Cooking Around the World

Learn about a new country each week through its cuisine. Recipes are simple, include adaptations using locally available ingredients, and are designed for convenience. Meals take 30 minutes to prepare. Vegetarian options available. All supplies are included. Note: Class will not be held on 1/31.

Age: 13 years & up
Location: Senior Center

1/10–2/7 W 6:30–7:30 PM $50 107437-01

Healthy Ethiopian Dishes

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

Age: 14 years & up
Location: Senior Center

1/18 Th 6:00–8:15 PM $36 107428-01

Food for Life: Kickstart Your Health

Discover which foods are optimal for weight management, and learn about various health topics including blood pressure and digestion. Enjoy a cooking demonstration and taste delicious, healthful dishes in a supportive group setting. Weekly topics include: Power of Your Plate; Let’s Go, Getting in gear; and Breaking the Food Seduction, Keys for natural appetite control.

Age: 18 years & up
Location: Senior Center

1/25–2/22 Th 6:00–8:00 PM $100 107431-01

1/25 Th 6:00–8:00 PM $22 107431-02

Indian Spices 101

Indian food is popular throughout the world for its ease of
preparation, and use of a healthy variety of vegetables, herbs,
and spices. Learn how to incorporate Indian flavors into daily
meals. Menu: Dal, spicy mushrooms, cucumber raita/salad,
cumin rice, and turmeric tea.

Age: 14 years & up
Location: Senior Center

1/31 W 6:00–8:15 PM $36 107430-01

Thai Cooking, 2nd Course

The uniqueness of Thai food is in the perfect balance of spicy, salty, sweet, sour, bitter, or aromatic flavors. Menu: Stir fried green beans with red curry paste and kaffir lime leaves, Thai dipping sauce, jasmine rice, and fried banana.

Age: 18 years & up
Location: Senior Center

2/6 Tu 6:00–8:30 PM $37 107434-01

Instant Pot Meals

Learn quick and easy instant pot meals like porridge for breakfast, minestrone soup for lunch, and curry for dinner. Recipes are easy and cleanup is minimal.

Age: 14 years & up
Location: Senior Center

2/13 Tu 6:00–8:15 PM $36 107429-01

Flatbread Flutter

Make tasty flatbreads from wholesome ingredients like chickpeas, sorghum, cauliflower, and lentils. Menu is gluten-free.

Age: 14 years & up
Location: Senior Center

2/28 W 6:00–8:15 PM $36 107432-01

[ General Education ]

Beginning Dog Obedience

Learn basic dog obedience using positive, force free training methods such as verbal commands and hand signals for sit, down, stand, stay, walk on a loose leash, and come. Bring a lot of treats
and a 6 foot leash, harness, or buckle collar. Clicker optional. No training prerequisite.

Age: 18 years & up
Location: Senior Center

1/7 Su 2:30–3:30 PM $85 107456-01

Dog Tricks

Build a relationship with your dog by using positive, force-free training methods to teach them fun and entertaining tricks. Bring a lot of treats and a 6 foot leash, harness, or buckle collard. Clicker optional. No training prerequisite.

Age: 18 years & up
Location: Senior Center

1/7 Su 1:00–2:00 PM $85 107455-01

Everyone Has a Story

Learn to organize ideas and build a blueprint to follow. Develop the arc of a story, plan the journey characters may travel, and construct
a setting and time period.

Age: 18 years & up
Location: Senior Center

1/15 M 9:30–11:30 AM $23 107458-01

Who You Are Matters

Interact with others through meaningful conversation. Connect the dots in professional and personal life. Engage with a fun exploration tool used to identify unique strengths, recognize influencers, and learn how to establish and obtain personal goals.

Age: 18 years & up
Location: Senior Center

1/3–1/10 W 5:30–8:00 PM $20 107459-01

2/3–2/10 Sa 10:00 AM–12:30 PM $20 107459-02

2/19–2/26 M 5:30–8:00 PM $20 107459-03

Wine Tasting Basics

Learn to taste wines like the pros and check out the most popular wine varieties in a side by side format. Gain familiarity with basic wine terms, learn to identify various wine components, and discern which wine styles you prefer and why.

Age: 21 years & up
Location: Senior Center

1/12 F 7:00–8:30 PM $36 107461-01

2/9 F 7:00–8:30 PM $36 107461-02

[ S.T.E.M. (Science, Technology, Engineering,
and Mathematics) ]

Introduction to Internet of Things (IoT)

Learn to connect a micro-controller to an RGB LED, connect the micro-controller to a WiFi network, run a web server on the micro-controller, and control the LED’s color using a web browser. Hardware included and may be taken at the end of class.

Age: 16 years & up
Location: Create Hub, 1304 Duff Dr., #15

12/7 Th 7:00–9:00 PM $25 115972-01

Intro 3D Printing

Learn the basics of shape creation and editing to design an object for 3D print.

Age: 16 years & up
Location: Create Hub, 1304 Duff Dr., #15

12/11 M 7:00–9:00 PM $20 115973-01

Laser Cutting

Learn to make a 2D design with OnShape and then create a unique design with the Creator Hub’s laser cutter.

Age: 18 years & up
Location: Create Hub, 1304 Duff Dr., #15

1/27 Sa 1:00–3:00 PM $30 115975-01

Micro Python

Learn how to easily program an Internet-of-Things micro-controller using the Python language. Hardware included and may be taken at the end of class.

Age: 16 years & up
Location: Create Hub, 1304 Duff Dr., #15

1/13 Sa 1:00–3:00 PM $35 115976-01

[ Technology ]

Triumph Over Technology

For those comfortable with basic computing (email and internet searches), but new to internet-based technologies (smartphones, video chatting, social media, cloud storage services). Topics: Keeping in Touch Online; Managing, Sharing, and Storing Digital Photos and Documents; Online Safety; and Preparing Your Digital Legacy.

Age: 18 years & up
Location: Senior Center

1/17–2/7 W 5:00–6:00 PM $50 107421-01

[ Front Range PC Users Group ]

Classes provided by Front Range PC Users Group

Computer Basics

Introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Then, expand into the lesser known, but useful features such as tables and mail merge. Prerequisite: Computer Basics or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W. Drake Rd.

12/5–12/8 Tu–F 10:00 AM–Noon $20 107902-01

Excel Introduction

Learn the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010. Prerequisite: Basic computer class or computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W. Drake Rd.

12/16 Sa 8:30 AM–12:30 PM $15 107903-01

Beginning Word v. 2010

Introduction, using hands-on exercises, to word processing basics such as file management and text formatting. Then, expand into the lesser known, but useful features such as tables and mail merge. Prerequisite: Computer Basics or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W. Drake Rd.

1/6–1/13 Sa 8:30 AM–12:30 PM $25 107909-01

Having Fun with Windows

Learn basic terms and tools of Windows10. Hands-on exercises demonstrate working with windows, menus, files, and customization. Includes a brief, technical description of the computer and simple maintenance tasks suitable for even the inexperienced user. **Prerequisite:** Computer Basics Class or basic computer knowledge.

Age: 18 years & up
Location: Columbine Health Computer Lab, 802 W. Drake Rd.

1/20–2/3 Sa 8:30 AM–12:30 PM $26 107916-01

Tips & Tricks to Avoid Tech Scams

Safely use a computer online while avoiding insidious tech scams. Learn how to recognize a tech scam and how to protect a computer against scams.

Age: 18 years & up
Location: Senior Center

2/8 Th 10:00–11:15 AM $8 107404-01

Excellent & Free Software

Instead of paying monthly fees for computer software, find free software to use for computer tasks. Bring a computer to class and learn how to locate, download, and install free computer software.

Age: 18 years & up
Location: Senior Center

2/10 Sa 9:00 AM–Noon $15 107406-01

Quicken

Discover the basics of creating and managing files and accounts using hands-on exercises to create checking and savings accounts, reconcile bank statements, and create reports. Prerequisite: Computer Basics Class or basic computer knowledge.

Age: 18 years & up
Location: Senior Center

2/17 Sa 8:30 AM–12:30 PM $15 107412-01

Smartphone & Tablet 101

Demonstrations (Apple & Android products), plus some hands-on exercises to go beyond the basics of a smartphone or tablet. Learn how using cell phone technology (data minutes) and Wi-Fi technology save money.

Age: 18 years & up
Location: Senior Center

2/24 Sa 9:00 AM–Noon $15 107407-01

Youth Programming

[ Cooking ]

Food Adventures

A series of skill building adventures to inspire a healthy relationship with food through nutrition and culinary education. Bring a lunch.

Age: 11–15 years
Location: Northside Aztlan Center

Knife Skills & Kitchen Safety

Focus on recipe reading and knife skills. Learn proper cutting
techniques for slicing, dicing, chopping, and mincing. Cook and
eat a delicious and healthy dish.

12/2 Sa 10:00 AM–2:00 PM $45 115576-01

Fuel Your Body

Athletes, dancers, gamers, and students learn importance of properly balanced meals to fuel the body for optimum performance. Identify cooking terms, culinary techniques, and tips for creating balanced, healthy, and tasty meals.

1/13 Sa 10:00 AM–2:00 PM $45 115576-02

Cultural Foods

Explore new flavors by preparing traditional dishes from other countries. Basic nutrition and cooking techniques are incorporated.

2/17 Sa 10:00 AM–2:00 PM $45 115576-01

Kids Can Cook

Get creative in the kitchen with themed classes.

Age: 8–11 years
Location: Northside Aztlan Center

Holiday Cookies

12/9 Sa 1:00–3:00 PM $21 118519-01

Frozen Goodies

1/20 Sa 1:00–3:00 PM $21 118519-02

Valentines

2/10 Sa 1:00–3:00 PM $21 118519-03

[ Day Camps ]

School’s Out Day

Keep busy with arts and crafts, games, gym time, and a featured field trip. An online waiver must being completed for Fly High Trampoline; available at flyhightrampolinepark.com/waiver. Dropoff time is between 8–9 a.m.; pickup is between 4–5 p.m. Age groups may be combined. Bring a lunch and water bottle.

Location: Northside Aztlan Center

Chippers Lanes

Age: 6–8 years

1/15 M 8:00 AM–5:00 PM $40 116597-01

Age: 9–11 years

1/15 M 8:00 AM–5:00 PM $40 116597-02

Age: 12–15 years

1/15 M 8:00 AM–5:00 PM $40 116597-03

Fly High Trampoline

Age: 6–8 years

2/19 M 8:00 AM–5:00 PM $40 116597-04

Age: 9–11 years

2/19 M 8:00 AM–5:00 PM $40 116597-05

Age: 12–15 years

2/19 M 8:00 AM–5:00 PM $40 116597-06

Winter Break Camp

Enjoy activities such as gym play, arts & crafts, outdoor play, STEM activities, and two off-site field trips. Bring a water bottle and sack lunch every day. Camp itinerary emailed the week prior to camp. Drop off is between 8 and 9 am. Pick up is between 4 and 5 pm. Age groups may be combined.

Location: Northside Aztlan Center

Museum of Discovery & Fly High Trampoline

Age: 6–8 years

12/26–12/29 Tu–F 8:00 AM–5:00 PM $141 116592-01

Age: 9–11 years

12/26–12/29 Tu–F 8:00 AM–5:00 PM $141 116592-02

Age: 12–15 years

12/26–12/29 Tu–F 8:00 AM–5:00 PM $141 116592-03

Loveland Laser Tag & Movie

Age: 6–8 years

1/2–1/5 Tu–F 8:00 AM–5:00 PM $141 116592-04

Age: 9–11 years

1/2–1/5 Tu–F 8:00 AM–5:00 PM $141 116592-05

Age: 12–15 years

1/2–1/5 Tu–F 8:00 AM–5:00 PM $141 116592-06

Chessmates Chess Camp

Receive lessons to improve skills and play games. Prizes and trophies awarded. All skill levels welcome. Bring a lunch.

Age: 6–11 years
Location: Foothills Activity Center

1/2–1/5 Tu–F 9:00 AM–4:00 PM $175 118792-01

1/2–1/5 Tu–F 9:00 AM–Noon $95 118792-02

1/2–1/5 Tu–F 1:00–4:00 PM $95 118792-03

LEGO Stem Challenge

Explore crazy ideas in a supportive environment. Master engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects.

Location: Foothills Activity Center

Age: 5–7 years

1/3–1/5 W–F 9:00 AM–Noon $113 115773-01

2/19 M 9:00 AM–Noon $41 115773-02

Age: 8–12 years

1/3–1/5 W–F 1:00–4:00 PM $113 115773-03

2/19 M 1:00–4:00 PM $41 115773-04

[ General Programming ]

Board Game Club

Meet and play with other board game enthusiasts. Play games available or bring games from home.

Age: 6–10 years
Location: Foothills Activity Center

1/11 Th 4:30–6:00 PM $10 118744-01

1/18 Th 4:30–6:00 PM $10 118744-02

1/25 Th 4:30–6:00 PM $10 118744-03

2/1 Th 4:30–6:00 PM $10 118744-04

2/8 Th 4:30–6:00 PM $10 118744-05

2/15 Th 4:30–6:00 PM $10 118744-06

2/22 Th 4:30–6:00 PM $10 118744-07

3/1 Th 4:30–6:00 PM $10 118744-08

LEGO Club

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

Age: 6–10 years
Location: Foothills Activity Center

12/6–12/20 W 4:30–6:00 PM $21 118746-01

1/10–1/24 W 4:30–6:00 PM $21 118746-02

1/31–2/14 W 4:30–6:00 PM $21 118746-03

2/21–3/7 W 4:30–6:00 PM $21 118746-04

Ultimate Babysitting Bootcamp

Topics covered include: business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster, preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid.

Age: 11–16 years
Location: Northside Aztlan Center

1/15 M Noon–8:00 PM $85 115575-01

2/19 M Noon–8:00 PM $85 115575-02

3/16 F Noon–8:00 PM $85 115575-03

Charm & Etiquette School

Taught by former Mrs. Colorado. Learn proper etiquette, style, and how to navigate bullies and social media through real life situations. Awards distributed. Bring a lunch.

Age: 7–11 years
Location: Mulberry Pool

12/28 Th 11:00 AM–3:00 PM $45 115276-01

[ S.T.E.M. (Science, Technology, Engineering,
and Mathematics) ]

Intro to Soldering

Learn safety, theory, and technique while building and soldering a cool looking lantern lit by a flickering “candle” circuitboard. No prior soldering experience necessary. Take project home at the end of class.

Age: 10–17 years
Location: Creator Hub, 1304 Duff Dr., #15

1/3 W Noon–2:00 PM $20 115970-01

2/3 Sa Noon–2:00 PM $20 115970-02

Intro to Arduino

Learn basic electrical circuits, features of the Arduino Uno, the Arduino programming environment, and a set of staged projects using the Arduino.

Age: 12–17 years
Location: Creator Hub, 1304 Duff Dr., #15

2/24 Sa Noon–2:30 PM $20 115971-01

Intro 3D Design

Learn the basics of how to use OpenSCAD and how to design some simple objects using the tool.

Age: 14–17 years
Location: Creator Hub, 1304 Duff Dr., #15

1/13 Sa 3:30–5:30 PM $20 115974-01

Intro 3D Printing

Learn the basics of shape creation and editing to design an object
for 3D print.

Age: 10 years & up
Creator Hub, 1304 Duff Dr., #15

1/20 Sa Noon–3:00 PM $20 115973-02

[ Mad Science ]

Age: 6–11 years
Location: Mulberry Pool

Machine Mania

Introduction to basic machines that help with everyday living. Explore technologies in physics such as levers, pulleys, hydraulics, and pneumatics. Solve problems and construct inclined planes, catapults, and micro-pincher devices.

12/22 F 9:00 AM–4:00 PM $75 115274-01

Rockin’ Rockets

Learn the fundamentals of rocketry including the parts of a rocket, the stages of rocket flight, and how Newton’s third law applies to a rocket traveling to space. Build a Mad Science Rocket to take home.

12/29 F 9:00 AM–4:00 PM $75 115274-02

Astronaut-in-Training

Discover technology designed for outer space. Steer a laser beam through a laser maze, get a feel for radar technology, and discover everyday objects that were originally designed for use in space. Bring the excitement home with a Stereoscopic Viewer with 3D images of space.

1/5 F 9:00 AM–4:00 PM $75 115274-03

The Farm

Adopt an Animal

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

It’s easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm “parent” receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

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

Birthday Parties

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

The Farm Store

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

The Farm Museum

Take a walk through yesteryear’s farm era. Displays depict
farming from the turn of the century to the early 1930s. Guess
what the “mystery tool” is and how it was used. Then, test your “farm strength” by lifting a bale of hay with and without the
aid of a pulley system.

Volunteer

Help keep The Farm grounds and animal pens looking great. Volunteers must be at least 13 years old and willing to work hard. Volunteers usually work two hour shifts any day of the week.
Contact The Farm at 970.221.6665 for more information.

Family Programming

Breakfast with Santa

Enjoy breakfast with Santa Claus while he reads his list of good boys and girls. After breakfast, go on a hayride. Be sure to bring a camera for when the kiddos get to sit on Santa’s lap and receive a holiday gift. Note: Each child must have a paid adult in attendance.

