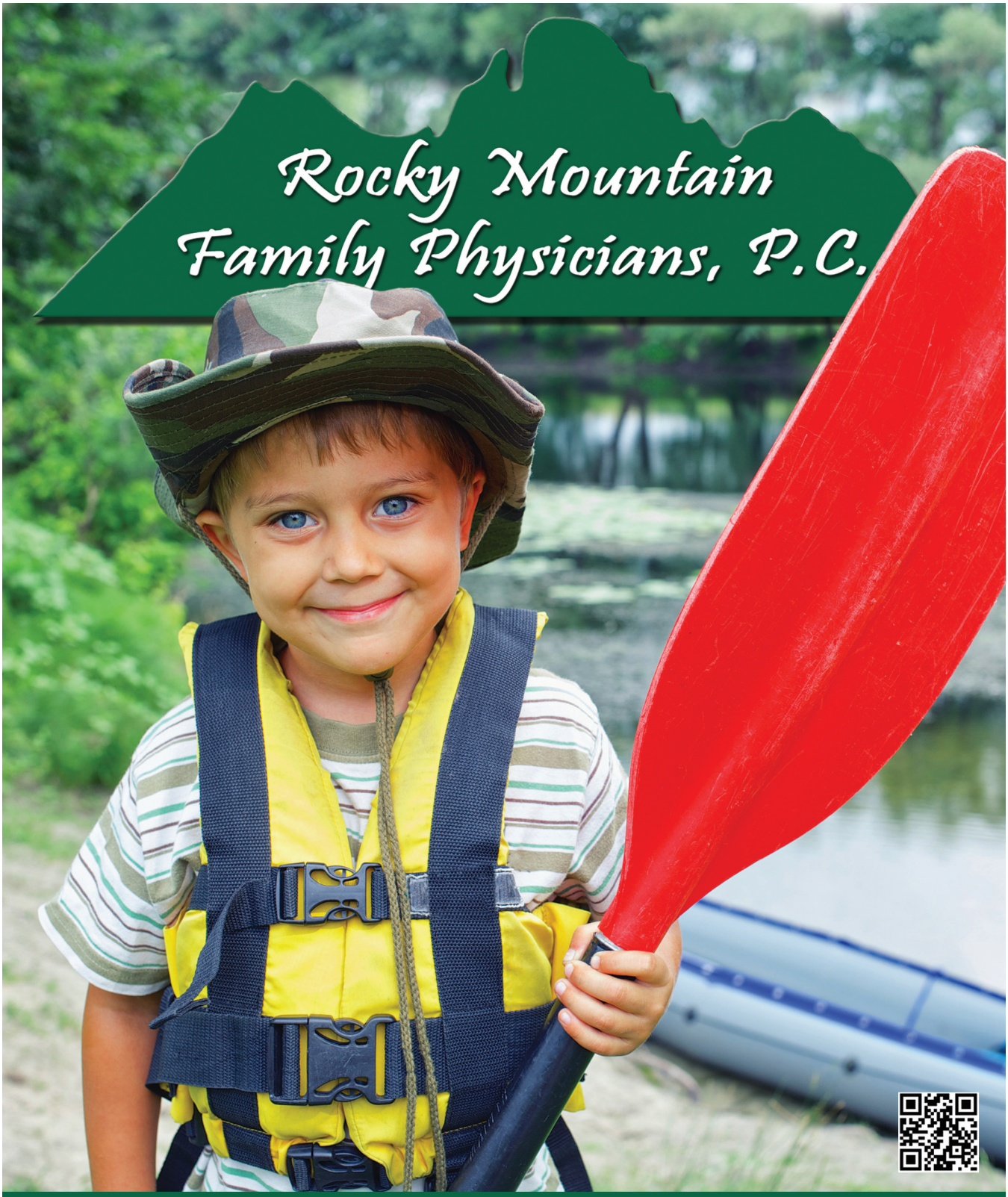
Summer registration starts at 7 a.m., May 9

Summer 2019

Recreator

City of Fort Collins

INSIDE: CITY PARK POOL PG. 11 / POOCH PLUNGE PG. 81 / SPIKEBALL PG. 86 / 4TH OF JULY PG. 80



Now scheduling camp physicals

970-484-0798 www.rmfamilyphys.com

Outdoor Gear

CAMPING • APPAREL • FOOTWEAR • FISHING

SPRING/SUMMER 2019
FORT COLLINS • LOVELAND • LAFAYETTE
BROOMFIELD • JAXGOODS.COM

Program Areas

14 Adaptive Recreation Opportunities
19 Aqua Fitness
22 Aquatics
29 Arts & Crafts
36 Dance & Movement
41 Day Camps
45 Early Learning
51 Education
55 Farm
61 Fitness & Wellness
72 Ice Skating
76 Outdoor Education and Recreation
80 Special Events
82 Sports
99 50+
102 Trips & Travel

PG 81
Pooch Plunge

PG 80
4th of July Community Celebration

Departments

3 From the Director
4 Registration Information
7 Pass Fees
9 Facility Regulations
10 Recreation Facilities

Follow us at FCRecreator

Hello Recreators,

Summer is near! To help you prepare for the upcoming season, we've filled this issue of the Recreator with hundreds of recreational opportunities for you and your family. From nature hikes to swimming at City Park Pool, to cooling off on the ice at EPIC, you're bound to find something fun.

Speaking of fun, make sure you add our summer events to your calendar:

- May 19: Kids in the Park (formerly Kites in the Park)
- June 16: Father's Day 5K
- July 4: 4th of July Community Celebration
- August 25: Pooch Plunge

While you're out in the sun, we caution you to take care of yourself and be aware of the weather conditions, especially when it relates to extreme heat, air quality, and drought conditions. For more information, follow us on social media to get air quality alerts. Or, sign up for your own alerts at *enviroflash.info*.

Happy Recreating,

Credits

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

Assistant City Manager
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Bob Adams

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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.

19-20874

Registering for Recreator Programs

Registration begins at 7 a.m. on May 9 Early registration is available for Senior Center Members on May 7 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

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

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

Once you arrive at *fcgov.com/recreator:*

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

At Recreation Centers

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

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: 11 a.m.-5 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 at *fcgov.com/reducedfee*. 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 14 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 14.

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.

Life is in season

Associates in Family Medicine is ready for fresh-picked summer fun!

The long days of summer have arrived! So take hold of all they have to offer – from farm-fresh foods and mountain views to lakeside vibes and backyard barbeques. Enjoy Colorado life at its sunniest while your neighborhood AFM providers keep you (and your summer plans) shining bright.

Fort Collins

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

Horsetooth Office
3519 Richmond Dr.
(970) 204-0300

South Office
1113 Oakridge Dr.
(970) 225-0040

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

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

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

Timberline Office
2025 Bighorn Dr.
(970) 229-9800

Urgent Care

Hours vary. Visit AFMnoco.com for details.

CSU Urgent Care
151 W. Lake Ste., Ste. 1500
Fort Collins
(970) 237-8200

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

Windsor Urgent Care
1683 Main Street
Windsor
(970) 686-0124
Opening May 2019!

Loveland

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

Windsor

Windsor Office
1683 Main Street
Windsor
(970) 686-0124
Opening May 2019!

ASSOCIATES IN FAMILY MEDICINE

AFMnoco.com

2019 4TH OF JULY FORT COLLINS

PRESENTED BY

City of Fort Collins

FIRECRACKER 5K
7:30 - 10 AM | City Park

STARS & STRIPES GOLF TOURNAMENT
8 - 10 AM | City Park 9 Golf Course

OLDTIMER'S BASEBALL GAME
9:30 AM | City Park North Ballfield

JULY 4TH PARADE
10 - 11 AM | Mountain Avenue

AVERY HOUSE CELEBRATION
10 AM - 2 PM | 328 W. Mountain Ave.

CITY PARK POOL
$3 Admission | 11 AM - 5:30 PM

TROLLEY RIDES
12 - 5 PM | City Park - Old Town

FREE SHUTTLES
City Park-CSU-Transportation Center

LIVE MUSIC & FOOD TRUCK RALLY
4 - 9:30 City Park

FIREWORKS
9:30 - 10 PM | City Park

Visit
fcgov.com/4thofjuly
for more info.

The City of Fort Collins will make reasonable accommodations for access to City services, programs and activities. For accessibility assistance, call 970.224.6027 or e-mail rlee@fcgov.com.

19-20956

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.

City Park Pool

Admission rates for the City Park Pool only.

Single Admission	
Youth	$6.00
Adult	$7.00
Twilight Admission	
Under 2	No Fee
Admission	$4.00

Farm Admission

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

Single Admission Passes

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

Single Admission One-Time Drop–In Rate	
Youth	$4.00
Student	$1 at Northside Aztlan Center with school ID (high school & younger)
Adult	$5.00
60+	$4.00
Drop–In Fitness Class Fee*	
Single Admission	$7.50
10 Admission	$67.50

**Excludes karate classes. Valid one year from date of purchase*

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

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 Youth/Adult	
Youth	$4.00
Adult	$5.00
60+	$4.00

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.

What will **YOU** discover today?

Showing Summer 2019 in the OtterBox Digital Dome Theater:

CAPCOM GO!

Explore

Dream to Fly

Experience the Aurora

One World, One Sky: Big Bird's Adventure

Phantom of the Universe

Dynamic Earth

Life: A Cosmic Story

Experience Northern Colorado's only 360° theater: the OtterBox Digital Dome Theater at Fort Collins Museum of Discovery. Featuring a gigantic 39-foot diameter dome screen, adventurers of all ages will be wowed by the Dome's state-of-the-art digital projection systems and booming surround sound.

Visit www.fcmod.org/dometheater for upcoming shows and events.

FORT COLLINS MUSEUM OF DISCOVERY

408 Mason Court
970.221.6738
www.fcmod.org

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.

