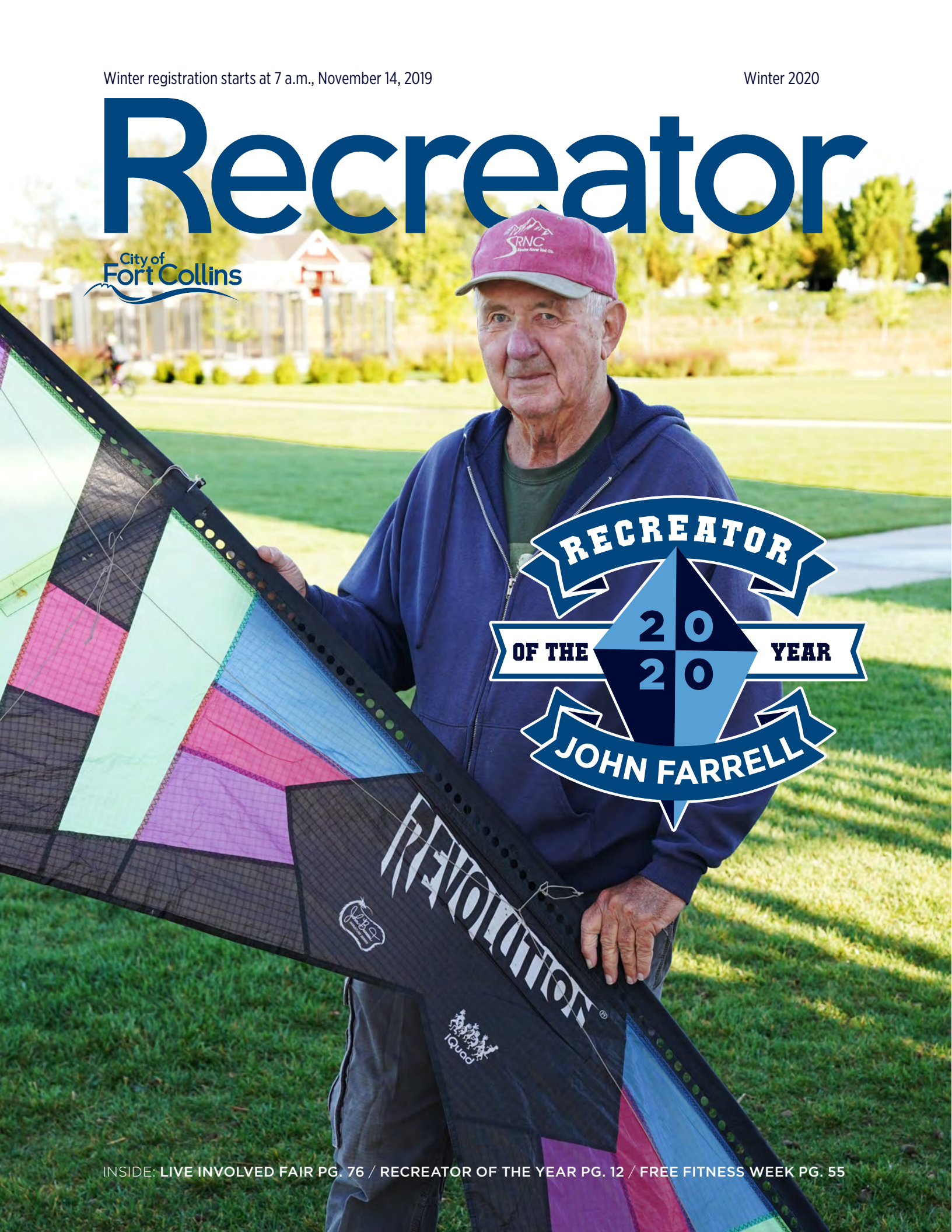
Winter registration starts at 7 a.m., November 14, 2019

Winter 2020

Recreator

City of Fort Collins



INSIDE: **LIVE INVOLVED FAIR PG. 76** / **RECREATOR OF THE YEAR PG. 12** / **FREE FITNESS WEEK PG. 55**

ROCKY MOUNTAIN
FAMILY PHYSICIANS

When a kiss doesn't make it better, we will

Call for a same-day appointment 970-484-0798

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FALL/WINTER 2019
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Recreator of the Year

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Follow us at FCRecreator

Dear Recreators,

This September, the City of Fort Collins Parks, Recreation, and Park Planning and Development Departments proudly joined the list of elite park and recreation agencies across the country by earning accreditation through the Commission for Accreditation of Park and Recreation Agencies (CAPRA) and the National Recreation and Park Association (NRPA).

The road to CAPRA wasn't simple or easy. Our staff worked relentlessly to provide the information and documentation necessary to demonstrate the excellent work that already taking place throughout our organization. The application and review process was rigorous and thorough, examining our departments from every angle to determine where the achievements and opportunities for improvement lie.

As an organization, we are committed to the mission of exceptional service for an exceptional community. This important accreditation is a visible way to display those values we all intrinsically hold: high-quality programs and services, well-maintained facilities, best practices and standards for the management of our parks and facilities, inclusivity, and safety for our community.

We were honored and proud to accept our CAPRA award after years of hard work, valuable staff contributions and input, and guidance and support from leadership. But for us, the work doesn't stop there. We are eager to take what we've learned from this journey and move forward, continuing to serve Fort Collins with world-class parks and recreation programs and services.

We hope to see you out there, Recreators!

Bob Adams, Director of Recreation

Mike Calhoon, Director of Parks

Kurt Friesen, Director of Park Planning and Development

Credits

City of Fort Collins Parks and Recreation Board
Ragan Adams,
Rob Cagen, Catherine Carabetta,
Mary Carlson, Sam Houghteling,
Bob Kingsbury, Jessica MacMillan,
Michael Tupa

Assistant City Manager
Wendy Williams

Recreation Director
Bob Adams

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Craig Powell

Cover Design
Craig Powell

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recreation@fcgov.com

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& Sponsorships
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For subscription information, please visit *fcgov.com/recreator.*

City of Fort Collins

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

Mission
Exceptional service for an exceptional community.

Cover Photographer
Richard Mauro Ricchiuti

19-21584

Registering for Recreator Programs

Registration begins at 7 a.m. on November 14. Early registration is available for Senior Center Members on November 12 at 7 a.m. No registration can be approved by an instructor or coach. Personal information is entered into the registration database by household. By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household. If paying by check, make checks payable to Recreation. There is a $25 charge for returned checks. No cash refunds. You can register for programs in three ways:

Online

New and current WebTrac account holders may visit fcgov.com/recreator to register online. To register:

- Click on "Register Online"
- New account holders

  Click "Login" and select "Create an Account"

  Follow the prompts
- Existing account holders

  Click "Login"

  Enter your username/household ID number and password

At Recreation Centers

The hours listed below are for when registration hours are open. For a list of open facility hours, see page 11.

Northside Aztlan Community Center
112 Willow St.
M-F: 6 a.m.-9 p.m.
Sa: 8 a.m.-5 p.m.
Su: 9 a.m.-5 p.m.

Fort Collins Senior Center
1200 Raintree Dr.
M-F: 6 a.m.-9 p.m.
Sa: 8 a.m.-5 p.m.
Su: noon-5 p.m.

Edora Pool Ice Center (EPIC)
1801 Riverside Ave.
M-F: 5:30 a.m.- 8 p.m.
Sa: 8 a.m.-6 p.m.
Su: noon-5:30 p.m.

Foothills Activity Center
2411 E. Foothills Pkwy.
M-F: 6 a.m.-9 p.m.
Sa: 9 a.m.-6 p.m.
Su: 9 a.m.-8 p.m.

Over the Phone

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

Reduced Fee Program

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

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

Refund & Cancellation Policies

Withdrawals

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

Refund options include:

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

Transfers

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

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

Cancellations

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

Recreation Reserves

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

ADA Disclosure & Disability Resources

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 711 for Relay Colorado.

If you require assistance participating in programs due to a disability, see page 16 for information about Adaptive Recreation Opportunities and services available. Individuals of all abilities and ages are welcome to participate fully in any Recreation program. If you are interested in participation support due to a disability, requests should be made two weeks in advance. For more information contact 970.221.6655, *recreation@fcgov.com*.

Information on personal care attendants can be found on page 16.

Translation & Interpretation/Traducción e Interpretatión

If you require assistance in another language, contact 970.221.6655, *recreation@fcgov.com*. Esta información puede ser traducían, sin costo para usted.

Cold weather & simple pleasures

Discover the wonders of winter with AFM!

'Tis the season of frosty mornings, sparkling snow, and new adventures. So bundle up and get out. Take a chilly morning walk, hit the slopes, or build a snowman. And if cold and flu symptoms put a wrench in your winter plans, visit your hometown AFM providers for the kind of care that will make your season bright.

Check out our nine primary care offices and three urgent care locations across Fort Collins, Loveland, and Windsor. Visit **AFMnoco.com**.

ASSOCIATES IN FAMILY MEDICINE

City of Fort Collins Recreation

BE OUR GUEST

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

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

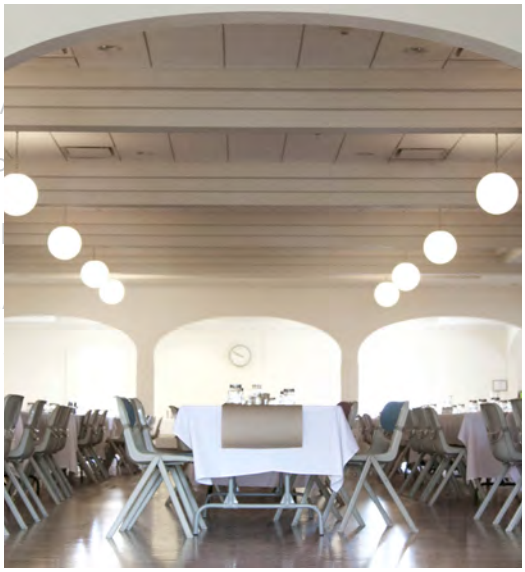
ANNIVERSARIES BANQUETS BAR MITZVAHS BAT MITZVAH BIRTHD

COMMUNITY GATHERINGS CONCERTS CONFERENCES DANCES EXP

FUNDRAISERS WEDDINGS GRADUATIONS HOLIDAY PARTIES LUNC

MEETINGS MOVIE SHOWINGS PERFORMANCES PREMIERS QUINCE

RETIREMENT CELEBRATIONS SPECIAL EVENTS SPORTING EVENTS



Auxiliary aids and services are available for persons with disabilities.
18-20358

Recreation's Admission and Pass Fees

DEFINITIONS

Youth: 2–17 years of age

Adult: 18–59 years of age

60+: 60 years & up

Platinum Pass: 85 years & up

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

PASSHOLDER ACCESS

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

GROUP RATES

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

Group Rates

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

Old Town Square Skate Rink

Single Admission	
Youth	No Fee
Adult	No Fee

Farm Admission

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

Single Admission Passes

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

Single Admission One-Time Drop–In Rate	
Youth	$4.00
Student	$1 at Northside Aztlan Center with school ID (high school & younger)
Adult	$5.00
60+	$4.00
Drop–In Fitness Class Fee*	
Single Admission	$7.50
10 Admission	$67.50
Special: Purchase Dec. 30-Jan. 5	
20 Admission	$100
**Excludes karate classes. Valid one year from date of purchase*	

Ice Skating Rates	
Public Skate Admission	
Youth	$4.00
Adult	$5.00
60+	$4.00
Skate rental	$3.00
*** Public Skate Group Admission**	
Youth	$3.50
Adult	$4.50
60+	$3.50
Skate rental/person	$3.00
Group rates do not include skate rental.	
EPIC pass holders receive $1 off ice skating single admission.	
Freestyle Session Passes	
10 Admission	$25.00
50 Admission	$125.00
Freestyle 15 Min. Drop-In	$3.00
Drop-In Hockey Stick & Puck	
All Ages	$5.00

Multi-Facility Admission Pass

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

25 Admission Pass: 25 admissions to use at any of the facilities listed above. Expires one year from date of purchase.	
Youth	$80.00
Adult	$100.00
60+	$80.00
1 Month Pass *	
Youth	$23.00
Adult	$34.00
60+	$23.00
Family/Couple	$55.00
6 Month Pass *	
Youth	$115.00
Adult	$170.00
60+	$115.00
Family/Couple	$275.00
Annual Pass *	
Youth	$207.00
Adult	$306.00
60+	$207.00
Family/Couple	$495.00
Platinum Pass*	
85 years & up	Free

** Pass holders receive 70% discount on registrations for designated fitness programs. Health & Wellness programs and those using a 25 Admission Pass are not eligible for discount.*

Facility passes do not include admission to City Park Pool.

No refunds on passes.

Multi-facilty and single admission pass holders also have access to the following: open gym, lap and open swim, walking/jogging track, weight/cardio area, billiards room, library media center, and locker rooms.

FIND YOUR PLACE
WITH RECREATION THIS WINTER

With winter upon us, it's time to sit back next to the fireplace with a cup of hot cocoa and a good book. It's also a great time to explore some of the fantastic winter recreation programs available to us in Fort Collins at the Edora Pool Ice Center (EPIC). EPIC, the region's premier ice and aquatics facility, welcomes more than one million visitors per year, and just celebrated its 33rd birthday. Ice skating has been a popular winter sport around Fort Collins for more than a century. Over the years, local ice-skating locations included Sheldon Lake at City Park. Since 1986, EPIC has been home to the Colorado State University Hockey and Water Polo Teams, many youth hockey programs, the Fort Collins Figure Skating Club, and many more.

Last winter, my wife Kelly and I wanted to learn more about a popular Olympic sport that has always piqued our interest: curling. So, we joined the Sunday morning league at EPIC.

The earliest historical evidence of curling comes from Scotland in the 1500s. Curling is a sport in which players slide stones on a sheet of ice towards a series of targets called the "house" on the other end of the ice. Two teams, with four players each, take turns throwing the rocks while their teammates "sweep" the ice with brooms, which decreases friction so that the stones go further and straighter.

The Poudre Valley Curling Club, founded in 2015, hosts leagues, tournaments, and educational events at EPIC. To learn the basics of the game, join us on select Sunday mornings for an open session. All you need are rubber-soled shoes to grip the ice, and warm, loose-fitting clothes to keep you warm and allow for flexibility. Bring a bike or skate helmet for safety, especially for younger curlers. To join the Sunday morning league see page 68. No experience is necessary!

In addition to the wide array of programs offered at EPIC, Fort Collins is home to a host of world-class recreational opportunities. Thanks in part to our strong community partnerships with local groups including the Poudre Valley Curling Club, Fort Collins Skating Club, and Northern Colorado Youth Hockey, we are here to support your recreational goals and wishes.

I hope you'll take some time this winter to check out a new sport or recreation program from the City of Fort Collins. Whether it's skating, swimming, hockey, or curling, there's a place for you in Recreation.

For more information on programs and schedules, visit fcgov.com/recreation. We hope to see you soon.

Sam Houghteling

Member, Parks & Recreation Board

Recreation Facility **Regulations**

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

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

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

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

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

To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching.

Aquatics & Sports Registration Policies

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

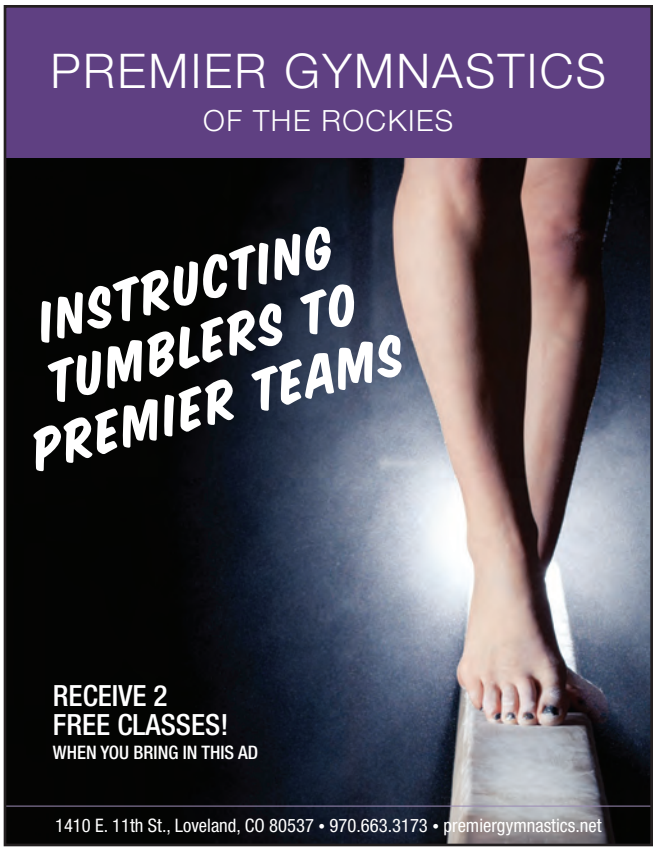
Mulberry, EPIC, Senior Center, & City Park Pools

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

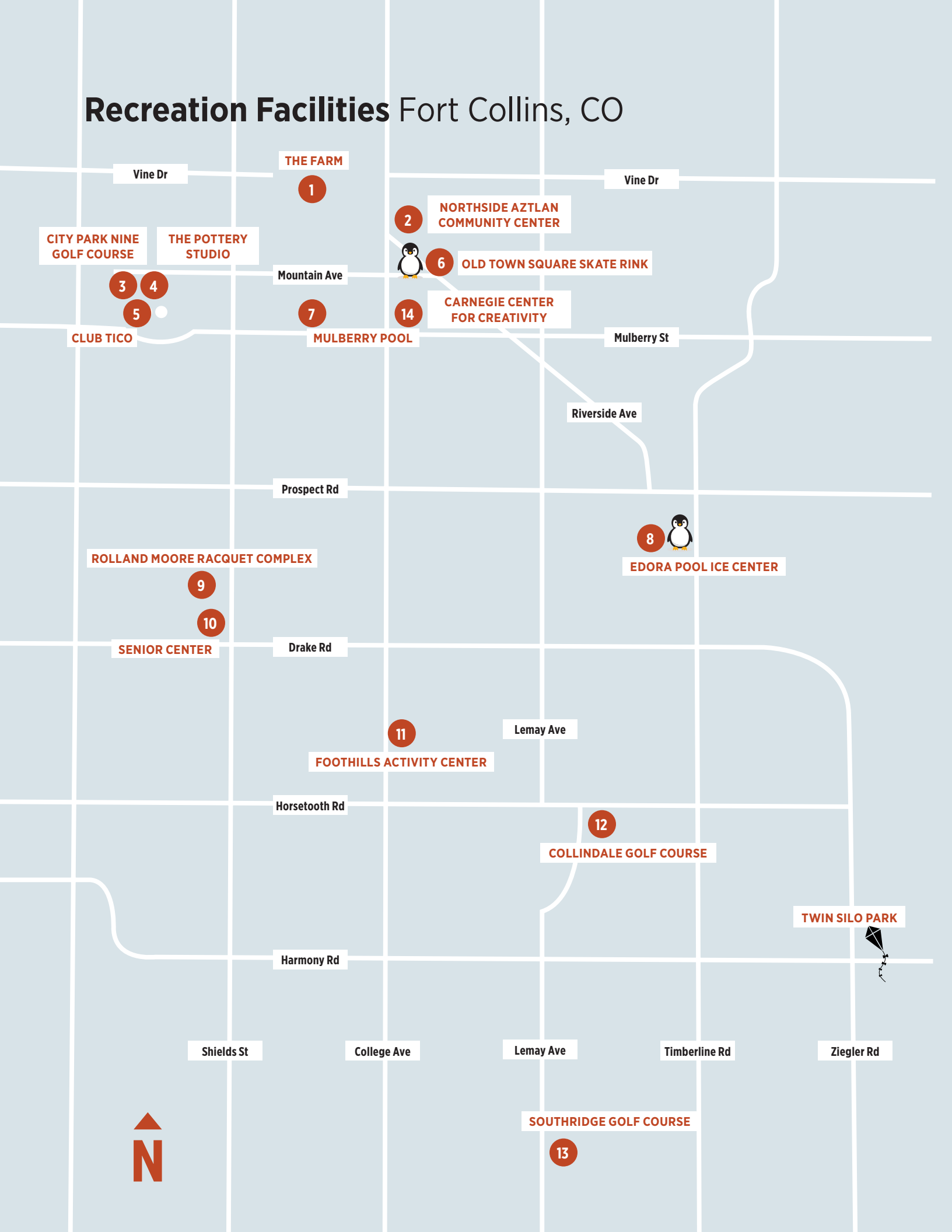
Clothing appropriate for swimming is required; no cutoffs or thongs allowed in any pool. T-shirts are allowed, but must be white.

All patrons are required to shower before entering any pool.

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



Recreation Facilities Fort Collins, CO



1 The Farm

600 Sherwood St. · 970.221.6665 · *fcgov.com/thefarm*
Nov 1–March 31: W–Sa 10AM–4PM **Su** Noon–4PM
April 1–May 31: W–Sa 10AM–5PM **Su** Noon–5PM
June 1–Aug 31: T–Sa 10AM–5PM **Su** Noon–5PM
Sept 1–Oct 31: W–Sa 10AM–5PM **Su** Noon–5PM

- Meeting Space
- Gift Shop
- Museum
- Pony Rides

2 Northside Aztlan Community Center

112 E. Willow St. · 970.221.6256 · *fcgov.com/northside*
M–F 6AM–9PM **Sa** 8AM–5PM **Su** 9AM–5PM

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

3 City Park Nine Golf Course

411 S. Bryan Ave. · 970.221.6650 · *fcgov.com/golf*

4 The Pottery Studio

1541 Oak St. · 970.221.6644 · *fcgov.com/potterystudio*

- Kilns
- Studio Space

5 Club Tico

1599 City Park Dr. · 970.224.6113 · *fcgov.com/clubtico*
Reservations required.

- Catering Kitchen
- Dance Floor
- Meeting Space

6 Old Town Square Skate Rink

Old Town Square · 970.221.6683
· *downtownfortcollins.org/Skate-rink*
F-Su

November 27 - February 1

- Skate Rink

7 Mulberry Pool

424 Mulberry St. · 970.221.6657 · *fcgov.com/mulberrypool*
T,Th 5:30AM–4:30PM **M,W,F** 5:30AM–8PM **Sa** 12:30–5:30PM
Su Noon–3PM

- Diving
- Meeting Space
- Swimming
- Wading Pool

Skating rinks available at EPIC and the Old Town Square Skate Rink

8 Edora Pool Ice Center

1801 Riverside Ave. · 970.221.6683 · *fcgov.com/epic*
M–F 5:30AM–8PM **Sa** 8AM–6PM **Su** Noon–5:30PM

See website for pool and ice hours.

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

9 Rolland Moore Racquet Complex

2201 S. Shields · 970.493.7000
fcgov.com/racquet-complex
For information about Pro Shop hours, visit *lewistennis.com*.
Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

10 Senior Center

1200 Raintree Dr. · 970.221.6644 · *fcgov.com/seniorcenter*
Fall, Winter, Spring: M–F 6AM–9PM **Sa** 8AM–5PM **Su** 9AM–8PM
Summer: M–F 6AM–9PM **Sa** 8AM–5PM **Su** Noon–5PM
See website for pool hours.

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

11 Foothills Activity Center

241 E. Foothills Pkwy. · 970.416.4280
fcgov.com/foothillsactivitycenter
M–F 6AM–9PM **Sa** 9AM–6PM **Su** 11AM–5PM

- Gymnasium
- Meeting Space
- Weight/Cardio Equipment

12 Collindale Golf Course

1441 E. Horsetooth Rd. · 970.221.6651 · *fcgov.com/golf*

13 Southridge Golf Course

5750 S. Lemay Ave. · 970.416.2589 · *fcgov.com/golf*

14 Carnegie Center for Creativity

200 Mathews St. · 970.416.2069 · *fcgov.com/creativecenter*
W–Sa Noon–6PM

- Public Gallery
- Performance & Studio Space

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

RECREATOR OF THE YEAR

JOHN FARRELL

Reach for the Sky

John Farrell, a retired engineer from Fort Collins, Colorado, didn't expect to be an expert kite flyer, but passion can come unexpectedly. John was on a family vacation in Long Beach, Washington in August of 2005 when he decided to check out the Washington State International Kite Festival. What he discovered was more than a field full of cloth flags flying in the air; he found art, magic, and daring feats. Thousands of kites filled the skies. Kite flyers were guiding 120 feet tall kites into the air more than 200 feet overhead, and sport kites in large teams were flying together harmoniously. The kites were literally dancing in the air to music and with the wind.

Since his first kite flying festival, John has acquired more than 100 kites in his own collection. You can find him flying his kites at local parks like Spring Canyon, Fossil Creek, and Twin Silo Community Parks, and even indoors at Northside Aztlan Community Center. He has dedicated kites that are made specifically for flying indoors, and he uses his own body movement to create wind so the kites can fly. John has even dabbled in making his own kites which he uses to perform with at various kite festivals.

"Kite flying offers people like me a chance to shine. If there is a large, beautiful kite in the sky, people gather and want to watch," says Farrell. **"Kite flyers like attention. That's part of the reason we fly."**

John also keeps up on his flying to promote a healthy lifestyle. "I use my body and my mind for hours at a time to keep kites in the air. It's a great way for me to keep my body moving and healthy."

When John approached the staff at Northside to fly his kite inside, the staff were a bit confused about what to say. They hadn't been approached with that question before. Staff soon realized that not only was kite flying an exceptional display to share in the open gym space, but kite flying could be an attraction for the entire community if hosted at an outdoor location. So, Northside staff and John united to create the first Kites in the Park Festival in Fort Collins. The festival took place in 2008 at Greenbriar Park and welcomed more than 500 people to play games, watch expert kite flyers, and fly their own kites.

The City of Fort Collins Recreation Department, with John as the official kiter, continued to offer Kites in the Park and grew the event each year by adding new games and attractions. Children were invited to make their own kites and battle in Rokkaku kite competitions. Guests could also watch kite flying acts that were put on display by professional kite flyers from around the country. Kites in the Park soon moved to a larger venue at Spring Canyon Community Park and has since welcomed upwards of 8,000 people entranced by the magic of kite flying and the energy of playing in the park.

Today, Kites in the Park has morphed into Kids in the Park and has moved to yet another home, Twin Silo Park. Families are invited to join the festivities each year on the third Sunday in May to participate in recreational feats like a parkour course, scavenger hunt, and park games, dance to live music, enjoy food trucks, and of course, fly kites. Led by our local kite expert and the City of Fort Collins Parks and Recreation departments, the next Kids in the Park will take place on May 17, 2020.

John has been a long-time advocate and supporter of Parks and Recreation. He not only frequents our facilities and parks (Fossil Creek Community Park is his favorite for sunsets), he has contributed to the growth and wellbeing of the offerings available by Parks and Recreation. John has made an impact with Parks and Recreation, and our community, and will leave his legacy in Fort Collins, both on land and in the skies.

Thank you, John, for all that you have done for Fort Collins.

the LINCOLN center

uchealth townsquare STREET MEDIA GROUP FORT COLLINS MAGAZINE JUNIOR LEAGUE OF FORT COLLINS 105.5 City of Fort Collins CO Colorado creative industries NATIONAL ENDOWMENT for the ARTS arts.gov

BRIGHTENING THE LIVES OF ABUSED CHILDREN

NIGHTLIGHTS

A REALITIES FOR CHILDREN EVENT

PRESENTED BY blue FEDERAL CREDIT UNION

JOIN REALITIES FOR CHILDREN TO LIGHT UP THE NIGHT

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

Free Tree Lighting Celebration On

SUN, DEC 1ST, 6-7PM

First Presbyterian Church, 531 S. College Ave.

Sponsor a light on the NightLights Tree thru 12/31

and HELP A CHILD OUT OF THE DARKNESS of abuse & neglect.

To Learn More or Donate, Visit

GiveaNightLight.com

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

Adaptive Recreation Opportunities

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

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

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

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

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

Volunteer
Volunteers are always needed to help support individuals, whether assisting with a few events or being a weekly inclusion support partner. Training is provided. To apply, visit engage.fcgov.com/d/aro or contact Becca Heinze at 970.224.6125, bheinze@fcgov.com.

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

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

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

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

Alison Cope, OTR, acope@frii.com

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

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

AQUATICS

Adaptive H2O Fitness
Designed for those with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Class will not be held 12/17-1/9.

Age: 16 years & up
Location: Edora Pool Ice Center

12/3-1/30	Tu,Th	9:30-10:30 AM	$40	102228-01
2/4-2/27	Tu,Th	9:30-10:30 AM	$30	102228-02

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

Age: 2 years & up
Location: Edora Pool Ice Center

2/5-3/11	W	4:30-5:00 PM	$44	102326-01
2/5-3/11	W	5:10-5:40 PM	$44	102326-02
2/5-3/11	W	6:00-6:30 PM	$44	102326-03
2/5-3/11	W	6:40-7:10 PM	$44	102326-04

ARTS & CRAFTS

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

Age: 13 years & up
Location: Colorado State University, Visual Arts Building, Room D102

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

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

Age: 16 years & up
Location: Senior Center

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

Attendant Section

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

EDUCATION

Holiday Treats
Make and decorate sweet treats for the holidays.

Age: 16 years & up
Location: Senior Center

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

Adaptive Cooking

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

Age: 16 years & up
Location: Senior Center

Noodles

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

FITNESS

Adaptive Power Step

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

Age: 18 years & up
Location: Foothills Activity Center

12/7-12/21	Sa	11:00 AM-Noon	$21	102984-01
1/11-2/1	Sa	11:00 AM-Noon	$28	102984-02
2/8-2/29	Sa	11:00 AM-Noon	$28	102984-03

Adaptive Yoga

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

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

Standing Yoga

12/3-12/17	Tu	2:00-3:00 PM	$21	102980-01
1/7-1/28	Tu	2:00-3:00 PM	$28	102980-02
2/4-2/25	Tu	2:00-3:00 PM	$28	102980-03

Adaptive Chair Yoga

12/5-12/19	Th	2:00-3:00 PM	$21	102980-04
1/9-1/30	Th	2:00-3:00 PM	$28	102980-05
2/6-2/27	Th	2:00-3:00 PM	$28	102980-06

MS Dryland Exercise

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

Age: 18 years & up
Location: Senior Center

11/25-12/18	M,W	11:00-11:55 AM	$33	102483-01
1/6-1/29	M,W	11:00-11:55 AM	$33	102483-02
2/3-2/26	M,W	11:00-11:55 AM	$33	102483-03

Attendant Sections

11/25-12/16	M	11:00-11:55 AM	$17	102483-1A
1/6-1/27	M	11:00-11:55 AM	$17	102483-2A
2/3-2/24	M	11:00-11:55 AM	$17	102483-3A

Power Beats Boot Camp

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

Age: 18 years & up
Location: Foothills Activity Center

12/7-12/21	Sa	12:10-1:00 PM	$21	102986-01
1/11-2/1	Sa	12:10-1:00 PM	$28	102986-02
2/8-2/29	Sa	12:10-1:00 PM	$28	102986-03

Spectrum Yoga

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

Age: 16 years & up
Location: Northside Aztlan Center

12/4-12/18	W	1:00-1:45 PM	$21	102982-01
1/8-1/29	W	1:00-1:45 PM	$28	102982-02
2/5-2/26	W	1:00-1:45 PM	$28	102982-03

Work Out Partners

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

Age: 16 years & up
Location: Senior Center

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

ICE

Adaptive Skating

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

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

1/11 – 2/8	Sat	10:15-10:45 AM	$46	110356-01
2/15 – 3/14	Sat	10:15-10:45 AM	$46	110356-02

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

OUTDOOR RECREATION

[ADAPTIVE SKI PROGRAMS]

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

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

Breckenridge Outdoor Education Center (BOEC) at Keystone Resort
Age: 14 years & up
Location: Senior Center

1/17	F	5:45 AM-7:30 PM	$150	102432-01
3/6	F	5:45 AM-7:30 PM	$150	102432-02
Attendant Sections				
1/17	No Fee	102432-1A		
3/6	No Fee	102432-2A		

Ignite Adaptive at Eldora Mountain Resort
Age: 12 years & up
Location: Senior Center

Downhill Ski/board				
1/26	Su	7:00 AM-5:30 PM	$140	102431-01
2/9	Su	7:00 AM-5:30 PM	$140	102431-02
2/23	Su	7:00 AM-5:30 PM	$140	102431-03
Bi-Ski or Mono-Ski				
1/26	Su	7:00 AM-5:30 PM	$140	102431-05
2/9	Su	7:00 AM-5:30 PM	$140	102431-06
2/23	Su	7:00 AM-5:30 PM	$140	102431-07
Nordic Ski/Snowshoe				
1/26	Su	7:00 AM-5:30 PM	$111	102431-09
2/9	Su	7:00 AM-5:30 PM	$111	102431-10
2/23	Su	7:00 AM-5:30 PM	$111	102431-11
Attendant Sections				
1/26	Su	No Fee	102431-1A	
2/9	Su	No Fee	102431-2A	
2/23	Su	No Fee	102431-3A	

NSCD Youth Program at Winter Park
Age: 10-17 years
Location: Mountain View High School, Loveland

2/27	Th	6:00 AM-6:00 PM	$110	102933-01
Attendant Section				
2/27	Th	6:00 AM-6:00 PM	No Fee	102933-1A

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

Age: 14 years & up
Location: Senior Center

Adaptive Snowshoeing continued

1/6	M	9:00 AM-4:00 PM	$36	102941-01
2/14	F	9:00 AM-4:00 PM	$36	102941-02
Attendant Sections				
1/6	No Fee	102941-1A		
2/14	No Fee	102941-2A		

PARALYMPIC SPORTS

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

Adaptive Boccia
Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. **Note:** Option to pay a drop-in rate of $4 per class available. Class will not be held on 2/17.