Age: 3–5 years

12/9 Sa 9:00–10:00 AM $10 108622-01

12/10 Su 9:00–10:00 AM $10 108622-02

Age: 18 years & up

12/9 Sa 9:00–10:00 AM $10 108622-1A

12/10 Su 9:00–10:00 AM $10 108622-2A

Santa on The Farm

Santa Claus is visiting The Farm. Be enchanted by holiday lights and decorations while enjoying hot chocolate and hayrides. Also, visit with Santa and the barnyard animals. For more fun, purchase $1 tickets for gift or s’more making. Note: No admission to The Farm for this special holiday event.

Age: All

12/9–12/10 Sa,Su 3:00–6:00 PM No Fee

Youth Programming

Cookies & Crafts

Get ready for the holidays by making cookies and gifts for
family members.

Age: 4–6 years

12/21 Th 1:00–3:00 PM $21 108023-01

Tractors Galore

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

Age: 3–5 years

2/1–2/15 Th 9:00–10:00 AM $26 108612-01

Farmer Round Up

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

Age: 3–5 years

2/1–2/15 Th 10:30–11:30 AM $26 108628-01

Parent & Child Programming

Hay Stack Honeys

Enjoy a Valentine themed afternoon of card making, treats,
and games. Note: Registration includes admission for one adult
and one child.

Age: 3–6 years

2/11 Su 1:00–2:30 PM $16 108013-01

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5 week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs  and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

Class Specifics

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

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

For teen and youth fitness classes, see page 62.

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

Personal Training

Personal trainers are available to train at Edora Pool Ice Center, Foothills Activity Center, Northside Aztlan Community Center, and Senior Center and help develop exercise programs to meet personal goals and needs. Personal training is available to those ages 13 years and up. For more information, contact David Wimmer at 970.224.6026, dwimmer@fcgov.com.

Group Number Session Time Cost

Individual 30-minute $20
Individual 60-minute $30
2-person 60-minute $50
3-person 60-minute $67.50
4-person 60-minute $80

\*Ask about our discounted personal training sessions sold in packages of 4, 8, 12, & 24.

For pictures and complete bios, visit fcgov.com/fitness.

Adult Fitness Classes

[ Group Fitness ]

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretching, and Pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. Note: Class will not be held on 12/25.

Location: Northside Aztlan Center

12/18–12/27 M,W 9:00–10:00 AM $13 109501-01

1/3-1/31 M,W 9:00–10:00 AM $37 109501-02

2/5–3/7 M,W 9:00–10:00 AM $41 109501-03

Boomer Boot Camp

A full-body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. By UCHealth Medical Fitness.

Location: Senior Center

12/4–12/20 M,W 8:00–8:50 AM $20.25 125417-01

1/8–1/31 M,W 8:00–8:50 AM $27 125417-02

2/5–2/28 M,W 8:00–8:50 AM $27 125417-03

Boot Camp

Designed to help with weight loss and to burn fat. Built on evidenced based high intensity interval training principles to maximize results. Use functional movements and basic cardio calisthenics. Note: Class will not be held on 12/25.

Location: Foothills Activity Center

12/18–12/29 M,W,F 5:30–6:30 PM $21 109774-01

1/3–2/2 M,W,F 5:30–6:30 PM $57 109774-02

2/5–3/9 M,W,F 5:30–6:30 PM $61 109774-03

Cardio, Core, & More

Become stronger and healthier with this blend of cardio and strength exercise. Increase flexibility, balance, and stamina. An entire body workout that is perfect for those who are looking to improve overall condition. By UCHealth Medical Fitness.

Location: Senior Center

12/4–12/20 M,W 9:00–9:50 AM $20.25 125410-01

1/8–1/31 M,W 9:00–9:50 AM $27 125410-02

2/5–2/28 M,W 9:00–9:50 AM $27 125410-03

CrossTrain

An intense workout that aims to maximize strength and agility by using kettle bells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is totally 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

12/18–12/29 M,W,F 6:15–7:15 AM $21 109502-01

1/3–2/2 M,W,F 6:15–7:15 AM $57 109502-02

2/5–3/9 M,W,F 6:15–7:15 AM $61 109502-03

12/18–12/29 M,W,F Noon–1:00 PM $21 109502-04

1/3–2/2 M,W,F Noon–1:00 PM $57 109502-05

2/5–3/9 M,W,F Noon–1:00 PM $61 109502-06

Essentrics

This unique fitness program improves 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 12/25.

Location: Northside Aztlan Center

12/18–12/27 M,W 10:00–11:00 AM $13 109503-01

1/3–1/31 M,W 10:00–11:00 AM $37 109503-02

2/5–3/7 M,W 10:00–11:00 AM $41 109503-03

Functional Strength

Learn to safely and effectively use gym equipment while working with a personal trainer in a small group setting. See and feel the benefits of strength training, flexibility, and balance.

Location: Senior Center

12/19–12/28 Tu,Th 7:50–8:45 AM $17 109402-01

1/2–2/1 Tu,Th 7:50–8:45 AM $41 109402-02

2/6–3/8 Tu,Th 7:50–8:45 AM $41 109402-03

12/19–12/28 Tu,Th 9:00–9:50 AM $17 109402-04

1/2–2/1 Tu,Th 9:00–9:50 AM $41 109402-05

2/6–3/8 Tu,Th 9:00–9:50 AM $41 109402-06

Group Lift, VidaSana

Group weight lifting and weight room use. This Vida Sana class accepts Vida Sana Passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a Vida Sana Pass at Northside.

Location: Northside Aztlan Center

12/19–12/26 Tu 10:30–11:30 AM No Fee 109514-01

1/2–1/30 Tu 10:30–11:30 AM No Fee 109514-02

2/6–3/6 Tu 10:30–11:30 AM No Fee 109514-03

12/22–12/29 F 9:00–10:00 AM No Fee 109514-04

1/5–2/2 F 9:00–10:00 AM No Fee 109514-05

2/9–3/9 F 9:00–10:00 AM No Fee 109514-06

12/22–12/29 F 3:00–4:00 PM No Fee 109514-07

1/5–2/2 F 3:00–4:00 PM No Fee 109514-08

2/9–3/9 F 3:00–4:00 PM No Fee 109514-09

Group Track, VidaSana

Walking class around track. This Vida Sana class accepts Vida Sana Passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a Vida Sana Pass at Northside.

Location: Northside Aztlan Center

1/8–1/29 M 9:30–10:30 AM No Fee 109515-01

2/5–3/5 M 9:30–10:30 AM No Fee 109515-02

1/8–1/29 M 7:00–8:00 PM No Fee 109515-04

2/5–3/5 M 7:00–8:00 PM No Fee 109515-05

12/20–12/27 W 6:30–7:30 PM No Fee 109515-07

1/3–1/31 W 6:30–7:30 PM No Fee 109515-08

2/7–3/7 W 6:30–7:30 PM No Fee 109515-09

HIIT Boot Camp

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

Location: Northside Aztlan Center

12/18–12/27 M,W 4:30–5:30 PM $13 109516-01

1/3–1/31 M,W 4:30–5:30 PM $37 109516-02

2/5–3/7 M,W 4:30–5:30 PM $41 109516-03

12/19–12/28 Tu,Th Noon–1:00 PM $17 109516-04

1/2–2/1 Tu,Th Noon–1:00 PM $41 109516-05

2/6–3/8 Tu,Th Noon–1:00 PM $41 109516-06

Lose to Win

Designed to help with weight loss. Includes a variety of exercises that are geared to burn fat and gain confidence. Note: Class will not be held on 12/25.

Location: Northside Aztlan Center

12/18–12/29 M,W,F 9:30–10:30 AM $21 109504-01

1/3–2/2 M,W,F 9:30–10:30 AM $57 109504-02

2/5–3/9 M,W,F 9:30–10:30 AM $61 109504-03

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercises
and a cool-down period. Good introductory class for previously sedentary persons.

Location: Senior Center

12/19–12/28 Tu,Th 8:50–9:50 AM $17 109401-01

1/2–2/1 Tu,Th 8:50–9:50 AM $41 109401-02

2/6–3/8 Tu,Th 8:50–9:50 AM $41 109401-03

Mat Pilates

Gain flexibility, muscle strength, definition, and core balance
by learning correct posture and alignment through a series of
body movements.

Location: Senior Center

1/8–1/29 M 1:45–2:45 PM $17 109403-01

2/5–3/5 M 1:45–2:45 PM $21 109403-02

12/22–12/29 F 1:45–2:45 PM $9 109403-04

1/5–2/2 F 1:45–2:45 PM $21 109403-05

2/9–3/9 F 1:45–2:45 PM $21 109403-06

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 1:00–2:00 PM $17 109506-01

1/2–2/1 Tu,Th 1:00–2:00 PM $41 109506-02

2/6–3/8 Tu,Th 1:00–2:00 PM $41 109506-03

12/20–12/27 W 5:30–6:30 PM $9 109506-04

1/3–1/31 W 5:30–6:30 PM $21 109506-05

2/7–3/7 W 5:30–6:30 PM $21 109506-06

Location: Foothills Activity Center

12/19–12/28 Tu,Th 8:30–9:30 AM $17 109720-01

1/2–2/1 Tu,Th 8:30–9:30 AM $41 109720-02

2/6–3/8 Tu,Th 8:30–9:30 AM $41 109720-03

Mindful Movement to Music

Seated, rhythmic aerobics practiced to soul-stirring music. These spirited, gentle, joyful movements condition strength, flexibility, and neuromuscular connections. Based on the Nia technique’s Moving to Heal program, “The Art of Feeling Better.”

Location: Senior Center

12/19–12/26 Tu 11:00–11:45 AM $7 109407-01

1/2–1/30 Tu 11:00–11:45 AM $16 109407-02

2/6–3/6 Tu 11:00–11:45 AM $16 109407-03

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. All levels welcome.

Location: Senior Center

12/19–12/26 Tu 5:30–6:30 PM $9 109404-01

1/2–1/30 Tu 5:30–6:30 PM $21 109404-02

2/6–3/6 Tu 5:30–6:30 PM $21 109404-03

12/21–12/28 Th 5:30–6:30 PM $9 109404-04

1/4–2/1 Th 5:30–6:30 PM $21 109404-05

2/8–3/8 Th 5:30–6:30 PM $21 109404-06

Pound Rockout Workout

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

Location: Senior Center

12/20–12/27 W 6:35–7:20 PM $7 109405-01

1/3–1/31 W 6:35–7:20 PM $16 109405-02

2/7–3/7 W 6:35–7:20 PM $16 109405-03

PowerTrain

Pump iron and heart. An intense body strengthening workout using free weights, resistance machines, and cardio equipment. Each powerful cardio and weightlifting session is totally different, keeping the body guessing and forcing it to stay at its peak.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 6:15–7:15 AM $17 109507-01

1/2–2/1 Tu,Th 6:15–7:15 AM $41 109507-02

2/6–3/8 Tu,Th 6:15–7:15 AM $41 109507-03

12/19–12/28 Tu,Th Noon–1:00 PM $17 109507-04

1/2–2/1 Tu,Th Noon–1:00 PM $41 109507-05

2/6–3/8 Tu,Th Noon–1:00 PM $41 109507-06

Science of Strength Training

Train the body and the brain. Geared toward beginners. Learn
the basics of exercise science while also getting in a good workout. Class is split between weightlifting with hands-on instruction and in the classroom studying metabolism, biomechanics, programming, and technique.

Location: Foothills Activity Center

12/19–12/28 Tu,Th 5:30–6:30 PM $17 109702-01

1/2–2/1 Tu,Th 5:30–6:30 PM $41 109702-02

2/6–3/8 Tu,Th 5:30–6:30 PM $41 109702-03

Spin & Tone

Includes the same challenging workout 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 12/25.

Location: Northside Aztlan Center

12/18–12/27 M,W 5:30–6:30 PM $13 109505-01

1/3–1/31 M,W 5:30–6:30 PM $37 109505-02

2/5–3/7 M,W 5:30–6:30 PM $41 109505-03

12/19–12/28 Tu,Th 6:15–7:15 AM $17 109505-04

1/2–2/1 Tu,Th 6:15–7:15 AM $41 109505-05

2/6–3/8 Tu,Th 6:15–7:15 AM $41 109505-06

Strength & Tone

Upbeat and designed to develop strength and flexibility in people of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism in an encouraging atmosphere.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th Noon–12:55 PM $17 109508-01

1/2–2/1 Tu,Th Noon–12:55 PM $41 109508-02

2/6–3/8 Tu,Th Noon–12:55 PM $41 109508-03

Strength Training

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

Location: Northside Aztlan Center

12/18–12/27 M,W 8:30–9:30 AM $13 109509-01

1/3–1/31 M,W 8:30–9:30 AM $37 109509-02

2/5–3/7 M,W 8:30–9:30 AM $41 109509-03

12/19–12/28 Tu,Th 9:30–10:30 AM $17 109509-04

1/2–2/1 Tu,Th 9:30–10:30 AM $41 109509-05

2/6–3/8 Tu,Th 9:30–10:30 AM $41 109509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretching. Keep the body guessing and see improvements in strength, flexibility, and stamina.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 5:30–6:30 PM $17 109510-01

1/2–2/1 Tu,Th 5:30–6:30 PM $41 109510-02

2/6–3/8 Tu,Th 5:30–6:30 PM $41 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.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th Noon–1:00 PM $17 109511-01

1/2–2/1 Tu,Th Noon–1:00 PM $41 109511-02

2/6–3/8 Tu,Th Noon–1:00 PM $41 109511-03

12/23–12/30 Sa 8:00–9:00 AM $9 109511-04

1/6–2/3 Sa 8:00–9:00 AM $21 109511-05

2/10–3/10 Sa 8:00–9:00 AM $21 109511-06

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat.

Location: Club Tico

1/8–1/29 M 9:00–10:00 AM $17 109112-01

2/5–3/5 M 9:00–10:00 AM $21 109112-02

12/20–12/27 W 9:00–10:00 AM $9 109112-04

1/3–1/31 W 9:00–10:00 AM $21 109112-05

2/7–3/7 W 9:00–10:00 AM $21 109112-06

12/22–12/29 F 9:00–10:00 AM $9 109112-07

1/5–2/2 F 9:00–10:00 AM $21 109112-08

2/9–3/9 F 9:00–10:00 AM $21 109112-09

Location: Senior Center

1/8–1/29 M 5:30–6:25 PM $17 109406-01

2/5–3/5 M 5:30–6:25 PM $21 109406-02

12/20–12/27 W 5:30–6:25 PM $9 109406-04

1/3–1/31 W 5:30–6:25 PM $21 109406-05

2/7–3/7 W 5:30–6:25 PM $21 109406-06

12/23–12/30 Sa 9:00–10:00 AM $9 109406-07

1/6–2/3 Sa 9:00–10:00 AM $21 109406-08

2/10–3/10 Sa 9:00–10:00 AM $21 109406-09

Location: Northside Aztlan Center

12/19–12/26 Tu 6:30–7:30 PM $9 109512-01

1/2–1/30 Tu 6:30–7:30 PM $21 109512-02

2/6–3/6 Tu 6:30–7:30 PM $21 109512-03

12/20–12/27 W 6:30–7:30 PM $9 109512-04

1/3–1/31 W 6:30–7:30 PM $21 109512-05

2/7–3/7 W 6:30–7:30 PM $21 109512-06

12/21–12/28 Th 6:30–7:30 PM $9 109512-07

1/4–2/1 Th 6:30–7:30 PM $21 109512-08

2/8–3/8 Th 6:30–7:30 PM $21 109512-09

Zumba, Vida Sana

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. This Vida Sana class accepts Vida Sana Passes. Participants must register. Vida Sana is a call for collaboration to unite for the health equity and wellbeing of the low income communities in Fort Collins. Apply for a Vida Sana Pass at Northside.

Location: Club Tico

1/8–1/29 M 9:00–10:00 AM No Fee 109113-01

2/5–3/5 M 9:00–10:00 AM No Fee 109113-02

12/20–12/27 W 9:00–10:00 AM No Fee 109113-04

1/3–1/31 W 9:00–10:00 AM No Fee 109113-05

2/7–3/7 W 9:00–10:00 AM No Fee 109113-06

12/22–12/29 F 9:00–10:00 AM No Fee 109113-07

1/5–2/2 F 9:00–10:00 AM No Fee 109113-08

2/9–3/9 F 9:00–10:00 AM No Fee 109113-09

Location: Northside Aztlan Center

12/19–12/26 Tu 6:30–7:30 PM No Fee 109513-01

1/2–1/30 Tu 6:30–7:30 PM No Fee 109513-02

2/6–3/6 Tu 6:30–7:30 PM No Fee 109513-03

12/20–12/27 W 6:30–7:30 PM No Fee 109513-04

1/3–1/31 W 6:30–7:30 PM No Fee 109513-05

2/7–3/7 W 6:30–7:30 PM No Fee 109513-06

12/21–12/28 Th 6:30–7:30 PM No Fee 109513-07

1/4–2/1 Th 6:30–7:30 PM No Fee 109513-08

2/8–3/8 Th 6:30–7:30 PM No Fee 109513-09

[ Les Mills ]

Les Mills CXWORX

Use resistance tubes, weight plates, and body weight exercises like crunches and hovers. Focus on core, lower back, and hips, and still work the whole body. All the moves in CXWORX have options, so it’s challenging but achievable for all fitness levels.