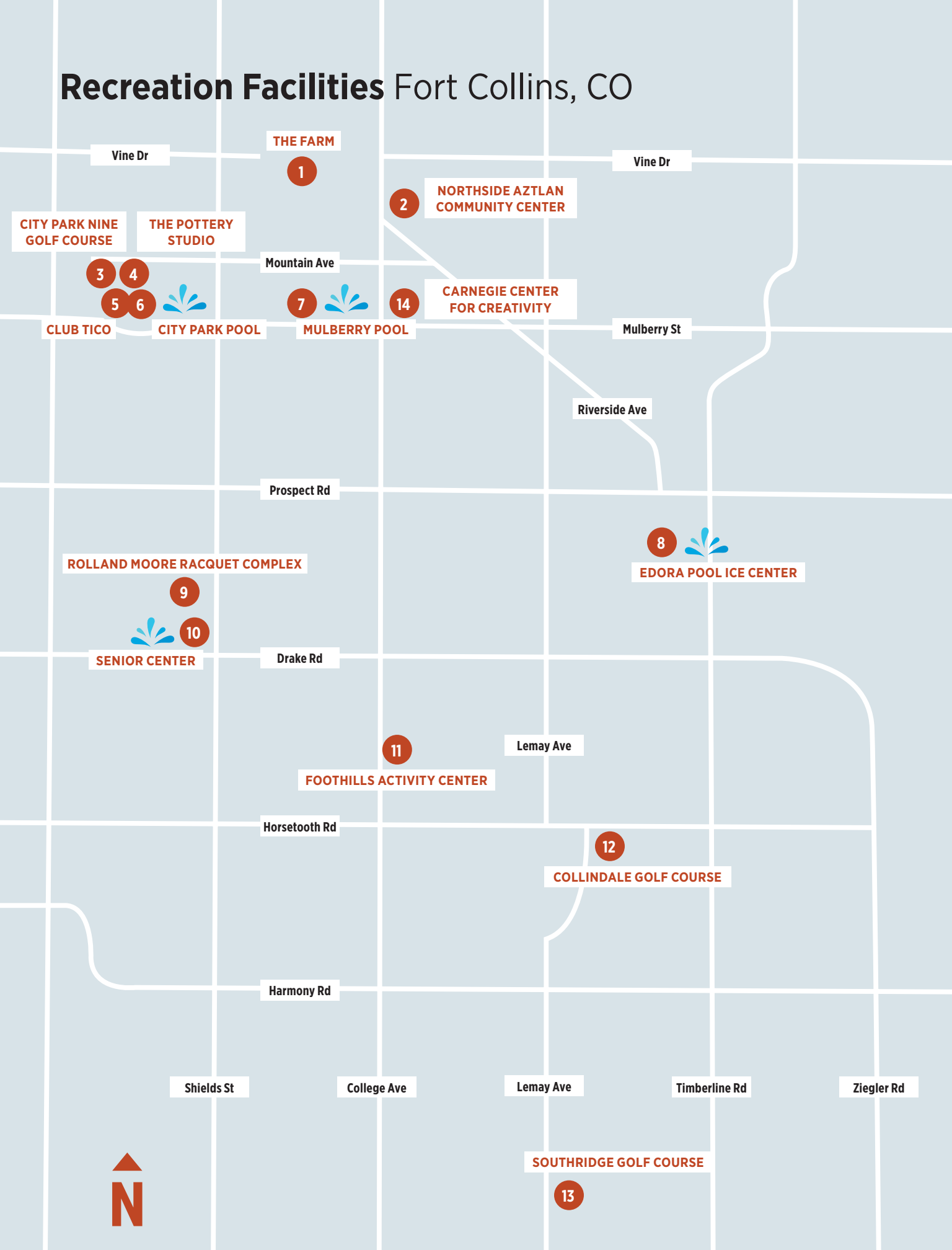
Mulberry, EPIC, Senior Center, & City Park Pools
Children under the age of 8 years must be accompanied by a parent/guardian (at least 15 years of age). The parent/guardian must pay admission, wear a swimsuit, and actively participate in the water with the child.

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 City Park Pool

1599 City Park Dr. · 970.224.6363 · *fcgov.com/cityparkpool*
May 25–August 18: M–Su 10:30AM–5:30PM **T & TH** 4:30–7:30PM
Twilight Swim: Daily 4:30–Close

- Swimming
- 30-foot Drop Slide
- Lazy River
- Open Curly Slide
- Picnic Area

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

Take a dip at one of our pools!

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/recreation/racquet-complex.php
For information about Pro Shop hours, visit *lewistennis.com*.
Racquet courts adhere to park hours.

- Pro Shop
- Racquet Courts

10 Senior Center

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

- Auditorium
- 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*.

This summer 5th graders can golf for free at all three City of Fort Collins Golf Courses. Collindale, Southridge and City Park Nine will offer free green fees to all current 5th graders. Children currently enrolled as 5th graders qualify for the offer. The offer will be active from June 1 to August 31. Children must be accompanied by a paying adult golf partner who is actively playing a round of golf with the child.

- Offer valid at all City of Fort Collins golf courses
- Children currently enrolled as a 5th graders
- Must be accompanied by a paying adult golf partner
- Non-prime time tee times only
- Offer active from June 1 - August 31
- Please visit fcgov.com/golf or call 970.221.6300 for more information.

City of Fort Collins

Follow us at Fort Collins Golf

FC Volunteers help to:

Make youth sports possible.

The City's youth sports teams are coached entirely by volunteers who contributed over 19,000 hours last year.

Teach families about nature.

Volunteers spent over 13,000 hours last year maintaining our Natural Areas and providing educational programs.

Keep our community safe.

From directing traffic to helping neighbors solve conflicts, Police Services and Mediation & Restorative Justice volunteers dedicated over 17,000 hours in 2018.

It takes a village to build a community.

The City organization runs 24/7, 365 days a year in large part because of volunteers who give their time and service to help our community.

FIND YOUR VILLAGE: fcgov.com/volunteer

FC
FORT COLLINS
VOLUNTEER

City of Fort Collins

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, 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 Swim Lessons
Adaptive techniques are applied in an individual or small group setting to teach and enhance swimming skills and water safety for individuals with disabilities. **Note:** Registration deadline is 6/1. Additional lesson options available.

Age: 2 years & up
Location: Mulberry Pool

6/4-6/20	Tu,Th	2:00-2:30 PM	$44	302326-01
6/4-6/20	Tu,Th	2:35-3:05 PM	$44	302326-02
6/4-6/20	Tu,Th	3:10-3:40 PM	$44	302326-03
6/4-6/20	Tu,Th	3:45-4:15 PM	$44	302326-04
7/16-8/1	Tu,Th	2:00-2:30 PM	$44	302326-05
7/16-8/1	Tu,Th	2:35-3:05 PM	$44	302326-06
7/16-8/1	Tu,Th	3:10-3:40 PM	$44	302326-07
7/16-8/1	Tu,Th	3:45-4:15 PM	$44	302326-08

Adaptive Aqua Fitness
Designed for those with neuromuscular disorders and multiple sclerosis. Trained staff give exercise modifications and assistance. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility.

Age: 18 years & up
Location: Mulberry Pool

6/4-6/27	Tu,Th	9:30-10:30 AM	$30.80	302228-01
7/9-8/1	Tu,Th	9:30-10:30 AM	$30.80	302228-02
8/6-8/29	Tu,Th	9:30-10:30 AM	$30.80	302228-03

EARLY LEARNING

Giant Friends Club
Giant Friends Club, inspired by the spirit and magic of Inspiration Playground, is the coolest club for children of all abilities. The club features theme related activities each week and entertainment for a gigantic good time. **Note:** This program is provided with support from the Inspiration Playground Endowment Fund.

Age: 4-10 years
Location: Spring Canyon Park, Tennis Court Pavilion

7/12-8/9	F	10:00 AM-Noon	$34	302974-01

EDUCATION

Adaptive Cooking
Learn new ways to cook tasty foods and gain positive eating habits. Cook together as a group, then set the table and sit down to sample the finished product. **Note:** Bring a container to bring a portion home.

Age: 16 years & up
Location: Senior Center

Healthy BBQ

6/19	W	6:30-8:00 PM	$14	302401-01
6/21	F	3:45-5:30 PM	$14	302401-03

continued on next page

Adaptive Cooking continued

Mediterranean

7/10	W	6:30-8:00 PM	$14	302401-02
7/12	F	3:45-5:30 PM	$14	302401-06

Summer Sizzle

8/13	Tu	6:30-8:00 PM	$14	302401-05
8/16	F	3:45-5:30 PM	$14	302401-04

FITNESS

Adaptive Power Step - New!

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

6/8-6/29	Sa	11:00 AM-Noon	$28	302984-01
7/6-7/27	Sa	11:00 AM-Noon	$28	302984-02
8/3-8/24	Sa	11:00 AM-Noon	$28	302984-03

Adaptive Yoga

Learn yoga practices that include breathwork, gentle movements, and deep stretching poses. Some hands-on assistance is available on Thursdays. Designed for those with multiple sclerosis, brain injuries, or other neuromuscular disorders and adapted for people with physical disabilities.

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

Standing Yoga

6/4-6/25	Tu	2:00-3:00 PM	$28	302980-01
7/2-7/30	Tu	2:00-3:00 PM	$35	302980-02
8/6-8/27	Tu	2:00-3:00 PM	$28	302980-03

Adaptive Chair Yoga

6/6-6/27	Th	2:00-3:00 PM	$28	302980-04
7/11-8/1	Th	2:00-3:00 PM	$28	302980-05
8/8-8/29	Th	2:00-3:00 PM	$28	302980-06

MS Dryland Exercise

Designed for those with multiple sclerosis or physical disability. Maximize strength and endurance through chair-based exercises.
Note: Class will not be held on 5/28, 7/4, 8/5, 8/7.

Age: 18 years & up
Location: Senior Center

5/29-6/26	M,W	11:00-11:55 AM	$38	302483-01
7/1-7/24	M,W	11:00-11:55 AM	$33	302483-02
7/29-8/28	M,W	11:00-11:55 AM	$33	302483-03
6/3-6/24	M	11:00-11:55 AM	$17	302483-1A
7/1-7/22	M	11:00-11:55 AM	$17	302483-2A
7/29-8/26	M	11:00-11:55 AM	$17	302483-3A

Spectrum Yoga

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

Age: 16 years & up
Location: Northside Aztlan Center

6/5-6/26	W	1:15-2:00 PM	$28	302982-01
7/10-7/31	W	1:15-2:00 PM	$28	302982-02
8/7-8/28	W	1:15-2:00 PM	$28	302982-03

ICE

Adaptive Skating

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

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

6/4-6/25	T	6:15-6:45 PM	$39	310356-01
7/9-7/30	T	6:15-6:45 PM	$39	310356-02

OUTDOOR RECREATION

Adaptive Climbing Clinic

Climbing techniques are introduced, enhanced, and adapted for individuals with disabilities. Climbing equipment, instruction from a professional climbing instructor, and guides provided.

Age: 8 years & up

Indoor Climbing
Location: Ascent Climbing Studio, 2150 Joseph Allen Dr.

7/17	W	5:00-7:00 PM	$26	302764-01

Outdoor Climbing, Rotary Park
Location: Depart from the Senior Center

8/14	W	4:30-7:30 PM	$30	302764-02

Cooperative Tent Campout

Spend the weekend at YMCA of the Rockies-Snow Mountain Ranch with others from the Front Range. Activities include tent camping, hiking, and campfire cookouts for all meals. Additional YMCA activities included, like summer tubing, mini golf, and shows. **Note:** Register by 8/1. Designed for individuals who are independent in activities of daily living or register with personal care attendant.

Age: 16 years & up
Location: Senior Center

8/9-8/11	F-Su	10:00 AM-12:30 PM	$199	302925-01
Attendant Fee			$70	302925-1A

Poudre Raft Trip

Travel down the Poudre River on a six-mile raft trip with Rocky Mountain Adventures. Designed for people with and without disabilities. **Note:** Registration deadline is 7/12.

Age: 16 years & up
Location: Senior Center

7/13	Sa	7:30 AM-1:30 PM	$71	302938-01
Attendant Fee			$66	302938-1A

Trail Mix

Enjoy local trails through Natural Areas in this active hiking group. Trail mix snacks included. Dress for hiking 2-3 miles in changing weather.

Age: 18 years & up
Location: Senior Center

6/7-6/21	F	8:30-11:00 AM	$35	302418-02
7/12-7/26	F	8:30-11:00 AM	$35	302418-03

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

PARALYMPIC SPORTS

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

Adaptive Curling Clinic

Learn about the Paralympic sport of curling and test skills on the ice.

Age: 14 years & up
Location: Edora Pool Ice Center

6/22	Sa	10:30 AM-Noon	$6	302072-01

Adaptive Watersports Days

Spend time on the water with adaptive kayaks and stand up paddle boards. Designed for people with and without physical disabilities. Equipment and expertise provided by Adaptive Adventures Meal included. **Note:** Rides from the Senior Center available. Contact Renee Lee at 970.224.6027, *rlee@fcgov.com*.