Age: 18 years & up
Location: Foothills Activity Center

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

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

Age: 14 years & up
Location: Northside Aztlan Center

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

SOCIAL PROGRAMS

Bowling

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

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

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

Monthly Themed Dances NW

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

Age: 18 years & up
Location: Senior Center

Holiday Ball			
12/13	F	6:00-8:00 PM	$1
Winter Wonderland			
1/31	F	6:00-8:00 PM	$4
Sweetheart Dance			
2/21	F	6:00-8:00 PM	$4

TRIPS & TRAVEL

Brunch & Broncos

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

Age: 16 years & up
Location: Senior Center

12/1	Su	10:00 AM-4:00 PM	$20	102927-01
Attendant Section				
12/1	No Fee	102414-1A		

Friday Night Out

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

Age: 16 years & up
Location: Senior Center

12/6	F	5:00-9:00 PM	$18	102320-01
Attendant Section				
12/6	$7	102320-1A		

Western Stock Show

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

Age: 16 years & up
Location: Senior Center

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

Movie Night

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

Age: 16 years & up
Location: Senior Center

1/21	Tu	5:30-9:00 PM	$7	102403-02
2/11	Tu	5:30-9:00 PM	$7	102403-03
Attendant Sections				
1/21	No Fee	102403-2A		
2/11	No Fee	102403-3A		

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

Age: 16 years & up
Location: Senior Center

Southeast Restaurant				
1/27	M	5:30-8:30 PM	$10	102404-01
Loveland Restaurant				
2/24	M	5:30-8:30 PM	$10	102404-02
Attendant Sections				
1/27	No Fee	102404-1A		
2/24	No Fee	102404-2A		

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

Age: 16 years & up
Location: Senior Center

2/12	W	6:00-10:00 PM	$48	102414-01
Attendant Section				
2/12			$21	102414-1A

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

Age: 16 years & up
Location: Senior Center

3/22	Su	11:30 AM-5:00 PM	$105	102926-01
Attendant Section				
3/22	$70	102926-1A		

UNIFIED SPORTS

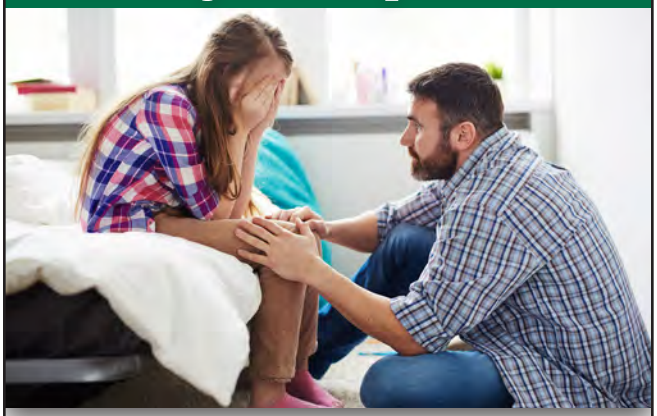
Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and may compete in a Special Olympics Unified Area Tournament. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, bmcdowell@fcgov.com.

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

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

1/8–2/12	W	5:30-7:00 PM	$49	114936-01
2/19–4/1	W	5:30-7:00 PM	$49	114936-02

Is it just a phase?



The CAYAC Team at Connections helps youth and families find answers, options, and support.

mental health & substance use
connections
answers • options • support
A partnership of the Health District and SummitStone Health Partners

CAYAC -
Child, Adolescent, and
Young Adult Connections

mentalhealthconnections.org • 970-221-3308

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

Age: 16 years & up
Location: Webber Middle School, 4201 Seneca St.

Competitive Division				
1/11-3/14	Sa	3:30-7:30 PM	$26.50	102751-01
Co-ed Recreational				
1/11-3/14	Sa	3:30-7:30 PM	$26.50	102751-03
Individual Skills				
1/11-3/14	Sa	3:30-4:30 PM	$19	102751-04

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

Age: 8-21 years
Location: TBD

Single Child				
1/7-2/18	Tu	5:00-6:00 PM	$24	102552-01
Multiple Children				
1/7-2/18	Tu	5:00-6:00 PM	$38	102552-02

Aqua Fitness

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

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

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

ADULT PROGRAMS

Drop-In Water Volleyball
An in-the-water volleyball game which provides a low-impact exercise option. **Note:** Comfort in the water and basic swimming skills recommended. Pool depth is 3 ½-4 ½ feet

Age: 18 years & up
Location: Senior Center

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

[LOW INTENSITY]

Basic H2O
Designed for those new to water exercise, recovering from an injury, or with physical limitations. Range-of-motion, stretching, and cardiovascular elements are emphasized.

Age: 18 years & up
Location: Senior Center

12/2-12/27	M,W,F	8:30-9:30 AM	$42.25	100412-01
1/6-1/31	M,W,F	8:30-9:30 AM	$46	100412-02
2/3-2/28	M,W,F	8:30-9:30 AM	$46	100412-03

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

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

12/2-12/27	M,W,F	8:30-9:30 AM	$42.25	100314-01
2/3-2/28	M,W,F	8:30-9:30 AM	$46	100314-03
12/2-12/27	M,W,F	9:30-10:30 AM	$42.25	100314-04
2/3-2/28	M,W,F	9:30-10:30 AM	$46	100314-06

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

Age: 18 years & up
Location: Senior Center

Twinges Plus continued

12/2-12/27	M,W,F	12:15-1:15 PM	$42.25	100416-01
1/6-1/31	M,W,F	12:15-1:15 PM	$46	100416-02
2/3-2/28	M,W,F	12:15-1:15 PM	$46	100416-03
12/2-12/27	M,W,F	1:15-2:15 PM	$42.25	100416-04
1/6-1/31	M,W,F	1:15-2:15 PM	$46	100416-05
2/3-2/28	M,W,F	1:15-2:15 PM	$46	100416-06

[MEDIUM INTENSITY]

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

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

12/2-12/27	M,W,F	7:30-8:30 AM	$42.25	100324-01
1/6-1/31	M,W,F	7:30-8:30 AM	$46	100324-02
2/3-2/28	M,W,F	7:30-8:30 AM	$46	100324-03

Location: Senior Center

12/2-12/27	M,W,F	9:30-10:30 AM	$42.25	100424-01
1/6-1/31	M,W,F	9:30-10:30 AM	$46	100424-02
2/3-2/28	M,W,F	9:30-10:30 AM	$46	100424-03
12/3-12/26	Tu,Th	4:00-5:00 PM	$27.25	100424-04
1/7-1/30	Tu,Th	4:00-5:00 PM	$31	100424-05
2/4-2/27	Tu,Th	4:00-5:00 PM	$31	100424-06

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

Age: 18 years & up
Location: Senior Center

12/2-12/27	M,W,F	6:00-7:00 PM	$42.25	100417-01
1/6-1/31	M,W,F	6:00-7:00 PM	$46	100417-02
2/3-2/28	M,W,F	6:00-7:00 PM	$46	100417-03

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

Age: 18 years & up
Location: Mulberry Pool

12/2-12/27	M,W,F	7:30-8:30 AM	$42.25	100222-01
1/6-1/31	M,W,F	7:30-8:30 AM	$46	100222-02
2/3-2/28	M,W,F	7:30-8:30 AM	$46	100222-03

Location: Senior Center

12/2-12/27	M,W,F	6:15-7:15 AM	$42.25	100422-01
1/6-1/31	M,W,F	6:15-7:15 AM	$46	100422-02
2/3-2/28	M,W,F	6:15-7:15 AM	$46	100422-03
12/2-12/27	M,W,F	5:00-6:00 PM	$42.25	100422-04

Continued on next page

Classics continued

1/6-1/31	M,W,F	5:00-6:00 PM	$46	100422-05
2/3-2/28	M,W,F	5:00-6:00 PM	$46	100422-06
12/3-12/26	Tu,Th	8:00-9:00 AM	$27.25	100422-07
1/7-1/30	Tu,Th	8:00-9:00 AM	$31	100422-08
2/4-2/27	Tu,Th	8:00-9:00 AM	$31	100422-09
12/3-12/26	Tu,Th	9:00-10:00 AM	$27.25	100422-10
1/7-1/30	Tu,Th	9:00-10:00 AM	$31	100422-11
2/4-2/27	Tu,Th	9:00-10:00 AM	$31	100422-12
12/3-12/26	Tu,Th	10:00-11:00 AM	$27.25	100422-13
1/7-1/30	Tu,Th	10:00-11:00 AM	$31	100422-14
2/4-2/27	Tu,Th	10:00-11:00 AM	$31	100422-15
12/3-12/26	Tu,Th	7:00-8:00 PM	$27.25	100422-16
1/7-1/30	Tu,Th	7:00-8:00 PM	$31	100422-17
2/4-2/27	Tu,Th	7:00-8:00 PM	$31	100422-18

Fitness & Fun

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

Age: 18 years & up
Location: Senior Center

12/2-12/27	M,W,F	7:30-8:30 AM	$42.25	100420-01
1/6-1/31	M,W,F	7:30-8:30 AM	$46	100420-02
2/3-2/28	M,W,F	7:30-8:30 AM	$46	100420-03

Twist & Shout

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

Age: 18 years & up
Location: Senior Center

12/2-12/27	M,W,F	4:00-5:00 PM	$42.25	100426-01
1/6-1/31	M,W,F	4:00-5:00 PM	$46	100426-02
2/3-2/28	M,W,F	4:00-5:00 PM	$46	100426-03

[HIGH INTENSITY]

Deep H2O

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

Age: 18 years & up

Location: Mulberry Pool

12/2-12/27	M,W,F	12:15-1:00 PM	$42.25	100230-01
1/6-1/31	M,W,F	12:15-1:00 PM	$46	100230-02
2/3-2/28	M,W,F	12:15-1:00 PM	$46	100230-03

Location: Edora Pool Ice Center

12/2-12/27	M,W	5:30-6:30 PM	$27.25	100330-01
1/6-1/31	M,W	5:30-6:30 PM	$31	100330-02
2/3-2/28	M,W	5:30-6:30 PM	$31	100330-03

Aquatics

Group Rates for Swimming
Reduced swim admissions are available for groups. A group must schedule at least 14 days in advance by calling the appropriate facility. It is preferred that payment be made by one individual check/credit card.

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

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

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

Birthday Party Packages
Space for birthday parties is not permitted in the lobbies or spectator areas at EPIC or Mulberry Pool. For a fee, space is available for refreshments and present opening. For more information, visit fcgov.com/recreation.

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

Learn to Swim Policies
At the discretion of the head instructor, if it is evident that a child is not water ready before the second lesson, the manager contacts the parent for dismissal. A full refund is issued for the class.

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

Make-up lessons are not available.

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

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

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

ADULT PROGRAMS

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

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

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

Location: Senior Center

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

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

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

1/9	Th	8:00-11:30 AM	$149.63	101343-01
1/10-1/11	F,Sa	8:00 AM-5:00 PM		

Improving Skills & Strokes
Improve proficiency in basic aquatic skills and the six basic swimming strokes; butterfly is optional. Prerequisite: Comfortable in

continued on next page

Improving Skills & Strokes continued

chest-deep water, can put face in the water, and perform strokes that can be recognized as front crawl, breaststroke, and backcrawl each for 15 yards.

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

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

Age: 15 years & up
Location: Senior Center

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

Family Programs

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

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

12/28	Sa	10:00-11:30 AM	$36	101352-01
1/18	Sa	10:00-11:30 AM	$36	101352-02

Location: Mulberry Pool

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

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

Age: 5 years & up
Location: Edora Pool Ice Center

12/28	Sa	10:00-11:30 AM	$26	101353-01
1/18	Sa	10:00-11:30 AM	$26	101353-02

Location: Mulberry Pool

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

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

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

12/4	W	6:00-9:00 PM	$22	101356-01
12/18	W	6:00-9:00 PM	$22	101356-02
1/8	W	6:00-9:00 PM	$22	101356-03
1/22	W	6:00-9:00 PM	$22	101356-04
2/5	W	6:00-9:00 PM	$22	101356-05
2/19	W	6:00-9:00 PM	$22	101356-06

TEEN PROGRAMS

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

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

12/27	F	Noon-3:30 PM	$202.80	101340-01
12/28	Sa	8:30 AM-5:30 PM		
12/29	Su	8:30 AM-4:30 PM		
1/31	F	4:00-7:30 PM	$202.80	101340-02
2/1	Sa	8:30 AM-5:30 PM		
2/2	Su	8:30 AM-4:30 PM		

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

Age: 13-17 years
Location: Edora Pool Ice Center

1/13-2/12	M,W	6:30-7:00 PM	$73.50	101335-01
2/22-3/28	Sa	9:00-9:30 AM	$37.25	101235-02

Location: Mulberry Pool

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

YOUTH PROGRAMS

Baby & Me 1
Introduce children to the water in a friendly environment. Parents learn how to support and hold their child properly while exploring basic water skills. One child per adult required. Swim diapers or plastic pants required.

Age: 6-18 months
Location: Edora Pool Ice Center

1/13-2/12	M,W	4:45-5:15 PM	$61	101310-01
2/17-3/25	M,W	4:45-5:15 PM	$61	101310-02
2/17-3/25	M,W	5:55-6:25 PM	$61	101310-03
2/17-3/25	M,W	9:15-9:45 AM	$61	101310-07

Location: Senior Center

1/19-2/16	Su	9:50-10:20 AM	$31	101410-01
1/19-2/16	Su	11:00-11:30 AM	$31	101410-02
2/23-3/29	Su	9:15-9:45 AM	$31	101410-03
2/23-3/29	Su	10:25-10:55 AM	$31	101410-04

Baby & Me 2
Build on the skills introduced in Baby & Me 1. Parents teach children skills for future swimming success and safety. One child per adult required. Swim diapers or plastic pants required.

Age: 18 months-3.5 years

continued on next page

Baby & Me 2 continued

Location: Edora Pool Ice Center

1/13-2/12	M,W	5:20-5:50 PM	$61	101312-01
2/17-3/25	M,W	5:20-5:50 PM	$61	101312-02

Location: Senior Center

1/19-2/16	Su	9:15-9:45 AM	$31	101412-01
1/19-2/16	Su	10:25-10:55 AM	$31	101412-02
2/23-3/29	Su	9:50-10:20 AM	$31	101412-03
2/23-3/29	Su	11:00-11:30 AM	$31	101412-04

Pollywog

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

Age: 3-6 years

Location: Mulberry Pool

1/14-2/13	Tu,Th	4:45-5:15 PM	$61	101216-01
1/14-2/13	Tu,Th	5:55-6:25 PM	$61	101216-02
1/14-2/13	Tu,Th	6:30-7:00 PM	$61	101216-03
2/18-3/26	Tu,Th	5:20-5:50 PM	$61	101216-04
2/18-3/26	Tu,Th	5:55-6:25 PM	$61	101216-05
2/18-3/26	Tu,Th	6:30-7:00 PM	$61	101216-06
1/18-2/15	Sa	9:00-9:30 AM	$31	101216-07
1/18-2/15	Sa	10:10-10:40 AM	$31	101216-08
1/18-2/15	Sa	11:20-11:50 AM	$31	101216-09
2/22-3/28	Sa	9:35-10:05 AM	$31	101216-10
2/22-3/28	Sa	10:45-11:15 AM	$31	101216-11
2/22-3/28	Sa	11:20-11:50 AM	$31	101216-12
1/19-2/16	Su	3:15-3:45 PM	$31	101216-13
1/19-2/16	Su	3:50-4:20 PM	$31	101216-14
1/19-2/16	Su	5:00-5:30 PM	$31	101216-15
2/23-3/29	Su	3:50-4:20 PM	$31	101216-16
2/23-3/29	Su	4:25-4:55 PM	$31	101216-17
2/23-3/29	Su	5:35-6:05 PM	$31	101216-18

Location: Edora Pool Ice Center

1/13-2/12	M,W	4:45-5:15 PM	$61	101316-01
1/13-2/12	M,W	5:55-6:25 PM	$61	101316-02
2/17-3/25	M,W	4:45-5:15 PM	$61	101316-03
2/17-3/25	M,W	5:55-6:25 PM	$61	101316-04
2/17-3/25	M,W	6:30-7:00 PM	$61	101316-05

Location: Senior Center

1/19-2/16	Su	9:15-9:45 AM	$31	101416-01
1/19-2/16	Su	10:25-10:55 AM	$31	101416-02
2/23-3/29	Su	9:50-10:20 AM	$31	101416-03

Tadpole

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

Age: 3-6 years

Tadpole continued

Location: Mulberry Pool

1/14-2/13	Tu,Th	5:20-5:50 PM	$61	101218-01
1/14-2/13	Tu,Th	6:30-7:00 PM	$61	101218-02
2/18-3/26	Tu,Th	4:45-5:15 PM	$61	101218-03
2/18-3/26	Tu,Th	5:20-5:50 PM	$61	101218-04
2/18-3/26	Tu,Th	6:30-7:00 PM	$61	101218-05
1/18-2/15	Sa	9:35-10:05 AM	$31	101218-06
1/18-2/15	Sa	10:10-10:40 AM	$31	101218-07
1/18-2/15	Sa	10:45-11:15 AM	$31	101218-08
1/18-2/15	Sa	11:20-11:50 AM	$31	101218-09
2/22-3/28	Sa	9:00-9:30 AM	$31	101218-10
2/22-3/28	Sa	10:10-10:40 AM	$31	101218-11
2/22-3/28	Sa	11:20-11:50 AM	$31	101218-12
1/19-2/16	Su	3:15-3:45 PM	$31	101218-13
1/19-2/16	Su	4:25-4:55 PM	$31	101218-14
1/19-2/16	Su	5:35-6:05 PM	$31	101218-15
2/23-3/29	Su	3:15-3:45 PM	$31	101218-16
2/23-3/29	Su	3:50-4:20 PM	$31	101218-17
2/23-3/29	Su	5:00-5:30 PM	$31	101218-18

Location: Edora Pool Ice Center

1/13-2/12	M,W	4:45-5:15 PM	$61	101318-01
1/13-2/12	M,W	5:55-6:25 PM	$61	101318-02
2/17-3/25	M,W	5:20-5:50 PM	$61	101318-03
2/17-3/25	M,W	5:55-6:25 PM	$61	101318-04

Location: Senior Center

1/19-2/16	Su	9:50-10:20 AM	$31	101418-01
1/19-2/16	Su	11:00-11:30 AM	$31	101418-02
2/23-3/29	Su	9:15-9:45 AM	$31	101418-03
2/23-3/29	Su	10:25-10:55 AM	$31	101418-04

Froggy

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

Age: 3-6 years

Location: Mulberry Pool

1/14-2/13	Tu,Th	4:45-5:15 PM	$61	101220-01
1/14-2/13	Tu,Th	5:20-5:50 PM	$61	101220-02
2/18-3/26	Tu,Th	4:45-5:15 PM	$61	101220-03
2/18-3/26	Tu,Th	5:55-6:25 PM	$61	101220-04
1/18-2/15	Sa	9:00-9:30 AM	$31	101220-05
1/18-2/15	Sa	9:35-10:05 AM	$31	101220-06
1/18-2/15	Sa	10:45-11:15 AM	$31	101220-07
2/22-3/28	Sa	9:00-9:30 AM	$31	101220-08
2/22-3/28	Sa	10:10-10:40 AM	$31	101220-09
2/22-3/28	Sa	10:45-11:15 AM	$31	101220-10
1/19-2/16	Su	3:50-4:20 PM	$31	101220-11
1/19-2/16	Su	4:25-4:55 PM	$31	101220-12
1/19-2/16	Su	5:35-6:05 PM	$31	101220-13
2/23-3/29	Su	3:15-3:45 PM	$31	101220-14

continued on next page

Froggy continued

2/23-3/29	Su	5:00-5:30 PM	$31	101220-15
2/23-3/29	Su	5:35-6:05 PM	$31	101220-16

Location: Edora Pool Ice Center

1/13-2/12	M,W	5:20-5:50 PM	$61	101320-01
1/13-2/12	M,W	6:30-7:00 PM	$61	101320-02
2/17-3/25	M,W	4:45-5:15 PM	$61	101320-03

Location: Senior Center

1/19-2/16	Su	10:25-10:55 AM	$31	101420-01
2/23-3/29	Su	9:15-9:45 AM	$31	101420-02
2/23-3/29	Su	11:00-11:30 AM	$31	101420-03

Level 1

For the child who can roll from front to back without support, streamline front glide five feet without support, and jump into shallow water without support. No previous experience necessary

Age: 5-12 years
Location: Mulberry Pool

1/14-2/13	Tu,Th	5:20-5:50 PM	$61	101222-01
1/14-2/13	Tu,Th	5:55-6:25 PM	$61	101222-02
2/18-3/26	Tu,Th	4:45-5:15 PM	$61	101222-03
2/18-3/26	Tu,Th	5:20-5:50 PM	$61	101222-04
2/18-3/26	Tu,Th	6:30-7:00 PM	$61	101222-05
1/18-2/15	Sa	9:00-9:30 AM	$31	101222-06
1/18-2/15	Sa	10:10-10:40 AM	$31	101222-07
1/18-2/15	Sa	11:20-11:50 AM	$31	101222-08
2/22-3/28	Sa	9:35-10:05 AM	$31	101222-09
2/22-3/28	Sa	10:10-10:40 AM	$31	101222-10
2/22-3/28	Sa	11:20-11:50 AM	$31	101222-11
1/19-2/16	Su	3:15-3:45 PM	$31	101222-12
1/19-2/16	Su	4:25-4:55 PM	$31	101222-13
1/19-2/16	Su	5:35-6:05 PM	$31	101222-14
2/23-3/29	Su	3:15-3:45 PM	$31	101222-15
2/23-3/29	Su	4:25-4:55 PM	$31	101222-16
2/23-3/29	Su	5:00-5:30 PM	$31	101222-17

Location: Edora Pool Ice Center

1/13-2/12	M,W	4:45-5:15 PM	$61	101322-01
1/13-2/12	M,W	5:55-6:25 PM	$61	101322-02
2/17-3/25	M,W	5:20-5:50 PM	$61	101322-03
2/17-3/25	M,W	6:30-7:00 PM	$61	101322-04

Location: Senior Center

1/19-2/16	Su	9:15-9:45 AM	$31	101422-01
2/23-3/29	Su	9:50-10:20 AM	$31	101422-02

Level 2

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

Age: 5-12 years
Location: Mulberry Pool

1/14-2/13	Tu,Th	4:45-5:15 PM	$61	101224-01
1/14-2/13	Tu,Th	5:55-6:25 PM	$61	101224-02
1/14-2/13	Tu,Th	6:30-7:00 PM	$61	101224-03

Level 2 continued

2/18-3/26	Tu,Th	4:45-5:15 PM	$61	101224-04
2/18-3/26	Tu,Th	5:55-6:25 PM	$61	101224-05
1/18-2/15	Sa	9:00-9:30 AM	$31	101224-06
1/18-2/15	Sa	9:35-10:05 AM	$31	101224-07
1/18-2/15	Sa	10:45-11:15 AM	$31	101224-08
2/22-3/28	Sa	9:00-9:30 AM	$31	101224-09
2/22-3/28	Sa	9:35-10:05 AM	$31	101224-10
2/22-3/28	Sa	10:45-11:15 AM	$31	101224-11
1/19-2/16	Su	3:15-3:45 PM	$31	101224-12
1/19-2/16	Su	3:50-4:20 PM	$31	101224-13
1/19-2/16	Su	5:00-5:30 PM	$31	101224-14
2/23-3/29	Su	3:15-3:45 PM	$31	101224-15
2/23-3/29	Su	3:50-4:20 PM	$31	101224-16
2/23-3/29	Su	4:25-4:55 PM	$31	101224-17
2/23-3/29	Su	5:35-6:05 PM	$31	101224-18

Location: Edora Pool Ice Center

1/13-2/12	M,W	5:20-5:50 PM	$61	101324-01
1/13-2/12	M,W	6:30-7:00 PM	$61	101324-02
2/17-3/25	M,W	4:45-5:15 PM	$61	101324-03
2/17-3/25	M,W	6:30-7:00 PM	$61	101324-04

Location: Senior Center

1/19-2/16	Su	9:50-10:20 AM	$31	101424-01
2/23-3/29	Su	10:25-10:55 AM	$31	101424-02

Level 3

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

Age: 5-12 years
Location: Mulberry Pool

1/14-2/13	Tu,Th	4:45-5:30 PM	$73.50	101226-01
1/14-2/13	Tu,Th	5:55-6:40 PM	$73.50	101226-02
2/18-3/26	Tu,Th	5:20-6:05 PM	$73.50	101226-03
2/18-3/26	Tu,Th	6:30-7:15 PM	$73.50	101226-04
1/18-2/15	Sa	9:35-10:20 AM	$37.25	101226-05
1/18-2/15	Sa	11:20 AM-12:05 PM	$37.25	101226-06
2/22-3/28	Sa	10:10-10:55 AM	$37.25	101226-07
2/22-3/28	Sa	11:20 AM-12:05 PM	$37.25	101226-08
1/19-2/16	Su	3:50-4:35 PM	$37.25	101226-09
1/19-2/16	Su	5:35-6:20 PM	$37.25	101226-10
2/23-3/29	Su	3:15-4:00 PM	$37.25	101226-11
2/23-3/29	Su	5:00-5:45 PM	$37.25	101226-12

Location: Edora Pool Ice Center

1/13-2/12	M,W	4:45-5:30 PM	$73.50	101326-01
2/17-3/25	M,W	5:20-6:05 PM	$73.50	101326-02

Level 4

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

Age: 5-12 years
Location: Mulberry Pool

1/14-2/13	Tu,Th	5:20-6:05 PM	$73.50	101228-01
2/18-3/26	Tu,Th	4:45-5:30 PM	$73.50	101228-02
1/18-2/15	Sa	10:10-10:55 AM	$37.25	101228-03
2/22-3/28	Sa	9:00-9:45 AM	$37.25	101228-04
1/19-2/16	Su	4:25-5:10 PM	$37.25	101228-05
2/23-3/29	Su	3:50-4:35 PM	$37.25	101228-06

Age: 5-12 years
Location: Edora Pool Ice Center

1/13-2/12	M,W	5:20-6:05 PM	$73.50	101328-01
2/17-3/25	M,W	4:45-5:30 PM	$73.50	101328-02

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

Level 5

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

Age: 5-12 years
Location: Mulberry Pool

1/14-2/13	Tu,Th	6:30-7:15 PM	$73.50	101230-01
1/18-2/15	Sa	9:00-9:45 AM	$37.25	101230-02
2/22-3/28	Sa	10:45-11:30 AM	$37.25	101230-03
1/19-2/16	Su	3:15-4:00 PM	$37.25	101230-04
2/23-3/29	Su	4:25-5:10 PM	$37.25	101230-05

Location: Edora Pool Ice Center

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

Pre-Competitive

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

Age: 6-12 years
Location: Mulberry Pool

2/18-3/26	Tu,Th	5:55-6:40 PM	$73.50	101232-01
1/18-2/15	Sa	10:45-11:30 AM	$37.25	101232-02
1/19-2/16	Su	5:00-5:45 PM	$37.25	101232-03

Location: Edora Pool Ice Center

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

Arts & Crafts

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with M. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Membership 50+. For information about Membership 50+ benefits, see page 90.

Senior Center Exhibits
The Senior Center showcases both historical and contemporary artworks and collections by local, regional, national, and international artists, art faculty, students, patrons, and emerging and established artists. Exhibits represent a great diversity and change regularly. Exhibits are setup on art display panels or in showcases, are open to the public, and free of charge for viewing. Work may be for sale. If interested in displaying pieces contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Arts & Crafts Volunteers
Volunteers are needed to help oversee the operation of a woodshop and general arts and crafts studio, as well as serve as arts and crafts teachers. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

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

ADULT PROGRAMS

[DRAWING ARTS]

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

Age: 14 years & up
Location: Senior Center

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

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

Age: 18 years & up
Location: Senior Center

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

Sketching Group M NW
Open to drawing, pastels, sketching, and water media. Work from pictures, still lifes, ideas, or the imagination. Meet weekly to work

Sketching Group continued

on projects, share ideas, and discuss techniques. **Note:** No instructor provided. Bring supplies necessary to work.

Age: 18 years & up
Location: Senior Center

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

[FIBER ARTS]

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

Age: 14 years & up
Location: Senior Center

Santa Claus Figure

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

New Year's Angel

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

Needle Felted Gnomes

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

[GLASS ARTS]

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

Age: 18 years & up
Location: Senior Center

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

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

Age: 18 years & up
Location: Senior Center

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

[GENERAL ARTS]

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

Age: 18 years & up
Location: Senior Center

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

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

Open for scrapbooks, crochet, watercolor, knitting, or other hobbies. Work on projects and share ideas and techniques. Learn from others and discuss the many aspects of different art related hobbies and crafts. **Note:** No instructor provided. Class will not be held on 12/25, 1/1.

Age: 18 years & up
Location: Senior Center

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

Open Shop M NW

Open shop time. Tools are available for use with jewelry, stained glass, and woodwork including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. **Note:** Class will not be held on 12/25, 1/1.

Age: 18 years & up
Location: Senior Center

12/3-2/25	Tu	8:00 AM-Noon	No Fee
12/4-2/26	W	1:00 – 5:00 PM	
12/5-2/27	Th	5:00 – 9:00 PM	

[JEWELRY]

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

Jewelry, Beginner

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

Age: 18 years & up
Location: Senior Center

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

Jewelry, Intermediate & Advanced

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

Age: 18 years & up
Location: Senior Center

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

[PAPER ARTS]

Iris Folding Paper

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

NEED **ACCESS** TO THE **CITY** IN YOUR **POCKET**?

Access Fort Collins is an easy way to send your questions, comments and service requests directly to City staff anytime, anywhere. Find it online at *fcgov.com*, or download the free mobile app.

Access Fort Collins City of Fort Collins

Iris Folding Paper continued

permitted for use.

Age: 18 years & up
Location: Senior Center

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

[PAINTING]

Acrylic Painting, Beginner

Learn basic skills to prepare a canvas, as well as drawing, color, value, and composition techniques. Designed for those who have never painted before and are interested in learning how to start, or those who would like to improve their skills. **Note:** Supply list available at registration; approximate cost is $65-85.

Age: 18 years & up
Location: Senior Center

12/2-12/16	M	1:00-3:00 PM	$33	103446-01
1/6-1/27	M	1:00-3:00 PM	$44	103446-02
2/3-2/24	M	1:00-3:00 PM	$44	103446-03
12/2-12/16	M	6:30-8:30 PM	$33	103446-04
1/6-1/27	M	6:30-8:30 PM	$44	103446-05
2/3-2/24	M	6:30-8:30 PM	$44	103446-06

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

Age: 18 years & up
Location: Senior Center

12/5	Th	9:00 AM-3:30 PM	$75	103427-01
1/9	Th	9:00 AM-3:30 PM	$75	103427-02
2/6	Th	9:00 AM-3:30 PM	$75	103427-03
12/6	F	9:00 AM-3:30 PM	$75	103427-04
1/10	F	9:00 AM-3:30 PM	$75	103427-05
2/7	F	9:00 AM-3:30 PM	$75	103427-06

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

Age: 18 years & up
Location: Senior Center

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

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

Age: 18 years & up
Location: Senior Center

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

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

Age: 18 years & up
Location: Senior Center

12/6-12/27	F	9:00-11:00 AM	$51	103481-01
1/3-1/31	F	9:00-11:00 AM	$51	103481-02
2/7-2/28	F	9:00-11:00 AM	$51	103481-03

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

Age: 18 years & up
Location: Senior Center

12/6-12/27	F	1:00-3:00 PM	$51	103483-01
1/3-1/31	F	1:00-3:00 PM	$51	103483-02
2/7-2/28	F	1:00-3:00 PM	$51	103483-03

Ready for a career where you can
MAKE A DIFFERENCE?

Have you always wanted to work with children? Are you interested in being your own boss and running your own business? Become a Licensed Family Child Care Provider and make a difference both in your life and in the lives of local families.

The Early Childhood Council of Larimer County offers support to prospective Licensed Child Care Home Providers for pre-licensing requirements and financial assistance.

For more information, contact:
Child Care Outreach Specialist
ccos@ecclc.org or 970-377-3388 ext. 200

Every single day, you'll be making a difference.

EARLY CHILDHOOD COUNCIL OF LARIMER COUNTY

ecclc.org

[WOODWORKING]

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

Age: 18 years & up
Location: Senior Center

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

FAMILY PROGRAMS

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

Age: All
Location: Northside Aztlan Center

Gingerbread House Ornament

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

Valentine Tote Bag

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

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

Age: All
Location: Northside Aztlan Center

Snow Buddies				
12/13	F	6:00-8:00 PM	$42	118982-01
Valentine's Day				
2/14	F	6:00-8:00 PM	$42	118982-02

YOUTH PROGRAMS

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

Age: 8-12 years
Location: Mulberry Pool

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

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

Age: 8-12 years
Location: Carnegie Center for Creativity, 200 Mathews St.

Holiday				
12/4	W	4:30-6:00 PM	$35	116943-01
Peace Collage				
1/20	M	1:00-2:30 PM	$35	116943-02
Sloth				
2/17	M	1:00-2:30 PM	$35	116943-03

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

Age: 5-12 years
Location: Carnegie Center for Creativity, 200 Mathews St.

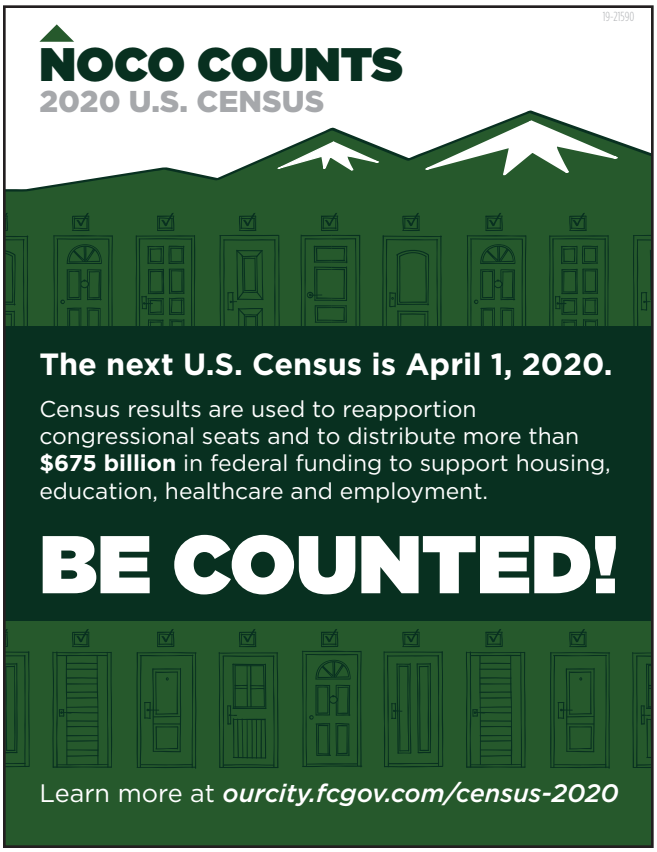
2/5	W	4:00-5:30 PM	$35	118967-01

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

Age: 5-12 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

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



Painting Workshop continued

Age: 6-14 years
Location: Northside Aztlan Center

Snow Day				
12/14	Sa	2:00-3:30 PM	$24	118985-01
Northern Lights				
1/11	Sa	2:00-3:30 PM	$24	118985-02
Moonscape				
2/8	Sa	2:00-3:30 PM	$24	118985-03

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

Age: 11-15 years
Location: Foothills Activity Center

Acrylics				
1/7-2/4	Tu	5:45-7:00 PM	$89	118986-02
Black Paper/Canvas				
2/11-3/10	Tu	5:45-7:00 PM	$89	118986-03

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

Age: 8-12 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

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

Age: 5-12 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

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

Age: 6-10 years
Location: Foothills Activity Center

Furry Creatures

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

Bugs/Insects

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

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all levels and ages. For adult classes, the first 25 lbs. of clay are provided. More clay can be purchased at the studio for $22. Only clay purchased from the Pottery Studio is fired. If you don't already own hand tools, a basic tool kit ($12) needs to be purchased at the first class. Large tools and project specific tools are provided, as well as a slab-roller and two extruders with many different dies. Glazes, slips, stains, and engobes are provided. Specialty tools and higher end hand tools are also available for purchase. All work must be accomplished at the Pottery Studio. This is a recreational and educational facility; production work is not permitted.