Location: Foothills Activity Center

1/5–2/2 F Noon–12:30 PM $12.50 109712-01

2/9–3/9 F Noon–12:30 PM $12.50 109712-02

1/6–2/3 Sa 11:00–11:30 AM $12.50 109712-03

2/10–3/10 Sa 11:00–11:30 AM $12.50 109712-04

Les Mills BODYPUMP

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

Location: Foothills Activity Center

12/18–12/27 M,W 6:15–7:15 AM $16 109710-01

1/3–1/31 M,W 6:15–7:15 AM $46 109710-02

2/5–3/7 M,W 6:15–7:15 AM $51 109710-03

12/18–12/27 M,W 12:15–1:00 PM $12.25 109710-04

1/3–1/31 M,W 12:15–1:00 PM $34.75 109710-05

2/5–3/7 M,W 12:15–1:00 PM $38.50 109710-06

12/19–12/28 Tu,Th 5:30–6:30 PM $21 109710-07

1/2–2/1 Tu,Th 5:30–6:30 PM $51 109710-08

2/6–3/8 Tu,Th 5:30–6:30 PM $51 109710-09

12/23–12/30 Sa 9:45–10:45 AM $11 109710-10

1/6–2/3 Sa 9:45–10:45 AM $26 109710-11

2/10–3/10 Sa 9:45–10:45 AM $26 109710-12

Les Mills BODYCOMBAT

Punch and kick into fitness with this high-energy martial arts-inspired workout. No experience necessary. Learn moves from karate, taekwondo, boxing, Muay Thai, capoeira, and kung fu.

Location: Foothills Activity Center

12/19–12/28 Tu,Th Noon–12:45 PM $16 109711-01

1/2–2/1 Tu,Th Noon–12:45 PM $38.50 109711-02

2/6–3/8 Tu,Th Noon–12:45 PM $38.50 109711-03

[ Martial Arts ]

Taijifit

A style of fun and easy to follow tai chi. No routines to follow or choreography to memorize. No experience necessary. Helps improve balance, strength, and flexibility. Note: Class will not be held on 12/25.

Location: Senior Center

12/18–12/27 M,W Noon–12:45 PM $10 109440-01

1/3–1/31 M,W Noon–12:45 PM $28 109440-02

2/5–3/7 M,W Noon–12:45 PM $31 109440-03

12/19–12/26 Tu 4:00–4:45 PM $7 109440-04

1/2–1/30 Tu 4:00–4:45 PM $16 109440-05

2/6–3/6 Tu 4:00–4:45 PM $16 109440-06

12/21–12/28 Th 3:00–3:45 PM $7 109440-07

1/4–2/1 Th 3:00–3:45 PM $16 109440-08

2/8–3/8 Th 3:00–3:45 PM $16 109440-09

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class presents the four “Mother Forms” of the art which are low-impact, meditative repeating movements, and provides some insight into internal movement and training.

Location: Senior Center

12/23–12/30 Sa 12:45–1:45 PM $9 109441-01

1/6–2/3 Sa 12:45–1:45 PM $21 109441-02

2/10–3/10 Sa 12:45–1:45 PM $21 109441-03

Yi Chuan

A physical practice that combines exercises from gi going,
tai chi, ba gua, and hsing yi chuan. Learn internal alignment through ancient movements that can invigorate mind, body, and spirit.
By Stephen Harms.

Location: Foothills Activity Center

12/7–12/14 Th 6:00–7:00 PM $30 125754-01

1/4–1/25 Th 6:00–7:00 PM $60 125754-02

2/1–2/22 Th 6:00–7:00 PM $60 125754-03

[ Yoga ]

Advanced Yoga for Athletes

Cardio vinyasa flow yoga with an emphasis on strength, balance, and flexibility. Fast paced with upbeat music. Great for any athlete looking to improve their game.

Location: Foothills Activity Center

12/21–12/28 Th 7:00–8:00 AM $9 109766-01

1/4–2/1 Th 7:00–8:00 AM $21 109766-02

2/8–3/8 Th 7:00–8:00 AM $21 109766-03

Mindfulness Yoga

Contemplative class that integrates the practice of mindfulness with yoga poses, suitable for all levels. Based on the book, “Mindfulness Yoga” by Frank Jude Boccio.

Location: Northside Aztlan Center

1/7–2/4 Su 10:00–11:00 AM $21 109566-01

2/11–3/11 Su 10:00–11:00 AM $21 109566-02

Morning Meditation & Yoga

A positive and healthy way to begin the morning, starting with meditation and moving into gentle yoga.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 7:30–8:30 AM $17 109564-01

1/2–2/1 Tu,Th 7:30–8:30 AM $41 109564-02

2/6–3/8 Tu,Th 7:30–8:30 AM $41 109564-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Using blankets and blocks as props, experience the benefits of a passive pose without having to exert much or any effort. During the practice, open, release, and connect with self-healing. Note: Class will not be held on 12/25.

Location: Northside Aztlan Center

12/18–12/27 M,W Noon–1:00 PM $13 109560-01

1/3–1/31 M,W Noon–1:00 PM $37 109560-02

2/5–3/7 M,W Noon–1:00 PM $41 109560-03

12/22–12/29 F 11:00 AM–Noon $9 109560-04

1/5–2/2 F 11:00 AM–Noon $21 109560-05

2/9–3/9 F 11:00 AM–Noon $21 109560-06

Sculpting Yoga

Sculpt with this weights infused yoga class. Build strength and definition. Beginners to advanced levels welcome.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 1:00–2:00 PM $17 109561-01

1/2–2/1 Tu,Th 1:00–2:00 PM $41 109561-02

2/6–3/8 Tu,Th 1:00–2:00 PM $41 109561-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. For beginner and intermediate levels with modifications offered. Note: Class will not be held on 12/25.

Location: Senior Center

1/8–1/29 M 6:30–7:30 PM $17 109461-01

2/5–3/5 M 6:30–7:30 PM $21 109461-02

Location: Northside Aztlan Center

1/8–1/29 M 4:00–5:00 PM $17 109562-01

2/5–3/5 M 4:00–5:00 PM $21 109562-02

12/19–12/26 Tu 5:00–6:00 PM $9 109562-04

1/2–1/30 Tu 5:00–6:00 PM $21 109562-05

2/6–3/6 Tu 5:00–6:00 PM $21 109562-06

12/20–12/27 W 4:00–5:00 PM $9 109562-07

1/3–1/31 W 4:00–5:00 PM $21 109562-08

2/7–3/7 W 4:00–5:00 PM $21 109562-09

12/21–12/28 Th 5:00–6:00 PM $9 109562-10

1/4–2/1 Th 5:00–6:00 PM $21 109562-11

2/8–3/8 Th 5:00–6:00 PM $21 109562-12

Location: Foothills Activity Center

12/18–12/27 M,W 4:30–5:30 PM $13 109761-01

1/3–1/31 M,W 4:30–5:30 PM $37 109761-02

2/5–3/7 M,W 4:30–5:30 PM $41 109761-03

12/19–12/28 Tu,Th 1:15–2:30 PM $20 109761-04

1/2–2/1 Tu,Th 1:15–2:30 PM $48.50 109761-05

2/6–3/8 Tu,Th 1:15–2:30 PM $48.50 109761-06

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions and body issues.

Location: Senior Center

1/8–1/29 M 10:00–11:00 AM $17 109460-01

2/5–3/5 M 10:00–11:00 AM $21 109460-02

1/8–1/29 M 11:00 AM–Noon $17 109460-04

2/5–3/5 M 11:00 AM–Noon $21 109460-05

1/4–2/1 Th 10:00–11:00 AM $21 109460-07

2/8–3/8 Th 10:00–11:00 AM $21 109460-08

1/4–2/1 Th 11:00 AM–Noon $21 109460-10

2/8–3/8 Th 11:00 AM–Noon $21 109460-11

Svaroopa for Every Body

A restorative style of Hatha yoga. Open and release core spinal muscles that cause pain in knees, back, shoulders, and neck. Open and release core spinal muscles.

Location: Senior Center

12/6–12/27 W 10:15–11:45 AM $30 125448-01

1/10–1/31 W 10:15–11:45 AM $30 125448-02

2/7–2/28 W 10:15–11:45 AM $30 125448-03

Vinyasa Flow

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build core strength to support more advanced poses.

Location: Northside Aztlan Center

12/23–12/30 Sa 8:00–9:00 AM $9 109563-01

1/6–2/3 Sa 8:00–9:00 AM $21 109563-02

2/10–3/10 Sa 8:00–9:00 AM $21 109563-03

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

12/23–12/30 Sa 9:30–10:30 AM $9 109464-01

1/6–2/3 Sa 9:30–10:30 AM $21 109464-02

2/10–3/10 Sa 9:30–10:30 AM $21 109464-03

Yoga, Beginning

By practicing yoga breathing and physical exercises, gain physical strength, tone, flexibility, and stamina. Participants may also experience a sense of inner calm.

Location: Senior Center

12/19–12/28 Tu,Th 2:45–3:45 PM $17 109462-01

1/2–2/1 Tu,Th 2:45–3:45 PM $41 109462-02

2/6–3/8 Tu,Th 2:45–3:45 PM $41 109462-03

12/19–12/28 Tu,Th 4:00–5:00 PM $17 109462-04

1/2–2/1 Tu,Th 4:00–5:00 PM $41 109462-05

2/6–3/8 Tu,Th 4:00–5:00 PM $41 109462-06

12/19–12/28 Tu,Th 5:15–6:15 PM $17 109462-07

1/2–2/1 Tu,Th 5:15–6:15 PM $41 109462-08

2/6–3/8 Tu,Th 5:15–6:15 PM $41 109462-09

12/20–12/27 W Noon–1:00 PM $9 109462-10

1/3–1/31 W Noon–1:00 PM $21 109462-11

2/7–3/7 W Noon–1:00 PM $21 109462-12

12/20–12/27 W 1:15–2:15 PM $9 109462-13

1/3–1/31 W 1:15–2:15 PM $21 109462-14

2/7–3/7 W 1:15–2:15 PM $21 109462-15

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques also offered. Note: Must be able to do floor and standing exercises at a fast pace. Class will not be held on 12/25.

Location: Senior Center

1/8–1/29 M 4:30–5:20 PM $17 109463-01

2/5–3/5 M 4:30–5:20 PM $21 109463-02

12/18–12/27 M,W 5:30–6:20 PM $13 109463-04

1/3–1/31 M,W 5:30–6:20 PM $37 109463-05

2/5–3/7 M,W 5:30–6:20 PM $41 109463-06

12/19–12/26 Tu 6:30–7:30 PM $9 109463-07

1/2–1/30 Tu 6:30–7:30 PM $21 109463-08

2/6–3/6 Tu 6:30–7:30 PM $21 109463-09

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.

Location: Northside Aztlan Center

12/19–12/28 Tu,Th 9:00–10:00 AM $17 109565-01

1/2–2/1 Tu,Th 9:00–10:00 AM $41 109565-02

2/6–3/8 Tu,Th 9:00–10:00 AM $41 109565-03

Youth & Family Fitness Classes

Family Yoga, Baby & Toddler

Explore yoga with baby or toddler. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. Note: At least one adult must be present and in the room with enrolled child/children. Price includes up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga
Age: 6–18 months

1/5–2/2 F 1:00–2:00 PM $21 109760-01

2/9–3/9 F 1:00–2:00 PM $21 109760-02

Parent/Toddler Yoga
Age: 18 months–3 years

1/5–2/2 F 2:00–2:45 PM $16 109760-03

2/9–3/9 F 2:00–2:45 PM $16 109760-04

Pre-Teen Yoga

Work on building self-esteem and confidence through mindful breathing, fun sequences of yoga poses, and empowering games with a rockin’ playlist. Drop off and pick up can be done ten minutes before and after class time. Note: Class will not be held on 1/1.

Location: Foothills Activity Center

Age: 9–12 years

1/8–1/29 M 4:30–5:30 PM $12 109763-01

2/5–3/5 M 4:30–5:30 PM $15 109763-02

Teen Yoga

Become more connected with body, mind, and the world through self-discovery, mindful breathing, invigorating yoga sequences, and self-confidence building games.

Location: Foothills Activity Center

Age: 13–16 years

1/3–1/31 W 4:30–5:30 PM $15 109764-01

2/7–3/7 W 4:30–5:30 PM $15 109764-02

Health & Wellness

Health & Wellness Services is a unique and comprehensive public health and wellness program provided in partnership by the City of Fort Collins, Columbine Health Systems, and UCHealth. All services are for ages 18 years & up unless otherwise noted. Find additional Health & Wellness sponsored programs throughout the Recreator; they are denoted with a  .

Services

Please call 970.221.6644 to make an appointment for the
following services.

Personal Wellness Coaching

Create change to sustain a healthy lifestyle. If diet and exercise attempts so far have not been successful, it’s time to find what works: make health and fitness changes to thrive and enjoy life. A wellness coach helps identify personalized health strategies and provides a plan, accountability, and encouragement. Call 970.221.6644 to schedule an appointment.

Location: Senior Center

Cosmetic Acupuncture

Facial and physical rejuvenation use ancient acupuncture techniques to balance internal systems at the root. Relax for a series of six 1-hour treatments while receiving gentle facial and body acupuncture to rebalance energies and enliven and refresh the face.

Location: Senior Center

Mondays 9:00 AM–4:00 PM $360 for series of 6

Acupuncture

Stimulate healing, stress-release, and energy without pain or negative side effects. Acupuncture has been used for thousands of years to help with pain, depression, and anxiety.

Location: Senior Center

Mondays 9:00 AM–4:00 PM $45/60-minute

Wednesdays 9:00 AM–Noon $35/45-minute

Advanced Care Planning

Receive advance directives at no cost. Guides offer support in completing advance care plans that represent what is important to individuals by explaining treatment options, putting choices in writing, and sharing them with family and physicians. Walk-ins welcome. For more information, visit larimeradvancecare.org. By Larimer County Advanced Care Planning Team.

Location: Northside Aztlan Center

12/12, 1/9, 2/13 Tu 9:00 AM–2:00 PM No Fee

Blood Pressure Clinic

Sit down with a registered nurse one-on-one for a blood pressure check and ask any health-related questions. No appointment necessary; check in at the Senior Center front desk.

Location: Senior Center

12/11, 1/8, 2/12 M 10:00 AM–Noon No Fee

Cholesterol Check

Receive blood pressure, cholesterol panel, and glucose tests with counseling and recommendations. Eight hour fast recommended prior to appointment (water and medications permitted). To schedule an appointment, contact the Health District at 970.224.5209. Note: Appointments are 20 minutes. Walk-ins accepted as space allows.

Location: Senior Center

12/5, 2/6 Tu 8:00–11:00 AM $15

12/21, 1/4, 1/18, 2/15 Th 8:00–11:00 AM $15

2/24 Sa 8:00–11:00 AM $15

Fitness Checkup

Check body fat percentage and BMI. Perform simple strength, cardio, flexibility tests to determine strengths and weaknesses.

Location: Senior Center

1/8, 1/15 M 1:00–4:00 PM $5

2/6, 2/20 Tu 9:00 AM–Noon $5

Manicure, Pedicure, & Nail Care

Look and feel good with the spa manicure and pedicure services. Nail clipping also available. By Neitha Schneider, Sweetheart Nails.

Location: Senior Center
Thursdays, 10:00 AM–4:00 PM

Basic manicure or pedicure 60-minute $36
Spa manicure or pedicure 90-minute $54
Combo spa 120-minute $72
Toenail clip 30-minute $18

Massage

Enjoy the health benefits of massage such as stress relief, relaxation, range of motion improvement, and pain relief. Traditional, sports, and facilitated stretching offered.

Location: Senior Center

Tuesdays 9:00 AM–Noon $16.50/15-minute
Wednesdays 1:30–5:00 PM $30/30-minute
Thursdays 9:00 AM–Noon $30/30-minute

Older Driver Safety Awareness Week

Changes that Can Affect Driving

With advanced aging, the ability to drive safely can be affected by changes to physical, emotional, and cognitive health. This normal part of aging occurs individually and at different rates. Discuss what changes can occur and how to recognize these changes. By UCHealth.

Location: Senior Center

12/4 M 10:00–11:30 AM No Fee 125403-01

We Need to Talk, Older Drivers

Education on how to initiate productive conversations with older adults about driving safety. Review skills related to driving, methods to self-assess driving skills, and how to manage driving during retirement. By UCHealth Outpatient Therapy.

Location: Senior Center

12/5 Tu 10:00–11:00 AM No Fee 125409-01

To Drive or Not to Drive

Learn startling statistics about older drivers and how to determine if someone is fit to drive, or what restrictions may need to be put in place. Receive help to make driving decisions easier for everyone involved. By Covell Care.