Age: 12 years & up

Horsetooth Reservoir, South Bay Pavilion

6/12	W	10:00 AM-1:30 PM	$26	302973-01
8/28	W	4:00-7:00 PM	$24	302973-03

Lon Hagler, Loveland

7/24	W	4:30-7:30 PM	$24	302973-02

Military & Family Multi-Sport Day

Cycle, climb, paddleboard, and kayak with Adaptive Adventures at Horsetooth Reservoir. Designed for veterans, people with physical disabilities, family, and friends. No experience necessary. BBQ dinner provided. Register through the Adaptive Adventures at *adaptiveadventures.org*.

Age: 18 years & up
Location: Horsetooth Reservoir, South Bay Pavilion

5/22	W	3:00-7:00 PM	No Fee

SOCIAL PROGRAMS

ARO Bingo Hour

Kick off the week with a game of bingo. Staff available to assist those new to the game.

Age: 16 years & up
Location: Senior Center

6/10	M	1:00-2:00 PM	$5	302422-01
7/8	M	1:00-2:00 PM	$5	302422-02
8/12	M	1:00-2:00 PM	$5	302422-03

Bowling

Strike it big while bowling with others. All levels welcome. **Note:** Fee includes two games per person each week and shoe rental.

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

7/6-8/10	Sa	10:30-11:30 AM	$44	302906-01

Friday Movie Club
Movie showings of new releases and classics. Schedule of movie titles available at the Senior Center front desk.

Age: 18 years & up
Location: Senior Center

6/21	F	12:45-2:45 PM	$5	302919-01
7/19	F	12:45-2:45 PM	$5	302919-02
8/16	F	12:45-2:45 PM	$5	302919-03

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

Sizzlin Summer

6/28	F	6:00-8:00 PM	$4

Beyond the Sea

7/26	F	6:00-8:00 PM	$4

Dance Party

8/23	F	6:00-8:00 PM	$4

SPECIAL EVENTS

Journey of Hope
Celebrate ability and diversity with ARO and the Journey of Hope riders of Pi Kappa Phi who are stopping through on their transcontinental ride. Experience Paralympic and adaptive sports and visit with city leaders and athletes from the community. Refreshments provided. **Note:** Register to volunteer at *engage.fcgov.com/d/aro*.

Age: 13 years & up
Location: Northside Aztlan Center

6/30	Su	2: 00-4:30 PM	$13	302772-01

Dive-In Movie
Swim at City Park Pool, then head over Club Tico for a movie and dinner party.

Age: 16 years & up
Location: Club Tico

8/1	Th	4:00-9:00 PM	$21	302523-01
Attendant Fee			$11	302523-1A

End of Summer Picnic
Celebrate the end of the season with friends, teammates, and family.

Age: 18 years & up
Location: Spring Canyon Park, North Pavilion

8/15	Th	5:30-8:00 PM	$6	302909-01

THEATRE

Phamaly Performance
Phamaly is a professional performing arts group made up of people with physical disabilities. Watch the performance and enjoy a backstage tactile tour after the show. **Note:** Lunch included. Register by 8/12. Non-refundable after ticket purchase.

Age: 16 years & up
Location: Senior Center

8/18	Su	9:00 AM-6:00 PM	$44	302991-01

TRIPS

Movie Night
See Hollywood's finest flicks while out on the town. Bring money for a movie and additional funds for snacks.

Age: 16 years & up

Location: Senior Center

6/25	Tu	5:30-9:00 PM	$6	302403-01
7/23	Tu	5:30-9:00 PM	$6	302403-02

Attendant Section

6/25	Tu	5:30-9:00 PM	No Fee	302403-1A
7/23	Tu	5:30-9:00 PM	No Fee	302403-2A

Restaurant Night
Explore different restaurants in town. **Note:** Bring $20 for meal and tip.

Age: 16 years & up

Location: Senior Center

6/19	W	5:30-8:00 PM	$7	302404-01
7/31	W	5:30-8:00 PM	$7	302404-02

Attendant Section

6/19	W	5:30-8:00 PM	No Fee	302404-1A
7/31	W	5:30-8:00 PM	No Fee	302404-2A

Take Me Out to the Ball Game
Cheer on the Colorado Rockies as they take on the Cincinnati Reds. Rain or shine, enjoy the game from shaded seats at Coors Field. **Note:** Fee includes club level ticket. Accessible seating with group is limited, early registration recommended. Non-refundable after 6/29.

Age: 16 years & up
Location: Senior Center

7/14	Su	10:00 AM-6:00 PM	$41	302316-01
Attendant Fee			$22	302316-1A

Chuckwagon Western Show
Take a step back in time on a trip to Estes Park for dinner and entertainment at Lazy B's Western Chuckwagon dinner show. **Note:** Registration deadline is 8/10.

Age: 16 years & up
Location: Senior Center

8/16	F	3:45-9:30 PM	$80	302408-01
Attendant Fee			$47	302408-1A

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TRANSFORT

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 Amazing Athletes

Learn the basics of multiple sports in a fun, non-competitive, learning based environment. Physical activities focus on fundamental gross motor skills and hand-eye coordination for future participation in Special Olympics sports.

Age: 3-7 years
Location: Cottonwood Glen Park

6/5-6/26	W	9:00-9:30 AM	$30	302957-01
6/5-6/26	W	4:00-4:30 PM	$30	302957-02
7/10-7/31	W	9:00-9:30 AM	$30	302957-03
7/10-7/31	W	4:00-4:30 PM	$30	302957-04

Baseball for All

Modified techniques and equipment used to teach the fundamentals of baseball and allow players of all abilities to participate fully. Teams are formed to learn skills, teamwork, and play against other Unified teams in the area. **Note:** Class will not be held on 7/4.

Age: 8-15 years
Location: Beattie Park

Baseball for All continued

Single Child

6/6-8/1	Th	6:00-7:00 PM	$26.50	302956-01

Multiple Children

6/6-8/1	Th	6:00-7:00 PM	$40.50	302956-02

Adaptive Panther Suns Cheer Squad

Individuals with or without special needs experience cheering and dancing together as one Unified Team. **Note:** $15 cheer shirt not included.

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

6/5-7/24	W	5:30-7:00 PM	$49	314739-01
7/31-8/28	W	5:30-7:00 PM	$41	314739-02

Adult Softball

Coed Unified teams are organized into two divisions to play in a summer league. Teams are scheduled for one hour of practice and one hour of play, within time frame of program. **Note:** Class will not be held on 5/27.

Age: 16 years & up
Location: Beattie Park

5/13-7/29	M	5:00-8:00 PM	$30.50	202055-01

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).

All classes will not be held on 5/27, 7/4, 9/2.

EPIC classes will not be held 8/12, 8/13, 8/14, 8/15, 8/16, 8/19.

ADULT PROGRAMS

Drop-In Water Volleyball NW

An in-the-water volleyball game that is also a low-impact exercise option. **Note:** Comfort in the water and basic swimming skills recommended. Pool depth is 3 ½-4 ½ ft.

Age: 18 years & up
Location: Senior Center

6/3-8/30	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

6/3-6/28	M,W,F	8:30-9:30 AM	$46	300412-01
7/1-8/2	M,W,F	8:30-9:30 AM	$57.26	300412-02
8/12-8/30	M,W,F	8:30-9:30 AM	$34.76	300412-03

Twinges

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

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

6/3-6/28	M,W,F	8:30-9:30 AM	$46	300314-01
7/1-8/2	M,W,F	8:30-9:30 AM	$57.26	300314-02
8/5-8/30	M,W,F	8:30-9:30 AM	$31	300314-03
6/3-6/28	M,W,F	9:30-10:30 AM	$46	300314-04
7/1-8/2	M,W,F	9:30-10:30 AM	$57.26	300314-05
8/5-8/30	M,W,F	9:30-10:30 AM	$31	300314-06

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

6/3-6/28	M,W,F	12:15-1:15 PM	$46	300416-01
7/1-8/2	M,W,F	12:15-1:15 PM	$57.26	300416-02
8/12-8/30	M,W,F	12:15-1:15 PM	$34.76	300416-03
6/3-6/28	M,W,F	1:15-2:15 PM	$46	300416-04
7/1-8/2	M,W,F	1:15-2:15 PM	$57.26	300416-05
8/12-8/30	M,W,F	1:15-2:15 PM	$34.76	300416-06

[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

6/3-6/28	M,W,F	7:30-8:30 AM	$46	300324-01
7/1-8/2	M,W,F	7:30-8:30 AM	$57.26	300324-02
8/5-8/30	M,W,F	7:30-8:30 AM	$31	300324-03

Location: Senior Center

6/3-6/28	M,W,F	9:30-10:30 AM	$46	300424-01
7/1-8/2	M,W,F	9:30-10:30 AM	$57.26	300424-02
8/12-8/30	M,W,F	9:30-10:30 AM	$34.76	300424-03
6/4-6/27	Tu,Th	4:00-5:00 PM	$31	300424-04
7/2-8/1	Tu,Th	4:00-5:00 PM	$34.76	300424-05
8/13-8/29	Tu,Th	4:00-5:00 PM	$23.50	300424-06

Aqua Mix

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

Age: 18 years & up
Location: Senior Center

6/3-6/28	M,W,F	6:00-7:00 PM	$46	300417-01
7/1-8/2	M,W,F	6:00-7:00 PM	$57.26	300417-02
8/12-8/30	M,W,F	6:00-7:00 PM	$34.76	300417-03

Aqua Power Walking

Power walking in the lazy river takes advantage of currents created by the pool jets, as well as by the participants, in varying the resistance of the workout. Perfect for those interested in a basic workout that can offer varied and individual degrees of challenge.

Age: 18 years & up
Location: City Park Pool

6/3-6/28	M,W,F	9:30-10:30 AM	$46	300132-01
7/1-8/2	M,W,F	9:30-10:30 AM	$57.26	300132-02
8/5-8/17	M,W,F	9:30-10:30 AM	$23.50	300132-03

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

6/3-6/28	M,W,F	7:30-8:30 AM	$46	300222-01
7/1-8/2	M,W,F	7:30-8:30 AM	$57.26	300222-02
8/5-8/30	M,W,F	7:30-8:30 AM	$46	300222-03

Location: Senior Center

6/3-6/28	M,W,F	6:15-7:15 AM	$46	300422-01
7/1-8/2	M,W,F	6:15-7:15 AM	$57.26	300422-02
8/12-8/30	M,W,F	6:15-7:15 AM	$34.76	300422-03
6/3-6/28	M,W,F	5:00-6:00 PM	$46	300422-04
7/1-8/2	M,W,F	5:00-6:00 PM	$57.26	300422-05
8/12-8/30	M,W,F	5:00-6:00 PM	$34.76	300422-06
6/4-6/27	Tu,Th	8:00-9:00 AM	$31	300422-07
7/2-8/1	Tu,Th	8:00-9:00 AM	$34.76	300422-08
8/13-8/29	Tu,Th	8:00-9:00 AM	$23.50	300422-09
6/4-6/27	Tu,Th	9:00-10:00 AM	$31	300422-10
7/2-8/1	Tu,Th	9:00-10:00 AM	$34.76	300422-11
8/13-8/29	Tu,Th	9:00-10:00 AM	$23.50	300422-12
6/4-6/27	Tu,Th	10:00-11:00 AM	$31	300422-13
7/2-8/1	Tu,Th	10:00-11:00 AM	$34.76	300422-14
8/13-8/29	Tu,Th	10:00-11:00 AM	$23.50	300422-15
6/4-6/27	Tu,Th	7:00-8:00 PM	$31	300422-16
7/2-8/1	Tu,Th	7:00-8:00 PM	$34.76	300422-17
8/13-8/29	Tu,Th	7:00-8:00 PM	$23.50	300422-18