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

Age: 18 years & up

1/6-3/14	M,W,Th,F,Sa	11:00 AM-2:00 PM	$170	104899-01
1/7-3/10	Tu	9:00 AM-Noon		
1/7-3/12	Tu,Th	7:30-10:00 PM		

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

Adult Parties
Have a unique, creative gathering while learning and creating a masterpiece with clay. Each attendee creates one piece. A tour of the

Adult Parties continued

facility is included. Duration is approximately 90 minutes; tailored packages available. Cost is $16 per adult (6 adult minimum).

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

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

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

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

[ADULT PROGRAMS]

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

Age: 18 years & up

1/6-2/3	M	6:00-8:00 PM	$90	104880-01
2/10-3/9	M	6:00-8:00 PM	$90	104880-02

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

Age: 18 years & up

1/7-3/10	Tu	12:30-2:30 PM	$170	104885-01
1/10-3/13	F	9:00-11:00 AM	$170	104885-02

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

Age: 18 years & up

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

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

Age: 18 years & up

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

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

Age: 18 years & up

1/11-2/8	Sa	4:30-6:30 PM	$60	104870-01
2/15-3/14	Sa	4:30-6:30 PM	$60	104870-02

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

Age: 18 years & up

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

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

Age: 18 years & up

1/6-3/9	M	9:00-11:00 AM	$170	104850-01
1/6-3/9	M	5:45-7:45 PM	$170	104850-02
1/8-3/11	W	8:00-10:00 PM	$170	104850-03
1/11-3/14	Sa	9:00-11:00 AM	$170	104850-04

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

Age: 18 years & up

1/6-3/9	M	8:00-10:00 PM	$170	104855-01
1/8-3/11	W	5:45-7:45 PM	$170	104855-02
1/9-3/12	Th	9:00-11:00 AM	$170	104855-03
1/12-3/15	Su	11:00 AM-1:00 PM	$170	104855-04

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

Age: 18 years & up

1/7-3/10	Tu	5:30-7:30 PM	$170	104860-01
1/8-3/11	W	9:00-11:00 AM	$170	104860-02

Wheel & Handbuilding, Advanced
Look further into the development of form while honing high-end techniques. Emphasis on combination of creativity and conceptual thought in design. Prerequisite: Intermediate Wheel or equivalent.

Age: 18 years & up

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

[YOUTH PROGRAMS]

CHILD WITH PARENT PROGRAMS

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

Age: 5 years & up

Owls				
1/19	Su	2:30-4:00 PM	$25	104828-01
Hanging Wall Pockets				
2/2	Su	2:30-4:00 PM	$25	104828-03
Dragons				
2/16	Su	2:30-4:00 PM	$25	104828-05
Animal Rattles				
3/8	Su	2:30-4:00 PM	$25	104828-07
Additional Person				
1/19	Su	2:30-4:00 PM	$10	104828-02
2/2	Su	2:30-4:00 PM	$10	104828-04
2/16	Su	2:30-4:00 PM	$10	104828-06
3/8	Su	2:30-4:00 PM	$10	104828-08

Family Raku Workshop Paint & Fire
Fire and smoke are essential to Raku pottery, which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl on day one, then fire the piece on day two. **Note:** All supplies provided. Registration cost includes both parent and child; each additional person is $18.

Age: 7 years & up

12/27	F	6:00-8:00 PM	$37	104827-01
12/28	Sa	10:00 AM-2:00 PM		
2/21	F	6:00-8:00 PM	$37	104827-03
2/22	Sa	10:00 AM-2:00 PM		
Additional Person				
12/27	F	6:00-8:00 PM	$18	104827-02
12/28	Sa	10:00 AM-2:00 PM		
2/21	F	6:00-8:00 PM	$18	104827-04
2/22	Sa	10:00 AM-2:00 PM		

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

Age: 3-5 years

1/6-2/3	M	9:00-10:00 AM	$30	104801-01
1/7-2/4	Tu	12:30-1:30 PM	$30	104801-03
1/11-2/8	Sa	10:00-11:00 AM	$30	104801-05
2/10-3/9	M	9:00-10:00 AM	$30	104801-07
2/11-3/10	Tu	12:30-1:30 PM	$30	104801-09
2/15-3/14	Sa	10:00-11:00 AM	$30	104801-11
Additional Person				
1/6-2/3	M	9:00-10:00 AM	$15	104801-02
1/7-2/4	Tu	12:30-1:30 PM	$15	104801-04
1/11-2/8	Sa	10:00-11:00 AM	$15	104801-06
2/10-3/9	M	9:00-10:00 AM	$15	104801-08
2/11-3/10	Tu	12:30-1:30 PM	$15	104801-10
2/15-3/14	Sa	10:00-11:00 AM	$15	104801-12

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

Age: 6-9 years

1/11-2/8	Sa	2:30-4:00 PM	$50	104835-01
2/15-3/14	Sa	2:30-4:00 PM	$50	104835-03
Additional Person				
1/11-2/8	Sa	2:30-4:00 PM	$25	104835-02
2/15-3/14	Sa	2:30-4:00 PM	$25	104835-04

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

Age: 10-17 years

1/10-2/7	F	5:45-7:15 PM	$50	104845-01
2/14-3/13	F	5:45-7:15 PM	$50	104845-03
Additional Person				
1/10-2/7	F	5:45-7:15 PM	$25	104845-02
2/14-3/13	F	5:45-7:15 PM	$25	104845-04

Thrown Together
Explore basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. **Note:** Registration cost includes two participants. Class is limited to a one adult to one child ratio.

Age: 7 years & up

1/9-2/6	Th	4:00-5:30 PM	$65	104825-01
1/11-2/8	Sa	2:30-4:00 PM	$65	104825-02
2/13-3/12	Th	4:00-5:30 PM	$65	104825-03
2/15-3/14	Sa	2:30-4:00 PM	$65	104825-04

CHILD WITHOUT PARENT PROGRAMS

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

Age: 6-12 years

1/9-2/6	Th	2:15-3:45 PM	$50	104820-01
2/13-3/12	Th	2:15-3:45 PM	$50	104820-02

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

Age: 6-9 years

1/6-2/3	M	4:00-5:15 PM	$50	104805-01
1/8-2/5	W	4:00-5:15 PM	$50	104805-02
2/10-3/9	M	4:00-5:15 PM	$50	104805-03
2/12-3/11	W	4:00-5:15 PM	$50	104805-04

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

Age: 9-13 years

1/9-2/6	Th	4:00-5:30 PM	$50	104810-01
1/10-2/7	F	4:00-5:30 PM	$50	104810-02
2/13-3/12	Th	4:00-5:30 PM	$50	104810-03
2/14-3/13	F	4:00-5:30 PM	$50	104810-04

Teen Wheel & Handbuilding
Learn potter's wheel skills, handbuilding, glazing, and decorating techniques.

Age: 13-17 years

1/7-2/4	Tu	4:30-6:00 PM	$50	104815-01
2/11-3/10	Tu	4:30-6:00 PM	$50	104815-02

LEGEND
NW Denotes no web registration for program
M Denotes program/activity has special membership pricing

Dance & Movement

ADULT PROGRAMS

[BELLY DANCING]

Belly Dancing, Beginner
Tribal style belly dance is a group dance performed in a lead and follow format based on a shared vocabulary of movements and cues. Learn basic, fast, and slow movements, combos, and improvisational dance. Also, improve balance, core strength, and flexibility. Attire: Wear yoga/exercise gear and bring a scarf or sash to tie around hips. **Note:** Ages 16 years & up welcome with instructor approval.

Age: 16 years & up
Location: Senior Center

1/7-1/28	Tu	7:00-8:00 PM	$31	106426-01
2/4-2/25	Tu	7:00-8:00 PM	$31	106426-02

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

Age: 16 years & up
Location: Senior Center

1/7-1/28	Tu	8:00-9:00 PM	$31	106427-01
2/4-2/25	Tu	8:00-9:00 PM	$31	106427-02

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

Age: 16 years & up
Location: Senior Center

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

[BALLET]

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

Age: 18 years & up
Location: Club Tico

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

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

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

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

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

Age: 18 years & up
Location: Club Tico

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

[LINE DANCE]

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

Age: 18 years & up
Location: Senior Center

1/7-1/28	Tu	12:30-1:40 PM	$25	106436-01
2/4-2/25	Tu	12:30-1:40 PM	$25	106436-02

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

Age: 18 years & up
Location: Senior Center

1/7-1/28	Tu	1:45-3:00 PM	$25	106437-01
2/4-2/25	Tu	1:45-3:00 PM	$25	106437-02

Modern

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

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

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

[WEST COAST SWING]

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

West Coast Swing, Beginner continued

instructor approval.

Age: 16
Location: Senior Center

1/8-1/29	W	7:30-9:00 PM	$40	106440-01
2/5-2/26	W	7:30-9:00 PM	$40	106440-02

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

Age: 16 years & up
Location: Senior Center

1/9-1/30	Th	7:30-9:00 PM	$40	106441-01
2/6-2/27	Th	7:30-9:00 PM	$40	106441-02

YOUTH PROGRAMS

[CHILD WITHOUT PARENT PROGRAMS]

BALLET

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

Grade: Kindergarten-2
Location: Club Tico

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

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

Location: Mulberry Pool
Age: 3.5-4 years

1/9-1/23	Th	10:00-10:45 AM	$38	121224-01
2/6-2/27	Th	10:00-10:45 AM	$48	121224-02

Age: 3.5-5 years

1/7-1/28	Tu	4:30-5:15 PM	$48	121224-03
2/4-2/25	Tu	4:30-5:15 PM	$48	121224-04

Location: Northside Aztlan Center
Age: 3.5-4 years

1/10-1/31	F	9:00-9:45 AM	$48	121524-01
2/7-2/28	F	9:00-9:45 AM	$48	121524-02
1/11-2/1	Sa	9:30-10:15 AM	$48	121524-03
2/8-2/29	Sa	9:30-10:15 AM	$48	121524-04

Age: 3.5-5 years

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

Continued on next page

Petite Ballerinas continued

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

Age: 4.5-5 years

1/10-1/31	F	10:00-10:45 AM	$48	121524-07
2/7-2/28	F	10:00-10:45 AM	$48	121524-08
1/11-2/1	Sa	10:30-11:15 AM	$48	121524-09
2/8-2/29	Sa	10:30-11:15 AM	$48	121524-10

Age: 5.5-6 years

1/11-2/1	Sa	11:30 AM-12:15 PM	$48	121524-11
2/8-2/29	Sa	11:30 AM-12:15 PM	$48	121524-12

Petite Ballet

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

Age: 7-11 years

Location: Northside Aztlan Center

1/11-2/1	Sa	12:30-1:25 PM	$52	121526-01
2/8-2/29	Sa	12:30-1:25 PM	$52	121526-02

GENERAL DANCE

Acro Dance

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

Location: Mulberry Pool

Age: 3.5-5 years

1/7-1/28	Tu	5:30-6:15 PM	$48	121213-01
2/4-2/25	Tu	5:30-6:15 PM	$48	121213-02
1/9-1/23	Th	9:45-10:30 AM	$38	121213-03
2/6-2/27	Th	9:45-10:30 AM	$48	121213-04

Age: 6-11 years

1/7-1/28	Tu	6:30-7:30 PM	$52	121213-05
2/4-2/25	Tu	6:30-7:30 PM	$52	121213-06

Dancin' Dumplin's

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

Location: Foothills Activity Center

Age: 3 years

1/9-1/30	Th	11:15 AM-Noon	$45	121704-01
1/10-1/31	F	10:45-11:30 AM	$45	121704-02
2/6-2/27	Th	11:15 AM-Noon	$45	121704-03
2/7-2/21	F	10:45-11:30 AM	$35	121704-04

Age: 4-5 years

1/10-1/31	F	9:30-10:30 AM	$60	121704-05
2/7-2/21	F	9:30-10:30 AM	$45	121704-06

Jazz Dance Gymnastics

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

Age: 6-8 years

Location: Foothills Activity Center

1/9-1/30	Th	4:30-6:00 PM	$89	121705-01
2/6-2/27	Th	4:30-6:00 PM	$89	121705-02

Just Tap

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

Age: 6-8 years

Location: Foothills Activity Center

1/7-1/28	Tu	6:15-7:00 PM	$45	121714-01
2/4-2/25	Tu	6:15-7:00 PM	$45	121714-02

Tiny Pom Dance

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

Age: 3-5 years

Location: 128 Racquette Dr.

1/6-2/10	M	4:00-4:45 PM	$91	121912-01
2/17-3/30	M	4:00-4:45 PM	$91	121912-02
4/6-4/20	M	4:00-4:45 PM	$41	121912-03

TUMBLING

Just Tumbling

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

Age: 7-8 years

Location: Foothills Activity Center

1/8-1/29	W	6:00-7:15 PM	$75	121703-01
2/5-2/26	W	6:00-7:15 PM	$75	121703-02

Tappin' & Tumbling

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

Age: 5-7 years

Location: Foothills Activity Center

1/7-1/28	Tu	4:30-6:00 PM	$89	121706-01
2/4-2/25	Tu	4:30-6:00 PM	$89	121706-02

Tot Tumblers

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

Age: 3-5 years

Location: 128 Racquette Dr.

1/8-2/12	W	10:15-11:00 AM	$91	121911-01
2/19-4/1	W	10:15-11:00 AM	$91	121911-02

Tumble Bumbles

Learn basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use various pieces of equipment. As a result, flexibility, balance, coordination, and self-confidence are developed.

Location: Foothills Activity Center

Age: 4-5 years

1/6-1/27	M	4:30-5:30 PM	$60	121702-01
1/8-1/29	W	11:45 AM-12:45 PM	$60	121702-02
2/3-2/24	M	4:30-5:30 PM	$60	121702-03
2/5-2/26	W	11:45 AM-12:45 PM	$60	121702-04

Age: 5-6 years

1/6-1/27	M	6:00-7:00 PM	$60	121702-05
2/3-2/24	M	6:00-7:00 PM	$75	121702-06

Age: 6-7 years

1/8-1/29	W	4:30-5:30 PM	$60	121702-07
2/5-2/26	W	4:30-5:30 PM	$60	121702-08

CHILD WITH PARENT PROGRAMS

Baby Ballerinas

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

Age: 2-3 years

Location: Mulberry Pool

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

Discover the wonder of dance with

Canyon Concert BALLET

Offering classes in ballet, tap, jazz, hip hop, modern, contemporary, musical theatre, and more for dancers of all ages and abilities!

970-472-4156
1031 Conifer Street, Fort Collins, CO 80524
www.CCBallet.org

Roly Polys

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

Location: Foothills Activity Center

Age: 2 years

1/6-1/27	M	10:30-11:15 AM	$45	121701-01
1/7-1/28	Tu	11:15 AM-Noon	$45	121701-02
1/8-1/29	W	10:30-11:15 AM	$45	121701-03
2/3-2/24	M	10:30-11:15 AM	$45	121701-04
2/4-2/25	Tu	11:15 AM-Noon	$45	121701-05
2/5-2/26	W	10:30-11:15 AM	$45	121701-06

Age: 3 years

1/6-1/27	M	9:30-10:15 AM	$45	121701-07
1/8-1/29	W	9:30-10:15 AM	$45	121701-08
2/3-2/24	M	9:30-10:15 AM	$45	121701-09
2/5-2/26	W	9:30-10:15 AM	$45	121701-10

Day Camps

CAMP FUNQUEST

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

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

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

Camper Groups

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

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

Inclusion Services

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

CAMP FUNQUEST, SCHOOL'S OUT DAYS

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

Red Fox I Age: 6-8 years

Rollerland				
1/6	M	8:00 AM-5:00 PM	$42	115551-01
Chippers Lanes				
1/20	M	8:00 AM-5:00 PM	$42	115551-03
Museum of Discovery				
2/17	M	8:00 AM-5:00 PM	$42	115551-05

Big Horn I Age: 9-11 years

Rollerland				
1/6	M	8:00 AM-5:00 PM	$42	115551-02
Chippers Lanes				
1/20	M	8:00 AM-5:00 PM	$42	115551-04
Museum of Discovery				
2/17	M	8:00 AM-5:00 PM	$42	115551-06

CAMP FUNQUEST, WINTER BREAK CAMP

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

Red Fox I Age: 6-8 years

Museum of Discovery				
12/26-12/27	Th,F	8:00 AM-5:00 PM	$75	115550-01
Loveland Laser Tag				
12/30-1/3	M,Tu,Th,F	8:00 AM-5:00 PM	$144	115550-03

Big Horn I Age: 9-11 years

Museum of Discovery				
12/26-12/27	Th-F	8:00 AM-5:00 PM	$75	115550-02
Loveland Laser Tag				
12/30-1/3	M,Tu,Th,F	8:00 AM-5:00 PM	$144	115550-04

GENERAL CAMPS

Chessmates Chess Camp

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

Age: 6-11 years

Location: Northside Aztlan Center

12/30-12/31	M,Tu	9:00 AM-4:00 PM	$85	118792-01
1/2-1/3	Th,F	9:00 AM-4:00 PM	$85	118792-02

LEGO® Winter Wonderland

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

Age: 6-12 years

Location: Northside Aztlan Center

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

LEGO® Harry Potter

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

Age: 6-12 years

Location: Northside Aztlan Center

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

LEGO® Animal Architects

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

Location: Northside Aztlan Center

Age: 5-7 years				
1/20	M	9:00 AM-Noon	$39	115572-01
Age: 8-12 years				
1/20	M	1:00-4:00 PM	$39	115572-02

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

Location: Northside Aztlan Center

Age: 5-7 years				
2/17	M	9:00 AM-Noon	$39	115573-01
Age: 8-12 years				
2/17	M	1:00-4:00 PM	$39	115573-02

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

Age: 6-14 years
Location: Foothills Activity Center

Pop Art, Warhol & Lichtenstein				
1/6	M	8:30 AM-3:30 PM	$70	118984-01
Dots & Mosaics, Van Gogh & Seurat				
1/20	M	8:30 AM-3:30 PM	$70	118984-02
Splatter, Jackson Pollack				
2/17	M	8:30 AM-3:30 PM	$70	118984-03

Early Learning

Early Learning programs are tailored toward children ages 6 years & under and are designed to enrich both their social and educational skills. Child without Parent Classes are designed for kids ages 3 years and older. Classes in which parents are required or permitted to attend are listed in the Child with Parent Classes on page 44.

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

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

Inclusion Services

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

CHILD WITHOUT PARENT PROGRAMS: 2-6 YEARS

[FUNTIME CLASSES]

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

Curious Twos

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

Age: 2 years
Location: Northside Aztlan Center

12/3-12/19	Tu,Th	9:30-10:30 AM	$46	117504-01
12/3-12/19	Tu,Th	11:00 AM-Noon	$46	117504-02
1/7-1/30	Tu,Th	9:30-10:30 AM	$61	117504-03
1/7-1/30	Tu,Th	11:00 AM-Noon	$61	117504-04
2/4-2/27	Tu,Th	9:30-10:30 AM	$61	117504-05
2/4-2/27	Tu,Th	11:00 AM-Noon	$61	117504-06

Funtime Discovery

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

Age: 2.5-3.5 years
Location: Northside Aztlan Center

12/3-12/19	Tu,Th	1:00 PM-11:30 AM	$79	117503-01
1/7-1/30	Tu,Th	1:00-3:00 PM	$105	117503-02
2/4-2/27	Tu,Th	1:00-3:00 PM	$105	117503-03
4/6-5/13	M,W,F	9:30 AM-Noon	$248	217501-01

Funtime for Preschoolers

Participate in arts and crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play. Children must be 3 years of age by 9/15/2019. Previous class experience recommended.

Age: 3-4 years
Location: Northside Aztlan Center

12/2-12/20	M,W,F	9:30 AM-Noon	$124	117501-01
1/8-2/14	M,W,F	9:30 AM-Noon	$248	117501-02
2/19-4/3	M,W,F	9:30 AM-Noon	$234	117501-03
4/6-5/13	M,W,F	9:30 AM-Noon	$248	217500-01

Funtime Pre-K

Develop fundamental kindergarten readiness skills. Focus on small-motor skills, literacy, emerging reading/writing and pre-math skills, arts and crafts, movement/physical education, drama, and development of social skills. Children must be 4 years of age by 9/15/2019.

Age: 4-5 years
Location: Northside Aztlan Center

12/2-12/20	M,W,F	1:00-4:00 PM	$124	117500-01
1/8-2/14	M,W,F	1:00-4:00 PM	$248	117500-02
2/17-4/3	M,W,F	1:00-4:00 PM	$234	117500-03
4/6-5/13	M,W,F	1:00-4:00 PM	$248	217500-01

[ARTS & CRAFTS]

Art in the Afternoon

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

Age: 3-6 years
Location: Northside Aztlan Center

12/3-12/17	Tu	1:00-2:30 PM	$36	116508-01
2/4-2/18	Tu	1:00-2:30 PM	$36	116508-02

Art Studio for Pre-K

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

Age: 3-6 years
Location: Northside Aztlan Center

Holiday Art				
12/3	Tu	10:00-11:30 AM	$17	116506-01
12/10	Tu	10:00-11:30 AM	$17	116506-02
Watercolors				
1/7	Tu	10:00-11:30 AM	$17	116506-03
Clay				
1/21	Tu	10:00-11:30 AM	$17	116506-04
Valentines				
2/4	Tu	10:00-11:30 AM	$17	116506-05
Paper Art				
2/18	Tu	10:00-11:30 AM	$17	116506-06
Crayon Resist				
3/3	Tu	10:00-11:30 AM	$17	116506-07

Creative Clay

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

Age: 4-7 years
Location: Mulberry Pool

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

Cupcakes 'n Canvas, Pre-K

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

Age: 3-7 years
Location: Carnegie Center for Creativity, 200 Mathews St.

Age: 3-4 years				
Holiday				
12/3	Tu	1:00-2:00 PM	$25	117929-01
Peace Collage				
1/20	M	9:00-10:00 AM	$25	117929-03
Sloth				
2/17	M	1:00-2:00 PM	$25	117929-05
Age: 4-7 years				
Holiday				
12/3	Tu	4:00-5:30 PM	$35	117929-02
Peace collage				
1/20	M	10:30 AM-Noon	$35	117929-04
Sloth				
2/17	M	10:30 AM-Noon	$35	117929-06

Elves on Shelves

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

Age: 3-7 years
Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years				
12/10	Tu	2:00-3:00 PM	$30	116940-01
Age: 4-7 years				
12/10	Tu	4:00-5:30 PM	$30	116940-02

Glitter Love Collage

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

Age: 3-4 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

Holiday Cityscapes

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

Age: 3-4 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

I Can Draw & Paint

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

Age: 4-7 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

Paint Me a Story

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

Age: 4-6 years
Location: Carnegie Center for Creativity, 200 Matthews St.

12/12	Th	10:30-11:30 AM	$20	117984-01
1/9	Th	10:30-11:30 AM	$20	117984-02
2/13	Th	10:30-11:30 AM	$20	117984-03

Pre-K CreARTe

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

Age: 3-4 years
Location: Carnegie Center for Creativity, 200 Matthews St.

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

Watercolor Landscapes

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

Age: 3-7 years

Continued on next page

Watercolor Landscapes continued

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years

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

Age: 4-7 years

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

Winter Cardinals

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

Age: 3-4 years

Location: Carnegie Center for Creativity, 200 Matthews St.

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

[COOKING]

Once Upon A Time in the Kitchen

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

Age: 3-6 years

Location: Northside Aztlan Center

12/5-12/19	Th	1:00-2:30 PM	$35	117522-01
1/9-1/23	Th	1:00-2:30 PM	$35	117522-02

[GENERAL PROGRAMS]

A Pirates Life for Me

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

Age: 3-6 years

Location: Foothills Activity Center

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

Fancy Nancy

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

Age: 3-6 years

Location: Foothills Activity Center

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

Fun & Fitness

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

Age: 2-4 years

Location: Foothills Activity Center

12/2-12/18	M,W	9:30-11:30 AM	$79	117758-01
12/3-12/19	Tu,Th	9:30-11:30 AM	$79	117758-02
1/8-1/29	M,W	9:30-11:30 AM	$79	117758-03
1/7-1/30	Tu,Th	9:30-11:30 AM	$105	117758-04
2/3-2/26	M,W	9:30-11:30 AM	$92	117758-05

Fun and Fitness continued

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

Location: Mulberry Pool

12/2-12/18	M,W	9:30-11:30 AM	$79	117258-01
1/8-1/29	M,W	9:30-11:30 AM	$79	117258-02
2/3-2/26	M,W	9:30-11:30 AM	$92	117258-03

Holiday Gifts by Me

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

Age: 3-6 years

Location: Foothills Activity Center

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

Hospital Helpers

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

Age: 3-6 years

Location: Foothills Activity Center

12/5-12/19	Th	1:00-2:30 PM	$35	117545-01
2/20-3/5	Th	1:00-2:30 PM	$35	117545-02

I Want to be a Scientist

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

Age: 3-6 years

Location: Northside Aztlan Center

Concoctions

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

Flight

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

Oceanography

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

Astronomy

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

Zoology

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

Magnets

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

Entomology

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

Vet Medicine

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

Paleontology

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

Reptiles

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

LEGO® with Friends

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

Continued on next page

LEGO® with Friends continued

Age: 3-6 years
Location: Foothills Activity Center

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

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

Age: 3-6 years
Location: Foothills Activity Center

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

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

Age: 3-6 years
Location: Foothills Activity Center

1/10	F	10:00-11:30 AM	$16.50	117737-01

Playdough World
Create scented and edible playdough.

Age: 3-6 years
Location: Foothills Activity Center

1/30-2/13	Th	1:00-2:30 PM	$35	117747-01

Pretend with Friends
One of the first and best ways to learn is though play. Learn through guided and interactive free play, arts, crafts, and games designed to encourage the imagination.

Age: 3-6 years
Location: Foothills Activity Center

Construction Crew				
1/17	F	10:00-11:30 AM	$17	117750-01
Camping				
1/24	F	10:00-11:30 AM	$17	117750-02
Zookeeper				
1/31	F	10:00-11:30 AM	$17	117750-03
Office				
2/27	F	10:00-11:30 AM	$17	117750-04
Bakery				
2/14	F	10:00-11:30 AM	$17	117750-05
Pizzeria				
2/21	F	10:00-11:30 AM	$17	117750-06
Grocery Store				
2/28	F	10:00-11:30 AM	$17	117750-07

Storybook Theater
Fairytales and traditional children's stories provide a familiar base for acting skills. New stories are introduced each session.

Age: 3-6 years
Location: Foothills Activity Center

12/3-12/17	Tu	1:00-2:30 PM	$35	117730-01
2/18-3/3	Tu	1:00-2:30 PM	$35	117730-02

Superheroes
Create superheroes, then dress up and play like legendary superheroes.

Age: 3-6 years
Location: Foothills Activity Center

1/7-1/21	Tu	1:00-2:30 PM	$35	117748-01

Those Amazing Dinosaurs
Learn about favorite dinosaurs, hunt for fossils, classify by characteristics, and maybe create a dinosaur from the imagination.

Age: 3-6 years
Location: Northside Aztlan Center

1/7-1/21	Tu	1:00-2:30 PM	$35	117508-01
2/6-2/20	Th	1:00-2:30 PM	$35	117508-02

Ultimate Fort Making
Construct a fort with blankets, towels, parachutes, boxes, hula hoops, floor mats, and any found objects. **Note:** Snack provided.

Age: 3-6 years
Location: Foothills Activity Center

2/4	Tu	1:00-2:30 PM	$15	117739-01

[S.T.E.M.]

Discover STEM
Preschoolers are introduced to S.T.E.M. education through guided and self-discovered age-appropriate activities.

Age: 3-6 years
Location: Foothills Activity Center

1/8-1/22	W	1:00-2:00 PM	$35	117763-01

Preschool Tools
Under close supervision preschoolers have hands-on practice with hammers and nails, screws and screwdrivers, and nuts and bolts.

Age: 3-6 years
Location: Foothills Activity Center

1/29-2/12	W	1:00-2:00 PM	$30	117756-01

PARENT WITH CHILD PROGRAMS

[ARTS & CRAFTS]

Art Start
Hands-on independent art activities to inspire imagination and self-esteem. Explore, collage, cut, tear, drizzle, drip, paste, and paint. **Note:** Enter building through rear door.

Age: 18 months-3 years
Location: Carnegie Center for Creativity, 200 Matthews St.

12/4-12/18	W	9:30-10:30 AM	$45	117983-01
1/8-1/29	W	9:30-10:30 AM	$55	117983-02
2/5-2/26	W	9:30-10:30 AM	$55	117983-03

I Can Do it Myself
Enjoy themed activities including arts and crafts, movement, and making new friends.

Age: 15 months-2 years
Location: Carnegie Center for Creativity, 200 Matthews St.

Holiday				
12/23	M	9:30-10:30 AM	$20	117567-01
Valentines				
2/6	Th	9:30-10:30 AM	$20	117567-02

I Can Do it, Too
Enjoy themed activities together with Mom and/or Dad. **Note:** Enter building through rear door.

Age: 2 years
Location: Carnegie Center for Creativity, 200 Matthews St.

Holiday				
12/23	M	11:00 AM-Noon	$20	117568-01
Valentines				
2/6	M,Th	11:00 AM-Noon	$20	117568-02

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

Age: 2-3 years
Location: Carnegie Center for Creativity, 200 Matthews St.

12/12	Th	9:30-10:15 AM	$20	117985-01
1/9	Th	9:30-10:15 AM	$20	117985-02
2/13	Th	9:30-10:15 AM	$20	117985-03

Small Hands, Big Messy Art
Get hands on with paint, playdough, and shaving cream.

Age: 18 months-2 years
Location: Mulberry Pool

12/3-12/17	Tu	10:00-11:00 AM	$28	117285-01
2/18-3/3	Tu	10:00-11:00 AM	$28	117285-02

[DROP-IN]

Tot Gym
Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course, and other activities are set up. Children must be accompanied by an adult. $2.50 per child, adults are free. **Note:** Free admission for babies accompanying an older sibling and do not participate. Class will not be held on 12/25, 1/1. No Tot Gym at Foothills Activity Center during PSD Winter Break, 12/21-1/3.

Age: 0-5 years
Location: Northside Aztlan Center

12/3-2/28	M-F	10:00 AM-Noon	$2.50	117598-01
Location: Foothills Activity Center				
12/4-2/28	Tu,W,F	10:00 AM-Noon	$2.50	117798-01

[GENERAL PROGRAMS]

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

Age: 2 years
Location: Mulberry Pool

1/7-1/21	Tu	10:00-11:00 AM	$28	117261-01

Parent & Tot Science
Explore the world of science by making and doing all kinds of fun science experiments.

Age: 2-3 years
Location: Mulberry Pool

1/28-2/11	Tu	10:00-11:00 AM	$28	117260-01

Reptile Petting Zoo
Learn about reptiles and amphibians from Northern Colorado Herpetological Society members. Features a hands-on experience with both local and global reptiles. **Note:** Reduced rate of $5 for siblings after one full price enrollment. Accompanying adults and siblings ages 2 and under are free.

Age: 3-11 years
Location: Northside Aztlan Center

Reptile Petting Zoo				
1/18	Sa	10:00-11:30 AM	$15	118565-01
2/15	Sa	10:00-11:30 AM	$15	118565-03
Additional Sibling				
1/18	Sa	10:00-11:30 AM	$5	118565-02
2/15	Sa	10:00-11:30 AM	$5	118565-04

You & Me Book Group
Explore popular children's books through reading, storytelling, and arts and crafts. Create a love for reading and develop early literacy and listening skills. New books presented each week.

Age: 2-4 years
Location: Mulberry Pool

1/9-1/23	Th	10:00-11:00 AM	$25	117716-01

LEGEND
NW Denotes no web registration for program
M Denotes program/activity has special membership pricing

[MUSIC & THEATRE]

Music Together

Celebrate 20 years of Family Music Making with the Music Together program. Experience musical growth through singing, movement, and instrument play in a creative yet structured environment. Tuition includes picture songbook, CD, music download, "Hello Everybody" app, and parent education resources. **Note:** Discount available for additional sibling 9 months and older. No fee for siblings ages 8 months and under. Class will not be held on 1/20, 2/17, 3/16.

Age: 0-4 years
Location: Foothills Activity Center

Music Together				
1/6-3/23	M	9:30-10:15 AM	$185	118776-01
1/6-3/23	M	10:30-11:15 AM	$185	118776-03
1/6-3/23	M	11:30 AM-12:15 PM	$185	118776-05
Additional Sibling				
1/6-3/23	M	9:30-10:15 AM	$140	118776-02
1/6-3/23	M	10:30-11:15 AM	$140	118776-04
1/6-3/23	M	11:30 AM-12:15 PM	$140	118776-06

Zumbini-Demo Class

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

Age: 0-4 years
Location: Northside Aztlan Center

12/19	Th	9:15-10:00 AM	No Fee	118577-01
12/19	Th	10:30-11:15 AM	No Fee	118577-02

Zumbini

Created by Zumba and BabyFirst, the Zumbini program combines music and dance for a fun and educational child and caregiver interactive experience. Materials include 20 songs on the Zumbini app, CD, songbook, and plush toy. **Note:** Discount available for additional sibling. Must meet age requirement. No fee for siblings 6 months and under. Class will not be held on 12/27, 1/3.

Age: 0-4 years
Location: Northside Aztlan Center

Zumbini				
1/9-2/27	Th	9:15-10:00 AM	$130	118578-01
1/9-2/27	Th	10:30-11:15 AM	$130	118578-03
Additional Sibling				
1/9-2/27	Th	9:15-10:00 AM	$15	118578-02
1/9-2/27	Th	10:30-11:15 AM	$15	118578-04

Education

ADULT PROGRAMS

[CASINO GAMES]

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

Age: 21 years & up
Location: Senior Center

1/8	W	10:00-11:30 AM	$10	107464-01

Craps: Be Casino Ready
Learn the basics of craps, as well as casino rules and etiquette, rules of the game, understanding odds, play, and betting strategies.