Location: Senior Center

12/6 W 10:00–11:00 AM No Fee 125415-01

1/23 Tu 10:00–11:00 AM No Fee 125415-02

2/22 Th 1:00–2:00 PM No Fee 125415-03

Interventions to Empower Drivers & Families

The decision to stop driving should be based on skills and abilities, not age. Working with a therapist can help a driver explore ways to drive safely longer. Discuss interventions and assistive devices that help drivers stay on the road longer. By Pro31.

Location: Senior Center

12/7 Th 10:00–11:00 AM No Fee 125440-01

Stay Engaged With or Without a Car

Giving up a license is not easy, but learning about programs and resources that are available can help ease the process. Planning for current or future transportation needs helps ease the transition from having a license to not driving. Learn about programs and resources available that provide easy access to transportation. By Transfort.

Location: Senior Center

12/8 F 10:00–11:00 AM No Fee 125442-01

Medical Education

Avoiding an Unlucky Break

Discussion on osteoporosis prevention and management from a physical therapist perspective. Topics covered include tips to improve posture, body mechanic concepts to protect the spine, and fall prevention. By UCHealth Outpatient Therapy.

Location: Senior Center

2/21 W 10:00–11:30 AM $10 125407-01

Balance: Because You Need It

An interactive class that addresses why balance begins to fail and what to do about it. Includes a brief educational overview of how the body finds balance and practical tips to prevent falls. By UCHealth Outpatient Therapy.

Location: Senior Center

2/19 M 2:00–3:00 PM $10 125412-01

Body Mechanics for Back Health

Focus on proper body mechanics for a healthy back. Review simple ideas to avoid back strain during everyday tasks such as cleaning, laundry, and showering. By UCHealth Outpatient Therapy.

Location: Senior Center

2/12 M 11:00 AM–Noon $10 125436-01

Bossy Bladder

Bossy bladders or bowels can stand in the way of life, preventing participation in hobbies and family events. Take action: learn how to get control and lead a worry-free life with tools to manage the bladder and/or bowels. By Covell Care.

Location: Senior Center

1/10 W 11:00 AM–Noon $25 125419-01

2/13 Tu 1:00–2:00 PM $25 125419-02

Brain Games

Just as the body need to stay active to stay healthy, the brain needs a good work, out too. Take part in a full brain workout informed by the latest in neuroscience and learn strategies to improve and maintain cognitive health. By UCHealth Outpatient Therapy.

Location: Senior Center

1/16 Tu 3:00–4:00 PM $5 125406-01

Cancer Screening & Prevention Doctor Talk

Review the guidelines for cancer screening, how cancer screening recommendations can change for older adults, and strategies
for cancer prevention. By Oncologist Dr. Heather Lewis, UCHealth Aspen Club.

Location: Senior Center

12/11 M 6:00–7:00 PM $5 125400-01

Continuum of Care

Education on advanced health care options and services.
By Covell Care.

Location: Senior Center

2/5 M 10:00–11:00 AM No Fee 125416-01

Core Stability & Balance

Falls can be frightening for everyone. Discover individual levels
of fall risk and receive advice about ways to get up after a fall. Core stability exercises to practice at home also provided. By UCHealth Outpatient Therapy.

Location: Senior Center

1/4 Th 11:00 AM–Noon $10 125414-01

Exercise at Home

According to the Center for Disease Control, injuries and accidents are the number one reason older adults go to the emergency room. Learn safe in-home exercises specifically designed to reduce fall risk and stay out of the hospital. By Covell Care.

Location: Senior Center

1/11 Th 10:00–11:00 AM $25 125449-01

2/7 W 11:00 AM–Noon $25 125449-02

Maintain Mobility

Discuss the importance of strength, balance, fitness, and home safety. Learn a self-check system and innovative programs
to help with safety in the home as aging progresses. By Front
Range Therapy.

Location: Senior Center

1/30 Tu 2:30–3:30 PM $5 125454-01

Osteoporosis

A basic overview of osteoporosis, with emphasis on education, exercise, and prevention. By Front Range Therapy.

Location: Senior Center

1/30 Tu 1:00–2:00 PM $5 125453-01

Vestibular System, Balanced for Life

Understand the vestibular system. Topics include: conditions associated with vestibular system dysfunction, prevention and treatment strategies, community resources, and exercises. By UCHealth Outpatient Therapy.

Location: Senior Center

1/17 W 9:00–10:00 AM $10 125408-01

Wellness Education

Arthritis Support Group

This quarterly group is designed to offer information and support for those who have arthritis, their family members, friends, and/or caregivers. Learn more, find related resources, meet people, network, and share experiences. Call the Aspen Club at 970.495.8560 to register.

Location: Senior Center

2/12 M 11:30 AM–1:00 PM No Fee

Baby Sign Language

Learn the basics of using sign language with babies for daily interaction. Baby sign language can help build language in children and reduce frustrations of not being able to communicate verbally. By UCHealth Outpatient Therapy.

Location: Northside Aztlan Center

2/1 Th 7:00–8:00 PM $10 125413-01

Brain & Balance

Fun brain games and functional balance exercises are brought together to offer support, laughter, and results. By Diane
Horak, Columbine Health Systems. By Diane Horak, Columbine Health Systems.

Location: Senior Center

1/4–1/25 Th 1:30–2:00 PM $15 125426-01

2/1–2/22 Th 1:30–2:00 PM $15 125426-02

Complete Advance Directives

Learn the importance of completing advance directives. Explore living wills and medical health care directives, and take time to complete them. Also discuss end of life issues and the importance
of letting loved ones know end of life plans.

Location: Senior Center

1/10 W 9:30–11:00 AM No Fee 125401-01

Effective Communication Strategies

Caregivers learn to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Leave with strategies for meaningful connection with people in early, middle, and late stage dementia. By the Alzheimer’s Association.

Location: Senior Center

2/16 F 10:00 AM–Noon No Fee 125447-01

Holiday Happy Hands Dancing & Brain Walking

Learn about movement, laughing, and making the brain work a little by combining both. Practice happy hand dances, a few laughter exercises, and brain games that stimulate the mind while walking. By UCHealth Aspen Club.

Location: Senior Center

12/19 Tu 2:00–3:30 PM $5 125405-01

How to Talk to Kids about Sex

What to say, when to say it, and how much to say. Learn strategies about how and when to talk to kids about being sexually active. What is healthy to know, when to know, and how to stay calm when kids start asking questions. By Weiler Counseling.

Location: Foothills Activity Center

1/13 Sa 11:00 AM–Noon $15 125753-01

Know the Ten Signs

Detect Alzheimer’s early and have the chance to begin drug therapy, enroll in clinical studies, and plan for the future. By the Alzheimer’s Association.

Location: Foothills Activity Center

1/11 Th 1:00–2:30 PM No Fee 125439-01

Laughter & Meditation for Caregivers

Caregivers who care for themselves take better care of their loved ones. Enjoy two strong coping strategies that may help decrease stress that comes from caregiving: laughter and meditation. By UCHealth Aspen Club.

Location: Senior Center

2/15 Th 2:00–3:30 PM $5 125404-01

Living Well with Diabetes

Diabetes can affect quality of life. Receive support and practical ways to deal with diabetes, including nutrition and exercise choices, and effective ways to talk to doctors and family about health concerns. By UCHealth Aspen Club.

Location: Senior Center

1/31–3/7 W 1:30–4:00 PM No Fee 125411-01

Parkinson’s Support Group

The Parkinson’s Support Group of Larimer County (PSGLC) provides a variety of programming for those with Parkinson’s Disease and their partners. Education, support, and fellowship offered monthly. Visit psdupportic.net for more information.

Location: Senior Center

12/6 W 10:30 AM–12:30 PM No Fee

1/3 W 10:30 AM–12:30 PM No Fee

2/7 W 10:30 AM–12:30 PM No Fee

Radon Awareness

Exposure to radon is the second leading cause of lung cancer. Radon is an odorless, tasteless, invisible gas found naturally in the soil. The U.S. Surgeon General and EPA recommend all homes be tested for radon. Learn about radon and receive a radon test kit to test at home. By CSU/Larimer County Extension.

Location: Northside Aztlan Center

1/17 W 4:00–5:00 PM No Fee 125455-01

Location: Senior Center

2/19 M 1:00–2:00 PM No Fee 125455-02

Self-Care Planning Workshop

Self-care is often secondary to everything else in life. Reprioritize and identify areas that need greater attention and develop an individualized self-care plan based on realistic goals grounded in values and a vision for optimal wellbeing. By CSU/Larimer County Extension.

Location: Senior Center

12/7 Th 10:00–11:30 AM No Fee 125441-01

Sex After 50, 60, 70, 80

Unravel the myths about sexuality as we age. Whether with someone for 30 years or embarking on a new relationship, learn tools to keep the intimacy alive. By Weiler Counseling.

Location: Senior Center

1/9–1/30 Tu 1:00–2:00 PM $25 125443-01

Tai Chi Chih

The soft, gentle movements of Ta’i Chi Chih promote health in every part of the body, circulating and balancing internal energy. The movements can be done by anyone, regardless of age or physical condition. Benefits include better balance, increased flexibility and strength, inner peace, improved health, and joy.

Location: Senior Center

1/9–2/27 Tu 1:00–2:00 PM $80 125438-01

Tame Stress

Stress and negative self-thoughts can be constant companions. Mindfulness offers a way to undo negative habits associated
with cycles of stress. Explore mindfulness and how to apply
basic principles and practices in everyday life. By CSU/Larimer County Extension.

Location: Senior Center

1/25 Th 10:00–11:00 AM No Fee 125444-01

Nutrition

Am I Hungry? Mindful Eating Workshop

Eat fearlessly and mindfully. End the eat-repent-repeat cycle and learn helpful strategies to feel in charge of eating instead of feeling out of control. By Deanna O’Connell, RD, UCHealth Aspen Club.

Location: Senior Center

1/17–3/7 W 3:00–4:30 PM $65 125418-01

Eat Mediterranean

Celebrate heart month by learning about the Mediterranean diet. Discuss the health benefits of this meal pattern and share recipes
to get started. By Jenifer Bowman, UCHealth RD.

Location: Senior Center

2/13 Tu 10:30 AM–Noon $5 125402-01

Fundamentals of Going Paleo

A Paleo or Ancestral diet has been shown to positively impact chronic diseases, increase energy, balance hormones, shed weight, and improve sleep. Learn the fundamentals of a Paleo diet and how to make dietary changes to improve health. By Wellness Coach.

Location: Northside Aztlan Center

2/15 Th 6:30–7:30 PM $5 125434-02

Location: Senior Center

1/8 M 6:30–7:30 PM $5 125434-01

Pack a Healthier School Lunch

Children eat far too many sugary foods during the day, impacting energy levels, behavior, and the ability to concentrate and learn. Pack a healthier lunch that balances blood sugar and provides nutrients needed to learn and succeed in school. By Wellness Coach.

Location: Northside Aztlan Center

1/13 Sa 9:00–10:00 AM $5 125435-01

2/10 Sa 9:00–10:00 AM $5 125435-02

21-Day Sugar Detox

Sugar is highly addictive. Also, eating foods high in sugar and refined carbs can destroy health, causing fatigue, weight gain, mood swings, aches, pains, and illness. Through this proven program, learn to tame the “sugar monster.” By Wellness Coach.

Location: Northside Aztlan Center

12/28–1/18 Th 6:30–7:30 PM $50 125431-01

Location: Senior Center

2/2–2/23 F 2:00–3:00 PM $50 125431-02

Financial Wellness

Alternative Investment Options

Learn about investments outside of stocks, bonds, and mutual funds. Explore residential investment properties, socially responsible investing, REITs, precious metals, hedge funds, venture capital, and collectibles. By Public Service Credit Union.

Location: Foothills Activity Center

2/7 W 6:30–7:30 PM No Fee 125752-01

Balancing Your Budget

Tell money where to go, instead of wondering where it went. Learn how to create a spending plan, track expenses, set goals, and find new ways to save. Gather tools and resources to help with these important financial basics. By Public Service Credit Union.

Location: Foothills Activity Center

1/9 Tu 6:30–7:30 PM No Fee 125751-01

Thinking of Transitioning

The decision to move can be complex whether downsizing or moving to a retirement community. Learn what to expect throughout the moving process and how to prepare for the best possible outcome. Receive honest answers to pressing questions. By Windermere Real Estate, Senior Transitions.

Location: Northside Aztlan Center

2/21 W 6:00–7:00 PM No Fee 125437-03

Location: Senior Center

12/6 W 10:00–11:00 AM No Fee 125437-01

1/10 W 10:00–11:00 AM No Fee 125437-02

Upside of Downsizing

Whether moving or staying put, these tips and ideas help save time, energy, money, and space. Seasoned experts share tips on how to move in, out, up, and down. Discuss transitioning into a new home or phase of life. Snacks and door prizes provided.

Location: Senior Center

12/19 Tu 10:00–11:30 AM No Fee 125446-01

1/25 Th 2:00–3:30 PM No Fee 125446-02

2/12 M 11:00 AM–Noon No Fee 125446-03

Holistic Options

DIY Bath Salts

Learn to make bath salts and other home goods.

Location: Senior Center

12/6 W 6:00–7:00 PM No Fee 125429-01

Emotions & Essential Oils

Relax while learning how essential oils can assist the body with emotions of everyday stressors.

Location: Senior Center

1/3 W 6:00–7:00 PM No Fee 125430-01

Essential Oils 101

Discover the health and wellness support essential oils can bring to home and family. Smell, feel, and even taste some of the oils. Different application methods are also covered.

Location: Senior Center

12/6 W 1:00–2:30 PM No Fee 125445-01

1/3 W 10:00–11:30 AM No Fee 125445-02

2/7 W 10:00–11:30 AM No Fee 125445-03

Essential Oils with Kids & Babies

Discuss the health benefits that essential oils can have for children. Learn proper application and which oils are most effective.

Location: Senior Center

2/7 W 6:00–7:00 PM No Fee 125428-01

Healing thru Meditation & Spiritual Wisdom

Age gracefully by bringing strength to midlife joys and challenges through simple yoga breathing, visualization, positive affirmations, and meditation. These techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamijii Dharmananda.

Location: Senior Center

1/5–1/26 F 10:00–11:30 AM $40 125420-01

2/2–2/23 F 10:00–11:30 AM $40 125420-02

Ice Skating

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

General Information

Lessons are taught by Certified P.S.A. instructors and are in compliance with United States Figure Skating.

Parents may observe lessons from the upstairs bleachers; it is distracting for skaters and coaches to have parents at the gate and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes larger than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lessons are 30–45 minutes in length with a 15-minute practice time, which may be before or after the lesson depending
on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Proper clothing may include:

Helmet (also available at EPIC; required for Snowplow Sam 1–4).

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.

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

Conditioning for Skaters

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

Private Skating Instruction

Private ice skating instruction is available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included.

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge. A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters. Flexible number of weeks available. Contact 970.416.2770 to make arrangements.

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.

[ Team & Club Contacts ]

Adult Hockey

Fort Collins Adult
Hockey Association
fcaha.org

Youth Hockey

Northern Colorado Youth Hockey
ncyh.org

Women’s Hockey

Flames / Phoenix / Comets
wachhockey.com

College Hockey

Colorado State University
csuhockey.com

High School Hockey

High Plains Hockey
highplainshockey.com

Figure Skating Club

Fort Collins Figure Skating Club
fortcollinsfsc.org

Speed Skating

Jondon Speed
jondonspeed.com

Curling

Poudre Valley Curling Club
poudrevalleycurling.com

Curling

Curling League

Curling is the ultimate team sport as four players are involved in every shot. League is for those who want to experience competitive curling. Sign-up individually and add team names to the roster note. Note: Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy or loose.

Age: 8 years & up
Location: Edora Pool Ice Center

1/21–3/11 Su 9:15–10:45 AM $89 110376-01

Corporate Curling

Curling is a fast growing sport and a great team building exercise. No experience required. All equipment provided. Reservation required; call 970.416.2770.

Age: 8 years & up
Location: Edora Pool Ice Center

12/5–2/27 Tu 1:00–2:30 PM

Hockey

Basic 1 Hockey Skate

For skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Hockey equipment not required.

Age: 5–15 years
Location: Edora Pool Ice Center

1/6–2/3 Sa 11:15–11:45 AM $46 110308-01

2/10–3/10 Sa 11:15–11:45 AM $46 110308-02

Basic 2 Hockey Skate

Hockey equipment not required. See Basic 2 Skate for more information about skills learned. Prerequisite: Successful completion of Basic 1.

Age: 5–15 years
Location: Edora Pool Ice Center

1/6–2/3 Sa 10:30–11:00 AM $46 110312-01

2/10–3/10 Sa 10:30–11:00 AM $46 110312-02

Beginner Cub Hockey

Practice is held on Tuesdays; focus is on basic hockey and skating skills. Recreational games are held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Tot 1 or Basic 1. Note: Equipment handout is 1/11 from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the season.

Age: 4–8 years
Location: Edora Pool Ice Center

1/16–3/8 Tu,Th 4:15–5:00 PM $193 110372-01

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 12/27, 1/3.