Fitness & Fun

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

Age: 18 years & up
Location: Senior Center

6/3-6/28	M,W,F	7:30-8:30 AM	$46	300420-01
7/1-8/2	M,W,F	7:30-8:30 AM	$57.26	300420-02
8/12-8/30	M,W,F	7:30-8:30 AM	$34.76	300420-03

Prenatal

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

Age: 18 years & up
Location: Senior Center

6/4-6/27	Tu,Th	6:00-7:00 PM	$31	300418-01
7/2-8/1	Tu,Th	6:00-7:00 PM	$34.76	300418-02
8/13-8/29	Tu,Th	6:00-7:00 PM	$23.50	300418-03

Twist & Shout

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

Age: 18 years & up
Location: Senior Center

6/3-6/28	M,W,F	4:00-5:00 PM	$46	300426-01
7/1-8/2	M,W,F	4:00-5:00 PM	$57.26	300426-02
8/12-8/30	M,W,F	4:00-5:00 PM	$34.76	300426-03

[HIGH INTENSITY]

Deep H2O

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

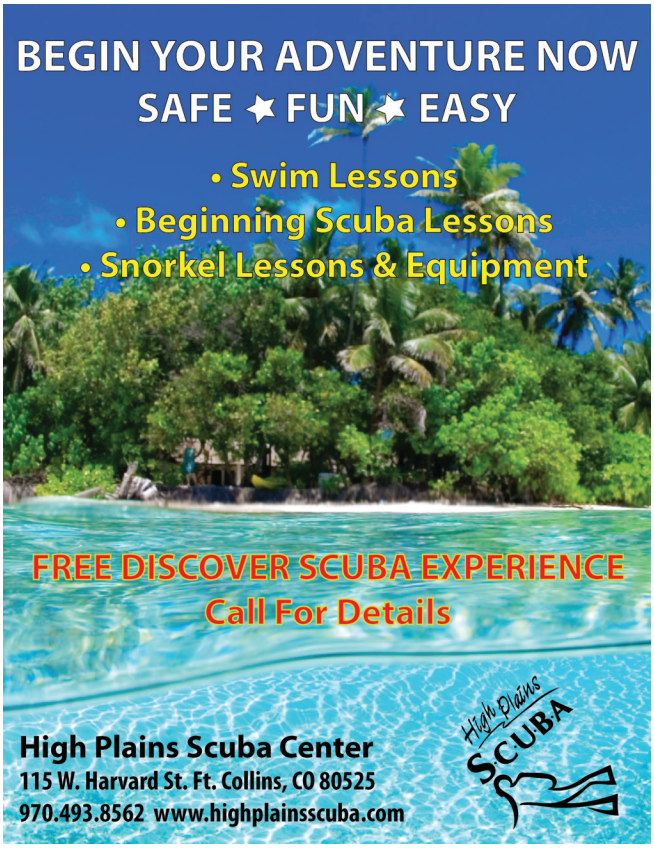
Age: 18 years & up

Location: Mulberry Pool

6/3-6/28	M,W,F	12:15-1:00 PM	$37	300230-01
7/1-8/2	M,W,F	12:15-1:00 PM	$46	300230-02
8/5-8/30	M,W,F	12:15-1:00 PM	$37	300230-03

Location: Edora Pool Ice Center

6/3-6/26	M,W	5:30-6:30 PM	$31	300330-01
7/1-7/31	M,W	5:30-6:30 PM	$38.50	300330-02
8/5-8/28	M,W	5:30-6:30 PM	$19.75	300330-03



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Aquatics

Group Rates for Swimming

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

Ratios

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

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

*Children ages 8 years and up who cannot swim or touch the bottom of the pool should be included in count for ages 8 years and under. Groups not complying with above ratio are not 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 lesson manager, if it is evident that a child is not water ready before the second lesson, the manager will contact the parent for dismissal. A full refund will be issued for the class.

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

Classes will not be held on 5/27, 7/4, 7/6, 7/7, 9/2.

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.

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

6/10-7/10	M,W	6:15-7:00 PM	$73.50	301338-01

Location: Senior Center

6/2-6/23	Su	11:00-11:45 AM	$30	301438-01

Improving Skills & Strokes

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

Age: 15 years & up

Location: Edora Pool Ice Center

7/15-8/7	M,W	6:15-7:00 PM	$59	301339-01

Location: Senior Center

6/30-7/28	Su	11:00-11:45 AM	$30	301439-01

Water Safety Instructor
An extensive skill review and presentation of all levels of swimming. Receive training to teach American Red Cross swimming and water safety courses. Learn how to use the course materials, conduct training sessions, and evaluate participants' progress. Online class content is 6 hours, 45 minutes. **Note:** Must attend all classes. Skill test on first day; continuation depends on passing. $37 certification fee not included.

Age: 16 years & up
Location: Mulberry Pool

8/10-8/18	Sa,Su	9:00 AM-5:00 PM	$165	301242-01

Lifeguard Training
This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Learn skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is 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

6/10	M	Noon-3:30 PM	$204.80	301340-01
6/11	Tu	8:30 AM-5:30 PM		
6/12	W	8:30 AM-4:30 PM		
7/8	M	Noon-3:30 PM	$204.80	301340-02
7/9	Tu	8:30 AM-5:30 PM		
7/10	W	8:30 AM-4:30 PM		

Lifeguard Review
Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a review course. Optional online course is 7 hours. **Note:** Skill test on first day; continuation depends on passing. $38 certification fee included.

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

7/28	Su	8:00 AM-5:00 PM	$107.40	301341-01

TEEN PROGRAMS

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

Age: 12-17 years

Location: Mulberry Pool

6/11-7/11	Tu,Th	4:30-5:00 PM	$55	301235-01
6/8-7/13	Sa	9:35-10:05 AM	$31	301235-02

Teen Swim Instruction continued

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:00-9:30 AM	$49	301335-01
7/8-7/18	M-Th	10:45-11:15 AM	$49	301335-02
8/5-8/9	M-F	10:45-11:15 AM	$31	301335-03

Location: Senior Center

6/2-6/23	Su	9:15-9:45 AM	$25	301435-01

YOUTH PROGRAMS

[YOUTH LEARN TO SWIM]

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 must be used.

Age: 6-18 months

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:35-10:05 AM	$49	301310-01
6/10-6/20	M-Th	10:10-10:40 AM	$49	301310-02
6/10-6/20	M-Th	11:20-11:50 AM	$49	301310-03
6/24-7/3	M-Th	9:00-9:30 AM	$43	301310-04
6/24-7/3	M-Th	10:10-10:40 AM	$43	301310-05
6/24-7/3	M-Th	10:45-11:15 AM	$43	301310-06
7/8-7/18	M-Th	9:35-10:05 AM	$49	301310-07
7/8-7/18	M-Th	10:45-11:15 AM	$49	301310-08
7/8-7/18	M-Th	11:55 AM-12:25 PM	$49	301310-09
7/22-8/1	M-Th	9:00-9:30 AM	$49	301310-10
7/22-8/1	M-Th	10:10-10:40 AM	$49	301310-11
7/22-8/1	M-Th	11:20-11:50 AM	$49	301310-12
8/5-8/9	M-F	9:35-10:05 AM	$31	301310-13
8/5-8/9	M-F	10:45-11:15 AM	$31	301310-14
8/5-8/9	M-F	11:55 AM-12:25 PM	$31	301310-15
6/10-7/10	M,W	5:05-5:35 PM	$61	301310-16
7/15-8/7	M,W	4:30-5:00 PM	$49	301310-17

Location: Senior Center

6/2-6/23	Su	9:15-9:45 AM	$25	301410-01
6/2-6/23	Su	10:25-10:55 AM	$25	301410-02
6/30-7/28	Su	9:15-9:45 AM	$25	301410-03
6/30-7/28	Su	10:25-10:55 AM	$25	301410-04

Baby & Me 2
Develop skills introduced in Baby & Me 1 to encourage future swimming success and safety. One child per adult required. Swim diapers or plastic pants must be used.

Age: 18 months-3.5 years

Location: Edora Pool Ice Center

6/10-6/20	M-Th	10:45-11:15 AM	$49	301312-02
6/10-6/20	M-Th	11:55 AM-12:25 PM	$49	301312-03
6/24-7/3	M-Th	9:35-10:05 AM	$43	301312-04
6/24-7/3	M-Th	11:20-11:50 AM	$43	301312-05

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Baby & Me 2 continued

6/24-7/3	M-Th	11:55 AM-12:25 PM	$43	301312-06
7/8-7/18	M-Th	9:00-9:30 AM	$49	301312-07
7/8-7/18	M-Th	10:10-10:40 AM	$49	301312-08
7/8-7/18	M-Th	11:20-11:50 AM	$49	301312-09
7/22-8/1	M-Th	9:35-10:05 AM	$49	301312-10
7/22-8/1	M-Th	10:45-11:15 AM	$49	301312-11
7/22-8/1	M-Th	11:55 AM-12:25 PM	$49	301312-12
8/5-8/9	M-F	9:00-9:30 AM	$31	301312-13
8/5-8/9	M-F	10:10-10:40 AM	$31	301312-14
8/5-8/9	M-F	11:20-11:50 AM	$31	301312-15
6/10-7/10	M,W	4:30-5:00 PM	$61	301312-16
6/10-7/10	M,W	5:40-6:10 PM	$61	301312-17
8/5-8/9	M-F	11:20-11:50 AM	$31	301312-18

Location: Senior Center

6/2-6/23	Su	9:50-10:20 AM	$25	301412-01
6/30-7/28	Su	9:50-10:20 AM	$25	301412-02

Pollywog

Designed for the beginner to learn basic aquatic skills and 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

6/11-7/11	Tu,Th	5:05-5:35 PM	$55	301216-01
6/11-7/11	Tu,Th	6:15-6:45 PM	$55	301216-02
7/16-8/15	Tu,Th	5:05-5:35 PM	$61	301216-03
7/16-8/15	Tu,Th	5:40-6:10 PM	$61	301216-04
7/16-8/15	Tu,Th	6:15-6:45 PM	$61	301216-05
6/8-7/13	Sa	9:00-9:30 AM	$31	301216-06
6/8-7/13	Sa	9:35-10:05 AM	$31	301216-07
6/8-7/13	Sa	11:20-11:50 AM	$31	301216-08
7/20-8/17	Sa	9:00-9:30 AM	$31	301216-09
7/20-8/17	Sa	9:35-10:05 AM	$31	301216-10
7/20-8/17	Sa	11:20-11:50 AM	$31	301216-11
6/9-7/14	Su	3:15-3:45 PM	$31	301216-12
6/9-7/14	Su	4:25-4:55 PM	$31	301216-13
6/9-7/14	Su	5:00-5:30 PM	$31	301216-14
7/21-8/18	Su	3:50-4:20 PM	$31	301216-15
7/21-8/18	Su	4:25-4:55 PM	$31	301216-16
7/21-8/18	Su	5:35-6:05 PM	$31	301216-17

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:00-9:30 AM	$49	301316-01
6/10-6/20	M-Th	9:35-10:05 AM	$49	301316-02
6/10-6/20	M-Th	10:45-11:15 AM	$49	301316-03
6/24-7/3	M-Th	9:00-9:30 AM	$43	301316-04
6/24-7/3	M-Th	9:35-10:05 AM	$43	301316-05
6/24-7/3	M-Th	10:45-11:15 AM	$43	301316-06
6/24-7/3	M-Th	11:55 AM-12:25 PM	$43	301316-07
7/8-7/18	M-Th	9:35-10:05 AM	$49	301316-08
7/8-7/18	M-Th	10:45-11:15 AM	$49	301316-09
7/8-7/18	M-Th	11:55 AM-12:25 PM	$49	301316-10
7/22-8/1	M-Th	9:00-9:30 AM	$49	301316-11

Pollywog continued

7/22-8/1	M-Th	10:10-10:40 AM	$49	301316-12
7/22-8/1	M-Th	11:20-11:50 AM	$49	301316-13
7/22-8/1	M-Th	11:55 AM-12:25 PM	$49	301316-14
8/5-8/9	M-F	9:35-10:05 AM	$31	301316-15
8/5-8/9	M-F	10:45-11:15 AM	$31	301316-16
8/5-8/9	M-F	11:55 AM-12:25 PM	$31	301316-17
6/10-7/10	M,W	5:05-5:35 PM	$61	301316-18
6/10-7/10	M,W	6:15-6:45 PM	$61	301316-19

Location: Senior Center

6/2-6/23	Su	9:50-10:20 AM	$25	301416-01
6/2-6/23	Su	11:00-11:30 AM	$25	301416-02
6/30-7/28	Su	9:15-9:45 AM	$25	301416-03

Tadpole

Build on the skills learned in Pollywog and learn independent aquatic locomotion skills. Use simultaneous and alternating arm and leg actions on the front and back to help in development of stroke work. Must be comfortable going underwater without hesitation.