Age: 21 years & up
Location: Senior Center

1/14	Tu	10:00 AM-Noon	$20	107465-01

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

Age: 21 years & up
Location: Senior Center

1/20	M	10:00-11:30 AM	$10	107463-01

[COOKING]

One-on-One Nutritional Instruction
Private consultations and cooking classes for those interested in improving overall health available. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping. Instruction is provided by Sapna Von Reich, a certified health coach. For more information and to schedule a session, contact 970.221.6644.

Age: 18 years & up
1-hour session for 1 person $60
1-hour session for 2 people $80

Instant Pot Desserts
Decadent desserts with wholesome ingredients for holiday gatherings. All recipes are vegan friendly. Menu: cardamom steel-cut oats pudding, chocolate cake, and a spice cake.

Age: 14 years & up
Location: Senior Center

12/4	W	6:00-8:15 PM	$40	107422-02

Christmas Curries
Make three Indian Curries - one red, one green, and one white. Make curry pastes for each recipe, and then add different ingredients to complete the curries. All recipes are vegan and gluten free.

Age: 14 years & up

Christmas Curries continued

Location: Senior Center

12/9	M	6:00-8:15 PM	$40	107423-02

Cooking in the Wild
Learn new techniques to save time and energy while cooking a delicious meal in the outdoors. Discuss appropriate leave no trace principles that support proper food storage, cleaning, and placement for backcountry safety.

Age: 18 years & up
Location: Senior Center

12/11	W	11:00 AM-1:00 PM	$60	107438-01

Cooking Around the World
Learn about a new country each week through its cuisine. All recipes are simple adaptations with locally available ingredients for convenience. Meals take 30-40 minutes to prepare. All supplies are included. Vote on which country's cuisine to cook for the following week.

Age: 14 years & up
Location: Senior Center

1/7-1/28	Tu	6:30-7:30 PM	$60	107437-01

Cooking with Thai Herbs
Learn to use Thai favored herbs, as well as cooking tips and tricks, and how to choose quality ingredients to make meals taste great. **Note:** Bring an apron. Notify instructor of any food allergies.

Age: 18 years & up
Location: Senior Center

Menu: Thai coconut soup (Tom Kha), stir fry basil chicken, lemongrass salad, and lemongrass tea.

1/8	W	6:00-8:30 PM	$40	107434-01

Thai Street Food
Menu: satay chicken, peanut sauce, cucumber salad, and Thai iced tea.

2/4	Tu	6:00-8:30 PM	$40	107434-02

Curry in a Snap
Speedy preparation and easy recipes to create some quick curries. Meals take 20 minutes to prepare. Menu: Chana masala, spicy potato curry, and tikka masala sauce.

Age: 14 years & up
Location: Senior Center

1/16	Th	6:00-8:15 PM	$40	107424-01

Ethiopian Made Easy
Learn to make a healthy and easy vegetarian Ethiopian meal. Cook with all the colors of the rainbow. Menu: key sir alicha (beets and potato stew), swiss chard gomen, chickpea wot, kik alicha (yellow split peas), and instant teff flour crepe.

Age: 14 years & up
Location: Senior Center

1/22	W	6:00-8:15 PM	$40	107428-01

Indian Breakfast 101
Learn to make savory, delicious, warm, and hearty authentic Indian breakfasts. Recipes are gluten-free and vegan. Menu: masala oats, Idlis (steamed rice and lentil cakes) with coconut chutney, ginger tea, and amaranth cardamom pudding.

Age: 14 years & up
Location: Senior Center

1/27	M	6:00-8:15 PM	$40	107425-01

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

Age: 14 years & up
Location: Senior Center

2/12	W	6:00-8:15 PM	$40	107429-01

Homemade Indian Flatbreads
Impress others with exotic and fantastic Indian bread. Menu: spinach and mint bread, cauliflower and spiced chickpea flour bread, potato-stuffed bread, and chai tea.

Age: 14 years & up
Location: Senior Center

2/18	T	6:00-8:15 PM	$40	107432-01

Cooking for Passover Seder
Learn traditional Sedar recipes in preparation for Passover on April 8. Menu: Matzo ball soup, charoset, and tzimmes.

Age: 18 years & up
Location: Senior Center

2/25	Tu	6:00-8:30 PM	$40	107421-01

[CPR & FIRST AID]

First Aid, CPR & AED
Learn basic first aid procedures, as well as adult, child, and infant CPR. Suited for daycare providers. ECSI certificate emailed upon completion. Course book included.

Age: 14 years & up
Location: Senior Center

12/7	Sa	9:00 AM-5:00 PM	$78	107441-01
1/11	Sa	9:00 AM-5:00 PM	$78	107441-02
2/8	Sa	9:00 AM-5:00 PM	$78	107441-03

BLS Provider
This American Heart Association course meets the BLS training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification emailed upon completion.

Age: 18 years & up
Location: Senior Center

12/11	W	5:30-9:30 PM	$78	107442-01
1/15	W	5:30-9:30 PM	$78	107442-02
2/12	W	5:30-9:30 PM	$78	107442-03

[IN THE CITY]

Transfort Travel Training
Learn how to read the bus schedule, plan a bus trip, and see how rider tools make riding easier than ever. Training starts at the Downtown Transit Center. Ride the MAX to the South Transit Center and back Downtown.

Age: 14 years & up
Location: Downtown Transit Center, 250 N. Mason St.

12/10	Tu	10:00 AM-Noon	No Fee	107976-01
1/14	Tu	10:00 AM-Noon	No Fee	107976-02
2/11	Tu	10:00 AM-Noon	No Fee	107976-03

Reduced Fee Info Session
Learn about the City of Fort Collins' Reduced Fee Program with Recreation. Speak to Recreation staff and gain assistance with documentation. Applications will not be accepted during sessions.

Age: 18 years & up
Location: Senior Center

1/18	Sa	3:00-5:00 PM	No Fee

Location: Northside Aztlan Center

2/15	Sa	9:00-11:00 AM	No Fee

[MUSIC, ART, & THEATRE]

Guitar
Discover the basics of the instrument, from proper tuning to strumming chords, and picking tunes. Learn to read guitar tabs and play at home. All levels welcome. **Note:** Bring own guitar.

Age: 18 years & up
Location: Senior Center

12/4-12/18	W	7:00-8:00 PM	$60	107491-01
1/8-1/29	W	7:00-8:00 PM	$80	107491-02
2/5-2/26	W	7:00-8:00 PM	$80	107491-03

Introduction to Photography
Learn the basics of photography including camera operation, exposure, and composition through an interactive slideshow and workshop. An SLR or mirrorless camera recommended, but not required.

Age: 18 years & up
Location: Senior Center

12/12	Th	6:00-8:00 PM	$27	107450-01
1/8	W	6:00-8:00 PM	$27	107450-02

Introduction to Stage Acting
Learn the basics of stage acting from terminology to preparation for auditions. Discover unique personal talents through theater games, improvisation, and thinking outside the box. No experience necessary. Dress comfortably.

Age: 16 years & up
Location: Senior Center

1/15-2/19	W	6:00-8:00 PM	$60	107495-01

Summer Camps at FCMoD

Registration opens Tuesday, January 21st

Early Member Registration starts Friday, January 17th

Visit www.fcmod.org/summer to register!

FORT COLLINS
MUSEUM OF
DISCOVERY

408 Mason Court
970.221.6738
www.fcmod.org

Shutterbugs & Cervezas
Learn the basics of photography including camera operation, exposure, and composition while enjoying a flight of beer and a pint of your choice from O'Dell Brewing. Registration includes tastings and door-to-door transportation. **Note:** All participants must bring a valid photo ID and will be picked up at home for the trip. Staff will call two days prior to the trip with pick up times; door-to-door transportation may add up to an hour both prior to and after listed trip time.

Age: 21 years & up
Location: O'Dell Brewing, 800 E. Lincoln Ave.

1/17	F	6:30-8:00 PM	$65	107953-01

Portrait Photography 101
Learn the fundamentals of portrait photography including equipment, lighting, and posing techniques. Designed for those interested in improving personal family photos. A basic understanding of shutter speed, ISO, and aperture is recommended, but not required.

Age: 18 years & up
Location: Senior Center

1/29	W	6:00-8:00 PM	$27	107452-01

Nature Photography 101
Through interactive practice, learn about camera equipment, exposure, composition, and lighting as it pertains to subjects in nature. Bring an SLR camera.

Age: 18 years & up
Location: Senior Center

2/12	W	6:00-8:30 PM	$27	107451-01

[S.T.E.M.]

Glass Fusing & Slumping, Beginner
Learn the basics of color coordination, glass cutting, fusing, and slumping by making at least four coasters. Tools and materials provided. No experience necessary.

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

12/4	W	6:00-9:00 PM	$90	107996-01
1/29	W	6:00-9:00 PM	$90	107996-02

Genealogy, Beginner
Explore personal family genealogy by using Familysearch, a free genealogy website. Learn how to set up an account, enter known family history, and connect to existing genealogies. Limited computers available, personal devices encouraged. **Note:** Use the entrance on West side of building to access the Fort Collins Colorado Family History Center.

Age: 18 years & up
Location: The Church of Jesus Christ of Latter-Day Saints, 600 E. Swallow St.

12/5-12/19	Th	7:00-8:00 PM	No Fee	107955-01
1/9-1/30	Th	7:00-8:00 PM	No Fee	107955-02
2/6-2/27	Th	7:00-8:00 PM	No Fee	107955-03

Wood Jewelry
Create unique light weight wooden earrings and pendants with a laser cutter. Bring color to pieces by hand dying the wood with alcohol ink stains. Learn how to open jump rings, create unique chains and add perfect findings for designs. Also, laser cut a jewelry card for display or a gift.

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

12/5	Th	6:00-8:30 PM	$29	107992-01
2/27	Th	6:00-8:30 PM	$29	107992-02

Personalized Cuff Bracelet
Create a personalized, hand stamped aluminum cuff bracelet. Learn how to hand stamp, oxidize and use bending pliers to form and finish the bracelet. Also, laser cut a jewelry card for display or a gift.

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

12/12	Th	6:00-8:30 PM	$29	107999-01
2/6	Th	6:00-8:30 PM	$29	107999-02

Glass Fusing and Slumping, Continued
Learn about glass cutting, fusing, and slumping by designing a larger piece with 3D effect (8" x 8" or 10" x 10"). Tools and materials provided. No experience necessary.

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

12/18	W	6:00-9:00 PM	$90	107997-01
2/12	W	6:00-9:00 PM	$90	107997-02

Fusion 360
Fusion 360 is a 3D CAD, CAM, and CAE in a single cloud-based platform that works on PC, Mac, and mobile devices. It is free for qualifying hobbyist makers. Learn to sketch and model, then focus on assemblies and drawings tailored to the interests of the class. **Note:** Must attend first session.

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

1/13-1/27	M	6:00-9:00 PM	$24	107954-01

Silver Stamped Charm Necklaces
Create a personalized hand stamped charm pendant in sterling silver. Learn how to hand stamp, oxidize and finish a sterling silver disc charm. Use texture hammers to add additional textures. Sterling silver chain provided. Also, laser cut a jewelry card for display or a gift.

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

1/16	Th	6:00-8:30 PM	$35	107998-01

Leather Earrings
Create a custom design for leather earrings or a pendant using a laser cutter or Cricut Explore. Learn how to open jump rings, create unique chains, and add perfect findings for pieces. Also, laser cut a jewelry card for display or a gift.

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

1/23	Th	6:00-8:30 PM	$29	107993-01
2/20	Th	6:00-8:30 PM	$29	107993-02

[PARENTING]

How to Talk to Kids about S.E.X.
Strategies on how and when to talk with kids about sex. Learn what's healthy for them to know, and how to stay calm when kids start asking questions.

Age: 18 years & up
Location: Northside Aztlan Center

12/7	Sa	Noon-1:00 PM	$20	107581-01
1/25	Sa	Noon-1:00 PM	$20	107581-02

FAMILY PROGRAMS

Basic American Sign Language
Learn the alphabet and numbers as well as everyday words in the categories of family, food, animals, colors, and vehicles as a family. **Note:** Recommended for children ages 7 to 11 years with parents/guardians.

Age: 7 years & up
Location: Northside Aztlan Center

Level 1				
1/8-1/29	W	6:00-7:30 PM	$50	107582-01
2/5-2/26	W	5:30-7:00 PM	$50	107582-02
Level 2				
2/5-2/26	W	7:00-8:30 PM	$50	107582-03

YOUTH PROGRAMS

[GENERAL]

Ultimate Babysitting Bootcamp
Learn business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification for Babysit. **Note:** Please bring a sack lunch, pencil, paper, and snacks.

Age: 11-16 years
Location: Northside Aztlan Center

1/20	M	Noon-8:00 PM	$85	115575-01

Theatre Players
Learn about theatre through story dramatization. Bring a character and story to life, memorize lines, and hone acting skills. Dress

Theatre Players continued

rehearsal and final performance on 2/29 from 1-4 p.m. Presented in collaboration with the Fort Collins Children's Theatre.

Age: 8-12 years
Location: Northside Aztlan Center

1/7-2/25	Tu	4:30-6:00 PM	$130	118925-01

[S.T.E.M.]

Intro to 3D Printing
Learn the basics of shape creation and design with 3D printing.

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

2/22	Sa	9:00 AM-Noon	$20	115973-01

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

Age: 14 years & up
Location: Creator Hub, 1304 Duff Dr. # 15

1/11	Sa	9:30AM-Noon	$50	115971-01

Intro to Soldering
Learn the basics of soldering. Discover safety, theory, and technique to build a lantern lit by a flickering "candle" circuit board Projects will be taken home at the end of class.

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

1/25	Sa	9:00-11:00 AM	$20	115970-01

Raspberry Pi 101
Receive a Raspberry Pi Zero, breadboard case, LEDs, buttons and jumper wires to build a dynamic system. The SD card will be preprogrammed to allow direct interface with a PC via a micro USB cable for further education.

Age: 14 years & up
Location: Creator Hub, 1304 Duff Dr. #15

2/1	Sa	9:00 AM-Noon	$55	115977-01

YEL EV3 Robotics
EV3 is the most current robotics system from LEGO® Mindstorms. Build a basic EV3 robot, program, test, and modify a robot to accomplish tasks and challenges.

Age: 11-16 years
Location: Northside Aztlan Center

12/7-2/8	Sa	10:00-11:30 AM	$157	115581-01

YEL Junior Robotics
Learn S.T.E.M. engineering with projects to build an alligator and race with LEGO® bricks. Program creations to race, chew, and make noise with drag-and-drop software.

Age: 6-10 years
Location: Northside Aztlan Center

12/7-2/8	Sa	9:00-10:00 AM	$144	115580-01

The Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

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

It's easy to adopt: choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and his/her name listed at The Farm. All adoptive parents are invited to a special event at The Farm in December.

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

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

Birthday Parties

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

The Farm Store

Looking for a unique farm-related gift? The Farm Store is the place to shop. We are stocked with farm toys, puzzles, t-shirts, and novelties.

The Farm Museum & Ross Proving-Up House

Take a walk-through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used. Test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Also, visit the Ross Proving-Up House to learn about the first settlers of Fort Collins.

Volunteer

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

Pony Rides NW

Go on a pony ride. Parents lead cowpokes for up to 10 minutes in the arena. Closed-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. **Note:** Pony rides are available weather permitting.

4/6-10/20	Sa	11:00 AM-4:00 PM
	Su	1:00-4:00 PM

FAMILY PROGRAMS

Breakfast with Santa

Santa Claus reads the list of good boys and girls, then all enjoy a light breakfast, hayrides, and time for children to sit on Santa's lap. Bring a camera. A gift from Santa highlights the morning. **Note:** Each child must have a paid adult in attendance; paid registration required for all attendees.

Age: 3-5 years				
11/30	Sa	9:00-10:00 AM	$13	108622-01
12/1	Su	9:00-10:00 AM	$13	108622-02
Age: 18 years & up				
11/30	Sa	9:00-10:00 AM	$10	108622-1A
12/1	Su	9:00-10:00 AM	$10	108622-2A

Tractors Galore

Designed for those who love tractors. Play with tractors, read stories, learn about how tractors work, and make a tractor book.

Age: 3-5 years				
2/6-2/20	Th	9:00-10:00 AM	$26	108612-01

Farmer Round Up

Explore The Farm and learn about the hayloft, chicken house, and barn. Farmers also read and tell stories and make craft projects to take home.

Age: 3-5 years				
2/6-2/20	Th	10:30-11:30 AM	$26	108628-01

Farm Fun Club

Learn about each animal through games, stories, crafts, and activities. Each class features a different animal and activities, so it is possible to register for more than one.

Age: 5-7 years				
Cows				
2/1	Sa	1:00-3:00 PM	$15	108635-01
Goats & Sheep				
2/8	Sa	1:00-3:00 PM	$15	108635-02
Ponies				
2/15	Sa	1:00-3:00 PM	$15	108635-04

Under the Lights

Spend the night at The Farm under the holiday lights. Bring a favorite stuffed animal and enjoy games, crafts, stories, and wonder. "Midnight" snack and light breakfast provided.

Age: 7-10 years				
12/20-12/21	F,Sa	7:00 PM-8:30 AM	$46	108636-01

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

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FITNESS WEEK

Become your best you. We'll help.

FREE DROP-IN AVAILABLE

for all fitness classes from Dec. 30 – Jan. 5.
No class on Jan. 1. No registration required.

THIS WEEK ONLY!
20 Fitness Class Punch Pass for only $100.*

For more details and a schedule of classes, visit *fcgov.com/fitness*.

20 Fitness Class Punch Passes are available for $100 * (a $135 value) from December 30 to January 5 only.

Punch passes expire one year from the date of purchase.

Follow us at FCRecreator

City of Fort Collins Recreation | Recreator

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

Fitness & Wellness

General Information

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

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays: 5-week sessions are marked with an asterisk (*).

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

Active facility pass holders receive 70% off enrollment price of Fitness Classes. **Note:** Wellness programs and 25 admission passes are not eligible for the discount.

Drop-in Policy

See page 7 for fitness class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number of a fitness class. Reduced rates do not apply to the daily drop-in fee.

Class Specifics

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

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

For family, youth, and teen fitness classes, see page 64.

For 50 years and up fitness classes, see page 93.

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

Free Fitness Week

Try out any of our fitness classes for free December 30 through January 5. Free drop-in available for all classes, no registration required. Also, purchase a 20 Fitness Punch Pass for only $100. Only available during Free Fitness Week. For more details and the schedule of classes being offered visit fcgov.com/fitness.

Blood Pressure Clinic

Meet one-on-one with a registered nurse to check blood pressure and talk about heart health. No appointment necessary. Provided by the Health District.

Location: Senior Center

12/9, 1/13, 2/10	10:00 AM-Noon	No Fee

Cholesterol Clinic

Meet one-on-one with a registered nurse for a cholesterol panel, glucose test, and blood pressure check. Includes explanation of test results, interactive discussion, and recommendations. Appointments

Cholesterol Clinic continued

required; call the Health District at 970.224.5209. **Note:** Clinics held in February are free for Health District residents.

Location: Senior Center

12/3, 12/19, 1/7, 1/16, 2/4, 2/8, 2/20	8:00-10:30 AM	$15

Location: Northside Aztlan Center

12/11, 2/26	8:00-10:30 AM	$15

Manicure/Pedicure/Nail Care NW

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweetheart Nails. Appointments required; call 970.221.6644 or visit the Senior Center front desk.

Age: 18 years & up
Location: Senior Center
Thursdays 10:00 AM-4:00 PM

Basic Manicure or Pedicure	$36	60 minutes
Spa Manicure or Pedicure	$54	90 minutes
Combo Spa $72	120 minutes	
Toenail Clip $18	30 minutes	

Personal Training NW

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

Personal Training Pricing

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

Arthritis Education & Support Group NW

A meet up group to offer information and support for those who have arthritis and their family members, friends, and caregivers. Learn more, find resources, meet people, network, and share experiences. To register or for more information contact the Aspen Club, 970.495.8560.

Location: Senior Center

2/17	11:30 AM-1:00 PM	No Fee

UNDERSTANDING YOUR BLOOD

BY SUSAN CUNNINGHAM, FOR UCHEALTH

Coursing just below the surface of your skin is your body's very own transportation highway: your blood.

It brings oxygen and nutrients to cells, allows the brain and organs to communicate, and helps the immune system fend off illness. And, one small vial of blood can reveal a lot about your health.

THE COMPONENTS

Blood has four main components – red blood cells, white blood cells, platelets, and plasma.

Red blood cells make up 40-45% of blood's volume and contain hemoglobin, a special protein that helps carry oxygen to your cells and gives your blood its red color. People living at altitude typically have extra red blood cells since the air is thinner.

White blood cells are key parts of your immune system, identifying and attacking foreign materials such as bacteria and viruses. They make up 1% of your blood volume.

Platelets are fragments of cells that help with clotting.

Finally, plasma is a mixture of water, sugar, fat, protein, and salts, and moves blood cells, platelets, hormones, and waste products around the body.

BLOOD TYPES

There are thousands of different subtypes of blood, but only four main groups – group A, group B, group O and group AB. Your blood type is determined by your genes, and refers to the type of sugar you have on the surface of your red blood cells.

Blood type has nothing to do with health, but it's important to know for transfusions. A group A person will naturally produce antibodies to group B antigen. So if you receive group B blood, your body will destroy those cells because they'll look foreign.

People who are in group O are considered universal donors because they don't have any sugars on the surface of their blood, so their blood is accepted by everyone.

KEEPING YOUR BLOOD HEALTHY

Eating a healthy diet and exercising regularly benefits your blood.

The body needs basic nutrients, such as iron, folate, vitamin B12 and other vitamins and minerals. And exercise changes the blood by stimulating fat metabolism and helping the body use nutrients better.

BLOOD TESTS

Very small quantities of chemicals in the blood can be measured to know whether organs such as kidneys and liver are functioning well, whether cholesterol is at the right level, and if there are signs of adult-onset diabetes.

For instance, higher-than-normal levels of prostate-specific antigen (PSA) may be a sign of prostate cancer. Levels of TSH can reflect how well your thyroid is functioning. And a build-up of certain waste products may suggest your kidneys aren't working well.

DONATING BLOOD

Platelets are continuously in high demand in northern Colorado, and the need for all blood donations increase during the holidays and summer months.

Blood donations to UCHealth Garth England Blood Donation Centers in Fort Collins and Loveland, or via its mobile blood bus, stay local to help patients at Poudre Valley Hospital, Medical Center of the Rockies, Greeley Hospital, Longs Peak Hospital, and Estes Park Health.

Interested donors should call 970.591.4822 to schedule an appointment at either of these locations. Learn more about being a blood donor at uchealth.org/locations/garth-englund-blood-donation-center-fort-collins/.

Portions of this article first appeared in the Steamboat Pilot & Today on Sept. 2, 2019.

FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	12:15 - 1:00 PM Les Mills BodyPump	8:30 - 9:30 AM Mat Pilates	9:00 - 10:00 AM Parent/Baby Yoga
1:15 - 2:15 PM Power Yoga	9:00 - 10:00 AM Low Impact Aerobics	1:15 - 2:15 PM Power Yoga	9:00 - 10:00 AM Low Impact Aerobics	10:00 - 10:45 AM Parent/Toddler Yoga
5:30 - 6:30 PM Slow Flow Hatha Yoga	9:45 - 10:45 AM Mat Pilates	4:20 - 5:20 PM Teen Yoga 11-16 years	9:45 - 10:45 AM Mat Pilates	5:00 - 5:45 PM Family Yoga
5:30 - 6:30 PM Power Train	2:15 - 3:15 PM Slow Flow Hatha Yoga	5:00 - 6:00 PM PlayItUp, Family Fitness	12:15 - 1:15 PM Gentle Yoga	5:30 - 6:30 PM Power Train
6:40 - 7:40 PM Zumba	5:30 - 6:30 PM Les Mills BodyPump	5:30 - 6:30 PM Slow Flow Hatha Yoga	2:15 - 3:15 PM Slow Flow Hatha Yoga	5:45 - 6:30 PM Family Yoga
		5:30 - 6:30 PM Power Train	5:00 - 6:00 PM PlayItUp, Family Fitness	**Saturday**
			5:30 - 6:30 PM Les Mills BodyPump	9:15 - 10:15 AM Tai Chi & Qigong for Health
				9:15 - 10:15 AM Les Mills BodyPump
				9:30 - 10:30 AM PlayItUp, Family Fitness

NORTHSIDE AZTLAN COMMUNITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM CrossTrain	6:15 - 7:15 AM PowerTrain	6:15 - 7:15 AM CrossTrain	6:15 - 7:15 AM PowerTrain	6:15 - 7:15 AM CrossTrain
7:15 - 8:15 AM CrossTrain	6:15 - 7:15 AM Spin & Tone	7:15 - 8:15 AM CrossTrain	6:15 - 7:15 AM Spin & Tone	7:15 - 8:15 AM CrossTrain
7:30 - 8:30 AM Barre Fitness	7:30 - 8:30 AM Morning Meditation & Yoga	7:30 - 8:30 AM Barre Fitness	7:30 - 8:30 AM Morning Meditation & Yoga	7:00 - 8:00 AM Barre Fitness
8:30 - 9:30 AM Strength Training	9:00 - 10:00 AM Yoga & Meditation	8:30 - 9:30 AM Strength Training	9:00 - 10:00 AM Yoga & Meditation	8:00 - 8:45 AM Essentrics+Yoga Fusion
9:00 - 10:00 AM Barre Fitness	9:30 - 10:30 AM Strength Training	9:00 - 10:00 AM Barre Fitness	9:30 - 10:30 AM Strength Training	9:00 - 10:00 AM Zumba @ Club Tico
9:00 - 10:00 AM Zumba @ Club Tico	10:30 - 11:30 AM Essentrics	9:00 - 10:00 AM Zumba @ Club Tico	10:30 - 11:30 AM Essentrics	9:30 - 10:30 AM Lose to Win
9:30 - 10:30 AM Lose to Win	11:30 AM - 12:30 PM PowerTrain	9:30 - 10:30 AM Lose to Win	11:30 AM - 12:30 PM PowerTrain	11:00 AM - Noon Restorative Yoga
10:00 - 11:00 AM Essentrics	Noon - 1:00 PM TRX Body Blast	10:00 - 11:00 AM Essentrics	Noon - 1:00 PM TRX Body Blast	11:30 AM - 12:30 PM CrossTrain
10:40 - 11:40 AM Mat Pilates	12:30 - 1:30 PM PowerTrain	10:40 - 11:40 AM Mat Pilates	12:30 - 1:30 PM PowerTrain	12:30 - 1:30 PM CrossTrain
11:00 - 11:45 AM SS Classic	Noon - 12:55 PM Strength & Tone	11:00 - 11:45 AM SS Classic	Noon - 12:55 PM Strength & Tone	**Saturday**
11:30 AM - 12:30 PM CrossTrain	1:00 - 2:00 PM Mat Pilates	11:30 AM - 12:30 PM CrossTrain	1:00 - 2:00 PM Mat Pilates	8:15 - 9:15 AM TRX Body Blast
Noon - 1:00 PM Restorative Yoga	1:00 - 2:00 PM Sculpting Yoga	Noon - 1:00 PM Restorative Yoga	1:00 - 2:00 PM Sculpting Yoga	8:15 - 9:15 AM Vinyasa Flow Yoga
12:30 - 1:30 PM CrossTrain	5:00 - 6:00 PM Slow Flow Hatha Yoga	12:30 - 1:30 PM CrossTrain	5:00 - 6:00 PM Slow Flow Hatha Yoga	11:00 AM - Noon Beginner Yoga for Men
4:00 - 5:00 PM Slow Flow Hatha Yoga	5:30 - 6:30 PM Total Body Boot Camp	4:00 - 5:00 PM Slow Flow Hatha Yoga	5:30 - 6:30 PM Total Body Boot Camp	**Sunday**
5:15 - 6:15 PM Vinyasa Flow Yoga	6:30 - 7:30 PM Zumba	5:15 - 6:15 PM Vinyasa Flow Yoga	6:30 - 7:30 PM Zumba	10:00 - 11:00 AM Mindfulness Yoga
5:30 - 6:30 PM Spin & Tone		5:30 - 6:30 PM Spin & Tone		11:15 - 12:15 PM Meditation
		6:30 - 7:30 PM Zumba		

SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM Yoga Chair	8:00 - 8:50 AM Boomer Blast	8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Boomer Blast	8:50 - 9:50 AM Back & Body Strength
8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Functional Strength	9:45 - 11:00 AM TaiChi Chih Continuing	8:00 - 8:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion
10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	Noon - 1:00 PM Tai Chi for Arthritis II
10:00 - 11:00 AM Therapeutic Yoga	9:30 - 10:30 AM Parklane Fitness	10:15 - 11:45 AM Svaroopa Yoga for Strength	9:30 - 10:30 AM Parklane Fitness	1:00 - 1:45 PM SS Circuit
11:00 AM - Noon Therapeutic Yoga	10:10 - 10:55 AM SS Classic	Noon - 1:00 PM Yoga, Beginner	10:00 - 11:00 AM Therapeutic Yoga	2:00 - 2:45 PM SS Stability
Noon - 12:45 PM Taijifit Flow	11:00 AM - Noon Restorative Yoga	Noon - 12:45 PM Taijifit Flow	10:10 - 10:55 AM SS Classic	3:00 - 4:00 PM Mat Pilates
1:00 - 1:45 PM SS Circuit	11:10 - 11:55 AM SS Yoga	1:00 - 1:45 PM SS Circuit	11:00 AM - Noon Therapeutic Yoga	3:00 - 4:00 PM Tai Chi for Arthritis I
2:30 - 3:30 PM N'Balance (1/6-2/26)	12:15 - 1:15 PM SS Splash	1:15 - 2:15 PM Yoga, Beginner	11:10 - 11:55 AM SS Yoga	
3:00 - 4:00 PM Mat Pilates	1:00 - 2:00 PM TaiChi Chih Beginner	2:30 - 3:30 PM N'Balance (1/6-2/26)	12:15 - 1:00 PM Zumba Gold	**Saturday**
4:10 - 4:55 PM SS Yoga	2:45 - 3:45 PM Yoga, Beginner	3:00 - 4:00 PM Mat Pilates	12:15 - 1:15 PM SS Splash	9:00 - 10:00 AM Zumba
4:30 - 5:20 PM Yoga Advanced Beginner	4:00 - 4:45 PM SS EnerChi	4:10 - 4:55 PM SS Yoga	1:15 - 2:15 PM Balance 201	9:30 - 10:30 AM Yoga All Levels
5:30 - 6:20 PM Yoga Advanced Beginner	4:00 - 5:00 PM Yoga, Beginner	4:30 - 5:20 PM Yoga Advanced Beginner	1:30 - 2:30 PM Yoga for Osteoporosis	10:30 - 11:15 AM SS Classic
5:30 - 6:30 PM Zumba	5:15 - 6:15 PM Yoga, Beginner	5:30 - 6:20 PM Yoga Advanced Beginner	2:30 - 3:30 PM Swiss Theraball	11:15 AM - Noon SS Yoga
6:30 - 7:30 PM Slow Flow Hatha Yoga	5:30 - 6:30 PM Nia	5:30 - 6:30 PM Zumba	2:45 - 3:45 PM Yoga, Beginner	12:45 - 1:45 PM Tai Chi Beginning
	6:30 - 7:30 PM Yoga Advanced Beginner	6:30 - 7:30 PM Slow Flow Hatha Yoga	4:00 - 4:45 PM SS EnerChi	
		6:35 - 7:20 PM Pound Rockout Workout	4:00 - 5:00 PM Yoga, Beginner	
			5:15 - 6:15 PM Yoga, Beginner	
			5:30 - 6:30 PM Nia	

Life After Stroke Support Group NW

A monthly meeting of stroke survivors and their family/caregivers. Find support to experience meaningful and fulfilling life after a stroke. For more information contact UCHealth, 970.624.2109.

Location: Senior Center

12/12, 1/9, 2/13	12:30-2:00 PM	No Fee

Parkinson's Support Group NW

The Parkinson's Support Group of Larimer County provides a variety of programs for those with Parkinson's disease and their partners. Each month, find education, support, and fellowship. For more information visit pdsupportlc.net.

Location: Senior Center

12/4, 1/8, 2/5	10:30 AM-12:30 PM	No Fee

ADULT FITNESS

[CARDIO & STRENGTH]

Boomer Blast

A full body workout geared to increase strength and stamina. Get in shape and increase energy with guidance from trainers. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/26	Tu,Th	8:00-8:50 AM	$29	109414-01

Boomer Blast continued

1/7-1/30	Tu,Th	8:00-8:50 AM	$33	109414-02
2/4-2/27	Tu,Th	8:00-8:50 AM	$33	109414-03

Barre Fitness

Turn classic ballet on its head. Utilize a mix of ballet barre movements, stretches, and pilates-based core exercises to burn fat. Designed to sculpt, strengthen, and stretch the entire body in an intelligent and safe way. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2-12/23	M,W	7:30-8:30 AM	$29	109501-01
1/6-1/29	M,W	7:30-8:30 AM	$33	109501-02
2/3-2/26	M,W	7:30-8:30 AM	$33	109501-03
12/2-12/23	M,W	9:00-10:00 AM	$29	109501-04
1/6-1/29	M,W	9:00-10:00 AM	$33	109501-05
2/3-2/26	M,W	9:00-10:00 AM	$33	109501-06
12/6-12/27	F	7:00-8:00 AM	$17	109501-07
1/10-1/31	F	7:00-8:00 AM	$17	109501-08
2/7-2/28	F	7:00-8:00 AM	$17	109501-09

CrossTrain

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo boxes, and ropes to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2-12/27	M,W,F	6:15-7:15 AM	$45	109502-01
1/6-1/31	M,W,F	6:15-7:15 AM	$49	109502-02
2/3-2/28	M,W,F	6:15-7:15 AM	$49	109502-03
12/2-12/27	M,W,F	7:15-8:15 AM	$45	109502-04
1/6-1/31	M,W,F	7:15-8:15 AM	$49	109502-05
2/3-2/28	M,W,F	7:15-8:15 AM	$49	109502-06
12/2-12/27	M,W,F	11:30 AM-12:30 PM	$45	109502-07
1/6-1/31	M,W,F	11:30 AM-12:30 PM	$49	109502-08
2/3-2/28	M,W,F	11:30 AM-12:30 PM	$49	109502-09
12/2-12/27	M,W,F	12:30-1:30 PM	$45	109502-10
1/6-1/31	M,W,F	12:30-1:30 PM	$49	109502-11
2/3-2/28	M,W,F	12:30-1:30 PM	$49	109502-12

Essentrics

A unique fitness program to improve posture and cardiovascular health by strengthening and lengthening muscles. Scientifically designed to unlock the body and heal pain. With regular practice, become more flexible, limber, and mobile. **Note:** Class will not be held on 12/24, 12/25.