Age: 9–17 years
Location: Edora Pool Ice Center

12/6–2/28 W 4:00–4:45 PM $12

Drop-In Hockey

Open practice session to sharpen skating and shooting skills. Full equipment required. 10 or 20 Admission Passes available. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up unless a hockey punch pass is on file for phone-ins. Limited to 30 players. Note: Class will not be held on 12/25, 12/28, 1/1, 1/4.

Age: 16 years & up
Location: Edora Pool Ice Center

12/1–2/28 M–F 11:15 AM–12:45 PM $5

12/7–3/1 Th 1:00–2:30 PM $5

Stick & Puck Drop-In

Open session. Helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmaging allowed. Rules are posted in each arena. Note: Class will not be held on 12/24, 1/13, 1/14.

Age: All
Location: Edora Pool Ice Center

12/2–2/25 Sa,Su 2:30–3:30 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. Wear warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Developed by two-time Olympic speed skater, Jondon Trevena. Previous skating experience required. Note: Class will not be held on 12/27, 1/3, 2/7.

Age: 7 years & up
Location: Edora Pool Ice Center

Beginner

12/6–2/28 W 5:00-5:30 PM $8

Intermediate

12/6–2/28 W 5:00-6:00 PM $15

Adult Ice Skating

Adult Beginning & Intermediate Skate

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

Age: 16 years & up
Location: Edora Pool Ice Center

12/7–12/21 Th 6:15–6:45 PM $28 110349-01

1/11–2/1 Th 6:15–6:45 PM $39 110349-02

2/8–3/8 Th 6:15–6:45 PM $49 110349-03

Adult Advanced Skate

Skaters wishing to learn new skills may take the advanced level. See descriptions for Youth Ice Skating, Basic 5–6 for skills learned.

Age: 16 years & up
Location: Edora Pool Ice Center

12/7–12/21 Th 6:45–7:15 PM $28 110353-01

1/11–2/1 Th 6:45–7:15 PM $39 110353-02

2/8–3/8 Th 6:45–7:15 PM $49 110353-03

Fitness Skate

Intermediate to advanced skaters benefit from this aerobic exercise. 10 or 20 Admission Passes available. Note: Session will not be held on 12/8, 12/25, 1/1, 1/12, 1/15, 2/23.

Age: 16 years & up
Location: Edora Pool Ice Center

12/1–2/28 M–F 11:15 AM–1:00 PM $6

Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up
Location: Edora Pool Ice Center

12/6–2/28 W 9:15–10:45 AM

Youth Ice Skating

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, to march forward, forward marching with two-foot glide, and be introduced to backward wiggles and rocking horse.

Age: 4–5 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110302-01

12/5–12/21 Tu,Th 9:30–10:00 AM $52 110302-02

1/6–2/3 Sa 10:30–11:00 AM $46 110302-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110302-04

1/9–2/1 Tu,Th 9:30–10:00 AM $73 110302-05

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110302-06

2/6–3/8 Tu,Th 9:30–10:00 AM $91 110302-07

2/10–3/10 Sa 10:30–11:00 AM $46 110302-08

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4–5 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110304-01

12/5–12/21 Tu,Th 9:30–10:00 AM $52 110304-02

1/6–2/3 Sa 10:30–11:00 AM $46 110304-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110304-04

1/9–2/1 Tu,Th 9:30–10:00 AM $73 110304-05

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110304-06

2/6–3/8 Tu,Th 9:30–10:00 AM $91 110304-07

2/10–3/10 Sa 10:30–11:00 AM $91 110304-08

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110306-01

12/5–12/21 Tu,Th 10:00–10:30 AM $52 110306-02

1/6–2/3 Sa 10:30–11:00 AM $46 110306-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110306-04

1/9–2/1 Tu,Th 10:00–10:30 AM $73 110306-05

1/22–3/5 M 4:00–4:30 PM $64 110306-06

1/22–3/5 M 4:30–5:00 PM $64 110306-07

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110306-08

2/6–3/8 Tu,Th 10:00–10:30 AM $91 110306-09

2/10–3/10 Sa 10:30–11:00 AM $46 110306-10

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, to turn, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110310-01

12/5–12/21 Tu,Th 10:00–10:30 AM $52 110310-02

1/6–2/3 Sa 10:30–11:00 AM $46 110310-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110310-04

1/9–2/1 Tu,Th 10:00–10:30 AM $73 110310-05

1/22–3/5 M 4:00–4:30 PM $64 110310-06

1/22–3/5 M 4:30–5:00 PM $64 110310-07

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110310-08

2/6–3/8 Tu,Th 10:00–10:30 AM $91 110310-09

2/10–3/10 Sa 10:30–11:00 AM $46 110310-10

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, gliding backward on one foot, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110314-01

12/5–12/21 Tu,Th 10:30–11:00 AM $52 110314-02

1/6–2/3 Sa 11:15–11:45 AM $46 110314-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110314-04

1/9–2/1 Tu,Th 10:30–11:00 AM $73 110314-05

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110314-06

2/6–3/8 Tu,Th 10:30–11:00 AM $87 110314-07

2/10–3/10 Sa 11:15–11:45 AM $46 110314-08

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 4:45–5:15 PM $52 110316-01

12/5–12/21 Tu,Th 10:30–11:00 AM $52 110316-02

1/6–2/3 Sa 10:30–11:00 AM $46 110316-03

1/9–2/1 Tu,Th 4:45–5:15 PM $73 110316-04

1/9–2/1 Tu,Th 10:30–11:00 AM $73 110316-05

2/6–3/8 Tu,Th 4:45–5:15 PM $91 110316-06

2/6–3/8 Tu,Th 10:30–11:00 AM $58 110316-07

2/10–3/10 Sa 10:30–11:00 AM $39 110316-08

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:30–6:00 PM $52 110318-01

1/6–2/3 Sa 11:15–11:45 AM $46 110318-02

1/9–2/1 Tu,Th 5:30–6:00 PM $73 110318-03

2/6–3/8 Tu,Th 5:30–6:00 PM $91 110318-04

2/10–3/10 Sa 11:15–11:45 AM $91 110318-05

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one-foot spin. Prerequisite: Successful completion of Basic 5.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:30–6:00 PM $52 110322-01

1/6–2/3 Sa 11:15–11:45 AM $46 110322-02

1/9–2/1 Tu,Th 5:30–6:00 PM $73 110322-03

2/6–3/8 Tu,Th 5:30–6:00 PM $91 110322-04

2/10–3/10 Sa 11:15–11:45 AM $46 110322-05

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:15–6:00 PM $82 110324-01

1/6–2/3 Sa 9:30–10:15 AM $72 110324-02

1/9–2/1 Tu,Th 5:15–6:00 PM $115 110324-03

2/6–3/8 Tu,Th 5:15–6:00 PM $144 110324-04

2/10–3/10 Sa 9:30–10:15 AM $69 110324-05

Free Skate 1 & 2

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC. Prerequisite: Successful completion of Pre-Free Skate.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:15–6:00 PM $82 110332-01

1/6–2/3 Sa 9:30–10:15 AM $72 110332-02

1/9–2/1 Tu,Th 5:15–6:00 PM $115 110332-03

2/6–3/8 Tu,Th 5:15–6:00 PM $144 110332-04

2/10–3/10 Sa 9:30–10:15 AM $72 110332-05

Free Skate 3 & 4

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board at EPIC.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:15–6:00 PM $82 110334-01

1/6–2/3 Sa 9:30–10:15 AM $72 110334-02

1/9–2/1 Tu,Th 5:15–6:00 PM $115 110334-03

2/6–3/8 Tu,Th 5:15–6:00 PM $144 110334-04

2/10–3/10 Sa 9:30–10:15 AM $72 110334-05

Free Skate 5 & 6

Focus on spins, jumps, and moves (15 minutes each). For a detailed description of skills, see the Learn-to-Skate bulletin board.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/21 Tu,Th 5:15–6:00 PM $82 110336-01

1/6–2/3 Sa 9:30–10:15 AM $72 110336-02

1/9–2/1 Tu,Th 5:15–6:00 PM $115 110336-03

2/6–3/8 Tu,Th 5:15–6:00 PM $144 110336-04

2/10–3/10 Sa 9:30–10:15 AM $72 110336-05

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5–15 years
Location: Edora Pool Ice Center

12/5–12/19 Tu 6:15–6:45 PM $28 110330-01

1/9–1/30 Tu 6:15–6:45 PM $39 110330-02

Spring Ice Show Registration

Skaters enrolled in Learn To Skate classes can participate in the 2018 “Spring Spectacular” ice show. Register by 2/5. Participants must attend a casting call on 2/7. Time listed is on ice casting. Off-ice measuring will be from 4–7 p.m. Costume fees range from $60–85. A $60 deposit is taken at time of measuring. Rehearsals begin mid-March. Shows are the weekend of 5/11. Note: Look for ticket information in the Spring Recreator, released in mid-February.

Location: Edora Pool Ice Center

Age: 4–15 years
Snowplow Sam 1 & 2

2/7 W 5:00–5:15 PM $16 110358-01

Snowplow Sam 3 & 4

2/7 W 5:00–5:15 PM $16 110358-02

Basic 1

2/7 W 5:00–5:15 PM $16 110358-03

Basic 2

2/7 W 5:00–5:15 PM $16 110358-04

Basic 3

2/7 W 5:15–5:30 PM $16 110358-05

Basic 4

2/7 W 5:15–5:30 PM $16 110358-06

Basic 5

2/7 W 5:15–5:30 PM $16 110358-07

Basic 6

2/7 W 5:15–5:30 PM $16 110358-08

Pre-Free Skate

2/7 W 5:30–6:00 PM $16 110358-09

2/7 W 5:30–6:00 PM $16 110358-10

Free Skate 1 & 2

2/7 W 5:30–6:00 PM $16 110358-11

Free Skate 3 & 4

2/7 W 5:30–6:00 PM $16 110358-12

Free Skate 5 & 6

2/7 W 5:30–6:00 PM $16 110358-13

Age: 16 years & up
Adult Beginner

2/7 W 5:45–6:00 PM $16 110358-14

Adult Intermediate

2/7 W 5:45–6:00 PM $16 110358-15

Adult Advanced

2/7 W 5:45–6:00 PM $16 110358-16

Special Events

See a list of Special Events available for all ages on page 79.

Winter Festival

A fun filled day of winter on-ice activities including free figure and synchronized skating exhibitions, speed skating, curling, and broomball demonstrations. Exhibitions begin at 8:15 a.m., followed by a free public skate session from 12:15–2 p.m. Lessons in skating and curling available during public skate times. No registration necessary.

Age: All
Location: Edora Pool Ice Center

12/16 Sa 8:45 AM–2:15 PM No Fee

Outdoor Recreation

Adult Programming

[ Excursions ]

Classes are for ages 18 years & up, unless otherwise noted.

Downhill Ski Trips

Motorcoach trips are made to various ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trip. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and pick up in Loveland at I-25 and Hwy. 34 around 7:20 a.m. Note: Cancellation must be made by 10 a.m. one week prior to the trip date to receive refund or credit.

Age: 18 years & up
Location: Rolland Moore Park

Breckenridge

1/29 M 7:00 AM–7:00 PM $46 111910-08

Copper Mountain

12/13 W 7:00 AM–7:00 PM $46 111910-01

1/3 W 7:00 AM–7:00 PM $46 111910-03

1/17 W 7:00 AM–7:00 PM $46 111910-05

1/31 W 7:00 AM–7:00 PM $46 111910-09

2/5 M 7:00 AM–7:00 PM $46 111910-10

2/21 W 7:00 AM–7:00 PM $46 111910-14

2/28 W 7:00 AM–7:00 PM $46 111910-16

Loveland

1/22 M 7:00 AM–7:00 PM $46 111910-06

2/12 M 7:00 AM–7:00 PM $46 111910-12

Winter Park

12/20 W 7:00 AM–7:00 PM $46 111910-02

1/10 W 7:00 AM–7:00 PM $46 111910-04

1/24 W 7:00 AM–7:00 PM $46 111910-07

2/7 W 7:00 AM–7:00 PM $46 111910-11

2/14 W 7:00 AM–7:00 PM $46 111910-13

2/26 M 7:00 AM–7:00 PM $46 111910-15

[ Snowshoeing  ]

Designed for adults who enjoy a physical challenge, but can also accommodate a range of individual paces.

No formal instruction, but trips are led by experienced guides with wilderness first aid training. Vans are equipped with portable AEDs and guides carry SPOT GPS positioning in case of emergency .

Some trips are in the backcountry of the Poudre Canyon without available Nordic centers. Trips made to Rocky Mountain National Park (RMNP) require a Parks Pass, Golden Age Pass, or $20 entry fee.
Participants should be in good health and capable of moderate physical activity. For your own safety, bring your own equipment, water, layers of clothing, and food. Cost includes guide and sweep. Note: Ratings are subjective and offered as a general guide. Trips are for snowshoeing only, unless otherwise noted.

Departure for all trips is at the Senior Center, unless otherwise noted. All mileage is roundtrip, unless otherwise noted.

Montgomery Pass

Scenic wooded glacial moraine with excellent views along the way. Mileage: 3.1 miles; Lowest Elevation: 8850 ft.; Highest Elevation: 9416 ft.

12/21 Th 8:00 AM–4:30 PM $42 111920-01

Michigan Ditch (Combined: Cross-Country Ski & Snowshoe)

Gradual climb then levels off along an old logging road. Beautiful heavily forested trail that leads to great views. Mileage: 3.5 miles; Lowest Elevation: 9475 ft.; Highest Elevation: 10090 ft.

1/4 Th 8:00 AM–4:30 PM $42 111920-02

Blue Lake

Forested trail in Poudre Canyon. Mileage: 4.5 miles; Lowest Elevation: 9520 ft.; Highest Elevation: 11020 ft.

1/16 Tu 8:00 AM–4:30 PM $42 111920-03

Bierstadt Lake

Scenic wooded glacial moraine with excellent views along the way. Mileage: 3.1 miles; Lowest Elevation: 8850 ft.; Highest Elevation: 9416 ft.

1/25 Th 8:00 AM–4:30 PM $42 111920-04

Meadows Trail

Gradual climb through forest and open meadows. Views of Iron Mountain and surrounding peaks. Mileage: 4 miles; Lowest Elevation: 10020 ft.; Highest Elevation: 10495 ft.

1/30 Tu 8:00 AM–4:30 PM $42 111920-05

Copeland Falls

Forested trail to a waterfall. Mileage: 3.1 miles; Lowest Elevation: 8500 ft.; Highest Elevation: 8600 ft.

2/7 W 8:00 AM–4:00 PM $42 111920-06

Mills Lake

A steep trail to a spectacular glacial valley with views of Jewel Lake and Ribbon falls along the way. Mileage: 6 miles; Lowest Elevation: 9240 ft.; Highest Elevation: 10000 ft.

2/15 Th 8:00 AM–4:30 PM $42 111920-07

Gould Loop (Combined: Cross-Country Ski & Snowshoe)

Quiet trails along Michigan River through wooded sections and overlooks of moose habitat.

Mileage: 4–6 miles; Lowest Elevation: 9400 ft.; Highest Elevation: 9640 ft.

2/20 Tu 8:00 AM–4:30 PM $42 111920-08

Ranger Lakes/Silvermine

Climb through a tree tunnel before area opens up into the high mountain valley. Views of the riparian area and Seven Utes Mountain. Mileage: 4.5 miles; Lowest Elevation: 9300 ft.; Highest Elevation: 10320 ft.

2/27 Tu 8:00 AM–4:30 PM $42 111920-09

Youth Programming

Wilderness Explorer

Explore the wilderness and learn additional skills needed to be on the trail each day. Up to 5 miles of hiking at an elevation of 5600 ft.–6500 ft. Note: No experience necessary.

Age: 10–15 years
Location: Northside Aztlan Center

Navigation & Snow Cave

2/10 Sa 8:30 AM–2:30 PM $35 115531-01

Fire & Ice

2/17 Sa 8:30 AM–2:30 PM $35 115531-02

Archery

A skillful sport requiring balance, poise, accuracy, vision, timing, and action. Through this indoor class, learn basic techniques and how to be safe. Equipment is provided.

Age: 8–16 years
Location: Rocky Mtn. Archery, 4518 Innovation Dr.

1/18–1/25 Th 4:30–5:30 PM $30 115941-01

2/15–2/22 Th 4:30–5:30 PM $30 115941-02

3/22–3/29 Th 4:30–5:30 PM $30 115941-03

Special Events

Gingerbread House Decorating, Date Night

Grab a best friend or favorite date and decorate a gingerbread house for the holidays. Gingerbread house and decorating materials provided. Cash bar available. Note: Registration is per couple; one gingerbread house per registration.

Age: 21 years & up
Location: Northside Aztlan Center

12/1 F 7:00–9:00 PM $41 118562-01

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

12/1–1/4 M–F 6:00 AM–9:00 PM No Fee

12/1–1/4 Sa 8:00 AM–5:00 PM No Fee

12/1–1/4 Su 9:00 AM–8:00 PM No Fee

Winter SOAP Show

Be entertained this winter with SOAP (Slightly Older Adult Players) Troupe. This season’s show is “Christmas in Fort Collins” and features comedy skits and music performed by the SOAPTones. Tickets are available at the Senior Center or by calling 907.221.6644.