Age: 3-6 years

Location: Mulberry Pool

6/11-7/11	Tu,Th	4:30-5:00 PM	$55	301218-01
6/11-7/11	Tu,Th	5:40-6:10 PM	$55	301218-02
6/11-7/11	Tu,Th	6:15-6:45 PM	$55	301218-03
7/16-8/15	Tu,Th	4:30-5:00 PM	$61	301218-04
6/8-7/13	Sa	9:35-10:05 AM	$31	301218-05
6/8-7/13	Sa	11:20-11:50 AM	$31	301218-06
7/20-8/17	Sa	9:35-10:05 AM	$31	301218-07
7/20-8/17	Sa	10:10-10:40 AM	$31	301218-08
7/20-8/17	Sa	10:45-11:15 AM	$31	301218-09
6/9-7/14	Su	3:50-4:20 PM	$31	301218-10
6/9-7/14	Su	5:00-5:30 PM	$31	301218-11
7/21-8/18	Su	3:15-5:45 PM	$31	301218-12
7/21-8/18	Su	3:50-4:20 PM	$31	301218-13
7/21-8/18	Su	5:00-5:30 PM	$31	301218-14

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:35-10:05 AM	$49	301318-01
6/10-6/20	M-Th	10:10-10:40 AM	$49	301318-02
6/10-6/20	M-Th	10:45-11:15 AM	$49	301318-03
6/10-6/20	M-Th	11:55 AM-12:25 PM	$49	301318-04
6/24-7/3	M-Th	9:00-9:30 AM	$43	301318-05
6/24-7/3	M-Th	10:10-10:40 AM	$43	301318-06
6/24-7/3	M-Th	10:45-11:15 AM	$43	301318-07
6/24-7/3	M-Th	11:55 AM-12:25 PM	$43	301318-08
7/8-7/18	M-Th	9:00-9:30 AM	$49	301318-09
7/8-7/18	M-Th	10:10-10:40 AM	$49	301318-10
7/8-7/18	M-Th	11:20-11:50 AM	$49	301318-11
7/22-8/1	M-Th	9:35-10:05 AM	$49	301318-12
7/22-8/1	M-Th	10:10-10:40 AM	$49	301318-13
7/22-8/1	M-Th	10:45-11:15 AM	$49	301318-14
7/22-8/1	M-Th	11:55 AM-12:25 PM	$49	301318-15
8/5-8/9	M-F	9:00-9:30 AM	$31	301318-16
8/5-8/9	M-F	10:10-10:40 AM	$31	301318-17

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Tadpole continued

8/5-8/9	M-F	11:20-11:50 AM	$31	301318-18
6/10-7/10	M,W	4:30-5:00 PM	$61	301318-19
6/10-7/10	M,W	5:40-6:10 PM	$61	301318-20
7/15-8/7	M,W	4:30-5:00 PM	$49	301318-21

Location: Senior Center

6/2-6/23	Su	9:15-9:45 AM	$25	301418-01
6/30-7/28	Su	9:50-10:20 AM	$25	301418-02
6/30-7/28	Su	11:00-11:30 AM	$25	301418-03

Froggy

Perform skills learned in Pollywog and Tadpole independently to reach greater distances and develop coordination. The use of combined simultaneous arm and leg actions help build a foundation for proper stroke development.

Age: 3-6 years

Location: Mulberry Pool

6/11-7/11	Tu,Th	4:30-5:00 PM	$55	301220-01
6/11-7/11	Tu,Th	5:40-6:10 PM	$55	301220-02
7/16-8/15	Tu,Th	4:30-5:00 PM	$61	301220-03
7/16-8/15	Tu,Th	6:15-6:45 PM	$61	301220-04
6/8-7/13	Sa	9:00-9:30 AM	$31	301220-05
6/8-7/13	Sa	10:10-10:40 AM	$31	301220-06
6/8-7/13	Sa	10:45-11:15 AM	$31	301220-07
7/20-8/17	Sa	9:00-9:30 AM	$31	301220-08
7/20-8/17	Sa	10:10-10:40 AM	$31	301220-09
7/20-8/17	Sa	11:20-11:50 AM	$31	301220-10
6/9-7/14	Su	3:15-3:45 PM	$31	301220-11
6/9-7/14	Su	4:25-4:55 PM	$31	301220-12
6/9-7/14	Su	5:35-6:05 PM	$31	301220-13
7/21-8/18	Su	3:15-5:45 PM	$31	301220-14
7/21-8/18	Su	4:25-4:55 PM	$31	301220-15
7/21-8/18	Su	5:35-6:05 PM	$31	301220-16

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:00-9:30 AM	$49	301320-01
6/10-6/20	M-Th	10:10-10:40 AM	$49	301320-02
6/10-6/20	M-Th	11:20-11:50 AM	$49	301320-03
6/24-7/3	M-Th	9:35-10:05 AM	$43	301320-04
6/24-7/3	M-Th	10:10-10:40 AM	$43	301320-05
6/24-7/3	M-Th	11:20-11:50 AM	$43	301320-06
7/8-7/18	M-Th	9:00-9:30 AM	$49	301320-07
7/8-7/18	M-Th	10:45-11:15 AM	$49	301320-08
7/8-7/18	M-Th	11:55 AM-12:25 PM	$49	301320-09
7/22-8/1	M-Th	9:00-9:30 AM	$49	301320-10
7/22-8/1	M-Th	9:35-10:05 AM	$49	301320-11
7/22-8/1	M-Th	10:45-11:15 AM	$49	301320-12
7/22-8/1	M-Th	11:20-11:50 AM	$49	301320-13
8/5-8/13	M-Th	9:00-9:30 AM	$37	301320-14
8/5-8/9	M-F	10:45-11:15 AM	$31	301320-15
8/5-8/9	M-F	11:55 AM-12:25 PM	$31	301320-16
6/10-7/10	M,W	4:30-5:00 PM	$61	301320-17
6/10-7/10	M,W	5:40-6:10 PM	$61	301320-18
7/15-8/7	M,W	4:30-5:00 PM	$49	301320-19

Froggy continued

Location: Senior Center

6/2-6/23	Su	10:25-10:55 AM	$25	301420-01
6/30-7/28	Su	10:25-10:55 AM	$25	301420-02
6/30-7/28	Su	11:00-11:30 AM	$25	301420-03

Level 1

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

Age: 5-12 years

Location: Mulberry Pool

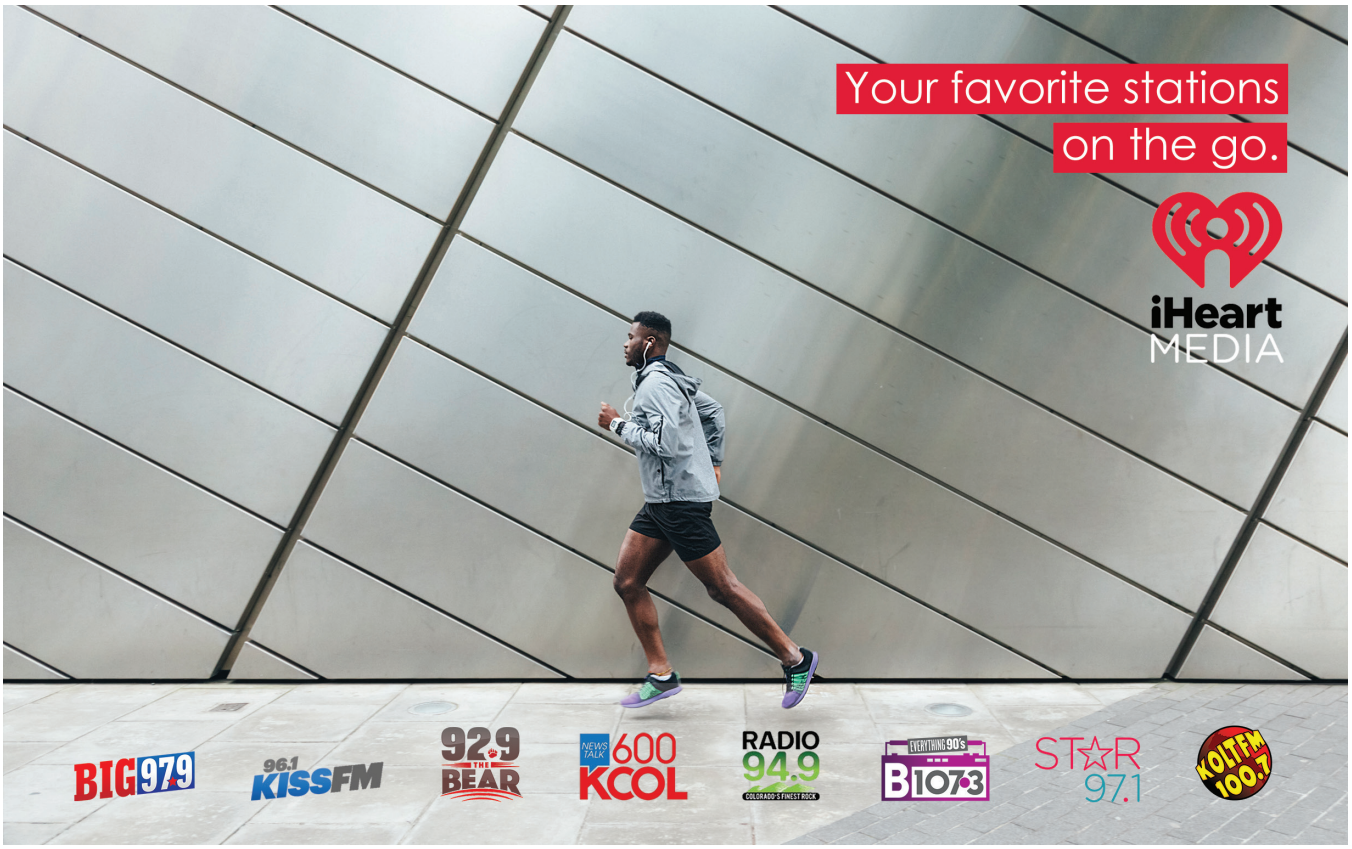
6/11-7/11	Tu,Th	5:05-5:35 PM	$55	301222-01
6/11-7/11	Tu,Th	5:40-6:10 PM	$55	301222-02
7/16-8/15	Tu,Th	4:30-5:00 PM	$61	301222-03
7/16-8/15	Tu,Th	5:40-6:10 PM	$61	301222-04
6/8-7/13	Sa	9:00-9:30 AM	$31	301222-05
6/8-7/13	Sa	10:10-10:40 AM	$31	301222-06
6/8-7/13	Sa	11:20-11:50 AM	$31	301222-07
7/20-8/17	Sa	9:00-9:30 AM	$31	301222-08
7/20-8/17	Sa	9:35-10:05 AM	$31	301222-09
7/20-8/17	Sa	10:45-11:15 AM	$31	301222-10
6/9-7/14	Su	3:50-4:20 PM	$31	301222-11
6/9-7/14	Su	5:00-5:30 PM	$31	301222-12
6/9-7/14	Su	5:35-6:05 PM	$31	301222-13
7/21-8/18	Su	3:15-5:45 PM	$31	301222-14
7/21-8/18	Su	4:25-4:55 PM	$31	301222-15
7/21-8/18	Su	5:35-6:05 PM	$31	301222-16