Location: Northside Aztlan Center

12/2-12/23	M,W	10:00-11:00 AM	$29	109503-01
1/6-1/29	M,W	10:00-11:00 AM	$33	109503-02
2/3-2/26	M,W	10:00-11:00 AM	$33	109503-03
12/3-12/26	Tu,Th	10:30-11:30 AM	$29	109503-04
1/7-1/30	Tu,Th	10:30-11:30 AM	$33	109503-05
2/4-2/27	Tu,Th	10:30-11:30 AM	$33	109503-06

Essentrics + Yoga Fusion

First, focus on lengthening and strengthening muscles, improving posture and joint mobility with Essentrics. Then, focus on flexibility and relaxation with a gentle, Hatha Yoga.

Location: Northside Aztlan Center

12/6-12/27	F	8:00-9:00 AM	$17	109523-01
1/10-1/31	F	8:00-9:00 AM	$17	109523-02
2/7-2/28	F	8:00-9:00 AM	$17	109523-03

Functional Strength

Train for an active lifestyle. Integrate strength, flexibility, balance, and agility with a personal trainer in a group setting. **Note:** Class will not be held on 12/24.

Location: Senior Center

12/3-12/26	Tu,Th	8:00-8:50 AM	$29	109401-01
1/7-1/30	Tu,Th	8:00-8:50 AM	$33	109401-02
2/4-2/27	Tu,Th	8:00-8:50 AM	$33	109401-03
12/3-12/26	Tu,Th	9:00-9:50 AM	$29	109401-04
1/7-1/30	Tu,Th	9:00-9:50 AM	$33	109401-05
2/4-2/27	Tu,Th	9:00-9:50 AM	$33	109401-06

Les Mills BODYPUMP

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

Location: Foothills Activity Center

12/2-12/23	M,W	12:15-1:00 PM	$27.25	109701-01
1/6-1/29	M,W	12:15-1:00 PM	$31	109701-02
2/3-2/26	M,W	12:15-1:00 PM	$31	109701-03
12/3-12/26	Tu,Th	5:30-6:30 PM	$36	109701-04
1/7-1/30	Tu,Th	5:30-6:30 PM	$41	109701-05
2/4-2/27	Tu,Th	5:30-6:30 PM	$41	109701-06
12/7-12/28	Sa	9:15-10:15 AM	$21	109701-07
1/11-2/1	Sa	9:15-10:15 AM	$21	109701-08
2/8-2/29	Sa	9:15-10:15 AM	$21	109701-09

Lose to Win

Designed for those who want to lose weight. Perform a variety of exercises to burn fat and gain confidence. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2-12/27	M,W,F	9:30-10:30 AM	$45	109504-01
1/6-1/31	M,W,F	9:30-10:30 AM	$49	109504-02
2/3-2/28	M,W,F	9:30-10:30 AM	$49	109504-03

Low Impact Aerobics

Emphasis on low impact aerobics with floor exercise and a cool-down period. Good introduction for previously sedentary persons. **Note:** Class will not be held on 12/24.

Location: Foothills Activity Center

12/3-12/26	Tu,Th	9:00-10:00 AM	$29	109702-01
1/7-1/30	Tu,Th	9:00-10:00 AM	$33	109702-02
2/4-2/27	Tu,Th	9:00-10:00 AM	$33	109702-03

Mat Pilates

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

Location: Senior Center

12/2-12/23	M	3:00-4:00 PM	$17	109402-01
1/6-1/27	M	3:00-4:00 PM	$17	109402-02
2/3-2/24	M	3:00-4:00 PM	$17	109402-03
12/4-12/18	W	3:00-4:00 PM	$13	109402-04
1/8-1/29	W	3:00-4:00 PM	$17	109402-05
2/5-2/26	W	3:00-4:00 PM	$17	109402-06
12/6-12/27	F	3:00-4:00 PM	$17	109402-07
1/10-1/31	F	3:00-4:00 PM	$17	109402-08
2/7-2/28	F	3:00-4:00 PM	$17	109402-09

Location: Northside Aztlan Center

12/2-12/23	M,W	10:40-11:40 AM	$29	109505-01
1/6-1/29	M,W	10:40-11:40 AM	$33	109505-02
2/3-2/26	M,W	10:40-11:40 AM	$33	109505-03
12/3-12/26	Tu,Th	1:00-2:00 PM	$29	109505-04
1/7-1/30	Tu,Th	1:00-2:00 PM	$33	109505-05
2/4-2/27	Tu,Th	1:00-2:00 PM	$33	109505-06

Location: Foothills Activity Center

12/3-12/26	Tu,Th	8:30-9:30 AM	$29	109703-01
1/7-1/30	Tu,Th	8:30-9:30 AM	$33	109703-02
2/4-2/27	Tu,Th	8:30-9:30 AM	$33	109703-03
12/3-12/26	Tu,Th	9:45-10:45 AM	$29	109703-04
1/7-1/30	Tu,Th	9:45-10:45 AM	$33	109703-05
2/4-2/27	Tu,Th	9:45-10:45 AM	$33	109703-06

Pound Rockout Workout

Combine cardio, strength training, balance, and pilates inspired movements with simulated drumming using lightly weighted ripstixs for total body conditioning. **Note:** Class will not be held on 12/18, 12/25.

Location: Senior Center

12/4-12/11	W	6:35-7:20 PM	$7	109403-01
1/8-1/29	W	6:35-7:20 PM	$13	109403-02
2/5-2/26	W	6:35-7:20 PM	$13	109403-03

PowerTrain

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

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	6:15-7:15 AM	$29	109506-01
1/7-1/30	Tu,Th	6:15-7:15 AM	$33	109506-02
2/4-2/27	Tu,Th	6:15-7:15 AM	$33	109506-03
12/3-12/26	Tu,Th	11:30 AM-12:30 PM	$29	109506-04
1/7-1/30	Tu,Th	11:30 AM-12:30 PM	$33	109506-05
2/4-2/27	Tu,Th	11:30 AM-12:30 PM	$33	109506-06
12/3-12/26	Tu,Th	12:30-1:30 PM	$29	109506-07
1/7-1/30	Tu,Th	12:30-1:30 PM	$33	109506-08

Continued on next page

PowerTrain continued

2/4-2/27	Tu,Th	12:30-1:30 PM	$33	109506-09

Location: Foothills Activity Center

12/2-12/27	M,W,F	5:30-6:30 PM	$45	109704-01
1/6-1/31	M,W,F	5:30-6:30 PM	$49	109704-02
2/3-2/28	M,W,F	5:30-6:30 PM	$49	109704-03

Spin & Tone

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

Location: Northside Aztlan Center

12/2-12/23	M,W	5:30-6:30 PM	$29	109507-01
1/6-1/29	M,W	5:30-6:30 PM	$33	109507-02
2/3-2/26	M,W	5:30-6:30 PM	$33	109507-03
12/3-12/26	Tu,Th	6:15-7:15 AM	$33	109507-04
1/7-1/30	Tu,Th	6:15-7:15 AM	$33	109507-05
2/4-2/27	Tu,Th	6:15-7:15 AM	$33	109507-06

Strength & Tone

Upbeat and designed to develop strength and flexibility at every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help boost metabolism. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	Noon-12:55 PM	$29	109508-01
1/7-1/30	Tu,Th	Noon-12:55 PM	$33	109508-02
2/4-2/27	Tu,Th	Noon-12:55 PM	$33	109508-03

Strength Training

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

Location: Northside Aztlan Center

12/2-12/23	M,W	8:30-9:30 AM	$29	109509-01
1/6-1/29	M,W	8:30-9:30 AM	$33	109509-02
2/3-2/26	M,W	8:30-9:30 AM	$33	109509-03
12/3-12/26	Tu,Th	9:30-10:30 AM	$29	109509-04
1/7-1/30	Tu,Th	9:30-10:30 AM	$33	109509-05
2/4-2/27	Tu,Th	9:30-10:30 AM	$33	109509-06

Total Body Boot Camp

A mix of cardio, weight circuits, and stretches. Keep the body guessing and see improvements in strength, flexibility, and stamina. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	5:30-6:30 PM	$29	109510-01
1/7-1/30	Tu,Th	5:30-6:30 PM	$33	109510-02
2/4-2/27	Tu,Th	5:30-6:30 PM	$33	109510-03

TRX Body Blast

TRX is a suspension fitness system that helps build balance, muscle strength, and flexibility. Adjust the straps to increase or decrease the difficulty of every exercise. All levels welcome. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

TRX Body Blast continued

12/3-12/26	Tu,Th	Noon-1:00 PM	$29	109511-01
1/7-1/30	Tu,Th	Noon-1:00 PM	$33	109511-02
2/4-2/27	Tu,Th	Noon-1:00 PM	$33	109511-03
12/7-12/28	Sa	8:15-9:15 AM	$17	109511-04
1/11-2/1	Sa	8:15-9:15 AM	$17	109511-05
2/8-2/29	Sa	8:15-9:15 AM	$17	109511-06

[DANCE]

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat. **Note:** Class will not be held on 12/24, 12/25.

Location: Club Tico

12/2-12/23	M	9:00-10:00 AM	$17	109112-01
1/6-1/27	M	9:00-10:00 AM	$17	109112-02
2/3-2/24	M	9:00-10:00 AM	$17	109112-03
12/4-12/18	W	9:00-10:00 AM	$13	109112-04
1/8-1/29	W	9:00-10:00 AM	$17	109112-05
2/5-2/26	W	9:00-10:00 AM	$17	109112-06
12/6-12/27	F	9:00-10:00 AM	$17	109112-07
1/10-1/31	F	9:00-10:00 AM	$17	109112-08
2/7-2/28	F	9:00-10:00 AM	$17	109112-09

Location: Senior Center

12/2-12/23	M	5:30-6:30 PM	$17	109404-01
1/6-1/27	M	5:30-6:30 PM	$17	109404-02
2/3-2/24	M	5:30-6:30 PM	$17	109404-03
12/4-12/18	W	5:30-6:30 PM	$13	109404-04
1/8-1/29	W	5:30-6:30 PM	$17	109404-05
2/5-2/26	W	5:30-6:30 PM	$17	109404-06
12/7-12/28	Sa	9:00-10:00 AM	$17	109404-07
1/11-2/1	Sa	9:00-10:00 AM	$17	109404-08
2/8-2/29	Sa	9:00-10:00 AM	$17	109404-09

Location: Northside Aztlan Center

12/3-12/17	Tu	6:30-7:30 PM	$13	109512-01
1/7-1/28	Tu	6:30-7:30 PM	$17	109512-02
2/4-2/25	Tu	6:30-7:30 PM	$17	109512-03
12/4-12/18	W	6:30-7:30 PM	$13	109512-04
1/8-1/29	W	6:30-7:30 PM	$17	109512-05
2/5-2/26	W	6:30-7:30 PM	$17	109512-06
12/5-12/26	Th	6:30-7:30 PM	$17	109512-07
1/9-1/30	Th	6:30-7:30 PM	$17	109512-08
2/6-2/27	Th	6:30-7:30 PM	$17	109512-09

Location: Foothills Activity Center

12/2-12/23	M	6:40-7:40 PM	$17	109705-01
1/6-1/27	M	6:40-7:40 PM	$17	109705-02
2/3-2/24	M	6:40-7:40 PM	$17	109705-03

Zumba Gold

A modified Zumba class that recreates the same dance moves at a lower intensity. Focus on balance, range of motion, coordination, and having fun. No dance experience necessary.

Location: Senior Center

Continued on next page

Zumba Gold continued

12/5-12/26	Th	12:15-1:00 PM	$13	109430-01
1/9-1/30	Th	12:15-1:00 PM	$13	109430-02
2/6-2/27	Th	12:15-1:00 PM	$13	109430-03

[MIND/BODY]

Introduction to Mindful Meditation
Learn to meditate with basic techniques used in day to day life.
Age: 18 years & up
Location: Senior Center

1/2-1/23	Th	7:00-8:00 PM	$20	107477-01

Meditation
Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques to help find one that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.
Location: Northside Aztlan Center

12/8-12/29	Su	11:15 AM-12:15 PM	$17	109513-01
1/12-2/2	Su	11:15 AM-12:15 PM	$17	109513-02
2/9-3/1	Su	11:15 AM-12:15 PM	$17	109513-03

Nia
Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome. **Note:** Class will not be held on 12/24.
Location: Senior Center

12/3-12/17	Tu	5:30-6:30 PM	$13	109405-01
1/7-1/28	Tu	5:30-6:30 PM	$17	109405-02
2/4-2/25	Tu	5:30-6:30 PM	$17	109405-03
12/5-12/26	Th	5:30-6:30 PM	$17	109405-04
1/9-1/30	Th	5:30-6:30 PM	$17	109405-05
2/6-2/27	Th	5:30-6:30 PM	$17	109405-06

Tai Chi & Qigong for Health
An introduction to the art of Tai Chi Chuan using health cultivation exercises that make up the basis of the long Yang style form. Suitable for adults of all ages.
Location: Foothills Activity Center

12/7-12/28	Sa	9:15-10:15 AM	$17	109706-01
1/11-2/1	Sa	9:15-10:15 AM	$17	109706-02
2/8-2/29	Sa	9:15-10:15 AM	$17	109706-03

Tai Chi, Beginner
Tai Chi is an orthodox internal martial art from China. Discover the four "Mother Forms" of the art which are low-impact, meditative, and repetitive movements and provide insight into internal movement and training.
Location: Senior Center

12/7-12/28	Sa	12:45-1:45 PM	$17	109406-01
1/11-2/1	Sa	12:45-1:45 PM	$17	109406-02
2/8-2/29	Sa	12:45-1:45 PM	$17	109406-03

T'ai Chi Chih, Beginner
The soft, gentle movements of T'ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility, and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition.
Location: Senior Center

1/7-2/25	Tu	1:00-2:00 PM	$81	109432-01

T'ai Chi Chih, Beginner Repeat
The soft, gentle movements of T'ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition.
Location: Senior Center

1/7-2/25	Tu	1:00-2:00 PM	$41	109433-01

T'ai Chi Chih, Continued
The soft, gentle movements of T'ai Chi Chih powerfully circulate and balance internal energy. Benefits include better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age of physical condition. **Note:** Class will not be held on 12/25.
Location: Senior Center

12/4-12/18	W	9:45-11:00 AM	$16	109434-01
1/8-1/29	W	9:45-11:00 AM	$21	109434-02
2/5-2/26	W	9:45-11:00 AM	$21	109434-03

Taijifit Flow
A style of fun and easy-to-follow tai chi that helps improve balance, strength, and flexibility. No routines or choreography to memorize. No experience necessary. **Note:** Class will not be held on 12/25.
Location: Senior Center

12/2-12/23	M,W	Noon-12:45 PM	$22	109407-01
1/6-1/29	M,W	Noon-12:45 PM	$25	109407-02
2/3-2/26	M,W	Noon-12:45 PM	$25	109407-03

[YOGA]

Beginner Yoga for Men
A gentle way to learn yoga, safe alignment, and how breathing can help you relax. Practice in a comfortable and non-intimidating space. All levels welcome.
Location: Northside Aztlan Center

1/11-2/1	Sa	11:00 AM-Noon	$17	109517-01
2/8-2/29	Sa	11:00 AM-Noon	$17	109517-02

Gentle Yoga
Includes flow practice and yin poses with a therapeutic emphasis. All levels welcome. **Note:** Class will not be held on 12/26.
Location: Foothills Activity Center

12/5-12/19	Th	12:15-1:15 PM	$16	109712-01
1/9-1/30	Th	12:15-1:15 PM	$21	109712-02
2/6-2/27	Th	12:15-1:15 PM	$21	109712-03

Mindfulness Yoga

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

Location: Northside Aztlan Center

12/8-12/29	Su	10:00-11:00 AM	$17	109515-01
1/12-2/2	Su	10:00-11:00 AM	$17	109515-02
2/9-3/1	Su	10:00-11:00 AM	$17	109515-03

Morning Meditation & Yoga

A positive and healthy way to balance the day. Begin the morning with meditation, moving into gentle yoga. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	7:30-8:30 AM	$29	109516-01
1/7-1/30	Tu,Th	7:30-8:30 AM	$33	109516-02
2/4-2/27	Tu,Th	7:30-8:30 AM	$33	109516-03

Power Yoga

A dynamic and upbeat yoga practice with emphasis on fitness to tone the entire body. Power yoga focuses on strength, stamina, and whole-body wellbeing. **Note:** Class will not be held on 12/25.

Location: Foothills Activity Center

12/2-12/23	M,W	1:15-2:15 PM	$29	109707-01
1/6-1/29	M,W	1:15-2:15 PM	$33	109707-02
2/3-2/26	M,W	1:15-2:15 PM	$33	109707-03

Restorative Yoga

A pleasant way to relax and create balance in life. Use bolsters, blocks, and blankets to experience the benefits of a passive practice. Allows release of effort that encourages calmness, tranquility, and connecting with self-healing. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/17	Tu	11:00 AM-Noon	$13	109408-01
1/7-1/28	Tu	11:00 AM-Noon	$17	109408-02
2/4-2/25	Tu	11:00 AM-Noon	$17	109408-03

Location: Northside Aztlan Center

12/2-12/23	M,W	Noon-1:00 PM	$29	109518-01
1/6-1/29	M,W	Noon-1:00 PM	$33	109518-02
2/3-2/26	M,W	Noon-1:00 PM	$33	109518-03
12/6-12/27	F	11:00 AM-Noon	$17	109518-04
1/10-1/31	F	11:00 AM-Noon	$17	109518-05
2/7-2/28	F	11:00 AM-Noon	$17	109518-06

Sculpting Yoga

Sculpt with weights and yoga. Build strength and definition. All levels welcome. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	1:00-2:00 PM	$29	109519-01
1/7-1/30	Tu,Th	1:00-2:00 PM	$33	109519-02
2/4-2/27	Tu,Th	1:00-2:00 PM	$33	109519-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Designed for beginner and intermediate levels. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/2-12/23	M	6:30-7:30 PM	$17	109409-01
1/6-1/27	M	6:30-7:30 PM	$17	109409-02
2/3-2/24	M	6:30-7:30 PM	$17	109409-03
12/4-12/18	W	6:30-7:30 PM	$13	109409-04
1/8-1/29	W	6:30-7:30 PM	$17	109409-05
2/5-2/26	W	6:30-7:30 PM	$17	109409-06

Location: Northside Aztlan Center

12/2-12/23	M	4:00-5:00 PM	$17	109520-01
1/6-1/27	M	4:00-5:00 PM	$17	109520-02
2/3-2/24	M	4:00-5:00 PM	$17	109520-03
12/3-12/17	Tu	5:00-6:00 PM	$13	109520-04
1/7-1/28	Tu	5:00-6:00 PM	$17	109520-05
2/4-2/25	Tu	5:00-6:00 PM	$17	109520-06
12/4-12/18	W	4:00-5:00 PM	$13	109520-07
1/8-1/29	W	4:00-5:00 PM	$17	109520-08
2/5-2/26	W	4:00-5:00 PM	$17	109520-09
12/5-12/26	Th	5:00-6:00 PM	$17	109520-10
1/9-1/30	Th	5:00-6:00 PM	$17	109520-11
2/6-2/27	Th	5:00-6:00 PM	$17	109520-12

Location: Foothills Activity Center

12/2-12/23	M,W	5:30-6:30 PM	$29	109708-01
1/6-1/29	M,W	5:30-6:30 PM	$33	109708-02
2/3-2/26	M,W	5:30-6:30 PM	$33	109708-03
12/3-12/26	Tu,Th	2:15-3:15 PM	$29	109708-04
1/7-1/30	Tu,Th	2:15-3:15 PM	$33	109708-05
2/4-2/27	Tu,Th	2:15-3:15 PM	$33	109708-06

Svaroopa Yoga for Strength

Open the core and decompress deep spinal muscles. Focus on core in December, then work to strengthen arms, legs, and hands for mobility in January. **Note:** Class will not be held on 12/25.

Location: Senior Center

12/4-12/18	W	10:15-11:45 AM	$31	109431-01
1/8-1/29	W	10:15-11:45 AM	$41	109431-02

Therapeutic Yoga

Slow, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults.

Location: Senior Center

12/2-12/23	M	10:00-11:00 AM	$17	109410-01
1/6-1/27	M	10:00-11:00 AM	$17	109410-02
2/3-2/24	M	10:00-11:00 AM	$17	109410-03
12/2-12/23	M	11:00 AM-Noon	$17	109410-04
1/6-1/27	M	11:00 AM-Noon	$17	109410-05
2/3-2/24	M	11:00 AM-Noon	$17	109410-06
12/5-12/26	Th	10:00-11:00 AM	$17	109410-07
1/9-1/30	Th	10:00-11:00 AM	$17	109410-08
2/6-2/27	Th	10:00-11:00 AM	$17	109410-09

Continued on next page

Therapeutic Yoga continued

12/5-12/26	Th	11:00 AM-Noon	$17	109410-10
1/9-1/30	Th	11:00 AM-Noon	$17	109410-11
2/6-2/27	Th	11:00 AM-Noon	$17	109410-12

Vinyasa Flow

A fun and fast paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses. **Note:** Class will not be held on 12/25.

Location: Northside Aztlan Center

12/7-12/28	Sa	8:15-9:15 AM	$17	109521-01
1/11-2/1	Sa	8:15-9:15 AM	$17	109521-02
2/8-2/29	Sa	8:15-9:15 AM	$17	109521-03
12/2-12/23	M,W	5:15-6:15 PM	$29	109521-04
1/6-1/29	M,W	5:15-6:15 PM	$33	109521-05
2/3-2/26	M,W	5:15-6:15 PM	$33	109521-06

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses.

Location: Senior Center

12/7-12/28	Sa	9:30-10:30 AM	$17	109411-01
1/11-2/1	Sa	9:30-10:30 AM	$17	109411-02
2/8-2/29	Sa	9:30-10:30 AM	$17	109411-03

Yoga, Beginner

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/26	Tu,Th	2:45-3:45 PM	$29	109412-01
1/7-1/30	Tu,Th	2:45-3:45 PM	$33	109412-02
2/4-2/27	Tu,Th	2:45-3:45 PM	$33	109412-03
12/3-12/26	Tu,Th	4:00-5:00 PM	$29	109412-04
1/7-1/30	Tu,Th	4:00-5:00 PM	$33	109412-05
2/4-2/27	Tu,Th	4:00-5:00 PM	$33	109412-06
12/3-12/26	Tu,Th	5:15-6:15 PM	$29	109412-07
1/7-1/30	Tu,Th	5:15-6:15 PM	$33	109412-08
2/4-2/27	Tu,Th	5:15-6:15 PM	$33	109412-09
12/4-12/18	W	Noon-1:00 PM	$13	109412-10
1/8-1/29	W	Noon-1:00 PM	$17	109412-11
2/5-2/26	W	Noon-1:00 PM	$17	109412-12
12/4-12/18	W	1:15-2:15 PM	$13	109412-13
1/8-1/29	W	1:15-2:15 PM	$17	109412-14
2/5-2/26	W	1:15-2:15 PM	$17	109412-15

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress and improve balance, flexibility, and strength with some difficult poses. Mindfulness and breath techniques offered. **Note:** Must be able to do floor and standing exercises at a fast pace. Class will not be held on 12/24, 12/25.

Location: Senior Center

12/2-12/23	M	4:30-5:20 PM	$17	109413-01
1/6-1/27	M	4:30-5:20 PM	$17	109413-02

Yoga, Advanced Beginner continued

2/3-2/24	M	4:30-5:20 PM	$17	109413-03
12/2-12/23	M,W	5:30-6:20 PM	$29	109413-04
1/6-1/29	M,W	5:30-6:20 PM	$33	109413-05
2/3-2/26	M,W	5:30-6:20 PM	$33	109413-06
12/4-12/18	W	4:30-5:20 PM	$13	109413-07
1/8-1/29	W	4:30-5:20 PM	$17	109413-08
2/5-2/26	W	4:30-5:20 PM	$17	109413-09
12/3-12/17	Tu	6:30-7:30 PM	$13	109413-10
1/7-1/28	Tu	6:30-7:30 PM	$17	109413-11
2/4-2/25	Tu	6:30-7:30 PM	$17	109413-12

Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier. **Note:** Class will not be held on 12/24.

Location: Northside Aztlan Center

12/3-12/26	Tu,Th	9:00-10:00 AM	$29	109522-01
1/7-1/30	Tu,Th	9:00-10:00 AM	$33	109522-02
2/4-2/27	Tu,Th	9:00-10:00 AM	$33	109522-03

FAMILY & YOUTH FITNESS

[CARDIO & STRENGTH]

PlayItUp

Connect with child through circuit training-based fitness play. Adults achieve a workout, while engaged with children. **Note:** At least one adult must be present and in the room with enrolled child/children. Class will not be held on 12/25, 12/26.

Age: 3-12 years

Location: Foothills Activity Center

12/4-12/18	W	5:00-6:00 PM	$41	109709-01
1/8-1/29	W	5:00-6:00 PM	$51	109709-02
2/5-2/26	W	5:00-6:00 PM	$51	109709-03
12/5-12/19	Th	5:00-6:00 PM	$41	109709-04
1/9-1/30	Th	5:00-6:00 PM	$51	109709-05
2/6-2/27	Th	5:00-6:00 PM	$51	109709-06
12/7-12/28	Sa	9:30-10:30 AM	$51	109709-07
1/11-2/1	Sa	9:30-10:30 AM	$51	109709-08
2/8-2/29	Sa	9:30-10:30 AM	$51	109709-09

[YOGA]

Family Yoga, Baby & Toddler

Explore yoga with an infant. Both child and guardian benefit physically, emotionally, and mentally with this approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children. Price is flat rate for up to three participants.

Location: Foothills Activity Center

Parent/Baby Yoga

Age: 6-18 months

12/6-12/27	F	9:00-10:00 AM	$17	109710-01

Continued on next page

Parent/Baby Yoga continued

1/10-1/31	F	9:00-10:00 AM	$17	109710-02
2/7-2/28	F	9:00-10:00 AM	$17	109710-03

Parent/Toddler Yoga
Age: 18 months-3 years

12/6-12/27	F	10:00-10:45 AM	$13	109710-04
1/10-1/31	F	10:00-10:45 AM	$13	109710-05
2/7-2/28	F	10:00-10:45 AM	$13	109710-06

Family Yoga, Child
Parent and child enjoy yoga together. Improve body and mind with a fun approach to breathwork and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques and fun posture poses to create a foundation for health and wellness.
Age: 4-12 years
Location: Foothills Activity Center

12/6-12/27	F	5:00-5:45 PM	$13	109710-07
1/10-1/31	F	5:00-5:45 PM	$13	109710-08
2/7-2/28	F	5:00-5:45 PM	$13	109710-09
12/6-12/27	F	5:45-6:30 PM	$13	109710-10
1/10-1/31	F	5:45-6:30 PM	$13	109710-11
2/7-2/28	F	5:45-6:30 PM	$13	109710-12

Teen Yoga
Become more connected with body, mind, and the world through self-discovery, mindful breathing, yoga sequences, and self-confidence exercises.
Age: 11-16 years
Location: Foothills Activity Center

12/4-12/18	W	4:20-5:20 PM	$13	109711-01
1/8-1/29	W	4:20-5:20 PM	$17	109711-02
2/5-2/26	W	4:20-5:20 PM	$17	109711-03

ADULT WELLNESS PROGRAMS

All programs are available to ages 18 years & up unless otherwise noted. All programs are held at the Senior Center unless otherwise noted.

[EMOTIONAL WELLNESS]

Laughter Wellness
A series of breath work, movement, positive thought, laughter, and fun create an environment of wellness and joy. Reduce stress as the body, mind, and spirit thrive with connection to others.

12/7-2/22	Sa	3:00-4:00 PM	No Fee	125417-01
12/14-2/1	Sa	9:00-10:00 AM	No Fee	125417-02

[INTELLECTUAL WELLNESS]

A Focus on Mental Health
People are quick to go to the doctor for a sore throat, but what about mental health? Discover information on causes of mental health issues, coping techniques, how to get help, and even put together a personal mental health plan.

2/19	W	10:00-11:00 AM	No Fee	125415-01

Beyond Canned Soup
As people age it gets harder to shop, cook, and prepare healthy meals. Learn what should be on a plate, eating for health, how to make good choices at a restaurant, and how to grocery shop and read labels.

1/28	Tu	10:00-11:00 AM	No Fee	125414-01

Brain Boosters for the Noggin
Workout the brain with brain games, mental exercises, and new activities to keep the mind active. Learn strategies supported by brain health research for brain healthy living. By UCHealth Aspen Club.

1/7	Tu	9:00-10:30 AM	$5	125401-01

Brain Health Fun, Move, & Laugh
Humor and fun are woven into movement, dance, and singing to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Attire: comfortable shoes. By UCHealth Aspen Club.

2/27	Th	2:00-3:30 PM	$5	125402-01

Dementia Conversations
Learn how to have honest and caring conversation with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.

12/3	Tu	4:00-5:00 PM	No Fee	125408-01

Home Safety
Accidents and injuries often happen in or close to home. Understand hazards in the home, strategies to keep safe, and when and who to call for extra support. By Covell Care & Rehabilitation.

1/23	Th	9:30-10:30 AM	No Fee	125412-01

Make it Stick
Behavior changes rarely stick the first time around. Explore the stages of change and learn how to assess and address the impediments that get people stuck. By Larimer County/CSU Extension.

1/16	Th	10:30 AM-Noon	No Fee	125421-01

Selfcare Planning Workshop
Reprioritize selfcare and identify areas in life that need greater attention. Learn how to develop an individualized selfcare plan based on realistic goals and values for optimal wellbeing.

2/20	Th	10:30 AM-Noon	No Fee	125422-01

Sex after 50, 60, 70+
Unravel the myths about sexuality with age. Whether together for 30 years or embarking on a new relationship, learn tools to keep the intimacy alive through a lifetime. By Weiler Counseling.

2/8	Sa	Noon-1:00 PM	$26	125416-01

To Drive or Not to Drive
Learn how to determine if someone is fit to drive or what restrictions may need to be put in place. Discuss Colorado regulations on driving, red flags to keep in mind, and what supportive resources exist. By Covell Care & Rehabilitation.

12/11	W	10:00-11:00 AM	No Fee	125409-01

Understanding Speech
Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and more. By Covell Care & Rehabilitation.

2/13	Th	10:00-11:00 AM	No Fee	125413-01

[PHYSICAL WELLNESS]

Enhance Wellness, Nutrition
Discuss nutritional choices and mindful eating strategies. By UCHealth Community Health.

12/16	M	1:00-2:00 PM	No Fee	125403-01
1/20	M	1:00-2:00 PM	No Fee	125403-02
2/17	M	1:00-2:00 PM	No Fee	125403-03

Mindful Eating Workshop
Learn how to take charge of eating instead of feeling out of control. Practice eating favorite foods without overeating or guilt, and improve mindless and emotional eating. By UCHealth.

2/4-3/24	Tu	4:30-6:00 PM	$66	125405-01

The Unmentionables Talk
Discuss incontinence, constipation, and prolapse with a little humor. Learn tips for exercise and diet to help take back control of the bathroom. By UCHealth.

2/26	W	10:30 AM-Noon	No Fee	125406-01

Is It Time Yet?
Determine if it's time to accept help or care at home or consider moving. Be informed to help prevent crisis and empower decisions. Explore living options including costs.

2/18	Tu	2:00-3:30 PM	No Fee	125407-01

Bossy Bladder or Bowel
Bossy bladders or bowels can stand in the way of life and prevent participation in hobbies or family events. Learn how to get control to lead a worry-free life. Gain tools to manage the bladder and/or bowels. By Covell Care & Rehabilitation.

12/17	Tu	1:00-2:00 PM	No Fee	125410-01

Exercise at Home
Discuss which exercises can be done safely at home. Learn how to create a safe environment, along with some exercises and stretches for movement and strength. By Covell Care & Rehabilitation.

1/8	W	10:00-11:00 AM	No Fee	125411-01

The 21-Day Sugar Detox
Learn to tame the sugar monster and squash cravings. Sugar is highly addictive and eating foods high in sugar and refined carbs can damage health, causing fatigue, weight gain, mood swings, aches, pains, and inflammation. By a holistic nutritionist. **Note:** Class will not be held on 1/16, 2/12.

1/2-1/23	Th	6:00-7:00 PM	$66	125418-01
1/29-2/19	W	10:00-11:00 AM	$66	125418-02

Healthy Living-Brain & Body
Science provides insights into how to optimize physical and cognitive health with age. Learn about the research in areas of diet and nutrition, exercise, cognitive activity, and social engagement.

1/7	Tu	1:00-2:00 PM	No Fee	125500-01

[SPIRITUAL WELLNESS]

Meditation & Spiritual Wisdom
Age gracefully with strength and healing through simple yoga breath work, visualization, positive affirmations, and meditation. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress.

12/6-12/20	F	10:00-11:30 AM	$31	125400-01
1/10-1/31	F	10:00-11:30 AM	$41	125400-02
2/7-2/28	F	10:00-11:30 AM	$41	125400-03

Morning Meditation
Basic instruction offered as well as a guided meditation and time for silent practice. Practices will vary week to week. Each session concludes with reflections on how to make and maintain space for everyday mindfulness. All levels welcome.

12/5	Th	9:00-10:00 AM	No Fee	125419-01
12/19	Th	9:00-10:00 AM	No Fee	125419-02
1/2	Th	9:00-10:00 AM	No Fee	125419-03
1/16	Th	9:00-10:00 AM	No Fee	125419-04
2/6	Th	9:00-10:00 AM	No Fee	125419-05
2/20	Th	9:00-10:00 AM	No Fee	125419-06

The Gift of Presence
Designed to access inherent wisdom through the power of images. Explore what "presence" means through an art form with insightful collage cards. No experience necessary. Materials provided.

12/19	Th	10:30 AM-12:30 PM	No Fee	125420-01

YOUTH WELLNESS PROGRAMS

[PHYSICAL WELLNESS]

Food for Life, Kids Health
Poor diet and lack of exercise put today's children at greater risk for heart disease, diabetes, and cancer later in life. A foundation for healthy eating is needed. Learn about nutrition and how to cook new healthy recipes in each class. Consent form required at registration. **Note:** Class will not be held on 1/1.

Age: 6-12 years

Location: Foothills Activity Center

Bang-Up Breakfast

12/30	M	1:00-3:00 PM	$21	125700-02
In-Between Meals				
12/31	Tu	1:00-3:00 PM	$21	125700-03
Rainbow Lunches				
1/2	Th	1:00-3:00 PM	$21	125700-04
Digging these Dinners				
1/3	F	1:00-3:00 PM	$21	125700-05
All 4 Classes				
12/30-1/3	M,Tu,Th,F	1:00-3:00 PM	$76	125700-01

Ice Skating

Learn to Skate USA
Anyone enrolled in the Learn to Skate program at EPIC is eligible to sign up for membership in the United States Figure Skating (USFS) program. This is an optional registration offered for an additional fee giving the participant access to membership privileges in USFS. This membership with USFS is not required to participate in the Learn to Skate program at EPIC. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

General Information
All Ice programs are held at EPIC unless otherwise noted.