Age: All
Location: Senior Center

12/1 F 1:30–3:00 PM $5 Ticketed Event

12/1 F 7:00–8:30 PM $5 Ticketed Event

12/2 F 2:00–3:30 PM $5 Ticketed Event

Gingerbread House Decorating, Families

Start a new family tradition: decorate an old fashioned gingerbread house. Gingerbread house and decorating materials provided. Note: Registration is per family; one gingerbread house per registration.

Age: All
Location: Northside Aztlan Center

12/2 Sa 10:00 AM–Noon $41 118561-01

Winter Festival

A fun-filled day of ice activities including figure and synchronized skating, speed skating, and curling demonstrations. Demonstrations begin at 8:15 a.m., followed by public skate from 12:15–2 p.m. Lessons for skating and curling available during public skate times.

Age: All
Location: Edora Pool Ice Center

12/16 Sa 8:15 AM–2:15 PM No Fee

Club 45

Fun, safe, and supervised, this night out includes gym play, electronic game play, karaoke, arts and crafts, games, contests, and prizes. Note: Pre-register for $10; admission is $15 at the door.

Grade: 4–5
Location: Foothills Activity Center

1/20 Sa 6:00–9:00 PM $10 118789-01

2/17 Sa 6:00–9:00 PM $10 118789-02

3/24 Sa 6:00–9:00 PM $10 118789-03

4/21 Sa 6:00–9:00 PM $10 118789-04

5/12 Sa 6:00–9:00 PM $10 118789-05

Sports

Adult Sports

[ Basketball ]

Lunch Time Basketball

Break up the day and join this group of drop-in basketball players for a lunchtime game. Note: Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Community Center

12/1–2/28 M–F Noon–2:00 PM

Winter Adult Basketball

Men’s, women’s, and coed leagues. Teams sign up for their level of play and night preference on a first come basis. 8 games scheduled. Registration begins 11/2, ends 12/15 or when leagues fill. Leagues begin the week of 1/8.

Location: Northside Aztlan Center

Cost: $449

Men’s

Mom Competitive 113901-01

Mon Recreational 113901-02

Wed Recreational 113901-03

Women’s

Wed Competitive 113902-01

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 basis; 6 games scheduled. Registration begins 11/2, ends 3/16 or when leagues fill. Leagues begin the week of 3/26.

Location: Northside Aztlan Center
Cost: $341

Fri Competitive 213901-01

Fri Recreational 213901-02

[ Flag Football ]

Winter Adult Indoor Flag Football

8-on-8 non-contact. Registration begins 1/7, ends 12/15 or when league fills; 6 games guaranteed. League begins 1/8.

Location: The Edge, 4450 Denrose Ct.

1/7–2/11 Su 8:00 AM–Noon $450 113912-01

Spring Adult Flag Football

8-on-8 non-contact. Registration begins 11/2, ends 3/9 or when leagues fill; 6 games scheduled, 6 games guaranteed. League begins the week of 3/19.

Location: Rolland Moore Park

3/19–4/30 M 6:00–10:00 PM $330 213011-01

Spring Adult Indoor Flag Football

Indoor league, 8-on-8 non-contact. Registration begins 11/2, ends 3/16 or when league fills; 6 games scheduled, 6 games guaranteed. League begins 3/25.

Location: The Edge, 4450 Denrose Ct.

3/25–4/29 Su 8:00 AM–Noon $450 213912-01

[ Kickball ]

Spring Coed Kickball

Have fun playing an American classic invented on the playground. Registration begins 11/2, ends 3/9 or when league fills. League begins 3/23; 6 games scheduled.

Location: Rolland Moore Park
Cost: $185

Coed

Fri Competitive 213061-01
Fri Recreational 213061-02

[ Pickleball ]

Pickleball, Beginner Lessons

For those brand new to pickleball or beginners needing some enhanced skill instruction. Includes classroom time to learn the rules, scoring, and basics. Then, participate in rotational court time play.

Age: 18 years & up
Location: Senior Center

12/5–12/19 Tu 9:45–11:00 AM $20 109478-01

1/9–1/30 Tu 9:45–11:00 AM $25 109478-02

2/6–2/27 Tu 9:45–11:00 AM $25 109478-03

Pickleball Open Tournament

A full day of fun, fitness, and competition. All skill level welcome. Matches begin as self-ranked and proceed to pool play against teams with similar skill levels. Fees paid per team.

Age: 18 years & up
Location: Northside Aztlan Center

1/6 Sa 9:00 AM–4:00 PM $65 125462-01

Pickleball League, Advanced

Advanced adult pickleball players face off against teams of similar skill. Pool play allows players to move up or down this challenging bracket. Fee is per team.

Age: 18 years & up
Location: Northside Aztlan Center

1/10–2/28 W 11:00 AM–3:30 PM $75 125461-01

Pickleball League, Mixed Double

Adult teams of various skill levels 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 team.

Age: 18 years & up
Location: Senior Center

2/6–3/27 Tu 5:00–9:00 PM $75 125460-01

[ Martial Arts ]

Shotokan Karate, Beginners

Designed to introduce karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before moving on to the intermediate level. Note: Class will not be held on 12/25, 1/1.

Age: 7 years & up
Location: Club Tico

12/11–1/10 M,W 6:00–7:00 PM $45 122122-01

1/15–2/14 M,W 6:15–7:15 PM $56 122122-02

2/19–3/21 M,W 6:00–7:00 PM $56 122122-03

Shotokan Karate, Intermediate

The intermediate level has numerous physical and mental benefits: enhanced physical condition, increased stamina and coordination, increased confidence, self-esteem, discipline, and concentration. Learn intermediate techniques and forms before moving forward to the advanced level. Note: NO beginning Karate students Class will not be held on 12/25, 1/1.

Age: 7 years & up
Location: Club Tico

12/11–1/10 M,W 6:00–7:00 PM $45 122123-01

1/15–2/14 M,W 6:00–7:00 PM $56 122123-02

2/19–3/21 M,W 6:00–7:00 PM $56 122123-03

Shotokan Karate, Advanced

Fast paced introduction to more advanced karate techniques. Achieve a higher level of skill for self-defense with new concepts. Previously introduced concepts are also reinforced. Note: No beginning karate students. Class will not be held on 12/25, 1/1.

Age: 7 years & up
Location: Club Tico

12/11–1/10 M,W 7:00–8:00 PM $45 122124-01

1/15–2/14 M,W 7:15–8:15 PM $56 122124-02

2/19–3/21 M,W 7:00–8:00 PM $56 122124-03

[ Softball ]

Spring Adult Softball

Get the rust off before the summer leagues begin. Registration begins 11/2, ends 3/9, or when leagues fill. Leagues begin the week of 3/18, 6 games scheduled.

Location: Rolland Moore Park
Cost: $345

Men’s

Sun IV 213021-01

Mon III 213021-02

Mon IV 213021-03

Tues III 213021-04

Tues IV 213021-05

Wed II 213021-06

Wed III 213021-07

Wed IV 213021-08

Thurs III 213021-09

Fri IV 213021-10

Coed

Sun Competitive 213023-01

Sun Recreational 213023-02

Tues Competitive 213023-03

Tues Recreational 213023-04

Wed Competitive 213023-05

Wed Recreational 213023-06

Thurs Recreational 213023-07

[ Volleyball ]

Teams sign up for their level of play and night preference on a first come basis. Levels A = Competitive, BB = Intermediate, B = Recreational.

Winter Adult Volleyball

Coed and women’s leagues for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Registration begins 11/2, ends 12/15 or when leagues fill. Leagues begin the week of 1/3; 8 games scheduled.

Location: TBA Cost: $281

Women’s

Sunday B 113942-01

Wed A 113942-02

Wed BB 113942-03

Coed

Tues A 113943-03

Mon BB 113943-01

Mon B 113943-02

Tues BB 113943-04

Fri B 113943-05

Spring Adult Volleyball

Coed and women’s leagues will be offered for 6-person teams. Teams sign up for their level of play and night preference on a first come basis. Registration begins 11/2, ends 3/9 or when leagues fill. Leagues begin the week of 3/26; 8 games scheduled.

Age: 16 years & up Location: TBA
Cost: $281

Women’s

Sun B 213942-01

Wed A 213942-02

Wed BB 213942-03

Coed

Mon BB 213943-01

Mon B 213943-02

Tues A 213943-03

Tues BB 213943-04

Fri B 213943-05

Tennis

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 45 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

Rolland Moore Pro Shop

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

Summer hours are 8 a.m.–6 p.m., Monday–Saturday,
closed on Sunday

Registration

For full program information, court availability, and to register for programs, visit Lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

11/13–12/9 Session 1
1/8–2/3 Session 2
2/5–3/2 Session 3

Beginner Lessons

Whether new to the game or getting back into the sport after a long hiatus, learn and develop the fundamentals to enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as the basic rules and strategies for competition.

Age: 18 years & up

M, W 6:00–7:30 PM

Intermediate Lessons

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

Age: 18 years & up

Tu, Th 6:00–7:30 PM

League Coaching

Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental
toughness to enable compete at the best level. A variety of
coaching programs available.

Premier Clinics

Designed for the beginning 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 a USPTA certified professionals and college coaching staff. Times are flexible; just let us know a preferred time. Rent ball machines to work on skills.

[ Youth Tennis ]

Lewis Tennis School directs all tennis programs for the City of Fort Collins. For more information about Lewis Tennis, see page 83 .

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

11/13–12/9 Session 1
1/8–2/3 Session 2
2/5–3/2 Session 3

10 Years & Under

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

Little Lobber

Age: 4–6 years

Sa 10:00–10:45 AM

NEW!! Indoor Little Lobber

Age: 4–6 years
Location: Foothills Activity Center

Call 970.493.7000 for dates and times.

Future Star

Age: 7–8 years

M, W 4:30 – 6:00 PM

Sa 11:00 AM–12:30 PM

Aces

Age: 9–10 years

M, W 4:30– 6:00 PM

Sa 11:00 AM–12:30 PM

Middle School

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Challenger (New Player)

Age: 11–13 years

Tu, Th 4:00– 6:00 PM

Sa 1:00 – 3:00 PM

Competitive (Int/Adv)

Age: 11–13 years

Tu, Th 4:00– 6:00 PM

Sa 1:00 – 3:00 PM

High School

Get ready to have some fun and develop skills to play on a high school team or just learn a game to enjoy with friends.

Wimbledon (New Player)

Age: 14–18 years

Tu, Th 4:00– 6:00 PM

Sa 1:00 – 3:00 PM

Grand Slam (Int/Adv)

Age: 14–18 years

Tu, Th 4:00– 6:00 PM

Sa 1:00 – 3:00 PM

Performance Training

For the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for times and additional information.

Homeschool Classes

Held at flexible times during the day. Call to arrange a
homeschool class.

After-School Enrichment

Held after school in the gymnasiums of local elementary
schools. Check with schools for details.

Youth Sports

[ Wrestling ]

Youth 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. Compete in an end of season tournament. Coaches contact participants with practice times and dates. Note: School shirt included.

Cost: $63
Dates: 1/8–2/24

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

[ Basketball ]

Girl’s Junior Nuggets Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office. Practice dates and times are determined by the coach. Coaches call the week before the program with practice days/times. Junior Nuggets jersey and two Nuggets tickets included. Note: Special requests are not guaranteed.

Cost: $84
Dates: 1/8–2/17

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

Olander 114907-35

Putnam 114907-37

Rice 114907-39

Riffenburgh 114907-41

Shepardson 114907-43

Tavelli 114907-45

Liberty Common 114907-26

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

Riffenburgh 114908-41

Shepardson 114908-43

Tavelli 114908-45

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 formed by school attended. Teams are randomly formed in the sports office, not by when the players are registered. Jerseys provided at practice. Special requests are not guaranteed.

Cost: $84
Dates: 1/8–2/17

Grade: 6–8

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

[ Cheer/Tumbling ]

Lil’ Suns Tumbling & Dance

Little athletes keep active with a combination of cheerleading basics, dance elements, and gymnastics training. Note: Class will not be held on 3/28.

Age: 3–5 years
Location: Cheer Central Suns, 128 Raquette Dr.

1/10–2/14 W 9:15–10:00 AM $73 114935-01

1/10–2/14 W 10:15–11:00 AM $73 114935-02

2/21–4/4 W 9:15–10:00 AM $73 114935-03

2/21–4/4 W 10:15–11:00 AM $73 114935-04

4/11–5/16 W 9:15–10:00 AM $73 114935-05

4/11–5/16 W 10:15–11:00 AM $73 114935-06

Cheer Central Suns Cheer Team

Learn dances, arm motions, jumps, cheer chants, tumbling, and stunts. Perform at area events each session.

Location: Cheer Central Suns, 128 Raquette Dr.

Age: 5–8 years

1/9–2/13 Tu 5:00–6:05 PM $73 114937-01

2/20–4/3 Tu 5:00–6:05 PM $73 114937-02

4/10–5/15 Tu 5:00–6:05 PM $73 114937-03

Age: 8–14 years

1/9–2/13 Tu 6:10–7:20 PM $73 114937-05

2/20–4/3 Tu 6:10–7:20 PM $73 114937-06

4/10–5/15 Tu 6:10–7:20 PM $73 114937-07

Cheer Central Suns Tumbling

Polish cheerleading tumbling skills such as cartwheels, running passes, handstands, bridges, back walkovers, and back handsprings.

Age: 5–15 years
Location: Cheer Central Suns, 128 Raquette Dr.

1/9–2/13 Tu 4:00–4:45 PM $73 114938-01

2/20–4/3 Tu 4:00–4:45 PM $73 114938-02

4/10–5/15 Tu 4:00–4:45 PM $73 114938-03

1/10–2/14 W 5:30–6:25 PM $73 114938-05

2/21–4/4 W 5:30–6:25 PM $73 114938-06

4/11–5/16 W 5:30–6:25 PM $73 114938-07

[ Football ]

NFL FLAG Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. 6 games, plus tournament. Official NFL FLAG jersey included.

Cost: $84
Dates: 3/31–5/12

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 ]

6th–8th Grade Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week; matches are Saturday mornings and maybe some weeknights. Practices days and times vary. Coaches call by 3/11 with practice days and times.

Cost: $74 Location: Foothills Activity Center
Dates: 3/19–4/28

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

[ Skyhawk’s Winter Break Camp ]

Mini-Hawk Winter Break Camp

Introductory program to explore the basics of soccer, baseball, and basketball while instilling confidence. Coaching staff is trained to meet the special needs of young children and help them get started off on the right foot as they take their first steps into athletics.

Age: 4–6 years
Location: Foothills Activity Center

12/26–12/29 Tu–F 9:00 AM–Noon $99 114072-01

Winter Break Basketball Camp

Learn fundamental skills of basketball that all athletes, no matter at what skill level, need to succeed. Coaches lead the athletes through game-speed drills and exercises, and focus on ball handling, passing, shooting, defense, and rebounding.

Age: 7–12 years
Location: Foothills Activity Center

12/26–12/29 Tu–F 1:00–4:00 PM $99 114072-02

[ Technology ]

Video Gaming Event

This is console based eSport video gaming competition that promotes sportsmanship, communication, teamwork, and strategic thinking. All equipment is provided. Signup with a friend or as an individual. Top teams get invited to the state tournament.

Age: 13 years & up
Location: Northside Aztlan Center

1/17–2/14 W 6:00–8:00 PM $45 115571-01

Youngsters

Tiny Ninjas

Skill training curriculum that has been formatted specifically for little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements.

Age: 3–5 years
Location: Cheer Central Suns, 128 Raquette Dr.

1/12–2/16 F 5:00–5:55 PM $73 114934-01

2/23–4/6 F 5:00–5:55 PM $73 114934-02

4/13–5/18 F 5:00–5:55 PM $73 114934-03

Ninja Kids

Skill training curriculum that has been formatted specifically for little athletes. Inspired by gymnastics, martial arts, obstacle training, and freestyle movements.

Location: 128 Racquette Dr.

Age: 5–12 years

1/12–2/16 F 6:00–7:00 PM $73 114933-01

2/23–4/6 F 6:00–7:00 PM $73 114933-02

4/13–5/18 F 6:00–7:00 PM $73 114933-03

Sporties for Shorties

Come play ball and explore the world of sports in this fun-filled class. Work on the fundamentals of sports as they relate to throwing, kicking, and catching. Each session highlights different skills and different sports along with team work. Note: Parents are not allowed in the gym in order to provide a more efficient class.

Age: 3–5 years
Location: Northside Aztlan Center

1/3–1/17 W 10:00–10:45 AM $29 114771-01

1/23–2/6 Tu 10:00–10:45 AM $29 114771-02

1/8–1/22 M 2:30–3:15 PM $29 114771-03

1/25–2/8 Th 2:30–3:15 PM $29 114771-04

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

1/2–1/16 Tu 10:00–10:45 AM $29 114772-01

1/29–2/12 M 2:30–3:15 PM $29 114772-02

Baseball for Shorties

Come 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

1/24–2/7 W 10:00–10:45 AM $29 114773-01

1/25–2/8 Th 2:30–3:15 PM $29 114773-02

Amazing Athletes

Have a blast exploring the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Practice kid-friendly cardio, muscle terminology, motor development skills, speed, agility, and teamwork.