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:35-10:05 AM	$49	301322-01
6/10-6/20	M-Th	10:45-11:15 AM	$49	301322-02
6/10-6/20	M-Th	11:55 AM-12:25 PM	$49	301322-03
6/24-7/3	M-Th	9:00-9:30 AM	$43	301322-04
6/24-7/3	M-Th	10:10-10:40 AM	$43	301322-05
6/24-7/3	M-Th	10:45-11:15 AM	$43	301322-06
7/8-7/18	M-Th	9:35-10:05 AM	$49	301322-07
7/8-7/18	M-Th	10:10-10:40 AM	$49	301322-08
7/8-7/18	M-Th	11:20-11:50 AM	$49	301322-09
7/8-7/18	M-Th	11:55 AM-12:25 PM	$49	301322-10
7/22-8/1	M-Th	9:00-9:30 AM	$49	301322-11
7/22-8/1	M-Th	9:35-10:05 AM	$49	301322-12
7/22-8/1	M-Th	10:45-11:15 AM	$49	301322-13
7/22-8/1	M-Th	11:55 AM-12:25 PM	$49	301322-14
8/5-8/9	M-F	9:35-10:05 AM	$31	301322-15
8/5-8/9	M-F	10:10-10:40 AM	$31	301322-16
8/5-8/9	M-F	11:20-11:50 AM	$31	301322-17
8/5-8/9	M-F	11:55 AM-12:25 PM	$31	301322-18
6/10-7/10	M,W	5:05-5:35 PM	$61	301322-19
6/10-7/10	M,W	6:15-6:45 PM	$61	301322-20

Location: Senior Center

6/2-6/23	Su	10:25-10:55 AM	$25	301422-01
6/30-7/28	Su	9:15-9:45 AM	$25	301422-02
6/30-7/28	Su	10:25-10:55 AM	$25	301422-03



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

6/11-7/11	Tu,Th	4:30-5:00 PM	$55	301224-01
6/11-7/11	Tu,Th	5:05-5:35 PM	$55	301224-02
6/11-7/11	Tu,Th	6:15-6:45 PM	$55	301224-03
7/16-8/15	Tu,Th	5:05-5:35 PM	$61	301224-04
7/16-8/15	Tu,Th	6:15-6:45 PM	$61	301224-05
6/8-7/13	Sa	9:00-9:30 AM	$31	301224-06
6/8-7/13	Sa	10:10-10:40 AM	$31	301224-07
6/8-7/13	Sa	10:45-11:15 AM	$31	301224-08
7/20-8/17	Sa	9:00-9:30 AM	$31	301224-09
7/20-8/17	Sa	10:10-10:40 AM	$31	301224-10
7/20-8/17	Sa	11:20-11:50 AM	$31	301224-11
6/9-7/14	Su	3:15-3:45 PM	$31	301224-12
6/9-7/14	Su	4:25-4:55 PM	$31	301224-13
6/9-7/14	Su	5:35-6:05 PM	$31	301224-14
7/21-8/18	Su	3:15-5:45 PM	$31	301224-15
7/21-8/18	Su	3:50-4:20 PM	$31	301224-16
7/21-8/18	Su	5:00-5:30 PM	$31	301224-17

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:00-9:30 AM	$49	301324-01

Level 2 continued

6/10-6/20	M-Th	10:10-10:40 AM	$49	301324-02
6/10-6/20	M-Th	11:20-11:50 AM	$49	301324-03
6/10-6/20	M-Th	11:55 AM-12:25 PM	$49	301324-04
6/24-7/3	M-Th	9:00-9:30 AM	$43	301324-05
6/24-7/3	M-Th	9:35-10:05 AM	$43	301324-06
6/24-7/3	M-Th	11:20-11:50 AM	$43	301324-07
6/24-7/3	M-Th	11:55 AM-12:25 PM	$43	301324-08
7/8-7/18	M-Th	9:00-9:30 AM	$49	301324-09
7/8-7/18	M-Th	10:10-10:40 AM	$49	301324-10
7/8-7/18	M-Th	11:20-11:50 AM	$49	301324-11
7/8-7/18	M-Th	11:55 AM-12:25 PM	$49	301324-12
7/22-8/1	M-Th	9:00-9:30 AM	$49	301324-13
7/22-8/1	M-Th	10:10-10:40 AM	$49	301324-14
7/22-8/1	M-Th	11:20-11:50 AM	$49	301324-15
7/22-8/1	M-Th	11:55 AM-12:25 PM	$49	301324-16
8/5-8/9	M-F	9:00-9:30 AM	$31	301324-17
8/5-8/9	M-F	10:10-10:40 AM	$31	301324-18
6/10-7/10	M,W	4:30-5:00 PM	$61	301324-19
6/10-7/10	M,W	6:15-6:45 PM	$61	301324-20
7/15-8/7	M,W	4:30-5:00 PM	$49	301324-21

Location: Senior Center

6/2-6/23	Su	9:50-10:20 AM	$25	301424-01
6/2-6/23	Su	11:00-11:30 AM	$25	301424-02
6/30-7/28	Su	9:50-10:20 AM	$25	301424-03

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 swim 10 yards elementary backstroke.

Age: 5-12 years

Location: Mulberry Pool

6/11-7/11	Tu,Th	5:05-5:50 PM	$66.25	301226-01
7/16-8/15	Tu,Th	5:05-5:50 PM	$73.50	301226-02
7/16-8/15	Tu,Th	6:15-7:00 PM	$73.50	301226-03
6/8-7/13	Sa	9:00-9:45 AM	$37.26	301226-04
6/8-7/13	Sa	10:45-11:30 AM	$37.26	301226-05
7/20-8/17	Sa	9:00-9:45 AM	$37.26	301226-06
7/20-8/17	Sa	10:45-11:30 AM	$37.26	301226-07
6/9-7/14	Su	4:25-5:10 PM	$37.26	301226-08
6/9-7/14	Su	5:00-5:45 PM	$37.26	301226-09
7/21-8/18	Su	3:15-4:00 PM	$37.26	301226-10
7/21-8/18	Su	5:00-5:45 PM	$37.26	301226-11

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:35-10:20 AM	$59	301326-01
6/10-6/20	M-Th	11:20 AM-12:05 PM	$59	301326-02
6/24-7/3	M-Th	9:00-9:45 AM	$51.76	301326-03
6/24-7/3	M-Th	10:45-11:30 AM	$51.76	301326-04
7/8-7/18	M-Th	9:35-10:20 AM	$59	301326-05
7/8-7/18	M-Th	11:20 AM-12:05 PM	$59	301326-06
7/22-8/1	M-Th	9:00-9:45 AM	$59	301326-07
7/22-8/1	M-Th	10:45-11:30 AM	$59	301326-08
8/5-8/9	M-F	9:35-10:20 AM	$37.26	301326-09
8/5-8/9	M-F	11:20 AM-12:05 PM	$37.26	301326-10
6/10-7/10	M,W	4:30-5:15 PM	$73.50	301326-11
6/10-7/10	M,W	5:40-6:25 PM	$73.50	301326-12
7/15-8/7	M,W	5:05-5:50 PM	$59	301326-13
7/15-8/7	M,W	5:40-6:25 PM	$59	301326-14

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

7/16-8/15	Tu,Th	4:30-5:15 PM	$73.50	301228-02
6/8-7/13	Sa	10:10-10:55 AM	$37.26	301228-03
7/20-8/17	Sa	9:35-10:20 AM	$37.26	301228-04
6/9-7/14	Su	3:15-4:00 PM	$37.26	301228-05
6/9-7/14	Su	5:35-6:20 PM	$37.26	301228-06
7/21-8/18	Su	4:25-5:10 PM	$37.26	301228-07

Location: Edora Pool Ice Center

6/10-6/20	M-Th	9:00-9:45 AM	$59	301328-01
6/10-6/20	M-Th	10:45-11:30 AM	$59	301328-02
6/24-7/3	M-Th	11:20 AM-12:05 PM	$51.76	301328-03
7/8-7/18	M-Th	9:00-9:45 AM	$59	301328-04
7/8-7/18	M-Th	10:10-10:55 AM	$59	301328-05
7/22-8/1	M-Th	9:35-10:20 AM	$59	301328-06

Level 4 continued

7/22-8/1	M-Th	11:20 AM-12:05 PM	$59	301328-07
8/5-8/9	M-F	9:00-9:45 AM	$37.26	301328-08
8/5-8/9	M-F	10:45-11:30 AM	$37.26	301328-09
6/10-7/10	M,W	5:05-5:50 PM	$73.50	301328-10

Level 5

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

Age: 5-12 years

Location: Mulberry Pool

6/11-7/11	Tu,Th	6:15-7:00 PM	$66.25	301230-01
7/16-8/15	Tu,Th	4:30-5:15 PM	$73.50	301230-02
6/8-7/13	Sa	10:45-11:30 AM	$37.26	301230-0

Location: Edora Pool Ice Center

6/10-6/20	M-Th	10:10-10:55 AM	$59	301330-01
6/24-7/3	M-Th	10:10-10:55 AM	$51.76	301330-02
6/24-7/3	M-Th	11:20 AM-12:05 PM	$51.76	301330-03
7/8-7/18	M-Th	9:00-9:45 AM	$59	301330-04
7/8-7/18	M-Th	10:45-11:30 AM	$59	301330-05
7/22-8/1	M-Th	10:10-10:55 AM	$59	301330-06
8/5-8/9	M-F	10:10-10:55 AM	$37.26	301330-07
7/15-8/7	M,W	4:30-5:15 PM	$59	301330-08

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

6/11-7/11	Tu,Th	4:30-5:15 PM	$66.25	301232-01
7/16-8/15	Tu,Th	5:40-6:25 PM	$73.50	301232-02
6/8-7/13	Sa	9:35-10:20 AM	$37.26	301232-03
7/20-8/17	Sa	10:10-10:55 AM	$37.26	301232-04
6/9-7/14	Su	3:15-4:00 PM	$37.26	301232-05
7/21-8/18	Su	5:00-5:45 PM	$37.26	301232-06

Location: Edora Pool Ice Center

6/24-7/3	M-Th	9:35-10:20 AM	$51.76	301332-02
8/5-8/9	M-F	9:00-9:45 AM	$37.26	301332-03

[SCUBA DIVING]

Discover Scuba Diving
Learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Develop basics needed to dive under the direct supervision of a PADI professional, including but not limited to seeing what scuba equipment feels like to wear and use. **Note:** Prior to class start call CSDA at 1.855.557.2822 to complete required additional paperwork.