Lessons are taught by Certified P.S.A. instructors and are in compliance with the United States Figure Skating Association.

Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating lesson are 30-minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling.

Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master all the skills. Please see your coach with any concerns.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

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

If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

Proper clothing may include:
- Helmet (not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).
- Gloves (thin, not ski mittens).
- Fleece or light weight jacket.
- Skating dresses with tights or leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended.

Public Skate
Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit fcgov.com/iceskating for a current schedule. See page 7 for public skate admission fees. **Note:** Skate rentals are an additional $3 fee.

Freestyle
Interested in learning more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff.

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

Private Skating Instruction
Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970.221.6683 or fill out a private lesson request at the front desk.

Figure Skating Lessons for Boy & Girl Scouts
Earn a skating Merit Badge. A learn to skate lesson can be arranged for troops during a public skate session at a discounted rate. Minimum of four skaters. Flexible number of weeks available. To schedule a lesson contact 970.416.2770.

Skate Sharpening Services
EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off and walk-in service available (check with front desk for schedule).

[TEAM & CLUB CONTACTS]

Adult Hockey
Fort Collins Adult Hockey Association, fcaha.org

College Hockey
Colorado State University, csuhockey.com

High School Hockey
High Plains Hockey, highplainshockey.com

Women's Hockey
Flames/Phoenix/Comets/Hot Flashes, wachhockey.com

Youth Hockey
Northern Colorado Youth Hockey, ncyh.org

Curling
Poudre Valley Curling Club, poudrevalleycurling.com

Figure Skating Club
Fort Collins Figure Skating Club, fortcollinsfsc.org

Speed Skating
Jondon Speed, jondonspeed.com

ADULT PROGRAMS

Adult Skate, Beginner & Intermediate
Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills taught.

Age: 16 years & up

1/9-2/6	Th	6:15-6:45 PM	$46	110349-01
2/13-3/12	Th	6:15-6:45 PM	$46	110349-02

Adult Skate, Advanced
Designed for experienced skaters who desire to learn new skills. See descriptions for Youth Ice Skating, Basic 5–6 for skills taught.

Age: 16 years & up

1/9-2/6	Th	6:45-7:15 PM	$49	110353-01
2/13-3/12	Th	6:45-7:15 PM	$49	110353-02

Fitness Skate NW
Intermediate to advanced skaters benefit from this aerobic exercise. Not discountable. 10 or 20 Admission Passes available. **Note:** Class will not be held on 12/6, 12/25, 1/1, 1/20.

Age: 16 years & up

12/2-2/28	M-F	11:15 AM-1:00 PM	$6

Senior Coffee Club NW
Designed for older adults interested in social skating. Drop-in fees apply. **Note:** Adults age 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. **Note:** Session will not be held on 12/25, 1/1.

Age: 60 years & up

12/4-2/26	W	9:15-10:45 AM

[CURLING]

Curling League
For those who want to experience competitive curling. Each curling team consists of four curlers. Sign-up individually and add team names to the roster note. Attire: helmet, clean rubber soled sneakers, and stretchy/loose layers.

Age: 8 years & up

1/26-2/16	Su	9:15-11:15 AM	$44	110376-01
2/23-3/15	Su	9:15-11:15 AM	$44	110376-02

Corporate Curling NW
Curling is a great team building exercise and one of the fastest growing sports. For pricing and to reserve space on a Tuesday contact 970.416.2770. No experience required. All equipment provided. Reservation required.

Age: 8 years & up

12/10-2/25	Tu	1:00-2:30 PM

[HOCKEY]

Cub Hockey, Beginner
Focus on basic hockey and skating skills. Practice is held on Tuesdays; recreational games are held on Thursdays. Rental skates included; sticks available at equipment check-out for $12. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. **Note:** Equipment handout is 1/16 from 4-6 p.m.; equipment can be checked out with a $150 check deposit. Equipment check-in is immediately following last game of the session.

Age: 4-8 years

1/21-3/12	Tu,Th	4:15-5:00 PM	$193	110372-01

Drop-In Hockey NW
Open practice session to sharpen skating and shooting skills. Full equipment required. Sign up at the front desk beginning at 6 a.m. Payment must be made when signing up. Limited to 30 players. **Note:** Session will not be held on 12/25, 1/1, 12/26, 1/2.

Age: 16 years & up

12/2-2/28	M-F	11:15 AM-12:45 PM	$5
12/5-2/27	Th	1:00-2:30 PM	$5

Hockey Skate, Basic 1
Designed for skaters who have never skated before. See Basic 1 Skate for more information about skills learned. Hockey equipment not required.

Age: 5-9 years

1/11-2/8	Sa	11:15-11:45 AM	$46	110308-01
2/15-3/14	Sa	11:15-11:45 AM	$46	110308-02

Hockey Skate, Basic 2
Designed for skaters between the ages of 10-15 years who have never skated before or who have successfully completed Hockey Skate, Basic 1. See Basic 2 Skate for more information about skills learned. Hockey equipment not required.

Age: 5-15 years

1/11-2/8	Sa	10:30-11:00 AM	$46	110312-01
2/15-3/14	Sa	10:30-11:00 AM	$46	110312-02

Power Skating Drop-In NW
Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required. **Note:** Class will not be held on 12/25, 1/1.

Age: 9-17 years

12/4-2/26	W	4:00-4:45 PM	$14

Stick & Puck Drop-In NW
Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Not discountable. No scrimmaging allowed. Rules are posted in each arena. **Note:** Class will not be held on 1/18, 1/19.

Age: All

12/1-2/29	Sa,Su	2:30-3:30 PM	$5
12/23-1/3	M,Th,F	4:45-6:00 PM	$5

[SPEED SKATING]

Speed Skating NW

Designed to enhance skating speed technique for all types of skating. Gain knowledge of edges, pushes, balance, and pressure. Attire: warm-up pants, long sleeved shirt, and speed skates (intermediate and advanced). Developed by Olympic speed skater, Jondon Trevena. Previous skating experience required. **Note:** Class will not be held on 12/25, 1/1, 2/5.

Age: 7 years & up

Beginner				
12/4-2/26	W	5:00-5:30 PM	$10	
Intermediate				
12/4-2/26	W	5:00-6:00 PM	$19	

YOUTH PROGRAMS

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse.

Age: 4-5 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110302-01
1/7-2/6	Tu,Th	9:30-10:00 AM	$91	110302-02
1/11-2/8	Sa	10:30-11:00 AM	$46	110302-03

Snowplow Sam 1 & 2 continued

2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110302-04
2/11-3/12	Tu,Th	9:30-10:00 AM	$91	110302-05
2/15-3/14	Sa	10:30-11:00 AM	$46	110302-06

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110304-01
1/7-2/6	Tu,Th	9:30-10:00 AM	$91	110304-02
1/11-2/8	Sa	10:30-11:00 AM	$46	110304-03
2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110304-04
2/11-3/12	Tu,Th	9:30-10:00 AM	$91	110304-05
2/15-3/14	Sa	10:30-11:00 AM	$46	110304-06

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide.

Age: 5-15 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110306-01
1/7-2/6	Tu,Th	10:00-10:30 AM	$91	110306-02
1/11-2/8	Sa	10:30-11:00 AM	$46	110306-03

Continued on next page

Basic 1 Skate continued

1/27-3/9	M	4:00-4:30 PM	$64	110306-04
1/27-3/9	M	4:30-5:00 PM	$64	110306-05
2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110306-06
2/11-3/12	Tu,Th	10:00-10:30 AM	$91	110306-07
2/15-3/14	Sa	10:30-11:00 AM	$46	110306-08

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or ages 10-15 years and never skated.

Age: 5-15 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110310-01
1/7-2/6	Tu,Th	10:00-10:30 AM	$91	110310-02
1/11-2/8	Sa	10:30-11:00 AM	$46	110310-03
1/27-3/9	M	4:00-4:30 PM	$64	110310-04
1/27-3/9	M	4:30-5:00 PM	$64	110310-05
2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110310-06
2/11-3/12	Tu,Th	10:00-10:30 AM	$91	110310-07
2/15-3/14	Sa	10:30-11:00 AM	$46	110310-08

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5-15 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110314-01
1/7-2/6	Tu,Th	10:30-11:00 AM	$91	110314-02
1/11-2/8	Sa	11:15-11:45 AM	$46	110314-03
2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110314-04
2/11-3/12	Tu,Th	10:30-11:00 AM	$91	110314-05
2/15-3/14	Sa	11:15-11:45 AM	$46	110314-06

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5-15 years

1/7-2/6	Tu,Th	4:45-5:15 PM	$91	110316-01
1/7-2/6	Tu,Th	10:30-11:00 AM	$91	110316-02
1/11-2/8	Sa	10:30-11:00 AM	$46	110316-03
2/11-3/12	Tu,Th	4:45-5:15 PM	$91	110316-04
2/11-3/12	Tu,Th	10:30-11:00 AM	$91	110316-05
2/15-3/14	Sa	10:30-11:00 AM	$46	110316-06

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop, and forward outside three turn. Prerequisite: Successful completion of Basic 4.

Age: 5-15 years

1/7-2/6	Tu,Th	5:30-6:00 PM	$91	110318-01
1/11-2/8	Sa	11:15-11:45 AM	$46	110318-02
2/11-3/12	Tu,Th	5:30-6:00 PM	$91	110318-03
2/15-3/14	Sa	11:15-11:45 AM	$46	110318-04

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop, forward straight line spiral, and begin one foot spin. Prerequisite: Successful completion of Basic 5.

Age: 5-15 years

1/7-2/6	Tu,Th	5:30-6:00 PM	$91	110322-01
1/11-2/8	Sa	11:15-11:45 AM	$46	110322-02
2/11-3/12	Tu,Th	5:30-6:00 PM	$91	110322-03
2/15-3/14	Sa	11:15-11:45 AM	$46	110322-04

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

1/7-2/6	Tu,Th	5:15-6:00 PM	$144	110324-01
1/11-2/8	Sa	9:30-10:15 AM	$72	110324-02
2/11-3/12	Tu,Th	5:15-6:00 PM	$144	110324-03
2/15-3/14	Sa	9:30-10:15 AM	$72	110324-04

Field Moves

Learn pre-preliminary and preliminary moves in the field. Learn stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure-eight crossovers, right and left three turns, consecutive spirals, and alternating three turns.

Age: 5-15 years

1/7-2/4	Tu	6:15-6:45 PM	$49	110330-01
2/11-3/10	Tu	6:15-6:45 PM	$49	110330-02

Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow.

Age: 5-15 years

1/7-2/6	Tu,Th	5:15-6:00 PM	$144	110332-01
1/11-2/8	Sa	9:30-10:15 AM	$72	110332-02
2/11-3/12	Tu,Th	5:15-6:00 PM	$144	110332-03
2/15-3/14	Sa	9:30-10:15 AM	$72	110332-04

Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, loop jump, toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, and stag jump or split falling leaf.

Age: 5-15 years

1/7-2/6	Tu,Th	5:15-6:00 PM	$144	110334-01
1/11-2/8	Sa	9:30-10:15 AM	$72	110334-02
2/11-3/12	Tu,Th	5:15-6:00 PM	$144	110334-03
2/15-3/14	Sa	9:30-10:15 AM	$72	110334-04

Free Skate 5 & 6
Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. For a detailed description of skills, see the Learn-to-Skate bulletin board.

Age: 5-15 years

1/7-2/6	Tu,Th	5:15-6:00 PM	$144	110336-01
1/11-2/8	Sa	9:30-10:15 AM	$72	110336-02
2/11-3/12	Tu,Th	5:15-6:00 PM	$144	110336-03
2/15-3/14	Sa	9:30-10:15 AM	$72	110336-04

Spring Ice Show Registration
Skaters enrolled in Learn to Skate can participate in the 2020 "Spring Spectacular" ice show. Register by 2/3. Participants must attend a casting call on 2/5; times listed below. Costume fees range from $60-85. A $60 deposit is taken at time of measuring. Rehearsals begin mid-March. Shows are the weekend of 5/8. **Note:** Tickets available in the Spring 2020 Recreator, released January 21.

Snowplow Sam 1&2				
2/5	W	5:00-5:15 PM	$20	110358-01
Snowplow Sam 3&4				
2/5	W	5:00-5:15 PM	$20	110358-02
Basic 1				
2/5	W	5:00-5:15 PM	$20	110358-03
Basic 2				
2/5	W	5:00-5:15 PM	$20	110358-04
Basic 3				
2/5	W	5:15-5:30 PM	$20	110358-05
Basic 4				
2/5	W	5:15-5:30 PM	$20	110358-06
Basic 5				
2/5	W	5:15-5:30 PM	$20	110358-07
Basic 6				
2/5	W	5:15-5:30 PM	$20	110358-08
Pre-Free Skate				
2/5	W	5:30-6:00 PM	$20	110358-09
Free Skate 1 & 2				
2/5	W	5:30-6:00 PM	$20	110358-10
Free Skate 3 & 4				
2/5	W	5:30-6:00 PM	$20	110358-11
Free Skate 5 & 6				
2/5	W	5:30-6:00 PM	$20	110358-12
Age: 16 years & up				
Adult Beginner				
2/5	W	5:45-6:00 PM	$20	110358-13
Adult Intermediate				
2/5	W	5:45-6:00 PM	$20	110358-14
Adult Advanced				
2/5	W	5:45-6:00 PM	$20	110358-15

Is your home a healthy home?

Your home's air quality can be 5 X worse than the air quality outside, and you can't always see the health and safety hazards in your home.

Reach out to the Healthy Homes program today for a free assessment that will help you control common household problems like radon, excess moisture, dust, pests, chemical contaminants, and more.

For more information, visit ***fcgov.com/healthyhomes*** or call **970-416-2832**

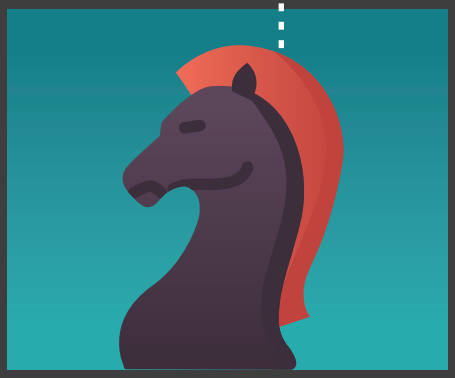
Healthy HOMES
IMPROVING INDOOR AIR QUALITY

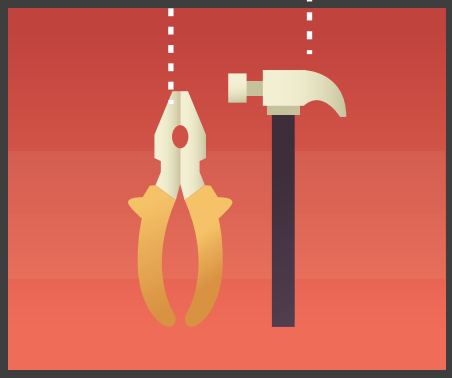
City of Fort Collins Environmental Services

Auxiliary aids and services are available for persons with disabilities. V/TDD: 711 19-21657

Live Involved

Get Connected





to what moves you!

Free Fair for Volunteering, Meet-up & Activity Groups, and Community Engagement.

January 25, 2020 from 10 a.m. – 2 p.m.
Fort Collins Senior Center, 1200 Raintree Dr.

Nonprofit organizations and activity groups gather to share how you can get involved with others in your community.

FREE *fcgov.com/recreation*

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

City of Fort Collins Recreation | Recreator

AARP Real Possibilities

Outdoor Recreation & Education

Challenge your mind, challenge your body. Explore what Recreation has to offer in the great outdoors.

Programs offering special pricing for Senior Center Members are denoted throughout the Recreator with Ⓜ. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Membership 50+. For information about Membership 50+ benefits, see page 4.

Cancellation/Refund Policy
Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or the program. In case of cancellation, a full refund is issued. If you need to cancel, notify us by 10 a.m. one week prior to the trip departure for refund or credit, in accordance with the Recreation refund policy on page 4.

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

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

Adult Programs

Classes are for ages 18 years & up unless otherwise noted.

WINTER SOCIAL

Learn about the opportunities offered with Outdoor Recreation this winter. From hikes, to snowshoe trips, to riding the ski bus, there's something for everyone to enjoy. Also, network with other outdoor enthusiasts and enjoy the classic ski film, Far Out, created by Teton Gravity Films.

Age: All
Location: Senior Center

12/7	Sa	6:00-8:00 PM	No Fee

[B.O.O.T.S. MEMBERSHIP] Ⓜ

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities in the outdoors on various dates and times. Dip toes in the great outdoors and start locally with a B.O.O.T.S. instructor. Attend the Winter Social to learn more about club membership and activities (see above). For more information, including a schedule of upcoming events, visit fcgov.com/outdoorrecreation.

[QUARTERLY B.O.O.T.S. MEMBERSHIP]

Once registered as a member, participants choose hikes, stewardship, and educational events to attend (listed below). No stewardship or education programs are offered in the winter. After registration, the B.O.O.T.S. coordinator will contact club members to welcome them to the group.

12/1-2/29	M-Su	12:00-12:00 AM	$25	111930-01

[B.O.O.T.S. HIKING]

King Fisher Point Natural Area

12/9	M	10:00 AM-Noon	No Fee	111931-01

Devil's Backbone Natural Area

12/16	M	10:00 AM-Noon	No Fee	111931-02

McMurry Open Space

1/6	M	10:00 AM-Noon	No Fee	111931-03

Running Dear Natural Area

1/20	M	10:00 AM-Noon	No Fee	111931-04

Horsetooth Mountain Open Space
Note: Entrance fee not included.

1/27	M	10:00 AM-Noon	No Fee	111931-05

Riverbend Ponds Natural Area

2/3	M	10:00 AM-Noon	No Fee	111931-06

Maxwell Natural Area

2/10	M	10:00 AM-Noon	No Fee	111931-07

Lory State Park
Note: Entrance fee not included.

2/24	M	10:00 AM-Noon	No Fee	111931-08

EXTENDED TRAVEL

Backcountry Boundary Waters Canoe Expedition
Experience the serenity and beauty of the Boundary Waters Canoe Wilderness Area in Minnesota on this 7-day/6-night backcountry experience. Embark on a challenge with over 5 days of canoeing, including portaging, with experienced guides. Paddle, portage, carry personal and group gear, set up campsites, and work as a team during this strenuous expedition. For more information, contact outdoor@fcgov.com. **Note:** Fee includes accommodations (cabins and tents), gear, meals as listed in the itinerary, guides, and required permits. Fee does not include airfare.

8/20/20-8/26/20	Double occupancy	$2,900	311991-01
8/20/20-8/26/20	Single rates available upon request		311991-01

OUTDOOR EDUCATION

Wine & Wander
Gear up for an invigorating two-hour hike in followed by a wine tasting presentation. **Note:** Fee includes hike, snacks, and wine flight.

Age: 21 years & up

10 Bears Winery

12/7	Sa	10:00 AM-3:00 PM	$65	111909-01

Blendings Winery

2/29	Sa	10:00 AM-3:00 PM	$65	111909-02

Basic Land Navigation
Discuss different land navigation techniques and learn how to use a map, compass, and landmarks to find a destination.

12/11	W	9:00-11:00 AM	$30	107405-01

Front Range Winter Bird ID
Designed for beginner birders who love nature and want to learn more about local birds. Learn techniques to identify birds and how to use a field guide and binoculars in the comfort of the indoors.

12/15	Su	3:00-5:00 PM	$15	107402-01
1/19	Su	3:00-5:00 PM	$15	107402-02
2/9	Su	3:00-5:00 PM	$15	107402-03

Guided Forest Therapy
Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection, and creativity.

Location: Lee Martinez Park

12/21	Sa	1:00-3:00 PM	$20	107907-01
1/18	Sa	1:00-3:00 PM	$20	107907-02
2/15	Sa	1:00-3:00 PM	$20	107907-03

SNOW DAY TRIPS

Designed for adults 18 years & older who wish to get into the outdoors with competent and experienced guides. Guides carry Garmin inReach positioning in case of emergency and are Wilderness First Aid certified. For safety, Outdoor Recreation instructors lead and sweep every hike. No instruction in activities is provided unless otherwise noted.

Vans depart and return to the Senior Center and are equipped with AEDs. Participants are required to provide their own appropriate equipment including but not limited to a rain jacket, close toed shoes, winter clothing, or cross-country skis, as well as water, food, and park entrance costs ($25 for RMNP or a park pass). Participants must be in good health and capable of moderate physical activity, meeting the distance and elevation requirement associated with each outing. All participants are encouraged to use trekking poles which can be provided upon request. Limited snowshoes also available upon request. For more information contact Sarah Olear, solear@fcgov.com.

Destination of outing and day of itinerary may change due to weather, trail conditions, or other factors at the discretion of the program coordinator or leading Outdoor Recreation instructor.

Note: Timing, elevations, and mileage are all subjective and vary dependent on mapping tools used and group pace.

[CROSS-COUNTRY SKIING M]

Cross-country Ski Refresher
Take a refresher on the basics of cross-country skiing. Put skills into practice in State Forest State Park. **Note:** Fee includes instruction.

Lake Agnes Cabins

1/16	Th	7:00 AM-5:00 PM	$45	111902-01

Gould Loop

2/5	W	7:00 AM-5:00 PM	$45	111902-02

Gould Mountain Loop
Enjoy views of the Rawahs on this cross-country ski trail. Moderate; Mileage: 4-6; Lowest elevation: 8,500 ft.; Highest elevation: 9,200 ft.

1/22	W	8:00 AM-4:00 PM	$45	111921-01

Aspen Brooke Trail
Enjoy views of Rocky Mountain National Park on this out and back trail. Moderate; Mileage: 3-5; Lowest elevation: 8,200 ft.; Highest elevation: 9,100 ft.

1/30	Th	7:00 AM-4:00 PM	$45	111921-02

Trail Ridge Road
Enjoy the views of Trail Ridge Road to Many Parks Curve with views of snowcapped Mummy Range and scenic Endo Valley. Strenuous; Mileage: 4-6; Lowest elevation: 9,640 ft; Highest elevation: 10,290 ft.

2/13	Th	7:00 AM-4:00 PM	$45	111921-03

Finch Lake
Explore Rocky Mountain National Park by cross country ski on the Finch Lake Trail. Strenuous; Mileage: 5-7; Lowest elevation: 8,400 ft.; Highest elevation: 10,000 ft.

2/19	W	7:00 AM-4:00 PM	$45	111921-04

Brockman Road to Diamond Peaks Loop
Enjoy the Ponderosa pines along this scenic ski trail. Strenuous; Mileage: 7-10; Lowest elevation: 9,100 ft.; Highest elevation: 10,400 ft.

2/26	W	7:00 AM-5:00 PM	$45	111921-05

[DOWNHILL SKI TRIPS] M

Take away the stress of I-70 traffic with transportation to and from some of Colorado's iconic ski resorts.

Motorcoach trips are made to various ski resorts. Equipment, lift ticket, and lunch not included. Trips depart from Rolland Moore Park promptly at 7 a.m. and pickup in Loveland at I-25 and Highway 34 at 7:20 a.m. Ski trips are subject to the City of Fort Collins one-week cancellation policy. If the minimum number of participants are not registered for the program, or weather conditions are unsafe, it is at the discretion of the coordinator to cancel the program. All cancellations due to low enrollment or weather receive a full refund back to the original method of payment.

Copper Mountain

12/18	W	7:00 AM-7:00 PM	$50	111910-01
1/15	W	7:00 AM-7:00 PM	$50	111910-03
1/29	W	7:00 AM-7:00 PM	$50	111910-06
2/12	W	7:00 AM-7:00 PM	$50	111910-09
2/26	W	7:00 AM-7:00 PM	$50	111910-12

Winter Park

1/8	W	7:00 AM-7:00 PM	$50	111910-02
1/22	W	7:00 AM-7:00 PM	$50	111910-04
2/5	W	7:00 AM-7:00 PM	$50	111910-07
2/10	M	7:00 AM-7:00 PM	$50	111910-08
2/19	W	7:00 AM-7:00 PM	$50	111910-10

Arapahoe Basin/Keystone

1/27	M	7:00 AM-7:00 PM	$50	111910-05
2/24	M	7:00 AM-7:00 PM	$50	111910-11

[SNOWSHOEING]

Tips & Trails for Snowshoeing
Learn about snowshoeing and where to go, where to get gear, and how to stay safe. Discover new-to-snowshoeing information. All levels welcome.

1/20	M	4:30-6:00 PM	$5	125404-01

Experienced. Caring. Fun.
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Mountain Kids

At Mountain Kids Pediatric Dentistry, we get it – we're parents too. Our office is a friendly and collaborative environment where your kiddos can have fun, and you can feel comfortable and confident in a judgement free zone.

Get in touch & mention the Recreator for a welcome kit:
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info@mountainkidspediatricdentistry.com

Have a toddler under 24 months?
Schedule your complimentary first visit*

*Valid for one appointment under 24 months old without insurance

Dr. Joe Guido

Dr. Katie Rusnak

Dr. Shivaun McArtor

Introduction to Snowshoeing (M)
Take a refresher on the basics of snowshoeing. Put skills into practice in Rocky Mountain National Park. **Note:** Fee includes instruction.

Dream Lake

1/7	Tu	7:00 AM-4:00 PM	$45	111901-01

Deer Mountain

2/4	Tu	7:00 AM-4:00 PM	$45	111901-02

Gould Loop (M)
Hike through prime moose habitat on this loop trail that parallels the middle fork of the Michigan River. Rating: Easy; Mileage: 5-7 miles; Lowest elevation: 9,400 ft.; Highest elevation: 9,700 ft.

1/15	W	7:00 AM-5:00 PM	$45	111920-01

Lake Agnes (M)
Spectacular views of Nokhu Crags. Rating: Strenuous; Mileage: 6-8 miles; Lowest elevation: 9,600 ft.; Highest elevation: 10,700 ft.

1/19	Su	7:00 AM-5:00 PM	$45	111920-02

Cub Lake (M)
Wander through lush meadows, keeping an eye out for elk or deer. Rating: Easy; Mileage: 3-7 miles; Lowest elevation: 8,100 ft.; Highest elevation: 8,600 ft.

1/23	Th	7:00 AM-4:00 PM	$45	111920-03

Bierstadt Lake Loop (M)
Scenic wooded glacial moraine with excellent views along the way. Rating: Moderate; Mileage: 3-4 miles; Lowest elevation: 8,850 ft.; Highest elevation: 9,416 ft.

1/31	F	7:00 AM-4:00 PM	$45	111920-04

Emerald Lake (M)
Hike to one of Rocky Mountain National Park's scenic gems. Rating: Easy; Mileage: 1-3 miles; Lowest elevation: 9,400 ft.; Highest elevation: 10,100 ft.

2/12	W	7:00 AM-4:00 PM	$45	111920-05

Rabbit Mountain Open (M)
Explore beautiful open space surrounded by amazing views. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 5,500 ft.; Highest elevation: 5,850 ft.

2/20	Th	7:00 AM-5:00 PM	$45	111920-06

Calypso Cascades (M)
See the beautiful falls encased in ice and snow. Rating: Moderate; Mileage: 4-6 miles; Lowest elevation: 8,500 ft.; Highest elevation: 9,200 ft.

2/28	F	7:00 AM-4:00 PM	$45	111920-07

YOUTH PROGRAMS

Archery
Learn balance, poise, accuracy, vision, timing, and action. Discover basic techniques and how to be safe. Equipment is provided.

Age: 8-16 years
Location: Rocky Mountain Archery, 4518 Innovation Dr.

12/12-12/19	Th	4:30-5:30 PM	$30	115941-01
1/16-1/23	Th	4:30-5:30 PM	$30	115941-02
2/13-2/20	Th	4:30-5:30 PM	$30	115941-03

Special Events

Santa on The Farm NW

Santa Claus is visiting The Farm. Be enchanted by holiday lights and decorations, and enjoy hot chocolate, hayrides, visits with the animals, and of course, Santa. For more fun, purchase $1 tickets for gift making, hot dogs, and s'mores.

Age: All

11/30-12/1	Sa,Su	3:00-6:00 PM	No Fee

Winter SOAP Show: Bits of Broadway NW

Be entertained this winter with SOAP (Slightly Older Adult Players) and their performance of Bits of Broadway, Done SOAPs Way. Music featured from 16 fan favorite shows. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

12/6	F	1:30 PM	$6	Ticketed Event
12/6	F	7:00 PM	$6	Ticketed Event
12/7	Sa	2:00 PM	$6	Ticketed Event

Holiday Village NW

Visit the Fort Collins Senior Center lobby throughout the holiday season and enjoy the sights and sounds of a beautiful miniature village come to life. Be amazed at the gigantic holiday tree and winter village complete with a working train.

Age: All

Location: Senior Center

12/9-12/31	M-F	6:00 AM-9:00 PM
12/9-12/31	Sa	8:00 AM-5:00 PM
12/9-12/31	Su	9:00 AM-8:00 PM

The Nutcracker, An Abridged Performance NW

Studio West Dance Center tells the story of the classical Tchaikovsky/Pepita ballet. The show includes excerpts of Flowers, Sugar Plum, Spanish, Chinese, Snow, Pas De Deaux, Soldier Doll, Ballerina Doll, Marzipan, March, and Angels. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

12/14	Sa	5:00 PM	$5	Ticketed Event

Winter Festival NW

A fun-filled day of winter on-ice activities includes free figure and synchronized skating exhibitions, and a speed skating demonstration. Free public skate session from 12:15-2:15 p.m., followed by figure skating exhibitions from 2:30-6:30 p.m. Lessons in skating available during public skate time. No registration necessary.

Age: All

Location: Edora Pool Ice Center

12/14	Sa	12:15 PM-2:15 PM	No Fee

LIVE INVOLVED NW

Enrich life with new social connections. Check out all that Northern Colorado has to offer through different hobby and interest groups, volunteerism, social opportunities, activities, and breakout presentations. **Note:** Lunch available for purchase.

Age: 18 years & up

Location: Senior Center

1/25	Sa	10:00 AM – 2:00PM	No Fee

Opera Fort Collins Presents Gilbert & Sullivan Showcase NW

Apprentice and Bel Canto Artists with Opera Fort Collins Opera Chorus presents musical highlights from H.M S. Pinafore, Pirates of Penzance, The Gondoliers, and The Mikado. Tickets available at the Senior Center or by calling 970.221.6644. Space is limited to 300.

Age: All

Location: Senior Center

2/15	Sa	6:30 PM	$5	Ticketed Event

Sports

Online Sports Schedules & League Rules
All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancelations, and weather updates.

ADULT SPORTS

[BASKETBALL]

Lunchtime Basketball
Break up the day with drop-in basketball for a lunchtime game.
Note: Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Community Center

12/2–2/28	M-F	Noon–2:00PM

Winter Adult Basketball
Teams register for their level of play and night preference on a first-come-first-servedd basis. 8 games scheduled. Registration ends 12/13 or when leagues fill. Leagues begin the week of 1/6.

Location: Northside Aztlan Center
Cost: $459

Men's

Monday Competitive	113901-01
Monday Recreational	113901-02
Wednesday Recreational	113901-03

Women's

Wed Recreational	113902-02

Coed

Sun Recreational	113903-01

Spring Adult Men's Basketball
Teams sign up for their level preference on a first-come-first-served basis. 6 games scheduled. Registration ends 3/19 or when leagues fill. Leagues begin the week of 3/27.

Location: Northside Aztlan Center
Cost: $341

Friday Competitive	213901-01
Friday Recreational	213901-02

[FLAG FOOTBALL]

Spring Adult Flag Football
8-on-8 non-contact. Registration ends 3/13 or when leagues fill. 6 games scheduled; 6 games guaranteed.

Location: Rolland Moore Park

3/23–4/27	M	6:00–10:00 PM	$330	213011-01

[KICKBALL]

Spring Coed Kickball
Play an American classic invented on the playground. Registration ends 3/6 or when league fills. 6 games scheduled. League begins 3/20.

Location: Rolland Moore Park
Cost: $210

Fri Coed Competitive	213061-01
Fri Coed Recreational	213061-02

[MARTIAL ARTS]

Shotokan Karate, Beginner
Introduction to karate and a Japanese martial art form. May be divided into groups depending on ability. Adults welcome to participate with their children. Learn basic karate techniques and form before continuation to the intermediate level.