Location: Foothills Activity Center

Age: 18 months–2.5 years

1/4–2/1 Th 10:35–11:00 AM $46 114782-01

1/8–1/29 M 10:35–11:00 AM $37 114782-02

2/5–3/5 M 10:35–11:00 AM $37 114782-03

2/8–3/8 Th 10:35–11:00 AM $37 114782-04

Age: 2.5–3 years

1/4–2/1 Th 9:00–9:30 AM $46 114774-01

1/8–1/29 M 9:00–9:30 AM $37 114774-02

2/5–3/5 M 9:00–9:30 AM $46 114774-03

2/8–3/8 Th 9:00–9:30 AM $46 114774-04

Age: 3.5–5 years

1/4–2/1 Th 9:45–10:30 AM $46 114775-01

1/8–1/29 M 9:45–10:30 AM $37 114775-02

2/5–3/5 M 9:45–10:30 AM $46 114775-03

2/8–3/8 Th 9:45–10:30 AM $46 114775-04

50 Plus

All 50+ programs are held at the Senior Center unless otherwise noted. All programs are for ages 50 years & up unless otherwise noted. For programming designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation 16

Aqua Fitness 21

Aquatics 23

Arts & Crafts 29

Dance & Movement 36

Education 49

Fitness 56

Fitness 50+ 93

Heath & Wellness 65

Ice Skating 72

Outdoor Recreation 77

Special Events 79

Sports 81

Trips & Travel 97

Senior Center Membership

Membership 50+ is $25 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with . A 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center members. Senior Center Membership benefits include:

•
$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

•
Free admission to drop-in programs including Pool Room,Open Shop, Library & Media Center, BINGO, and Cards & Games at the Senior Center.

•
2-day advance registration to Recreator programs.

•
Member discounts on select services and activities.

•
Membership in member-only clubs.

•
Member celebrations.

•
Free limited legal counseling.

•
Notary service.

[ Clubs & Organizations ]

C.H.A.T. (Crafts Hobbies Arts Time)

For more information about C.H.A.T., see page 30.

Donut Make U Wonder

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin by signing classic songs and end with a few shared jokes. Coffee and donuts provided.

Ongoing F 10:00–11:30 AM No Fee

Front Range Forum

Front Range Forum serves the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a

summer arts program, and offers programs – FRF Travels and FRF Goes to the Movies. Membership is $20 per year. For more information, including the newsletter, visit frontrangeforum.org.

Harmonettes

The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience required, but ability to read music is helpful. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com for more information. Note:
Practice not held on third Monday of the month.

Location: Senior Center

Practice M 9:30–11:00 AM

Older Gay Lesbian Bisexual Transgender (OGLBT)

This social networking group is looking for volunteers and leaders. The group would like to reformat and decide how to best serve the community; persons who are OGLBT and ages 50 years & up, but open to all. Contact Katie Stieber at 970.224.6029, kstieber@fcgov.com for more information.

Senior Bowling Leagues

Bowling leagues are open to league members and substitutes ages 50 years & up. Leagues play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess, 970.484.2906.

Tuesday League Tu 1:00 PM

Thursday League Th 1:00 PM

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of the community. The board consists of 11 members; 9 members are appointed by City Council, and 2 members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Council

Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m. Members are invited to attend.

SOAP Troupe (Slightly Older Adult Players)

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play, and usually a melodrama or short comedy. Whether an experienced performer or a beginner, talent can be used to act, pound nails, sew, sing, and/or write. SOAP meets at 1 p.m. on the fourth Tuesday of each month. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

The Writers Group

Express yourself through writing in any manner regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. New participants welcome. Contact Ashley Ruffer at 970.224.6033, aruffer@fcgov.com.

Ongoing Tu 10:00 AM–Noon No Fee

Cards & Games

[ Bridge ]

Play is based on the 21st Century Standard American Bridge System as outlined in the ACL book, Bidding in the 21st Century.

Bridge Mentoring

Half-hour review of one topic followed by Bridge play. Mentor assists with bidding and playing questions. Option to pay a drop-in rate of $3.25 per class is available for non-members.

Age: 18 years & up

12/11 M 5:30–8:30 PM No Fee

1/8 M 5:30–8:30 PM No Fee

1/22 M 5:30–8:30 PM No Fee

2/12 M 5:30–8:30 PM No Fee

2/26 M 5:30–8:30 PM No Fee

Duplicate Bridge

Weekly duplicate bridge skill development and companionable play.

Age: 18 years & up

Ongoing F 11:30–4:00 PM $3.50

Party Bridge & Pinochle & Mahjong

Drop-in bridge and pinochle card games for Senior Center members. Note: Pinochle only on Fridays.

Age: 18 years & up

Ongoing T 12:30–4:00 PM No Fee

Ongoing Th 5:00–8:00 PM No Fee

Ongoing F 12:30–4:00 PM No Fee

Bridge 3, Play of the Hand

Continue to build a foundation of basic skills by adding basic play of the hand strategies using the ACBL book, Play of the Hand in the 21st Century. Prerequisite: Bridge 2, Bidding or instructor approval.

Age: 18 years & up

1/10–3/7 W 5:30–8:30 PM $116 112461-01

Bridge 7, More Commonly Used Conventions Part 1

Continue to build a solid foundation of skills by adding more bidding and playing skills from the knowledge learned through Bridge 6. Use the ACBL book, More Commonly Used Conventions in the 21st Century. Prerequisite: Bridge 6 or instructor approval.

Age: 18 years & up

1/22–3/12 M 1:30–4:30 PM $100 112462-01

Bridge R1, Getting Started Party Bridge

Begin a solid foundation of skills to build upon. Start playing right away without have to know rules for bidding. Focus on card basics, bridge etiquette, hand evaluation, playing to win tricks, defending, and scoring. Prerequisite: Curious about Bridge. Note: Class will not be held on 1/24.

Age: 18 years & up

1/10–2/7 W 1:30–4:30 PM $49 112463-01

Bridge R2, Getting Started Party Bridge Bidding

Learn basic bidding skills using older, simpler techniques. Then, join the Party Bridge groups using rubber bridge scoring. A slower, less complete course than the Bridge 2, 3, 4, 5, 6 series. Prerequisite: Bridge R1, Getting Started Party Bridge or instructor approval. Price includes supplies. Note: Class will not be held on 2/28.

Age: 18 years & up

2/14–4/18 W 1:30–4:30 PM $97 112464-01

Bridge P1, Bidding “Play”

Practice hands using the bridge playing and bidding concepts learned through Bridge 2-Bidding Course using structured play in the ACBL Bidding “Play” Course manual. Prerequisite: Bridge 2 or instructor approval. Price includes supplies. Note: Class will not be held on 12/27.

Age: 18 years & up

12/6–1/3 W 5:30–8:30 PM $57 112465-01

Bridge P6, Modern NT Bidding “Play”

Practice more hands using the bridge playing and bidding concepts learned through Bridge 4-Defense Course using structured play in the ACBL Modern NT Bidding “Play” Course manual. Prerequisite: Bridge 3 or instructor approval.

Age: 18 years & up

1/15–2/19 M 5:30–8:30 PM $57 112466-01

[ General Games ]

Bingo

Compete in Bingo for prizes.

12/11,1/8,2/12 M 1:00–2:00 PM No Fee

Cards & Games

Play cards and board games such as canasta, mahjong, scrabble,
and cribbage.

Ongoing M 9:00 AM– Noon No Fee

Ongoing W 12:30–4:00 PM No Fee

Education

[ Active Minds Virtual Learning ]

Engage in a unique virtual learning experience hosted in the Twinberry Auditorium. Experts from Active Minds present on topics from remote locations. Participants engage with the presenters through streaming systems and the technology offered in the auditorium.

Cowboys

Learn the story of the American Cowboy and how the origins of the cowboy lie south of the border. Follow the development of the American cowboy and the influence on this part of the country. Note: Seating will begin at 12:30 p.m.

Age: 18 years & up

1/30 Tu 1:00–2:00 PM $9 112441-01

Historical Café

Lunch served after the presentation. Please not dietary restrictions when registering.

East Africa

Get a behind the scenes look at the history, culture, food, and community of East Africa with the Global Village Museum.

Age: 18 years & up

2/28 W 11:30 AM–1:30 PM $23 112459-01

Fitness

General Information

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

Registration Options

The following participation options are available for fitness classes:

Participants may register for an entire 5 week class session. With this option, active facility pass holders receive 70% off enrollment price. Fitness classes require a minimum number of participants registered per class to avoid cancellation. Note: Health & Wellness programs  and 25 admission passes are not eligible for the discount.

Participants may pay a drop-in fee of $6 per class, except for karate.

The fitness classes listed below are specific for ages 50 years & up. See page 56 for information about additional fitness classes, as well as information about personal training services.

[ Group Fitness ]

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.

12/21–12/28 Th 12:30–1:30 PM $9 109439-01

1/4–2/1 Th 12:30–1:30 PM $21 109439-02

2/8–3/8 Th 12:30–1:30 PM $21 109439-03

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.

1/3–2/2 M,W,F 8:50–9:50 AM $57 109431-01

2/5–3/9 M,W,F 8:50–9:50 AM $61 109431-02

1/3–1/31 M,W 8:50–9:50 AM $37 109431-1A

1/8–1/29 M 8:50–9:50 AM $17 109431-1B

2/5–3/7 M,W 8:50–9:50 AM $41 109431-2A

2/5–3/5 M 8:50–9:50 AM $21 109431-2B

Body & Mind in Motion

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs.

1/3–2/2 M,W,F 10:00–10:55 AM $57 109432-01

2/5–3/9 M,W,F 10:00–10:55 AM $61 109432-02

1/3–1/31 M,W 10:00–10:55 AM $37 109432-1A

1/8–1/29 M 10:00–10:55 AM $17 109432-1B

2/5–3/7 M,W 10:00–10:55 AM $41 109432-2A

2/5–3/5 M 10:00–10:55 AM $21 109432-2B

N’Balance

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.

Location: Senior Center

1/8–2/28 M,W 2:30–3:30 PM $20 109433-01

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination. and cardiovascular fitness.

Location: Parklane Towers North, 415 S Howes St.

1/2–2/1 Tu,Th 9:30–10:30 AM $41 109438-01

2/6–3/8 Tu,Th 9:30–10:30 AM $41 109438-02

Swiss Theraball

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

12/21–12/28 Th 4:00–5:00 PM $9 109434-01

1/4–2/1 Th 4:00–5:00 PM $21 109434-02

2/8–3/8 Th 4:00–5:00 PM $21 109434-03

Tai Chi for Arthritis

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.

12/22–12/29 F 3:00–4:00 PM $9 109436-01

1/5–2/2 F 3:00–4:00 PM $21 109436-02

2/9–3/9 F 3:00–4:00 PM $21 109436-03

SilverSneakers

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. 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, and a chair is used for seated or standing support. Note: Class will not be held on 12/25.

Location: Senior Center

12/19–12/28 Tu,Th 10:10–10:55 AM $13 109450-01

1/2–2/1 Tu,Th 10:10–10:55 AM $31 109450-02

2/6–3/8 Tu,Th 10:10–10:55 AM $31 109450-03

12/23–12/30 Sa 10:30–11:15 AM $7 109450-04

1/6–2/3 Sa 10:30–11:15 AM $16 109450-05

2/10–3/10 Sa 10:30–11:15 AM $16 109450-06

Location: Northside Aztlan Center

12/18–12/27 M,W 11:00–11:45 AM $10 109550-01

1/3–1/31 M,W 11:00–11:45 AM $28 109550-02

2/5–3/7 M,W 11:00–11:45 AM $31 109550-03

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance and muscular strength and endurance. Note: Class will not be held on 12/25.

12/18–12/29 M,W,F 1:00–1:45 PM $16 109451-01

1/3–2/2 M,W,F 1:00–1:45 PM $43 109451-02

2/5–3/9 M,W,F 1:00–1:45 PM $46 109451-03

Splash SilverSneakers

Fun shallow-water moves that improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance,
and coordination.

12/19–12/28 Tu,Th 12:15–1:10 PM $17 109452-01

1/2–2/1 Tu,Th 12:15–1:10 PM $41 109452-02

2/6–3/8 Tu,Th 12:15–1:10 PM $41 109452-03

12/19–12/28 Tu,Th 1:15–2:10 PM $17 109452-04

1/2–2/1 Tu,Th 1:15–2:10 PM $41 109452-05

2/6–3/8 Tu,Th 1:15–2:10 PM $41 109452-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and is suitable for nearly every fitness level. Exercises can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

12/22–12/29 F 2:00–2:45 PM $7 109453-01

1/5–2/2 F 2:00–2:45 PM $16 109453-02

2/9–3/9 F 2:00–2:45 PM $16 109453-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. Note: Class will not be held on 12/25.

12/18–12/27 M,W 4:10–4:55 PM $10 109454-01

1/3–1/31 M,W 4:10–4:55 PM $28 109454-02

2/5–3/7 M,W 4:10–4:55 PM $31 109454-03

12/19–12/28 Tu,Th 11:10–11:55 AM $13 109454-04

1/2–2/1 Tu,Th 11:10–11:55 AM $31 109454-05

2/6–3/8 Tu,Th 11:10–11:55 AM $31 109454-06

12/23–12/30 Sa 11:15 AM–Noon $7 109454-07

1/6–2/3 Sa 11:15 AM–Noon $16 109454-08

2/10–3/10 Sa 11:15 AM–Noon $16 109454-09

[ 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.

1/8–1/29 M 8:30–9:30 AM $17 109437-01

2/5–3/5 M 8:30–9:30 AM $21 109437-02

Yoga for Osteoporosis

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Based on the book, “Walk Tall,” by Sara Meeks, P.T.

1/3–1/31 W 9:00–10:00 AM $21 109466-01

2/7–3/7 W 9:00–10:00 AM $21 109466-02

Ice

Senior Coffee Club

For older adults interested in social skating. Regular fees apply.

Age: 60 years & up
Location: Edora Pool Ice Center

12/6–2/28 W 9:15–10:45 AM

Resources

Legal Services

Free 30-minute sessions every first Thursday of the month. Contact the Senior Center to schedule an appointment.

12/7 Th 1:00–5:00 PM No Fee

1/4 Th 1:00–5:00 PM No Fee

2/6 Th 1:00–5:00 PM No Fee

Library/Media Center

A quiet location for reading, reflection, relaxing, or using one of the computers. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room

The Pool Room has four 8-ball tables and one snooker table. Drop-in fees apply to non-members. Additionally, we ask that users make a donation in 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 Center

Ongoing Tu,W,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 complete a volunteer application, visit engage.fcgov.com, click ‘Sign Up’, enter the required information, and create an account. For additional information, visit fcgov.com/recreation/join-us or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Social Programs

Coffee with Bob

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion. No registration required.

12/20 W 8:30–9:30 AM No Fee

1/24 W 9:00–10:00 AM No Fee

2/21 W 8:30–9:30 AM No Fee

Movies, New Release and Classics

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

12/1 F 1:00–3:00 PM No Fee

12/15 F 1:00–3:00 PM No Fee

1/5 F 1:00–3:00 PM No Fee

1/19 F 1:00–3:00 PM No Fee

2/2 F 1:00–3:00 PM No Fee

2/16 F 1:00–3:00 PM No Fee

Prairie Sage Dances

Dance to live music. Refreshments provided. Note: No dance on 1/1.

Jim Ehrlich

12/4 M 7:00–10:00 PM $5

Big Twang Theory (Holiday Dance)

 12/18 M 7:00–10:00 PM $5

Jim Ehrlich (1920s Dance)

1/15 M 7:00–10:00 PM $5

Harris & Harris

2/5 M 7:00–10:00 PM $5

Big Twang Theory (Denim and Lace)

2/19 M 7:00–10:00 PM $5

Special Events

See a list of Special Events available for all ages on page 79.

Celebrations

Celebrate October, November, and December birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment.

12/14 Th 1:30–3:00 PM No Fee 112410-01

Pool Tournament

8-ball billiards tournament with prizes awarded to the top three competitors. Snacks and beverages provided.

Age: 18 years & up

12/2 Sa 10:00 AM–3:00 PM $16 112421-01

Sing-Along

Stay warm this winter with hot cocoa and a sing-along with
favorite tunes.

Age: 18 years & up

1/11 Th 1:00–2:30 PM $3 112442-01

Fondue & a Film

Celebrate Valentine’s Day with a special night of appetizers, a chocolate fondue fountain and a romantic movie at the Senior Center. Visit the front desk to inquire about the featured flick.

Age: 18 years & up
Location: Senior Center

2/14 W 5:00–8:00 PM $9 112443-01

Winter SOAP Show, Christmas in Fort Collins

Be entertained this winter with SOAP (Slightly Older Adult Players) Troupe. This season’s show is “Christmas in Fort Collins” and will feature comedy skits and music performed by the SOAPTones. Tickets are available at the Senior Center or by calling 907.221.6644.