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

6/15	Sa	10:00-11:30 AM	$36	301352-01
7/6	Sa	10:00-11:30 AM	$36	301352-02
7/20	Sa	10:00-11:30 AM	$36	301352-03
8/31	Sa	10:00-11:30 AM	$36	301352-04

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

6/12	W	6:00-9:00 PM	$22	301356-01
6/26	W	6:00-9:00 PM	$22	301356-02
7/10	W	6:00-9:00 PM	$22	301356-03
7/24	W	6:00-9:00 PM	$22	301356-04
8/7	W	6:00-9:00 PM	$22	301356-05
8/21	W	6:00-9:00 PM	$22	301356-06

[SNORKELING]

Discover Snorkeling
Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or own gear. Prerequisite: Ability 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

6/15	Sa	10:00-11:30 AM	$26	301353-01
7/6	Sa	10:00-11:30 AM	$26	301353-02
7/20	Sa	10:00-11:30 AM	$26	301353-03
8/31	Sa	10:00-11:30 AM	$26	301353-04

[SWIM TEAM]

CARA Swim Team
Otters are a summer only swim team designed for those whose skills are between swim lessons and competitive teams. Prerequisite: Ability to swim 25 continuous yards, front crawl with rotary breathing, and be familiar with four competitive strokes. **Note:** Option to participate in four meets (6/30, 7/14, 7/28, 8/3). Responsible for transportation to practices and meets. Fee includes a swim cap and fees for swim meets.

Age: 6-17 years
Location: Edora Pool Ice Center

6/10-7/31	M,W	9:30-11:00 AM	$111	301333-01

[SYNCHRONIZED SWIMMING]

Introduction to Synchronized Swimming
Learn sculling, unique kicking, strokes, and beginner routines in deep water. Perform with music in the last class. Must be comfortable in deep water and able to swim at least 25 yards using the front crawl. **Note:** Nose clips included.

Age: 6-11 years
Location: Edora Pool Ice Center

6/10-6/19	M,W	5:30-6:15 PM	$48	301359-01
7/15-7/24	M,W	5:30-6:15 PM	$48	301359-02
7/29-8/7	M,W	5:30-6:15 PM	$48	301359-03

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

Arts & Crafts

The Senior Center Member discount applies to programs where a M is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply. If no fee is listed for a membership program, the program is exclusive to Senior Center Members. For information about Senior Center Membership benefits, see page 99.

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

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 970.224.6029, *bemond@fcgov.com* or visit

Teachers
New proposals for teaching classes from skilled arts and crafts instructors welcome. For more information contact Betsy Emond at 970.224.6029, *bemond@fcgov.com*.

ADULT PROGRAMS

[DRAWING ARTS]

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

Age: 14 years & up
Location: Senior Center

6/11-7/16	Tu	6:30-8:30 PM	$54	303407-01

Sketching Group M NW
Open to drawing, pastels, sketching, and water media. Work from pictures, still-life-, ideas, or imagination. Meet weekly to work on projects, share ideas, and techniques. Bring supplies necessary to work. **Note:** No instructor provided. Class will not be held on 8/9.

Age: 18 years & up
Location: Senior Center

6/7-8/30	F	9:30 AM-12:30 PM	No Fee

[FIBER ARTS]

Felting, Needle Style
Learn the needle technique method on wool roving while making 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

Birds

6/8	Sa	9:00 AM-Noon	$28	303436-01

Landscape

7/13	Sa	9:00 AM-Noon	$28	303436-02

Tree Garden

8/17	Sa	9:00 AM-Noon	$28	303436-03

[GENERAL ARTS]

Basket Cases 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. Different techniques such as caning are also welcome. Share ideas and designs. **Note:** No instructor provided. Bring supplies necessary to work. Class will not be held on 7/4, 8/8.

Age: 18 years & up
Location: Senior Center

6/6-8/29	Th	1:00-3:00 PM	No Fee

C.H.A.T. (Crafts Hobbies Arts Time) M NW
Open for scrapbooks, crochet, watercolor, knitting, and other hobbies. Meet weekly to work on projects and share ideas and techniques. Learn from others and discuss aspects of different art related hobbies and crafts. **Note:** No instructor provided. Class will not be held on 8/7, 8/9.

Age: 18 years & up
Location: Senior Center

6/5-8/30	W, F	1:00-3:00 PM	No Fee

Open Shop M NW
The shop is open for use. Tools are made available for use with jewelry, stained glass, and woodworking, including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. **Note:** Class will not be held on 7/4, 8/6, 8/7, 8/8.

Age: 18 years & up
Location: Senior Center

6/4-8/27	Tu	8:00 AM-Noon	No Fee
6/5-8/28	W	1:00-5:00 PM	
6/6-8/29	Th	5:00-9:00 PM	

[GLASS ARTS]

Stained Glass, Butterfly
Using a provided standing lady form, fashion two stained glass wings to create a butterfly. Prerequisite: Stained Glass, Beginner or equivalent experience. **Note:** All materials provided.

Age: 18 years & up
Location: Senior Center

6/11-6/18	Tu	1:00-3:00 PM	$48	303465-01

Stained Glass, Foil Intermediate
Using the foil method of construction, create an 11"x14" panel designed fit in a picture frame and display in a window. Bring a picture to the first class to use as a reference. Prerequisite: Stained Glass, Foil Beginner. **Note:** Supply list available at registration; approximate cost is $20-55. Class will not be held on 8/6.

Age: 18 years & up
Location: Senior Center

7/16-8/13	Tu	1:00-3:00 PM	$60	303462-01

Stained Glass, Stepping Stone
Create a one of a kind, personalized, stepping stone with pieces of stained glass that are set with concrete. No experience needed. **Note:** All supplies provided.

Age: 18 years & up
Location: Senior Center

8/20-8/27	Tu	1:00-3:00 PM	$37	303466-01

[PAPER ARTS]

Calligraphy, Beginner
Learn the art of beautiful writing and add a personal touch to scrapbooks, journals, and invitations. Use a broad edge pen to write the italic hand and discover ideas to use the skill. Learn about materials, layout and design, and a brief history of writing. **Note:** Supply list available at registration; approximate cost is $35.

Age: 18 years & up
Location: Senior Center

6/3-7/8	M	9:00-11:30 AM	$80	303409-01

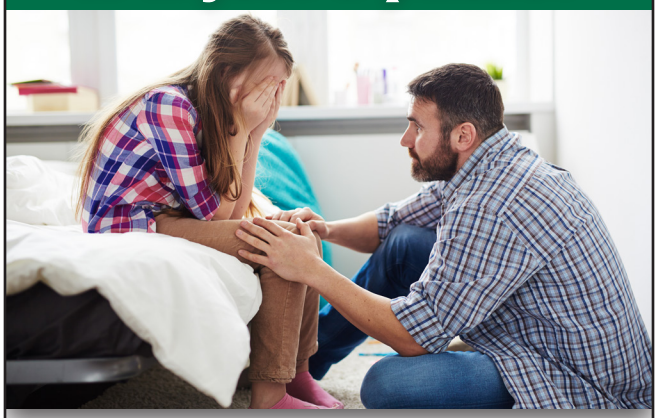
[PAINTING]

Acrylic Painting, Beginner
Cover important basics such as preparing a canvas, starting techniques, drawing, color, value, and composition. Designed for those who have never painted before or those who would like to improve their skills. **Note:** Supply list available at registration; approximate cost is $30-50. Class will not be held on 7/15, 7/22.

Age: 18 years & up
Location: Senior Center

6/3-6/24	M	1:00-3:00 PM	$44	303446-01
7/1-7/29	M	1:00-3:00 PM	$34	303446-02
8/12-8/26	M	1:00-3:00 PM	$44	303446-03

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

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Bob Ross Style Painting
Complete a finished oil painting in one day using the Bob Ross painting technique. A certified Bob Ross instructor teaches the use of different brushes, a palette knife, mixing colors, and the manipulation of certain special paints. **Note:** $15 discount available with use of own Bob Ross supplies. Bring a roll of paper towels. An example of class painting project is on display at the Senior Center.

Age: 18 years & up
Location: Senior Center

Landscape

6/6	Th	9:00 AM-3:30 PM	$65	303427-01
8/15	Th	9:00 AM-3:30 PM	$65	303427-03

Seascape

7/11	Th	9:00 AM-3:30 PM	$65	303427-02

Garden Gnome Gourds
Paint a weatherproof garden gnome out of a dry gourd. **Note:** All supplies included.

Age: 10 years & up
Location: Senior Center

6/8	Sa	9:00 AM-Noon	$30	303442-01

Porcelain Painting, Beginner
Learn proper painting techniques that include the use of oils, thinners, wiping tools, and specialty brushes. Techniques and processes for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result. **Note:** Firing of work included. Reduced fee when using own supplies. Class will not be held on 8/7.

Age: 18 years & up
Location: Senior Center

6/5-6/26	W	9:00-11:30 AM	$48	303470-01
7/3-7/24	W	9:00-11:30 AM	$48	303470-02
7/31-8/28	W	9:00-11:30 AM	$48	303470-03

Watercolor, Beginner
Learn basics of preparing paper and board in preparation for painting. Discover composition, painting techniques, and special effects, including setting up a palette, types of papers, color theory, design principles, and techniques for handling the pigment. **Note:** Supply list available at registration; approximate cost is $100. Class will not be held on 7/5.

Age: 18 years & up
Location: Senior Center

6/7-7/19	F	9:00-11:00 AM	$70	303480-01

Watercolor, Intermediate to Advanced
Emphasis on observation and various brush techniques with in-depth exploration of watercolor. A challenge for beginners and an opportunity to build skills and knowledge of artistic concepts. Prerequisite: Watercolor, Beginner. **Note:** Supply list available at registration; approximate cost is $100. Class will not be held on 8/9.

Age: 18 years & up
Location: Senior Center

6/7-6/28	F	1:00-3:00 PM	$49	303481-01
7/5-7/26	F	1:00-3:00 PM	$49	303481-02
8/2-8/30	F	1:00-3:00 PM	$49	303481-03

[WOODWORKING]

Scroll Saw, Beginner
Learn scroll saw techniques to cut special designs with exercise patterns. Then, work on projects recommended by the instructor, such as jigsaw puzzles, nesting creatures, and fret work. Also, learn about scroll saw setup, different blades, maintenance, and types of scroll saws. **Note:** All skill levels welcome. Must attend first class. Some supplies provided. Supply list available first day of class; approximate cost is $20-30.

Age: 18 years & up
Location: Senior Center

6/21-8/2	F	7:00-9:00 PM	$84	303492-01

Woodcarving, Beginner
An introduction to wood carving. Knives and woods are discussed and provided first week. An egg and stylized bird are carved; student chooses own project afterwards. **Note:** Some supplies provided. Supply list available first day of class; approximate cost is $25-40. Class will not be held on 7/3. All levels welcome.

Age: 18 years & up
Location: Senior Center

6/12-7/24	W	7:00-9:00 PM	$75	303493-01

FAMILY PROGRAMS

Painting Pairs
Instructor guides a duo through creating a two-canvas work of art. Fee includes a two-canvas project. **Note:** Only one person of the pair need register. Children under 12 must be accompanied by an adult.