Age: 7 years & up
Location: Club Tico

1/6–2/5	M,W	6:00–7:00 PM	$56	122122-02
2/10–3/11	M,W	6:00–7:00 PM	$56	122122-03

Location: Foothills Activity Center

2/11–3/12	Tu,Th	5:00–6:00 PM	$56	122119-03

Shotokan Karate, Intermediate
Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Age: 7 years & up
Location: Club Tico

1/6–2/5	M,W	6:00–7:00 PM	$56	122123-02
2/10–3/11	M,W	6:00–7:00 PM	$56	122123-03

Location: Foothills Activity Center

2/11–3/12	Tu,Th	6:00–7:00 PM	$56	122120-03

Shotokan Karate, Advanced
Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up
Location: Club Tico

1/6–2/5	M,W	7:00–8:00 PM	$56	122124-02
2/10–3/11	M,W	7:00–8:00 PM	$56	122124-03

Location: Foothills Activity Center

2/11–3/12	Tu,Th	6:00–7:00 PM	$56	122121-03

REGISTRATION FOR SPRING &
SUMMER SEASONS OPENS FEB 1ST
FORT COLLINS | WINDSOR | LOVELAND

CONTACT US

970-682-4898
NOCOINFO@MIGHTYKICKS.NET

Mighty Kicks®

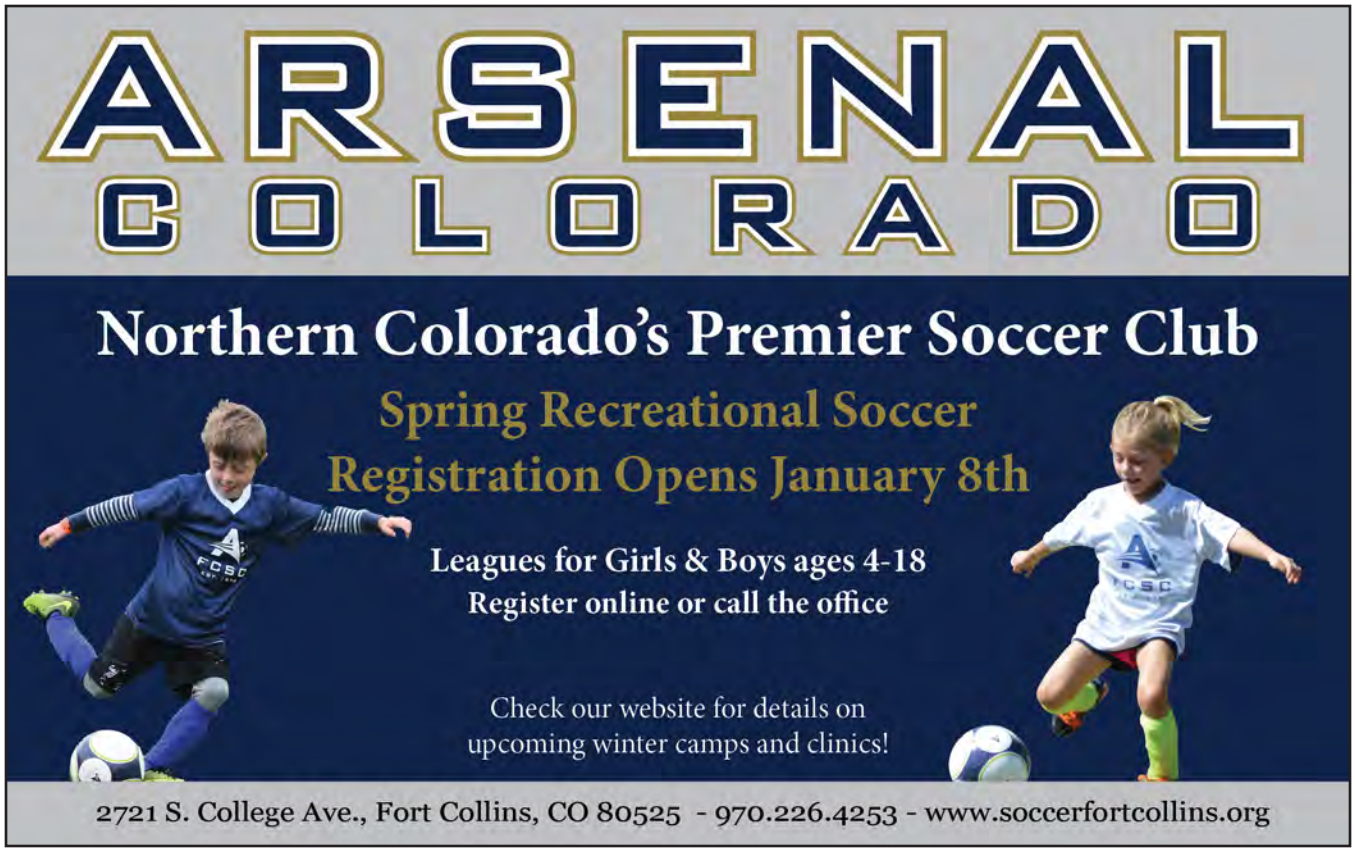
WINTER SEASON

REGISTER NOW!

SEASON STARTS JANUARY
FORT COLLINS & WINDSOR

Welcome to Mighty Kicks- the premier introductory soccer program for children! Mighty Kicks is more than a soccer program. Our creative curriculum, coaches and high energy classes provide your child with experiences that apply both on and off the soccer field. Our curriculum was designed to enhance your child's growth and development in confidence, coordination, character, social skills, and basic soccer techniques. The result is an impactful soccer program for kids that will create memories and skills that last a lifetime. We can't wait for you to join us!

FOR REGISTRATION INFORMATION VIST US ONLINE: MIGHTYKICKSNORTHERNCO.NET



[PICKLEBALL]

Pickleball POP (Paid Open Play)
Playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up
Location: Northside Aztlan Center

Beginner				
12/2–12/30	M	1:45–4:00 PM	$15	124500-01
1/6–1/27	M	1:45–4:00 PM	$15	124500-02
2/3–2/24	M	1:45–4:00 PM	$15	124500-03
Intermediate				
12/4–12/18	W	1:45–4:00 PM	$10	124510-01
1/8–1/29	W	1:45–4:00 PM	$15	124510-02
2/5–2/26	W	1:45–4:00 PM	$15	124510-03
Advanced				
12/6–12/27	F	1:45–4:00 PM	$15	124520-01
1/3–1/31	F	1:45–4:00 PM	$15	124520-02
2/7–2/28	F	1:45–4:00 PM	$15	124520-03
4.0+				
12/5–12/26	Th	6:00–9:00 AM	$15	124525-01
1/2–1/30	Th	6:00–9:00 AM	$15	124525-02
2/6–2/27	Th	6:00–9:00 AM	$15	124525-03

Pickleball Ladder League, Individual Doubles
Adult teams play matches against teams with similar skills each week. Teams compete in pool play with the opportunity to move up or down brackets according to results. Fee is per person.

Age: 18 years & up

Location: Senior Center

12/2-2/23	Tu	5:30-8:00 PM	$25	124440-01
1/6-1/27	Tu	5:30-8:00 PM	$25	124440-02
2/3-2/24	Tu	5:30-8:00 PM	$25	124440-03

Pickleball Tournament, Sweetheart Swing
A full day of fun, fitness, and mixed-doubles competition. Both partners must register. List partner name at registration.

Age: 18 years & up

Location: Northside Aztlan Center

2/16	Su	9:00 AM-3:00 PM	$35	124400-01

Pickleball, Beginner Lessons
For those new to pickleball or those wanting to freshen up basic skills. Classroom and court time to learn rules, scoring, and basics. Designed as introduction to a fun and growing sport.

Age: 18 years & up

Location: Senior Center

12/3-12/10	Tu	9:00-11:00 AM	$20	124420-01
1/7-1/14	Tu	9:00-11:00 AM	$20	124420-02
1/21-1/28	Tu	9:00-11:00 AM	$20	124420-03
2/4-2/11	Tu	9:00-11:00 AM	$20	124420-04
2/18-2/25	Tu	9:00-11:00 AM	$20	124420-05

Pickleball Skills & Drills
Drills designed to improve play. No games played. Different courts designated for different skill levels.

Age: 18 years & up

Location: Northside Aztlan Community Center

12/3-12/17	Tu	6:30-9:00 AM	$15	124422-01
1/7-1/28	Tu	6:30-9:00 AM	$20	124422-02
2/4-2/25	Tu	6:30-9:00 AM	$20	124422-03

Pickleball, Intermediate Lessons
Designed for those above beginner level. Enhance game through practice drills and learn the finer points of play. Must demonstrate adequate skills and proficiency at novice play.

Age: 18 years & up

Location: Senior Center

12/3-12/17	Tu	8:00-9:00 AM	$15	124423-01
1/7-1/28	Tu	8:00-9:00 AM	$20	124423-02
2/4-2/25	Tu	8:00-9:00 AM	$20	124423-03

[SOFTBALL]

Teams sign up for their level of play and night preference on a first-come-first-served basis. Levels of Play:

II–Competitive, III–Intermediate, IV–Recreational

Spring Adult Softball
Get the rust off before the summer leagues begin. Registration ends 3/6, or when leagues fill. Leagues begin the week of 3/16. 6 games scheduled.

Location: Rolland Moore Park
Cost: $355

Men's

Sunday IV	213021-01	Wednesday II	213021-06
Monday III	213021-02	Wednesday III	213021-07
Monday IV	213021-03	Wednesday IV	213021-08
Tuesday III	213021-04	Thursday III	213021-09
Tuesday IV	213021-05	Friday IV	213021-10

Women's

Thursday III	213022-01

Coed

Sunday Competitive	213023-01

Coed Spring Adult Softball continued

Sunday Recreational	213023-02
Tuesday Competitive	213023-03
Tuesday Recreational	213023-04
Wednesday Competitive	213023-05
Wednesday Recreational	213023-06
Thursday Recreational	213023-07

[VOLLEYBALL]

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

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

Winter Adult Volleyball
Coed and women's leagues are offered for 6-person teams. Registration ends 12/27 or when leagues fill. Leagues begin the week of 1/5. 8 games scheduled.

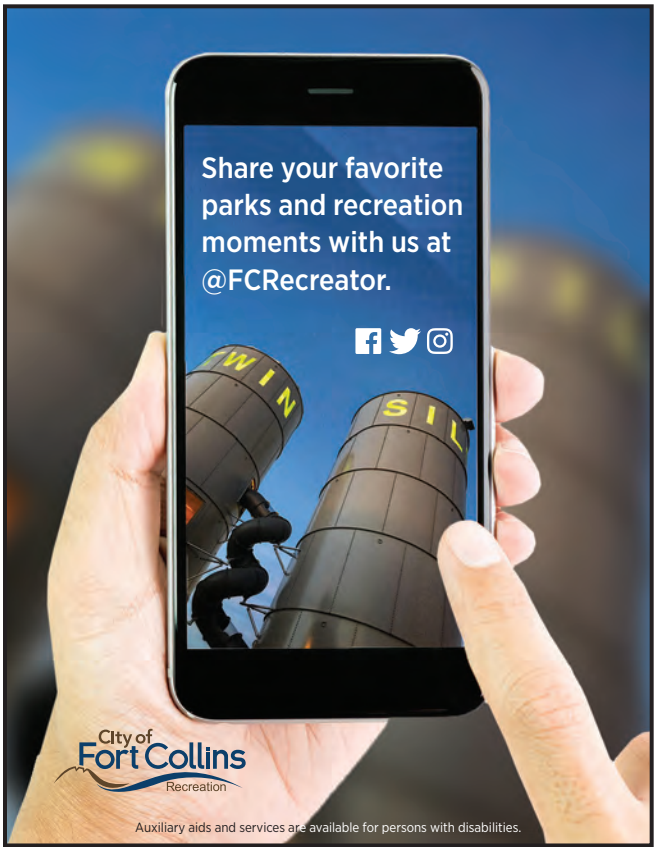
Location: TBA
Cost: $281

Women's

Sunday B	113942-01	Wednesday BB	113942-03
Wednesday A	113942-02		

Coed

Monday BB	113943-01	Tuesday BB	113943-04
Monday B	113943-02	Friday B	113943-05
Tuesday A	113943-03		



LEWIS TENNIS

50 years providing professional tennis programs. Be a part of the largest, all inclusive tennis program in Northern Colorado.

- Lessons for all ages
- Day & evening clinics
- Performance training
- Tournaments
- Private lessons
- Adult lessons & leagues

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

Lewis TENNIS SCHOOL

City of Fort Collins Recreation

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

19-21299

Spring Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Registration ends 3/13 or when leagues fill. Leagues begin 3/25. 8 games scheduled.

Age: 16 years & up
Location: TBA

Cost: $281

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

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

TENNIS

General Information

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs, and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

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

All courses take place at the Rolland Moore Racquet Complex unless otherwise noted.

Rolland Moore Pro Shop

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

Winter hours are noon-6 p.m., Monday-Friday, and 10 a.m.-4 p.m. Saturday, weather permitting.

Registration
For full program information, court availability, and to register for programs, visit lewistennis.com or call 970.493.7000. Discounts available for additional family members.

Programs
Programs are offered at Rolland Moore Racquet Complex and Fossil Creek Park.

Session Dates for All Classes

1/6-2/1	Session 1
2/3-2/29	Session 2
3/2-3/28	Session 3

Beginner Lessons
Whether new to the game or getting back into it after a long hiatus, learn and develop fundamentals. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition.

Age: 18 years & up

M, W	6:00–7:30PM

Intermediate Lessons
Learn the "Modern Game" of tennis and refine skills. Experience techniques used by the pros. Develop topspin, forehand, backhand and serves, and learn doubles and singles strategies that win.

Age: 18 years & up
Tu, Th 6:00–7:30 PM

League Coaching
Get the team ready for the USA Tennis Leagues. Professional coaching improves team strategy, technique, and mental toughness. A variety of coaching programs available.

Premier Clinics
Designed for the beginner through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to pro ratio.

Age: 18 years & up

Private Lessons & Ball Machine
Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible. Rent ball machines to work on that pesky backhand.

COLORADO RAPIDS
YOUTH SOCCER CLUB
FORT COLLINS
Join the premier soccer club in the Front Range! With camps & leagues for every player age 3-18, from beginner to elite, there's no better time to see everything Rapids Fort Collins has to offer. For more information on programming, dates, locations, and pricing, follow the link below.
CRY.SC/FORT-COLLINS

[YOUTH TENNIS]

Lewis Tennis School directs all tennis programs for the City of Fort Collins. For more information about Lewis Tennis, see page 81.

Performance Training

Designed for the junior player who has a foundation of the game and shows a high level of commitment. Players have goals of state and sectional rankings, high school varsity play, and college scholarships. Performance players participate in NJTL tennis, leadership, and life skills training on Fridays. Players must be accepted by Head Pro. Call 970.493.7000 for additional information.

Homeschool Classes

These tennis classes are held at flexible times during the day. Call 970.493.7000 to arrange a homeschool class.

After-School Enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with school for details.

10 Years & Under

Exciting play format for those new to tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size.

Little Lobber

Age: 4-6 years

Sa	10:00-10:45 AM

Indoor Little Lobber – NEW!

Location: Foothills Activity Center

Call 970.493.7000 for dates and times.

Future Star

Age: 7-8 years

M,W	4:30-6:00 PM
Sa	11:00 AM-12:30 PM

Aces

Age: 9-10 years

M,W	4:30-6:00 PM
Sa	11:00 AM-12:30 PM

Middle School

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this lifetime sport.

Challenger (Beginner)

Age: 11-13 years

Tu, Th	4:00-6:00 PM
Sa	1:00-3:00 PM

Register NOW: WINTER Sports

at Northern Colorado's Largest INDOOR Sports Center

Year-round, Daytime & Evening INDOOR Preschool Sports!

Boys & Girls • New sessions every six weeks

Ages 3 - 5
- Kinder Kicker Soccer
- First Baseball
- First Football
- First Basketball

Ages 4 - 5
- First Tennis
- Little Laxer Lacrosse

Call for Days and Times

Late Fall Programs

- **Tennis** - *Small Group Lessons*

Gr K - 6	Fridays	11/1 - 12/13

- **Baseball** *Small Group Hitting Lessons*

Gr K - 8	Mondays	11/4 - 12/9
Gr 4 - 8	Wednesdays	11/6 - 12/18
Gr K - 8	Thursdays	11/7 - 12/19

Winter Break Camps

BASEBALL

- Grades PK - 8 (Must turn 5 by 9/15/19)
- Boys & Girls
- Separate Camps for every level: Tee-ball, Beginning Baseball, Returning Recreational Baseball, and Competitive/Travel Team
- Jan 2 - 4

BOYS LACROSSE
- Grades K - 8
- Jan 2 - 4

VOLLEYBALL
- Grades 3 - 8
- Boys & Girls
- Jan 2 - 4

BASKETBALL
- Grades K - 3
- Boys & Girls
- Jan 2 - 4

Multi-Sport Day Camps

HEALTHY FUN FOR KIDS!

Explore & learn the basics of 4 - 5 different sports/day - Girls & Boys - Grades K - 5

(Full-Day: 9 am - 4 pm or Half-Day: 9 am - noon)

Nov 11, Nov 27; Dec 23; Jan 2 & 3; Jan 6; Jan 20; Feb 17, Mar 2, March 16 - 20

Winter Camps

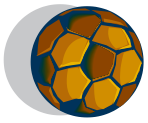
BASEBALL: Small Group Hitting Clinics

Gr K - 8	Mondays	1/6 - 2/10 & 2/17 - 3/30
Gr 4 - 8	Wednesdays	1/8 - 2/12 & 2/19 - 4/1
Gr K - 8	Thursdays	1/9 - 2/13 & 2/20 - 4/2

BASEBALL: FCBC Intermediate Pre-tryout Camps
- Ages 8 - 14 as of 4/30/2020
- 1-day Quick Tune-up Camp: Mar 7
- 4-day Camp: Mar 4, 5, 6, & 7

Instructional Leagues

Designed for Beginning & Intermediate Players. Sessions split between skill building & small-sided scrimmages. No scores are kept. There are no fixed teams. The focus is on learning & having FUN!



- **Soccer** (Boys & Girls)

U7 - U11	11/4 - 12/9,	1/7 - 2/11,	2/18 - 3/31
U5 - U6	11/5 - 12/17,	1/7 - 2/11,	2/18 - 3/31

- **Basketball** (Boys & Girls)

Gr K - 2	Tue	12/3 - 12/17,	1/7 - 2/11,	2/18 - 3/31
Gr K - 2	Sat	11/23 - 12/14,	1/11 - 2/15,	2/21 - 3/25

Family Open Play!

Quality play time with your preschool children INDOORS

Weekdays - call for times - $5 per family!

NERF BLASTER Birthday Parties for all Ages!

Sports-themed Birthday Parties for all Ages!

the Edge sports center, LLC
Where Families & Athletes Play — Safe, Clean & Friendly

Mulberry | Hwy 14 | McDonald's | I-25 | Exit 269A | The Edge

EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins

For Details & Registration
edgesportscenter.com
970.472.0048

Batting Cages - Private Baseball Instruction

Competitive (Intermediate/Advanced)

Age: 11-13 years

Tu, Th	4:00-6:00 PM
Sa	1:00-3:00 PM

High School

Develop tennis skills to play on the high school team or to enjoy with friends.

Wimbledon (Beginner)

Age: 14-18 years

Tu, Th	4:00-6:00 PM
Sa	1:00 -3:00 PM

Grand Slam (Intermediate/Advanced)

Age: 14-18 years

Tu, Th	4:00- 6:00 PM
Sa	1:00-3:00 PM

YOUTH SPORTS

Youth Sports General Information

Registration closes approximately two weeks prior to the listed start date of the program.

Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.

Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.

Tournaments are only played in the middle school divisions of all leagues, except for the bowl games in tackle football.

Outdoor leagues practice on a first-come-first-served basis at the location (or nearby park with approval from Recreation staff) indicated when registering.

Indoor leagues scheduled practice times and locations are determined by staff prior to the season. Teams practice 1-2 times per week based on availability. In the event of gym cancelations, teams may practice in locations that differ from registration site.

Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and agree to follow the guidelines and polices of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970.416.4297.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline. See page 77 for more information.

[BASKETBALL]

JUNIOR RAMS BASKETBALL – NEW!

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Basketball games.

Girl's Junior Rams Basketball

Develop teamplay with participation, fun, skills, and sportsmanship; 6 scheduled games with one official minimum for each game. Two practices per week with games on Saturdays.

Cost: $87

Dates: 1/13–2/29

Grade: Kindergarten–1

Foothills Activity Center 114906-07
Northside Aztlan Center 114906-06

Grade: 2–3

Bacon	114907-01	Lopez	114907-29
Bauder	114907-03	McGraw	114907-31
Beattie	114907-05	Odea	114907-33
Bennett	114907-07	Olander	114907-35
Bethke	114907-09	Putnam	114907-37
CLP	114907-11	Rice	114907-39
Dunn	114907-13	Riffenburgh	114907-41
Eyestone	114907-15	Shepardson	114907-43
Harris	114907-17	Tavelli	114907-45
Irish	114907-19	Polaris	114907-38
Johnson	114907-21	Timnath	114907-47
Kruse	114907-23	Traut	114907-49
Laurel	114907-25	Werner	114907-51
Linton	114907-27	Zach	114907-53

Grade: 4–5

Bacon	114908-01	Lopez	114908-29
Bauder	114908-03	McGraw	114908-31
Beattie	114908-05	O'dea	114908-33
Bennett	114908-07	Olander	114908-35
Bethke	114908-09	Putnam	114908-37
CLP	114908-11	Rice	114908-39
Dunn	114908-13	Riffenburg	114908-41
Eyestone	114908-15	Shepardson	114908-43
Harris	114908-17	Tavelli	114908-45
Irish	114908-19	Liberty Common	114908-26
Johnson	114908-21	Timnath	114908-47
Kruse	114908-23	Traut	114908-49
Laurel	114908-25	Werner	114908-51
Linton	114908-27	Zach	114908-53

Girls Middle School Basketball
Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Special requests are not guaranteed. Game T-shirt is provided at practice

Cost: $87
Date: 1/13–2/29

Grade: 6–8

Liberty Common	114909-16	Lesher	114909-09
Blevins	114909-01	Lincoln	114909-11
Boltz	114909-03	Preston	114909-12
CLP	114909-05	Webber	114909-15
Kinard	114909-07	Wellington	114909-17

Boy's Junior Nuggets Basketball, Intermediate – NEW!
An introduction to intermediate basketball. 1-2 practices, 6 games, and an end of season tournament. **Note:** Junior Nuggets jersey provided.

Cost: $99
Date: 1/13–3/7

Grade: 4–5	114903-01
Grade: 6	114904-01
Grade: 7–8	114905-01

[CHEERLEADING]

Classes will not be held on 3/16-20.

All classes will be held at 128 Racquette Dr. unless otherwise noted. For more information contact Vel Green, vel@cheercentralsuns.com.

Cheer Central Recreational Performance Team
Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Teams showcase at one competition. **Note:** $15 cheer shirt not included.

Age: 5–8 years				
1/7–2/11	Tu	5:00–5:55 PM	$90	114937-01
2/18–3/31	Tu	5:00–5:55 PM	$90	114937-02
Age: 8-14 years				
1/7–2/11	Tu	6:00–6:55 PM	$90	114937-05
2/18–3/31	Tu	6:00–6:55 PM	$90	114937-06
Age: 5–12 years				
1/9–2/13	Th	5:00–5:55 PM	$90	114937-03
2/20–4/2	Th	5:00–5:55 PM	$90	114937-07

Cheer Central Suns, Recreational Tumbling
Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back handsprings.

Age: 5-14 years				
1/6–2/10	M	6:00–6:55 PM	$90	114938-05
2/17–3/30	M	6:00–6:55 PM	$90	114938-06
1/7–2/11	Tu	4:00–4:55 PM	$90	114938-01
1/7–2/11	Tu	7:00–7:55 PM	$90	114938-08
2/18–3/31	Tu	4:00–4:55 PM	$90	114938-02
2/18–3/31	Tu	7:00–7:55 PM	$90	114938-09
1/9–2/13	Th	6:00–6:50 PM	$90	114938-03
2/20–4/2	Th	6:00–6:50 PM	$90	114938-07

[FENCING]

YEL Youth Fencing
Students pair up and practice fencing moves or concepts with rotating partners. If participating in multiple fencing matches, use only the moves taught. All equipment provided. No experience necessary. **Note:** Class will not be held on 12/23, 1/20.

Age: 6-12 years
Location: Foothills Activity Center

12/2-2/10	M	4:00-5:00 PM	$152	115730-01

[FOOTBALL]

Junior Rams Spring Flag Football
Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis on equal participation; winning is secondary. Practices are held twice per week with games on Saturday mornings. Seven games and a Junior Rams jersey included.

Cost: $89
Dates: 4/4–5/16

Grade: Kindergarten-1

City Park	214012-01	Harmony Park	214012-17
Edora Park	214012-03	Spring Canyon Park	214012-21
English Ranch Park	214012-07	Troutman Park	214012-25
Fossil Creek Park	214012-11	Warren Park	214012-29
Greenbriar Park	214012-14		

Grade: 2–3

Beattie Park	214013-01	Greenbriar Park	214013-11
Blevins Park	214013-03	Harmony Park	214013-13
Stew Case Park	214013-05	Rolland Moore Park	214013-19
City Park	214013-31	Spring Canyon Park	214013-21
Edora Park	214013-07	Troutman Park	214013-23
Fossil Creek	214013-29	Warren Park	214013-25

Grade: 4–5

Blevins Park	214014-07	Edora Park	214014-05
City Park	214014-03	Fossil Creek Park	214014-21

continued on next page

Junior Rams Spring Flag Football continued

Greenbriar Park	214014-08	Spring Canyon Park	214014-17
Harmony Park	214014-11	Troutman Park	214014-23
Rolland Moore Park	214014-13	Warren Park	214014-25

Grade: 6

Blevins	214015-01	Preston	214015-13
Boltz	214015-03	Heritage	214015-18
CLP	214015-05	Mountain Sage	214015-19
Kinard	214015-07	Webber	214015-15
Lesher	214015-09	Wellington	214015-17
Lincoln	214015-11		

Grade: 7–8

Blevins	214017-01	Preston	214017-13
Boltz	214017-03	Heritage	214017-18
CLP	214017-05	Mountain Sage	214017-19
Kinard	214017-07	Webber	214017-15
Lesher	214017-09	Wellington	214017-17
Lincoln	214017-11		

[VOLLEYBALL]

Youth Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week; matches are Saturday mornings and some weeknights. Practice days and times vary. Coaches contact players by 3/16.

Cost: $75
Location: Foothills Activity Center

Dates: 3/23–5/9

Grade: 4–5 214942-01

Grade: 6–8

Blevins	214944-01	Lesher	214944-09
Boltz	214944-03	Lincoln	214944-11
CLP	214944-05	Preston	214944-13
Kinard	214944-07	Webber	214944-15
Liberty Common	214944-08	Wellington	214944-17

[WRESTLING]

Wrestling

Learn the fundamentals and skills of wrestling and compete in interschool dual meets. Designed for the beginner, as well as the experienced wrestler. Wrestling techniques and conditioning are taught. All participants compete in an end of season tournament. **Note:** School shirt included.

Date: 1/6–2/22

Cost: $75

Grade: 1–6

Blevins	114911-01	Boltz	114911-02

Wrestling continued

CLP	114911-03	Preston	114911-07
Kinard	114911-04	Webber	114911-08
Lesher	114911-05	Wellington	114911-09
Lincoln	114911-06		

YOUNGSTERS

Amazing Athletes

Explore basics of nine different ball sports, including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Practice kid-friendly cardio, muscle terminology, motor development skills, speed, agility, and teamwork.

Location: Foothills Activity Center

Age: 18 mon ths–2.5 years

1/6–1/27	M	10:35–11:00 AM	$36	114782-02
1/7–1/28	Tu	10:35–11:00 AM	$36	114782-01
2/3–2/24	M	10:35–11:00 AM	$36	114782-03
2/4–2/25	Tu	10:35–11:00 AM	$36	114782-04

Age: 2.5–3 years

1/6–1/27	M	9:00–9:30 AM	$36	114774-02
1/7–1/28	Tu	9:00–9:30 AM	$36	114774-01
2/3–2/24	M	9:00–9:30 AM	$36	114774-03
2/4–2/25	Tu	9:00–9:30 AM	$36	114774-04

Age: 3.5–5 years

1/6–1/27	M	9:45–10:30 AM	$36	114775-02
1/7–1/28	Tu	9:45–10:30 AM	$36	114775-01
2/3–2/24	M	9:45–10:30 AM	$36	114775-03
2/4–2/25	Tu	9:45–10:30 AM	$36	114775-04

Baseball for Shorties

Play ball and explore baseball. Learn the basics by working on the fundamentals of throwing, hitting, and catching. **Note:** Parents are not allowed in the gym in order to provide a more efficient class.

Age: 4–5 years
Location: Northside Aztlan Center

1/29–2/12	W	10:00–10:45 AM	$29	114773-01

Basketball for Shorties

Explore basketball basics by working on large and small motor skills as they relate to shooting, dribbling, and passing. **Note:** Parents are not allowed in the gym in order to provide a more efficient class.

Age: 4–5 years
Location: Northside Aztlan Center

1/7–1/21	Tu	10:00–10:45 AM	$29	114772-01

townsquare media NoCo

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WE publish 25+ local news & entertainment stories daily. WE reach 350K residents monthly through our radio broadcasts and 250K digitally through our station apps, website and social media. WE produce premium events like Taste of Fort Collins. WE activate audiences for our hundreds of local buisness partners.

NEW 99.1 COUNTRY

70s 80s & more RETRO 102.5

99.9 THE POINT

94.3 THE X NoCo ALT

POWER 102.9 NoCo Hip Hop

Ninja Kids

Bring out the inner ninja. Be challenged with obstacle courses and create a special ninja identity. **Note:** Class will not be held on 3/18, 3/19, 3/20.

Location: Cheer Central Suns, 128 Racquette Dr.

Age: 3-5 years

1/8-2/12	W	9:15-10:00 AM	$91	121910-01
2/19-4/1	W	9:15-10:00 AM	$91	121910-02
1/10-2/14	F	5:00-5:45 PM	$91	121910-05
2/21-4/3	F	5:00-5:45 PM	$91	121910-06

Age: 3-8 years

1/9-2/13	Th	4:00-4:45 PM	$91	121910-03
2/20-4/2	Th	4:00-4:45 PM	$91	121910-04

Age: 6-11 years

1/10-2/14	F	6:00-6:55 PM	$91	121910-07
2/21-4/3	F	6:00-6:55 PM	$91	121910-08

Sporties for Shorties

Play ball and explore the world of sports. Work on the fundamentals of sports through throwing, kicking, and catching. Each session highlights different skills and different sports along with teamwork. **Note:** Parents are not allowed in the gym in order to provide a more efficient class.

Age: 3–5 years

Location: Northside Aztlan Center

1/8–1/22	W	10:00–10:45 AM	$29	114771-01
1/28–2/11	Tu	10:00–10:45 AM	$29	114771-02

SuperTots

Incorporate physical activity in a non-competitive environment. Designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports.

Cost: $89

Location: Foothills Activity Center

Soccer Tots

Age: 2-3 years

1/8-2/12	W	9:30 AM-10:20 AM	114770-01
1/9-2/13	Th	9:30 AM-10:20 AM	114770-02

Age: 3-4 years

1/8-2/12	W	10:30 AM-11:20 AM	114770-03
1/9-2/13	Th	10:30 AM-11:20 AM	114770-04

Age: 4-5 years

1/8-2/12	W	11:30 AM-12:20 PM	114770-05
1/9-2/13	Th	11:30 AM-12:20 PM	114770-06

Hoopster Tots

Age: 2-3 years

2/19-4/1	W	9:30 AM-10:20 AM	114770-07
2/20-4/2	Th	9:30 AM-10:20 AM	114770-08

Age: 3-4 years

2/19-4/1	W	10:30 AM-11:20 AM	114770-09
2/20-4/2	Th	10:30 AM-11:20 AM	114770-10

Age: 4-5 years

2/19-4/1	W	11:30 AM-12:20 PM	114770-11
2/20-4/2	Th	11:30 AM-12:20 PM	114770-12

Baseball Tots

Age: 2-3 years

4/8-5/13	W	9:30 AM-10:20 AM	114770-13
4/9-5/14	Th	9:30 AM-10:20 AM	114770-14

Age: 3-4 years

4/8-5/13	W	10:30 AM-11:20 AM	114770-15
4/9-5/14	Th	10:30 AM-11:20 AM	114770-16

Age: 4-5 years

4/8-5/13	W	11:30 AM-12:20 PM	114770-17
4/9-5/14	Th	11:30 AM-12:20 PM	114770-18

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50+

All 50+ programs are for ages 50 years & up and held at the Senior Center unless otherwise noted. For programs designed for all ages, browse the other sections of the Recreator.

Other Adult Programs in the Recreator

Adaptive Recreation	16	Fitness 50+	
Aqua Fitness	21	Ice Skating	67
Aquatics	23	Outdoor Recreation	73
Arts & Crafts	28	Special Events	76
Dance & Movement	35	Sports	77
Education	47	Trips & Travel	97
Fitness & Wellness	55		

Senior Center Membership

Membership 50+ is $30 annually with scholarships available. Programs that offer special pricing for members are denoted throughout the Recreator with M. A 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Membership 50+. Membership 50+ benefits include:

$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, Bingo, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

Membership in member-only Outdoor Recreation clubs. See page 73 for more information.

Birthday and anniversary celebrations.

Notary service.

CLUBS & ORGANIZATIONS

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

For more information about C.H.A.T., see page 29.

Donut Make U Wonder M NW

Discuss current subjects and related personal experiences. Divisive matters related to religion and politics avoided to ensure comradery. Meetings begin with a brief song and end with a few shared jokes. Coffee and donuts provided.

Ongoing	F	10:00-11:00 AM	No Fee

Fort Collins Senior Center Friends NW

Fort Collins Senior Center Friends is a private nonprofit 501c3 organization that supports and enhances the use and enjoyment of the Senior Center through public relations, socializing, fundraising, and advocacy. Meetings are four times per year. Annual membership fees are $10. For more information contact Diane Smith at fcscfriends@gmail.com.

Front Range Forum

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enrichment of daily lives through life-long education. Registrants facilitate classes for each other; participants take part in short term presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered throughout each quarter. For more information visit frontrangeforum.org.

12/1-2/28	M-F	$14	107410-01

Senior Serenaders M NW

Formerly known as the Harmonettes, the Senior Serenaders practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com. **Note:** Practice not held on third Monday of the month.

Ongoing	M	9:30–11:00 AM	No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT) M NW

Join the social networking group for monthly get togethers. Meetings occur to plan future events and activities. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com.

Senior Bowling Leagues M NW

League members and substitutes play at Chippers Lanes on Horsetooth; league fees apply. For more information contact Connie Henry at 970.420.6677.

Tuesday League	T	1:00 PM
Thursday League	Th	1:00 PM

Senior Advisory Board NW

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of the community. The board consists of nine members appointed by City Council. The Senior Advisory Board meets the second Wednesday of each month at 11:30 a.m. Guests are welcome.

Senior Center Chess Club M NW

Meet in the lobby of the Senior Center and play chess with other members. Some chess boards available; members encouraged to bring their own. All levels welcome. For more information contact Magic John at 970.599.1234, sc-chess@broccoli.gq.

Ongoing	Tu/F	9:30-11:30 AM	No Fee

SOAP Troupe Acting

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, and dance. Whether an experienced performer or a beginner, talent can be used for each show. Meetings are held monthly.

12/17, 1/28, 2/25 Tu	1:00-3:00 PM	$12	112401-01

The Writers Group M NW

Expression through writing in any manner regardless of content, genre, or skill. Gather weekly to share work and occasionally write on a topic selected by all. New participants welcome. For more information contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

Ongoing	Tu	9:30 AM–Noon	No Fee

CARDS & GAMES

Note: $5 non-member drop-in option available for member games and billiards.

Bingo M NW

Compete in bingo for prizes.

12/9, 1/13, 2/10	M	1:00-2:00 PM	No Fee

Cards & Games M NW

Age: 18 years & up

Ongoing	All Games	M	9:00 AM-Noon	No Fee
Ongoing	Party Bridge	T	12:30-4:00 PM	No Fee
Ongoing	Pinochle	T	12:30-4:00 PM	No Fee
Ongoing	Mahjong	T	1:00-4:00 PM	No Fee
Ongoing	All Games	W	12:30-4:00 PM	No Fee
Ongoing	Party Bridge	Th	5:00-8:00 PM	No Fee
Ongoing	Pinochle	F	12:30-4:00	No Fee

BRIDGE

[BRIDGE DROP-IN PLAY]

Duplicate Bridge M

Weekly drop-in duplicate bridge for companionable play. No partner required. **Note:** Member discount does not apply for drop-in.

12/6-2/28	F	Noon-4:00 PM	$44	112420-01

Bridge Mentoring M NW

Drop-in half-hour review of one topic, followed by bridge play with class concepts. Preset boards with hand record available to play. Mentor assists with bidding and playing questions. No partner required. **Note:** Non-members pay $5 drop-in fee.