Age: All
Location: Senior Center

12/1 F 1:30-3:00 PM $5 Ticketed Event

12/1 F 7:00-8:30 PM $5 Ticketed Event

12/2 F 2:00-3:30 PM $5 Ticketed Event

[ Sports ]

AOA Badminton

Enjoy the energetic fast-paced game of badminton with the group of Active Older Adults. Note: Drop-in fees apply. Class will not be held on 12/25, 1/1.

Age: 18 years & up
Location: Northside Aztlan Center

12/5–3/1 Tu,Th 8:00–10:00 AM

AOA Basketball

Active Older Adults suit-up and play hoops on the court during this pick-up game. Note: Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Center

12/4–3/2 M,W,F 8:00–10:00 AM

Trips & Travel

Senior Center trips are for ages 50 years & up unless
otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline.

Refunds/Cancellation

In accordance with the Recreation refund policy, within a week of an activity, no refunds are given unless we resell that seat.

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 where listed.

Discounts

The Senior Center Member 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 in order to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

Return Times

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

What’s Included

All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations

Individuals who are not independent in daily living activities or are in need of extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

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 in order to ensure that we provide necessary seating, meals, tickets, etc.

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 time-frames 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 $4 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist

If a trip is sold out you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Adventure

Installment billing is available for Adventure trips. To set-up reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

Treasures of the Southeast

History and tradition run deep in the South. Travel from Savannah, Georgia to Charleston, South Carolina, and on to Asheville, North Carolina. Visit the largest urban historic district in America. Tour the Magnolia Plantation and the Charleston Tea Plantation. Take in the Blue Ridge Mountains and all the sights, sounds, and tastes that make the South a timeless destination. Note: 7 days/ 6 nights. Includes roundtrip airfare, admissions, and some meals. Non-refundable after 1/26/18.

4/2–4/8, 2018 Single Occupancy $3545 205993-01

4/2–4/8, 2018 Double Occupancy $2845 205993-01

Cuba’s Charming Colonial Cities

Shrouded in mystery for the past 50 years, the island nation of Cuba is waiting to be rediscovered. Embark on this rare opportunity to experience the colorful history and lively culture of the captivating country. This special People-to-People travel program is designed around daily interactions with local residents that deliver insight into the past, present, and future of this fascinating place. Note: 8 days/7 nights. Includes lodging, admissions, visa fees, tour director, some meals, and guides. Fee does not include airfare. Non-refundable after 2/1/18.

5/6–5/13, 2018 Single Occupancy $4600 205992-01

5/6–5/13, 2018 Double Occupancy $3660 205992-01

Derby Training Camp

A visit to Kentucky wouldn’t be complete without horses and bourbon. Experience Kentucky Derby traditions and history by learning how to place bets, make Mint Juleps, and what it takes to assemble a true Derby Hat. Take in the history of Louisville and get a behind-the-scenes tour of Kentucky’s first bourbon distillery. Note: 5 days/4 nights. Includes tours, transportation, local guides, betting seminar and starter bets, and meals as listed in the itinerary. Non-refundable after 2/9/18.

5/16–5/20, 2018 Single Occupancy $2075 205994-01

5/16–5/20, 2018 Double Occupancy $1575 205994-01

5/16–5/20, 2018 Triple Occupancy $1475 205994-01

Switzerland, Land of Enchantment

Visiting Switzerland is like visiting three countries in one. The north Austrian-German cuisine and language are predominant. Move towards the southeast and Italian is the flavor of the day, while the southwest carries the French influence of its neighbor. It’s a remarkable tour for its diversity and beauty. Note: 8 days/7 nights. Fee includes transportation, lodging, meals as listed in itinerary, and admissions. Fee does not include airfare. Non-refundable after 5/4/18.

6/7–6/14, 2018 Single Occupancy $3575 305994-01

6/7–6/14, 2018 Double Occupancy $2600 305994-01

San Juan Islands Wildlife Adventure

The Pacific Northwest has a host of offerings to enjoy and there is no better time to see it than during whale watching season and no better way to do it than on a small cruise ship. Tour the famous San Juan Islands to search for stunning wildlife and visit the world famous Butchart Gardens. Also, celebrate the 4th of July with a fireworks show over Bellingham Bay. Note: 7 days/6 nights. Fee includes airfare, transportation, lodging, meals as listed in itinerary, and all admissions. Non-refundable after 4/20/18.

6/29–7/5, 2018 Single Occupancy $4395 305991-01

6/29–7/5, 2018 Double Occupancy $3695 305991-01

Canadian Rockies by Train

Get ready for an adventure that brings together the beautiful expanse of the prairie and the soaring majesty of the Canadian Rockies. From the “Land of the Sleeping Giants” to a throwback to the good old days of train travel, this trip introduces the wondrous story of Canada’s unforgettable landscape and people. This tour has it all: breathtaking scenery, top-notch train travel, and delicious food. Note: 8 days/ 7 nights. Fee includes airfare, transportation, lodging, meals as listed in itinerary, and all admissions. Non-refundable after 5/16/18.

7/29–8/5, 2018 Single Occupancy $6550 305993-01

7/29–8/5, 2018 Double Occupancy $5450 305993-01

Romantic Rhine

One of Europe’s most legendary rivers, the Rhine River, begins in Switzerland and stops in France, Germany, and Holland. On this river cruise down the Rhine, travel from Zurich to Amsterdam, and take in vistas of the Alps, the Black Forest, and the Rhine Gorge. Note: 9 days/8 nights. Fee includes airfare, transportation, guides, lodging, and some meals.

9/28–10/6, 2018 Single Occupancy $6550 405995-01

9/28–10/6, 2018 Double Occupancy $4735 405995-01

Walking the World – Save the Date

Focused on active adventures around the world, Walking the World believes the best way to experience a new place is by walking the land. These small group trips with local guides provide an intimate perspective on the lands, culture, and people. Registration opens November 2017. For more information, contact trips@fcgov.com.

Walking Washington

Get a taste of adventure, ignite your imagination, and have an amazing experience.

Begin by exploring the mysterious and magnificent Mt. St. Helens. Next, explore the diverse Olympic Peninsula, and finish with powerful Mt. Rainier National Park. Wander through wildflower meadows and splash in the Pacific Ocean. Learn about rainforest regeneration, tide pool ecosystems, and volcanic activity.

Dates: 8/7–8/15, 2018

Walking Wine Country

Enjoy the exquisite tastes, sounds, and sights of California Wine Country. Hike along the towering redwoods, scenic bluffs, and gentle forests with unmatched hiking at Point Reyes National Seashore and Redwood State Parks. Visit a Cooperage to learn about barrel making. Explore some of the world’s best wineries and settle into charming country inns for an unforgettable trip of wonder.

Dates: 9/4–9/11, 2018

Walking Sicily

One of Italy’s best-kept secrets, Sicily offers fascinating geography and a rich cultural legacy with every great Mediterranean civilization leaving its mark over the past 2500 years. Dominated by sheer, rock-strewn crags and Europe’s highest volcano, Mt. Etna, Sicily rests on the edge of the European geologic plate. Explore the mountainous interior, follow coastal paths in the Aeolian Islands, visit Zingaro Nature Reserve, and hike on the volcanic slopes of Mt. Etna. The dramatic scenery, the friendly locals, the surprisingly good chocolate, and the fascinating walks make for a truly magical experience.

Dates: 10/16–10/28, 2018

Ongoing Trips

Casino Trips

Join us for a day in the mountains at Mardi Gras Blackhawk. Note: Fee includes motorcoach transportation, $5 coupon for lunch, and
$5 free play.

Location: Rolland Moore Park

1/16 Tu 8:30 AM–5:30 PM $14 105910-01

2/20 Tu 8:30 AM–5:30 PM $14 105910-02

[ Out to Lunch ]

Join friends for a trip out to lunch. Note: Meal cost is on your own.

McCormick’s Fish House, Denver

From fresh seafood and shellfish to aged steaks and garden fresh salads, McCormick’s offers culinary excellence at its best. Also,
take look at the holiday decorations in the adjacent historic Denver Oxford Hotel.

12/5 Tu 10:30 AM–3:30 PM $21 105930-01

Mo Betta Gumbo, Loveland

The colors and decor of New Orleans have been brought to Loveland in an atmosphere that brings the excitement of Mardi Gras with the comforts of southern home cooking.

1/9 Tu 11:00 AM–3:30 PM $21 105930-02

Ras Kassa’s, Boulder

Authentic Ethiopian cuisine. Ras Kassa’s serves all the traditional favorites.

2/6 Tu 10:30 AM–3:30 PM $21 105930-03

[ Sunday Out to Lunch ]

Travel somewhere in the specified area for lunch to enjoy a day out of the house. We won’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. Note: Meal cost is on your own.

Longmont

12/17 Su 11:00 AM–3:00 PM $11 105932-01

Boulder

1/28 Su 11:00 AM–3:00 PM $11 105932-02

Loveland

2/11 Su 11:30 AM–3:00 PM $11 105932-03

[ Traveling Gourmet ]

Get fancy for dinner and try gourmet Colorado cuisine. Note: Meal cost is on your own.

Greenbriar Inn

Located in the north Boulder countryside this restaurant serves seasonal American classics made with fresh ingredients harvested for the estate’s gardens

12/14 Th 4:00–9:30 PM $26 105940-01

Bonefish Grill

From ahi tuna and Chilean sea bass to rainbow trout and salmon, market-fresh fish are cooked to perfection over a wood-burning grill that gives it that unique, Bonefish Grill flavor.

1/18 Th 4:00–9:30 PM $26 105940-02

OAK at Fourteenth

Melding elements of Colorado’s rustic backdrop with Boulder’s hip and contemporary dining scene, OAK at Fourteenth is a stylish neighborhood restaurant featuring local and seasonal new American Cuisine in a friendly and professional atmosphere.

2/22 Th 4:00–9:30 PM $26 105940-03

December

Brown Palace Tea & Tour, Denver

Step back in time and experience tea as it is meant to be, while surrounded by beautiful holiday decorations. Served in style, high tea includes homemade scones, Devonshire cream, exquisite finger sandwiches, and classic tea pastries. Also, take a tour of the fabulous Brown Palace Hotel. Note: Fee includes three-course full service tea and guided tour with historian.

12/1 F 10:00 AM–4:00 PM $86 105950-01

Experience Flatirons Crossing, Boulder

Travel to Flatirons Crossing to do some holiday shopping. Enjoy the holiday decorations and a lunch stop at one of the numerous options available. Then, visit the shops to find the perfect holiday gifts. Note: There is a lot of walking on this trip and the shopping center is outdoors. Meal is on your own.

12/6 W 9:00 AM–3:30 PM $21 105951-01

Lifetime Candles, Boulder

Watch beautifully hand carved candles come to life with color and personality after being dipped in and out of hot colored wax 20–60 times and then carved to perfection. Note: Meal cost is on your own.

12/7 Th 8:30 AM–4:00 PM $21 105952-01

Yo-Yo Ma & The Colorado Symphony, Denver

Multi-Grammy Award-winning cellist, Yo-Yo Ma, returns to perform with the Colorado Symphony. Yo-Yo Ma’s multifaceted career is a testament to his continual search for new ways to communicate with audiences and to his personal desire for artistic growth and renewal. Note: Bring a snack to enjoy on the shuttle.

Location: Boettcher Concert Hall

12/10 Su 4:00–11:30 PM $136 105920-01

USAF Academy Band Holiday Concert, Greeley

For more than 60 years, the United States Air Force Academy Band has used the power of music to honor our nation’s heroes. Enjoy original arrangements of holiday favorites like “It’s the Most Wonderful Time of the Year,” “Rocking Around the Christmas Tree,” and “All I want for Christmas is You.” Note: Bring a snack to enjoy
on the shuttle.

Location: Union Colony Civic Center

12/11 M 12:30–5:30 PM $21 105921-01

Christmas Lights at the Denver Botanic Gardens

This annual holiday lights extravaganza transforms the Denver Botanic Gardens into a twinkling winter wonderland. Enjoy the
interactive, sound–reactive light displays at the Blossoms of Light while sipping a warm beverage. Note: Bring a snack to enjoy on
the shuttle.

12/13 W 4:45–10:00 PM $41 105953-01

Waitress, Denver

With original music and lyrics by six-time Grammy nominee, Sara Bareilles, “Waitress is a slice of heaven!,” says Entertainment Weekly and, “ a monumental contribution to Broadway”, according to Marie Claire. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a wellmade pie. Note: Bring a snack to enjoy on the shuttle.

Location: Buell Theater

12/19 Tu 4:30–11:30 PM $111 105922-01

January

Walmart Distribution Center, Loveland

This one million-plus-square-foot facility is one of two in Colorado and 147 nationwide. Find out how one of the largest private distribution networks in the world operates to keep the Walmart fleet rolling. Note: Meal cost on your own at Nordy’s BBQ.

1/11 Th 8:15 AM–2:00 PM $21 105961-01

The King & I, Denver

Winner of the 2015 Tony Award for Best Musical Revival, “The King and I” is “too beautiful to miss,” states New York Magazine, and boasts a score that features such beloved classics as “Getting to Know You,” and “I Whistle a Happy Tune.” Note: Bring a snack to enjoy on the bus.

Location: Beull Theater

1/13 Sa 11:00 AM–7:00 PM $111 105923-01

National Western Stock Show, Denver

The 112th Annual National Western Stock Show is the West at its best. With over 350 vendors and 15,000 animals including horses, cattle, sheep, llamas, bison, and yak, it is the largest horse and tradeshow in Colorado. End the day with great seats to the Pro Rodeo and watch cowboys in action. Note: Fee includes Pro Rodeo ticket and stock show. Meal cost is on your own.

1/17 W 9:00 AM–6:00 PM $56 105956-01

Cowboy Poetry Gathering, Golden

The 29th annual Colorado 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,” and “Global Yodel.” Note: Meal cost is on your own.

1/19 F 9:30 AM–6:30 PM $46 105954-01

Vivaldi Symphony, Denver

Take a tour of the Italian countryside with Vivaldi’s perennial, “The Four Seasons,” and Respighi’s, “The Pines of Rome”. This surround sound frolic that takes the audience to breathtaking heights. Note: Bring a snack to enjoy on the shuttle.

Location: Boettcher Concert Hall

1/21 Su 10:30 AM–6:30 PM $86 105924-01

Clyfford Still Museum, Denver

Considered one of the most important painters of the 20th century, Clyfford Still (1904–1980) was among the first generation of abstract expressionist artists who developed a new and powerful approach to painting in the years immediately following WWII. Note: Meal cost is on your own.

1/23 Tu 8:30 AM–4:00 PM $41 105955-01

February

Celestial Seasonings, Boulder

Get a behind-the-scenes look at how tea is made from raw ingredients to finished products. Visit the famous Mint Room and Tea Shop and watch as flat sheets of blank paper are transformed into beautiful, full-color cards. Feel the roar of printing presses, each the size of a school bus, as they crank out two sheets per second and 500,000 envelopes in one shift. Note: Meal cost is on your own.

2/1 Th 9:30 AM–3:30 PM $26 105960-01

Denver Nuggets vs. Golden State Warriors, Denver

Cheer on the Denver Nuggets as they take on superstars Kevin Durant, Stephen Curry, and the rest of the defending NBA Champion Golden State Warriors. Note: Fee includes ticket and voucher for concessions.

2/3 Sa 4:30–11:30 PM $86 105901-01

Loveland Valentine Tour,

See the sites while travelling to Loveland to get an inside look into the Valentine’s Day Re-Mailing Program. The Program keeps the postal system in Loveland busy stamping and sending out more than 200,000 envelopes filled with love every year. Note: Meal cost is on your own.

2/8 Th 8:30 AM–2:30 PM $26 105958-01

Degas, Denver

“Degas: A Passion for Perfection” showcases the work of prolific French artist, Edgar Degas (1855–1906). More than 100 pieces of paintings, drawings, pastels, etchings, monotypes, and sculptures in bronze are on display. Note: Fee includes a docent led tour. Meal cost is on your own.

Location: Denver Art Museum

2/13 Tu 10:00 AM–6:00 PM $56 105959-01

STOMP, Denver

Using anything but traditional percussion instruments, the STOMP crew creates pulse-pounding, electrifying rhythms for an unforgettably unique performance. Note: Bring a snack to enjoy on the bus.

Location: Buell Theater

2/16 F 4:30–11:30 PM $101 105925-01

Stravinsky Symphony, Denver

Stravinsky’s primal, “The Rite of Spring,” is renowned for inciting a riot at its 1913 Paris debut. The causes are still debated: was it the eccentric asymmetry, the music, or Nijinsky’s shocking choreography? This can’t miss masterwork radically changed 20th century composition. Note: Bring a snack to enjoy on the bus.

Location: Boettcher Concert Hall

2/18 Su 10:30 AM–6:00 PM $86 105926-01

Denver Museum of Nature & Science

Delve into the world of living things that blink, glow, flash, and flicker. The exhibit, “Creatures of Light,” explores the mysterious world of bioluminescence, visible light generate by living things through a chemical reaction. Lifelike models, spectacular immersive environments and simulations, unusual animals, and videos create an enlightening experience. Note: Fee includes admission and IMAX movie. Meal is on your own.

2/28 W 8:30 AM–4:00 PM $46 105957-01