Age: 18 years & up

Ongoing	M	5:30-8:30 PM	No Fee

LEARN TO PLAY BRIDGE]

Learn the 21st Century Standard American Bridge System using MiniBridge and the ACBL Bridge Series textbooks in Bridge 1-6. Bridge 7 uses the book, 25 More Bridge Conventions You Should Know by Barbara Seagram.

In Bridge "Play" programs (Bridge P1-P8), practice with companion materials. Receive a 30-minute overview of teaching points, play eight pre-set hands each session, and review specific analysis for each hand.

Registration includes supplies.

Courses taught by ACBL certified life-master teacher.

Bridge 1, Getting Started Ⓜ

Learn MiniBridge, a trick-taking mind sport for four players played as partners. Designed for beginners to start play right away with limited knowledge of rules and language for bidding. Focus on card basics, bridge etiquette, hand evaluation/counting points, and how to win tricks.

Age: 18 years & up

1/29-2/19	W	12:30-3:30 PM	$59	112465-01

Bridge 3, Play of Hand Ⓜ

Add Jacoby Transfer convention in response to Notrump opener. Improve skills and different playing techniques to develop extra tricks such as Declarer, promotion, length, finesse, ruff in dummy, discard losers on extra winners, manage trump suit, use entries. Prerequisite: Bridge 2, Bidding, or instructor permission. **Note:** Class will not be held on 1/28.

Age: 18 years & up

1/07-3/10	Tu	5:30-8:30 PM	$139	112460-01

Bridge 5, Commonly Used Conventions Ⓜ

Add conventions to bidding language: Stayman, Jacoby Transfers, Jacoby 2NT, Jordan 2NT, Drury, Weak Two's, Michaels, Unusual NT. Prepare to play in duplicate bridge games with review of SAYC convention card. Prerequisite: Bridge 3, Play of the Hand or instructor approval.

Age: 18 years & up

1/09-3/12	Th	1:30-4:30 PM	$149	112415-01

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COLUMBINE PATIO HOMES
COLUMBINE POUDRE HOME CARE
COLUMBINE WEST HEALTH & REHAB
NEW MERCER COMMONS
THE WORTHINGTON
THE WINSLOW
POUDRE INFUSION THERAPY

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EDUCATION

[ACTIVE MINDS VIRTUAL LEARNING] M

Engage in a unique virtual learning experience. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the Twinberry Auditorium at the Senior Center.

London: Biography of a City

From the Romans to the Anglo-Saxons, the Norman Conquest and more, learn the story of London right up to the present day. Along the way, visit some of London's most colorful characters and notable places, including the Tower of London, where Elizabeth I was held before becoming queen.

12/17	Tu	1:00-2:00 PM	$9	112441-01

Coffee

Trace the history of coffee from its origins in Ethiopia to Starbucks. It is a fascinating story of politics, power, chance, and intrigue. Examine coffee's cultural influences and the differences between various types of coffee.

1/28	Tu	1:00-2:00 PM	$9	112441-02

FITNESS

General Information

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

Participants may register for one or more class sessions starting on or after the registration date. Sessions are 4-weeks long and 5-weeks long during major holidays: 5-week sessions are marked with an asterisk (*).

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

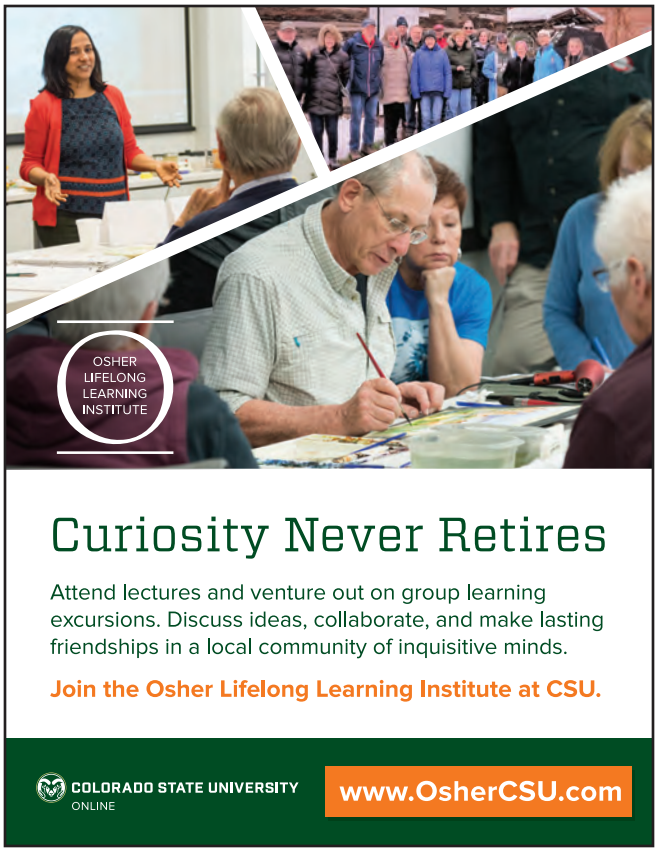
Active facility pass holders receive 70% off enrollment price of fitness classes. **Note:** 25-admission passes are not eligible for the discount.

Drop-in Policy

See page 7 for fitness class drop-in prices and passes. **Note:** Drop-in participants do not count toward minimum number in fitness classes. Reduced rates do not apply to the daily drop-in fee.

The fitness classes listed below are specific for ages 50 years & up. See page 55 for information on additional fitness classes and personal training services.

Free Fitness Week. See pg. 55



Back & Body Strength

Strengthen and stretch the major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. **Note:** Class will not be held on 12/23, 12/25, 12/27.

12/2-12/20	M,W,F	8:50-9:50 AM	$37	109415-01
1/6-1/31	M,W,F	8:50-9:50 AM	$49	109415-02
2/3-2/28	M,W,F	8:50-9:50 AM	$49	109415-03
2x/Week				
12/2-12/18	M,W	8:50-9:50 AM	$25	109415-1A
1/6-1/29	M,W	8:50-9:50 AM	$33	109415-2A
2/3-2/26	M,W	8:50-9:50 AM	$33	109415-3A

Body & Mind in Motion

Designed for adults with physical limitations, participants perform a variety of arm and leg movements while sitting in chairs. **Note:** Class will not be held on 12/23, 12/25, 12/27.

12/2-12/20	M,W,F	10:00-10:55 AM	$37	109416-01
1/6-1/31	M,W,F	10:00-10:55 AM	$49	109416-02
2/3-2/28	M,W,F	10:00-10:55 AM	$49	109416-03
2x/Week				
12/2-12/18	M,W	10:00-10:55 AM	$25	109416-1A
1/6-1/29	M,W	10:00-10:55 AM	$33	109416-2A
2/3-2/26	M,W	10:00-10:55 AM	$33	109416-3A

N'Balance

Learn effective fall prevention techniques that achieve results. Practice exercises and movements to strengthen core balance and to overcome the fear of falling. This is an evidence-based program designed from the kinetic principles of Fall Proof, a balance program created by California State University Fullerton.

1/6-2/26	M,W	2:30-3:30 PM	$20	109417-01

Balance 201

Practice techniques and work to develop body awareness, methods, and confidence in facing challenging balance issues. Just like strength improves with practice, so can balance.

12/5-12/26	Th	1:15-2:15 PM	$17	109418-01
1/9-1/30	Th	1:15-2:15 PM	$17	109418-02
2/6-2/27	Th	1:15-2:15 PM	$17	109418-03

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination, and cardiovascular fitness. **Note:** Class will not be held on 12/24, 12/26.

Location: Parklane Towers North, 415 S. Howes St.

12/3-12/19	Tu,Th	9:30-10:30 AM	$25	109419-01
1/7-1/30	Tu,Th	9:30-10:30 AM	$33	109419-02
2/4-2/27	Tu,Th	9:30-10:30 AM	$33	109419-03

Swiss Theraball

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

12/5-12/26	Th	2:30-3:30 PM	$17	109420-01
1/9-1/30	Th	2:30-3:30 PM	$17	109420-02
2/6-2/27	Th	2:30-3:30 PM	$17	109420-03

Tai Chi for Arthritis I

Tai Chi for Arthritis and Falls Prevention is effective and evidence based. It relieves pain and maintains and improves health and the quality of life.

12/6-12/27	F	3:00-4:00 PM	$17	109421-01
1/10-1/31	F	3:00-4:00 PM	$17	109421-02
2/7-2/28	F	3:00-4:00 PM	$17	109421-03

Tai Chi for Arthritis II

Designed for those with or without Arthritis and are looking for a challenge. Prerequisite: Tai Chi for Arthritis I.

12/6-12/27	F	Noon-1:00 PM	$17	109422-01
1/10-1/31	F	Noon-1:00 PM	$17	109422-02
2/7-2/28	F	Noon-1:00 PM	$17	109422-03

[SILVERSNEAKERS]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside Aztlan Community Center. **Note:** SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support. **Note:** Class will not be held on 12/24, 12/25.

Location: Senior Center

12/3-12/26	Tu,Th	10:10-10:55 AM	$22	109423-01
1/7-1/30	Tu,Th	10:10-10:55 AM	$25	109423-02
2/4-2/27	Tu,Th	10:10-10:55 AM	$25	109423-03
12/7-12/28	Sa	10:30-11:15 AM	$13	109423-04
1/11-2/1	Sa	10:30-11:15 AM	$13	109423-05
2/8-2/29	Sa	10:30-11:15 AM	$13	109423-06

Location: Northside Aztlan Center

12/2-12/23	M,W	11:00-11:45 AM	$22	109514-01
1/6-1/29	M,W	11:00-11:45 AM	$25	109514-02
2/3-2/26	M,W	11:00-11:45 AM	$25	109514-03

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance, as well as muscular strength and endurance. **Note:** Class will not be held on 12/25.

12/2-12/27	M,W,F	1:00-1:45 PM	$34	109424-01
1/6-1/31	M,W,F	1:00-1:45 PM	$37	109424-02
2/3-2/28	M,W,F	1:00-1:45 PM	$37	109424-03

SilverSneakers EnerChi

Combine modified tai chi forms and qigong exercises to promote wellness. Purposeful movement performed with awareness and focused breathing cultivates a strong, balanced body and a calm mind. **Note:** Class will not be held on 12/24.

12/3-12/26	Tu,Th	4:00-4:45 PM	$22	109435-01
1/7-1/30	Tu,Th	4:00-4:45 PM	$25	109435-02
2/4-2/27	Tu,Th	4:00-4:45 PM	$25	109435-03

Splash SilverSneakers

Utilize movement in shallow water to improve agility, flexibility, and cardiovascular endurance. No swimming ability required. A special SilverSneakers kickboard is used to develop strength, balance, and coordination. **Note:** Class will not be held on 12/24.

12/3-12/26	Tu,Th	12:15-1:15 PM	$29	109425-01
1/7-1/30	Tu,Th	12:15-1:15 PM	$33	109425-02
2/4-2/27	Tu,Th	12:15-1:15 PM	$33	109425-03

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and suitable for all fitness levels. Exercise is adapted depending on the skill of participants. A chair may be used for balance and support.

12/6-12/27	F	2:00-2:45 PM	$13	109426-01
1/10-1/31	F	2:00-2:45 PM	$13	109426-02
2/7-2/28	F	2:00-2:45 PM	$13	109426-03

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support. **Note:** Class will not be held on 12/24, 12/25.

12/2-12/23	M,W	4:10-4:55 PM	$22	109427-01
1/6-1/29	M,W	4:10-4:55 PM	$25	109427-02
2/3-2/26	M,W	4:10-4:55 PM	$25	109427-03
12/3-12/26	Tu,Th	11:10-11:55 AM	$22	109427-04
1/7-1/30	Tu,Th	11:10-11:55 AM	$25	109427-05
2/4-2/27	Tu,Th	11:10-11:55 AM	$25	109427-06
12/7-12/28	Sa	11:15 AM-Noon	$13	109427-07
1/11-2/1	Sa	11:15 AM-Noon	$13	109427-08
2/8-2/29	Sa	11:15 AM-Noon	$13	109427-09

Yoga

Yoga, Chair

A form of adaptive exercise. Be supported by a chair and receive yoga's healing and restorative benefits. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility.

12/2-12/23	M	8:30-9:30 AM	$17	109428-01
1/6-1/27	M	8:30-9:30 AM	$17	109428-02
2/3-2/24	M	8:30-9:30 AM	$17	109428-03

Yoga for Osteoporosis

Learn and practice yoga poses that can help with the prevention and treatment of osteoporosis and strengthen bones. Focus on breathing techniques, balance, strength, and posture. Based on the book, Walk Tall, by Sara Meeks, PT.

12/5-12/26	Th	1:30-2:30 PM	$17	109429-01
1/9-1/30	Th	1:30-2:30 PM	$17	109429-02
2/6-2/27	Th	1:30-2:30 PM	$17	109429-03

ICE

Senior Coffee Club NW

Designed for older adults interested in social skating. Drop-in fees apply. **Note:** Adults ages 85 years & up are eligible for the Platinum Pass. Ask the front desk for details. No sessions 12/25, 1/01.

Location: Edora Pool Ice Center

Age: 60 years & up

12/4 – 2/26	W	9:15-10:45 AM	No Fee

RESOURCES

Library/Media Center M

A quiet location for reading, reflection, relaxation, or use of a computer. Book library includes large print, hard cover, and paperback books, as well as works by local artists. Volunteer Library Attendants are available to assist members during the day. Book donations are accepted as space allows.

Pool Room M

The Pool Room has four 8-ball tables and one snooker table. Non-members may pay a daily drop-in rate. Additionally, users are asked to contribute to the donation box located in the room to help support facility maintenance.

VOA Senior Nutrition Program NW

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at Northside Aztlan Community Center and the Senior Center. There is no charge for ages 60 years & up (and their spouses). Reservations required; contact 970.472.9630 by 1:30 p.m. one business day prior.

Location: Senior Center

Ongoing donation	M,Tu,Th,F	Noon	$2.50 suggested

Location: Northside Aztlan Community Center

Ongoing donation	Tu,Th	Noon	$2.50 suggested

Volunteers

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

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit engage.fcgov.com/D/sc/App/General or contact Betsy Emond at 970.224.6030, bemond@fcgov.com.

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

SOCIAL PROGRAMS

Ancianos Senior Programs

Instituted more than 40 years ago, Ancianos is one of the City of Fort Collins' oldest running social groups. Gather for lunch, arts and crafts, bingo, and holiday themed parties, and engage with community guest speakers during lunch programs. Ancianos runs in conjunction with the VOA Senior Nutrition Program. Discount available for those enrolled in the City of Fort Collins Recreation Reduced Fee Program. **Note:** Participation in Ancianos is not required to participate in VOA Senior Nutrition Program. Participation in quarterly programs not required if attending lunch only.

Age: 60 years and up

Location: Northside Aztlan Center

Ongoing	T, Th	11:00 AM-1:00 PM	$75	112500-01

Monthly schedule:

Week 1	Bingo & Guest Speaker
Week 2	Exercise & Craft/Holiday Party
Week 3	Memory Café & Movie
Week 4	Exercise & Craft

VOA Senior Nutrition Program

Ongoing	T, Th	$2.50 suggested donation

Coffee with Bob NW

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

1/22	W	8:30-9:30 AM	No Fee
2/26	W	8:30-9:30 AM	No Fee

Movies, New Release, & Classics M NW

Movie showings of new releases and classics. Schedule of movie titles available at the registration desk.

12/6	F	1:00-3:00 PM	No Fee
12/20	F	1:00-3:00 PM	No Fee
1/03	F	1:00-3:00 PM	No Fee
1/17	F	1:00-3:00 PM	No Fee
2/07	F	1:00-3:00 PM	No Fee
2/21	F	1:00-3:00 PM	No Fee

Prairie Sage Dances NW

Dance to live music. Refreshments served. Free dance lessons at 5:30 p.m. with purchase of dance ticket. Tickets may be purchased in advance.

Harris & Harris

12/2	M	7:00-10:00 PM	$5

Big Twang Theory (Winter Wonderland Dance)

12/16	M	7:00-10:00 PM	$5

Harris a& Harris

1/6	M	7:00-10:00 PM	$6

Just Us (Just Getting Started - wear Purple)

1/20	M	7:00-10:00 PM	$6

Prairie Sage Dancers continued

Jim

2/03	M	7:00-10:00 PM	$6

BTT (Lover's Lane Dance - wear Red, Pasta Supper)

2/17	M	5:00 – 8:00 PM	$6

Sing Along/Jam Session M

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

12/19, 1/16, 2/20	Th	4:00-6:00 PM	No Fee

SPECIAL EVENTS

See a list of Special Events, including Winter SOAP Show and The Nutcracker, on page 76.

Pool Tournament M

8-ball tournament with prizes for the top three scores. **Note:** Rules will be reviewed. Snacks and beverages provided.

12/7	Sa	10:00 AM-3:00 PM	$16	112421

Celebrations M

Celebrate October, November, and December birthdays and anniversaries of the Senior Center members with cake, gifts, and entertainment. Space is limited to 150.

12/12	Th	1:30-3:00 PM	No Fee	112410-01

Capturing a Generation

Wisdom really does often come with age. Listen and interact with panelists born between 1930-1935 while they share their personal stories and modern insights. Refreshments provided. Provided in partnership with Preserving the Past. Space is limited to 120.

Age: All

1/18	Sa	10:00-11:30 AM	No Fee	112457-01

History Hour - The Unknown Soliders of F.C.

Fort Collins originated as a military post in 1862 to provide protection for the mail routes, stagecoaches, and wagon trains traveling on the Overland Trail. Learn about the post and the lives of the soldiers who stood guard. **Note:** Light appetizers served after presentation. Space is limited to 150.

Age: 18 years & up

1/29	W	4:00-5:30 PM	$10	112459-01

Trips & Travel

Trips & Travel programs are for ages 50 years & up unless otherwise noted.

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

Refunds/Cancellation
In accordance with the Recreation refund policy, within a week of an activity no refunds are given unless we resell that seat. The Recreation refund policy can be found on page 4.

Ticketed trip sales are considered final after the deadline printed for each activity and are non-refundable. Ticketed trips include, but are not limited to shows, special events, and sports games.

Full refunds are available for overnight trips until the final payment deadline listed in the activity, after which all sales are final and non-refundable. For some overnight trips, a refund schedule is available upon request.

Discounts
The Membership 50+ discount applies to trips where an Ⓜ is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply.

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

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

What's Included
All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations
Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

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

Smoking
Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist
If a trip is sold out, you may have your name placed on a waitlist. We contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

● = Walk short distances. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. Distance: Less than 20 yards.

■ = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You are on your feet for most of the outing. Distance: 1-5 miles.

EXTENDED TRAVEL

For more information on extended travel activities including all 2020 tours, contact Cate Eckenrode at 970.224.6136.

For a schedule of trip previews contact 970.224.6136, trips@fcgov.com or visit fcgov.com/trips.

All extended travel activities are rated ▲. Accommodations must be requested at the time of registration. These include wheelchair transport at airports, airline seat requests, and other accommodations.

For Outdoor Recreation's Extended Travel activities see page 73.

Journey Through Southern France

Heady with a seduction of vine-gilded countryside and centuries-old castles that tower the cerulean depths of the Mediterranean, Southern France is to be explored. This small group tour expands the palette, and opens the eye to expression of flavor, color, and culture. **Note:** 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Rates may change.

6/13-6/22, 2020	Double Occupancy	$5350	305990-01
6/13-6/22, 2020	Single Occupancy	$6850	305990-01

Oregon Culinary & Wine Experience

Made up of seven diverse regions, Oregon has it all: ocean, mountains, valleys, high desert, and everything in between. From the charm of Portland to the delicacies of Willamette Valley. Enjoy a cooking lesson for a farm to table feast, the beach, Multnomah Falls, and Hood River. This small group tour offers a taste of the magical land. **Note:** 7 days/6 nights. Fee includes roundtrip airfare, accommodations, guide, and meals as listed on the itinerary. Fee and cancellation schedule available upon request.

8/3-8/10, 2020	Double Occupancy	$3,500	305991-01
8/3-8/10, 2020	Single Occupancy	$3,999	305991-01

Exploring South Africa, Victoria Falls, & Botswana

The ultimate African travel adventure through the brilliant expanses of Southern Africa. Explore the famous wilderness that stirs the soul from Cape Town to Victoria Falls and the Rainbow Nation. **Note:** 14 days/13 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Rates may change.

9/21-10/4, 2020	Double Occupancy	$7600	405995-01
9/21-10/4, 2020	Single Occupancy	$8600	405995-01

New England Fall Foliage Adventure

No better time to visit New England than when the famous reds, yellows, and oranges abound. Enjoy the colors and explore the history from Massachusetts, Vermont, New Hampshire, and Maine. **Note:** 7 days/6 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request.

9/27-10/3, 2020	Double Occupancy	$2995	405996-01
9/27-10/3, 2020	Single Occupancy	$3695	405996-01

Discover Scotland

Tour from its rugged sea-sprayed islands to its stately castles rich in history. Scotland's treasures are as diverse as they are compelling. Visit stunning landscapes, lively cities, and hear stirring history. **Note:** 10 days/9 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Fee and cancellation schedule available upon request. Triple occupancy available. Rates may change after 4/13/20.

10/11-20, 2020	Double Occupancy	$3800	405997-01
10/11-20, 2020	Single Occupancy	$4200	405997-01

Wellness Nepal

Mindful travelers come blissfully close to inner peace in Nepal. Visit Boudhanath Stupa, one of the world's largest Buddhist shrines. Dive deeper into self-reflection with a monastery stay, followed by a visit to Buddha's birthplace in Lumbini. Reflect on everything you've learned about the country and yourself. **Note:** 14 days/13 nights, not including travel. Fee includes accommodations, guide, yoga and meditation classes, meals as listed in the itinerary. Airfare not included. Fee and cancellation schedule available upon request.

10/31-11/13, 2020	Double Occupancy	$3,415	405998-01
10/31-11/13, 2020	Single Occupancy	$4,415	405998-01

LOCAL OUTINGS

[GET TO KNOW YOUR FOCO Ⓜ ■]

Explore Fort Collins and be a hometown tourist. Enjoy small groups, low prices, local cuisine.

Music District

Explore the Music District, a dynamic gathering hub, workspace, and creative playground for the music community on a guided tour. Learn the history of the site, the philosophy, and the purpose behind the creation of this district. **Note:** Lunch cost on own.

1/30	Th	Noon-4:00 PM	$14	105958-01

CSU Center for the Arts

Tour the University Center for the Arts and get a behind the scenes look at the old Fort Collins High School turned music, theatre, and dance facility for Colorado State University. Visit Griffin Concert Hall to hear the CSU Symphony rehearse for an upcoming concert.

2/4	Tu	11:30 AM-4:30 PM	$14	105958-02

ONGOING TRIPS

Casino Trips ■

Enjoy a day in the mountains at Mardi Gras Blackhawk. **Note:** Fee includes motorcoach transportation, $5 coupon for lunch, and $5 free play.

1/21	Tu	8:00 AM-5:30 PM	$11	105910-01
2/18	Tu	8:00 AM-5:30 PM	$11	105910-02

[OUT TO LUNCH Ⓜ ●]

A trip out to lunch with friends. **Note:** Lunch cost on own.

Cinzetti's, Northglenn

Roam through a piazza where trained chefs prepare fresh Italian food at fourteen exhibition cooking stations. Up to 80 items on display, and all are available to sample.

1/29	W	10:30 AM-3:30 PM	$21	105930-01

Asian Pearl, Windsor

Healthy Asian dishes with only the finest ingredients and freshest vegetables.

2/18	Tu	10:30 AM-3:30 PM	$21	105930-02

[SUNDAY SURPRISE OUT TO LUNCH Ⓜ ●]

Head somewhere in the specified area for lunch at a surprise restaurant and enjoy a day out of the house. **Note:** Lunch cost on own.

Loveland

12/1	Su	11:00 AM-3:00 PM	$19	105932-01

Erie

1/12	Su	11:00 AM-3:00 PM	$19	105932-02

Boulder

2/2	Su	11:00 AM-3:00 PM	$19	105932-03

TRAVELING GOURMET

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on own.

Greenbriar Inn, Boulder

Enjoy the holiday decorations during a dinner featuring seasonal American classics.

12/19	Th	4:30-10:00 PM	$26	105940-01

Hideaway Steakhouse, Denver

Hidden among tree groves and open fields, Hideaway offers a familiar, relaxing place to indulge the senses.

1/23	Th	4:00-9:30 PM	$26	105940-02

Dunraven, Estes Park

A charming neighborhood restaurant, inspired by the spirit of Estes Park. Italian, steak, and seafood dishes are specialties of the house.

2/6	Th	4:00-9:30 PM	$26	105940-03

DECEMBER

Holiday Inn, Johnstown ●

Enjoy the show based on the film from Universal Pictures, with music and lyrics by Irving Berlin and the book by Gordon Greenberg and Chad Hodge. **Note:** Fee includes ticket and dinner. Non-refundable after 11/1/2020.

Location: Candlelight Dinner Playhouse

12/3	Tu	4:45-9:30 PM	$90	105920-01

IKEA, Denver Ⓜ ◆

Holiday shopping at its best. IKEA has 415,000 square-feet, 50 room settings, three complete model home interiors, and a restaurant featuring Swedish specialties. Roam and explore the furniture, rugs, lighting, linens, kids store, kitchen stuff, and home decor. **Note:** Lunch cost on own. Van has space for purchases.

12/5	Th	8:00 AM-4:00 PM	$21	105967-01

USAF Academy Band Holiday Concert, Greeley Ⓜ ●

For over 60 years, the United States Air Force Academy Band has used the power of music to honor the nation's heroes. Enjoy original arrangements of holiday favorites like "It's the Most Wonderful Time of the Year," "Rocking Around the Christmas Tree," and "All I Want for Christmas is You." **Note:** Bring a snack to enjoy on the shuttle. Non-refundable after 12/1/2019.

Location: Union Colony Civic Center

12/16	M	Noon-6:00 PM	$21	105921-01

Brown Palace Tea, Denver Ⓜ ■

Experience tea as it is meant to be on the floor of the Brown Palace's Tea Lobby surrounded by elegant decor and live music. The Royal Palace service includes artfully prepared house-made scones, Devonshire cream, exquisite finger sandwiches, and classic tea pastries. Enjoy a tour of historical Trinity United Methodist Church with the 4,202 pipe organ before tea. **Note:** Fee includes the Royal Palace Afternoon Tea. Bring a sack lunch for the drive. Tea served at 3 p.m.

12/9	M	Noon-7:00 PM	$95	105950-01
12/10	Tu	Noon-7:00 PM	$95	105950-02

Governor's Mansion, Denver ■

The Governor's Residence is all dressed up for the holidays. Open house style tour with docents present to answer questions. Enjoy lunch at Denver's famous Racine's restaurant. **Note:** Lunch cost is on own.

12/12	Th	8:30 AM-3:30 PM	$36	105933-01

Air Traffic Control, Longmont Ⓜ ■

Take a peek behind the curtain on this guided tour. The Longmont branch of the Federal Aviation Administration's Air Traffic Control covers approximately 285,000 square miles of the western United States. Learn how it handles more than 1.5 million airplanes and one of the top ten busiest airports safely and expeditiously. **Note:** Lunch cost on own. Government issued ID required. Dress warm and eat a hearty breakfast. Non-refundable after 12/3/2019.

12/17	Tu	8:00 AM-4:00 PM	$36	105960-01

JANUARY

PBS Channel 6 Tour, Denver Ⓜ ■

Rocky Mountain Public Broadcasting station is celebrating 60 years of service. See the daily operations of a public television company. Learn how television programs are scheduled and presented. **Note:** Lunch cost is on own.

1/15	W	9:15 AM-3:30 PM	$36	105902-01

Cowboy Poetry Gathering, Golden Ⓜ ●

The Colorado Cowboy Poetry Gathering in Golden hosts some of the best poets and western musicians. Performers take turns on topics like "Fine Equine", "Women of the West", "Hombres", and "Global Yodel." Spontaneous, crowd-pleasing collaborations may occur. **Note:** Lunch cost is on your own.

1/17	F	9:00 AM-6:00 PM	$50	105934-01

FEBRUARY

George Gray & The Elvis Experience, Johnstown ●

A local favorite, George and the band recreate what it was like to actually see the King of Rock and Roll. Listen to famous songs with the same high energy, charisma, and humor that made Elvis a world legend. **Note:** Fee includes ticket and dinner. Non-refundable after 1/11/2020.

George Gray & The Elvis Experiencecontinued

Location: Candlelight Dinner Playhouse

2/11	Tu	4:30-9:30 PM	$74	105922-01

Eagles Hockey, Loveland ■

Cheer on the home team as they take on the Roadrunners of Arizona on the ice. **Note:** Registration deadline is 1/29. To request ADA Seating, reserve your seat early.

Location: Budweiser Event Center

Age: 16 years & up

2/12	W	6:00-10:00 PM	$48	105914-01

Jekyll & Hyde, Johnstown ●

Dr. Henry Jekyll accidentally creates a potion that changes him into a murderous alter ego, Edward Hyde. **Note:** Fee includes ticket and dinner. Non-refundable after 1/13/2020.

Location: Candlelight Dinner Theater

2/13	Th	4:30-9:30 PM	$90	105923-01

Glenn Miller Orchestra, Boulder ●

The most popular and sought-after big band in the world today, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. **Note:** Fee includes ticket and dinner. Non-refundable after 1/26/2020.

Location: Boulder Dinner Theater

2/26	W	4:00-10:00 PM	$85	105924-01

MARCH

Ragtime the Musical, Boulder ●

Go back in time to the volatile melting pot of turn-of-the-century New York and see three distinctly American tales woven together. **Note:** Fee includes ticket and dinner. Non-refundable after 2/3/2020.

Location: Boulder Dinner Theater.

3/8	Su	10:45 AM-7:00 PM	$85	105925-01

SpongeBob the Musical, Denver ●

Broadway's best creative minds reimagine and bring to life the beloved Nickelodeon series with humor, heart, and pure theatricality in "a party for the eyes and ears." Explore the depths of theatrical innovation in the 2018 Best Musical winner of the Drama Desk and Outer Critics Circle Awards, where the power of optimism saves the world. **Note:** Bring a lunch to enjoy on the bus. Non-refundable after 2/22/2020.

Location: Denver Center for Performing Arts.

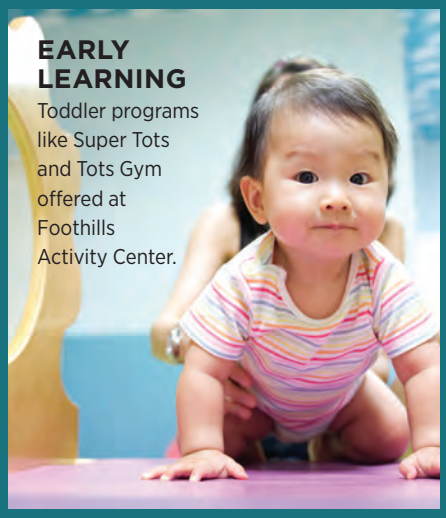
Age: All

3/22	Su	Noon-5:00 PM	$90	105926-01

Drop everything and join us!

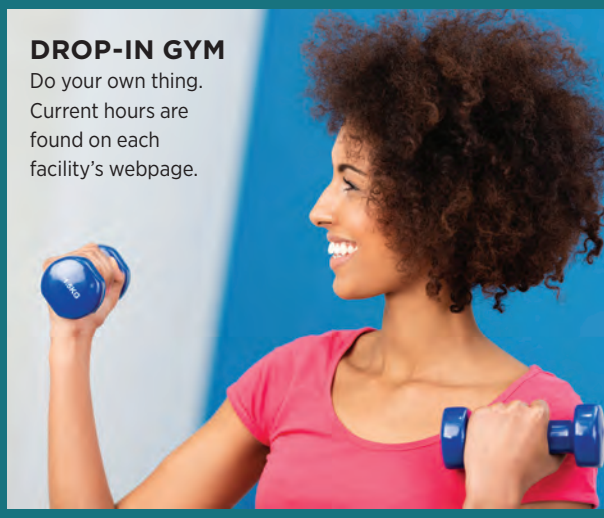
SPORTS CENTRAL

Play your game at Northside, Foothills Activity Center, and Senior Center. Programs include: 50+ Basketball, Badminton, Basketball, Family Basketball, Pickleball, Table Tennis, & Volleyball.



EARLY LEARNING

Toddler programs like Super Tots and Tots Gym offered at Foothills Activity Center.

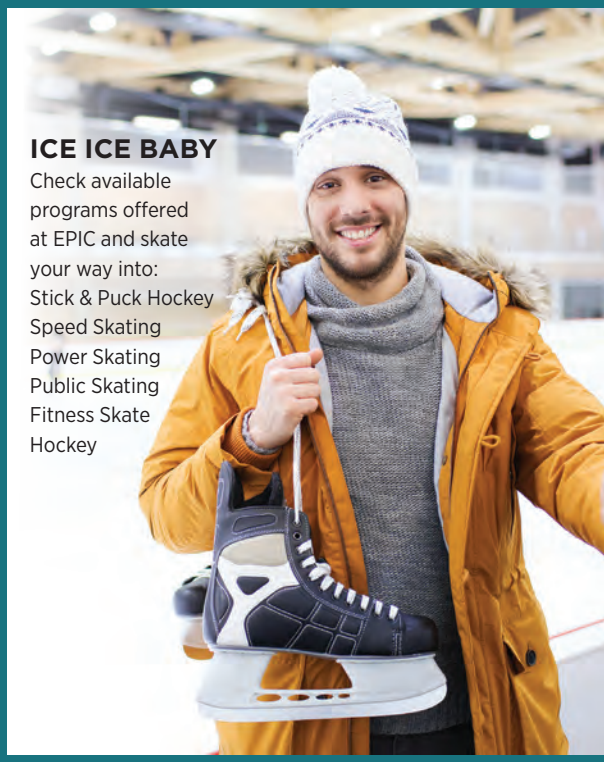


DROP-IN GYM

Do your own thing. Current hours are found on each facility's webpage.

JUMP IN FOR A SWIM

Open swim hours in lap lanes are available at three pools: Mulberry Pool, EPIC, and Senior Center. Check the web for a current schedule.



ICE ICE BABY

Check available programs offered at EPIC and skate your way into:
Stick & Puck Hockey
Speed Skating
Power Skating
Public Skating
Fitness Skate
Hockey

Recreation offers so many easy drop-in programs. **No registration needed!**

The only thing to precheck is the web for current program schedules, addresses below.

fcgov.com/**recreation**
fcgov.com/**epic**
fcgov.com/**foothillsactivitycenter**
fcgov.com/**mulberrypool**
fcgov.com/**northside**
fcgov.com/**seniorcenter**

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