Age: All
Location: Northside Aztlan Center

Just Me & Dad

6/16	Su	10:00 AM-Noon	$40	318982-01

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

6/12-6/26	W	3:00-4:30 PM	$60	316210-01

Cityscapes
Make beautiful skylines and sunsets using a variety of methods including painting and drawing.

Age: 8-12 years
Location: Mulberry Pool

7/10	W	3:00-4:30 PM	$35	316225-01

Creative Creations Club
Create arts and crafts projects through guided instruction. All supplies included.

Age: 11-15 years
Location: Northside Aztlan Center

Mermaid Tail

8/10	Sa	1:00-3:30 PM	$32	318983-01

Cupcakes 'n Canvas
Theme inspired and geared towards teaching young artists the joy of painting. Paint on canvas while enjoying cupcakes. **Note:** Entrance is located in the back.

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

Flamingos

6/6	Th	3:00-4:30 PM	$35	316943-01

Patriotic

7/3	W	3:00-4:30 PM	$35	316943-02

Cactus Collage

8/7	W	3:00-4:30 PM	$35	316943-03

National Parks Animals
Inspired by the work of Charley Harper. Use mixed media and geometric shapes to create the animals that live in America's National Parks.

Age: 8-12 years
Location: Mulberry Pool

7/24	W	3:00-4:30 PM	$35	316221-01

Painting Workshop
Gain confidence creating a new piece of art in this instructor guided class. All supplies provided.

Age: 11-15 years
Location: Foothills Activity Center

Owl Painting

6/8	Sa	1:00-3:00 PM	$23	318584-01

Ice Cream

7/13	Sa	1:00-3:00 PM	$23	318584-02

Tween Art
Just for tweens. Work on elements such as shape, form, and proportion and explore the tools of the trade.

Age: 11-15 years
Location: Northside Aztlan Center

Creature Creation

6/11-7/9	Tu	5:30-7:00 PM	$80	318585-01

Exploring Mediums

7/16-8/13	Tu	5:30-7:00 PM	$80	318585-02

Undersea World
Swimming with art inspiration, this mixed media lesson starts with your scuba diver creation followed by an ocean-life background.

Age: 8-12 years
Location: Carnegie Center for Creativity

7/18	Th	1:00-2:30 PM	$35	316912-01

Water Color Landscapes
Create landscapes inspired by Georgia O'Keefe using water colors and oil pastels. **Note:** Entrance is in the back.

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

6/27	Th	1:00-3:00 PM	$40	316923-01

POTTERY

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

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

All Pottery programs are held at the Pottery Studio unless otherwise noted.

Pottery Lab
Lab is for current students to practice or finish work in progress. Open to those who have previously taken a ten-week pottery class. This is a recreational and educational facility; production work is not permitted. Staff is in attendance, but no formal instruction is provided. **Note:** Class will not be held on 7/4.

Age: 18 years & up

6/1-8/31	W,Sa	11:00 AM-2:00 PM	$170	304899-01
6/2-8/25	Su	1:00-4:00 PM		
6/10-8/16	M,Th,F	11:00 AM-1:00 PM		
6/11-8/22	Tu,Th	7:30-10:00 PM		
6/11-8/13	Tu	9:00 AM-Noon		

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 a piece. A tour of the facility is included. Duration is about 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 a piece. A tour of the facility is included. Duration is about 90-minutes; tailored packages available. Cost is $16 per child (6 children minimum); with 10 kids or more, the birthday child is free.

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

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

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

[ADULT POTTERY PROGRAMS]

Creative Clay Craft
Combine creativity and inventiveness to create out of the ordinary clay structures that are not necessarily utilitarian. Use extruders and slab rollers and incorporate various textures for rich surfaces. All levels welcome.

Age: 18 years & up

6/14-8/16	F	9:00-11:00 AM	$170	304885-01

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

Age: 18 years & up

7/21-8/18	Su	11:00 AM-1:00 PM	$95.90	304869-01

The Figure in Clay
Figure sculpture is best expressed through the medium of clay. Explore line and form along with design and shape relationships. All levels welcome.

Age: 18 years & up

6/10-8/12	M	6:00-8:00 PM	$170	304890-01

Functional Sculpture Handbuilding
Learn how to make utilitarian, functional wares with sculptural elements and traditional handbuilding techniques. Explore glazing techniques to ensure all pieces are food safe and ready for use. All levels welcome.

Age: 18 years & up

6/9-8/11	Su	4:00-6:00 PM	$170	304889-01

Handbuilding Expressions
Explore 3D 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

6/12-8/14	W	6:00-8:00 PM	$170	304875-01

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

Age: 18 years & up

6/15-7/13	Sa	9:00-11:00 AM	$60	304870-01
7/20-8/10	Sa	9:00-11:00 AM	$60	304870-02

Wheel & Handbuilding, Beginner
Learn about clay, tools, and glazing. Explore the basic skills, techniques, and principles involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. **Note:** Supply list available at registration; $12 tool set available at first class.

Age: 18 years & up

6/10-8/12	M	9:00-11:00 AM	$170	304850-01
6/10-8/12	M	5:45-7:45 PM	$170	304850-02
6/12-8/14	W	8:00-10:00 PM	$170	304850-03
6/15-8/17	Sa	9:00-11:00 AM	$170	304850-04

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

Age: 18 years & up

6/10-8/12	M	8:00-10:00 PM	$170	304855-01
6/12-8/14	W	5:45-7:45 PM	$170	304855-02
6/9-8/11	Su	11:00 AM-1:00 PM	$170	304855-03

Wheel & Handbuilding, Intermediate
Explore more complex ceramic and pottery techniques and skills. Expression and exploration of form are taught. Prerequisite: Pottery Wheel, Beginner or equivalent.

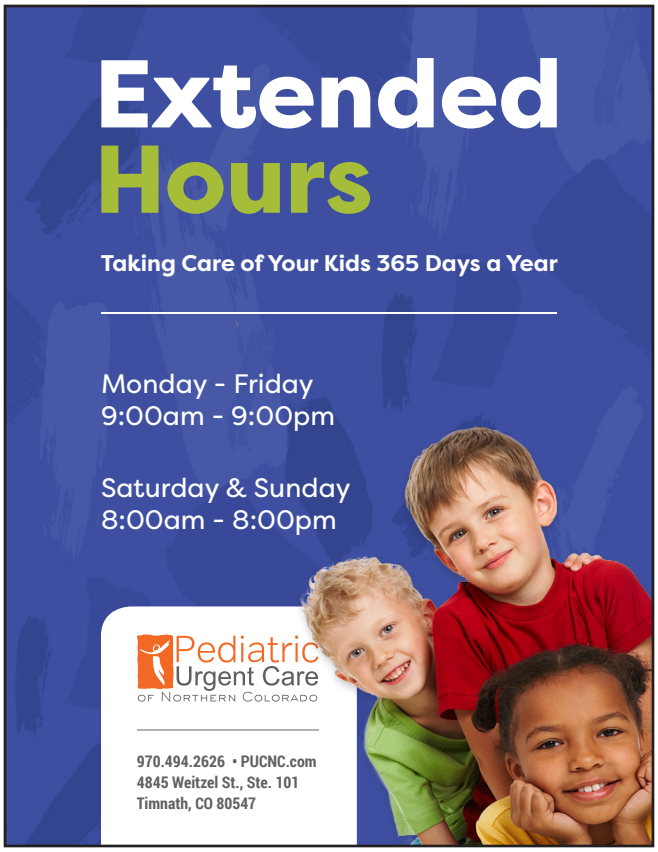
Age: 18 years & up

6/11-8/13	Tu	5:30-7:30 PM	$170	304860-01
6/12-8/14	W	9:00-11:00 AM	$170	304860-02

Wheel & Handbuilding, Advanced
Look further into the development of form while honing high-end techniques. Emphasis on combining creativity with conceptual thought into design. Prerequisite: Pottery Wheel, Intermediate or equivalent. **Note:** Class will not be held on 7/4.

Age: 18 years & up

6/13-8/15	Th	5:30-7:30 PM	$153	304865-01



[YOUTH POTTERY CHILD WITH PARENT PROGRAMS]

Family Handbuilding

Squish, roll, pinch, scratch, and slip clay into whimsical creatures and learn basics of clay. Each week offers a different experience for the whole family. **Note:** Registration includes one adult and one child; each additional person is $16.

Age: 5 years & up

Animal Toothbrush Holders				
6/23	Su	11:30 AM-1:00 PM	$37	304828-01
Mask				
7/14	Su	11:30 AM-1:00 PM	$37	304828-03
Ocean Life				
7/28	Su	11:30 AM-1:00 PM	$37	304828-05
Hanging Wall Pockets				
8/4	Su	11:30 AM-1:00 PM	$37	304828-07
Clay Donuts				
8/18	Su	11:30 AM-1:00 PM	$37	304828-09
Additional Child				
6/23	Su	11:30 AM-1:00 PM	$16	304828-02
7/14	Su	11:30 AM-1:00 PM	$16	304828-04
7/28	Su	11:30 AM-1:00 PM	$16	304828-06
8/4	Su	11:30 AM-1:00 PM	$16	304828-08
8/18	Su	11:30 AM-1:00 PM	$16	304828-10

Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku pottery. Raku 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. 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 $30.

Age: 7 years & up

6/21	F	6:00-8:00 PM	$65	304827-01
6/22	Sa	10:00 AM-2:00 PM		
7/12	F	6:00-8:00 PM	$65	304827-03
7/13	Sa	10:00 AM-2:00 PM		
Additional Person				
6/21	F	6:00-8:00 PM	$30	304827-02
6/22	Sa	10:00 AM-2:00 PM		
7/12	F	6:00-8:00 PM	$30	304827-04
7/13	Sa	10:00 AM-2:00 PM		

Parent & Child Handbuilding

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

Age: 6-9 years

6/15-7/13	Sa	4:00-5:30 PM	$110	304835-01
7/20-8/17	Sa	4:00-5:30 PM	$110	304835-03
Additional Person				
6/15-7/13	Sa	4:00-5:30 PM	$52	304835-02
7/20-8/17	Sa	4:00-5:30 PM	$52	304835-04

Parent Teen & Youth Wheel & Handbuilding

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

Age: 10-17 years

6/14-7/12	F	5:30-7:00 PM	$110	304845-01
7/19-8/16	F	5:30-7:00 PM	$110	304845-03
Additional Person				
6/14-7/12	F	5:30-7:00 PM	$52	304845-02
7/19-8/16	F	5:30-7:00 PM	$52	304845-04

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

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

Age: 3-5 years

6/11-7/9	Tu	12:30-1:30 PM	$60	304801-01
6/12-7/10	W	2:45-3:45 PM	$60	304801-03
6/15-7/13	Sa	2:30-3:30 PM	$60	304801-05
7/16-8/13	Tu	12:30-1:30 PM	$60	304801-07
7/17-8/14	W	2:45-3:45 PM	$60	304801-09
7/20-8/17	Sa	2:30-3:30 PM	$60	304801-11

Additional Child

6/11-7/9	Tu	12:30-1:30 PM	$20	304801-02
6/12-7/10	W	2:45-3:45 PM	$20	304801-04
6/15-7/13	Sa	2:30-3:30 PM	$20	304801-06
7/16-8/13	Tu	12:30-1:30 PM	$20	304801-08
7/17-8/14	W	2:45-3:45 PM	$20	304801-10
7/20-8/17	Sa	2:30-3:30 PM	$20	304801-12

Thrown Together
Explore the basics of wheel forming techniques while working on the potter's wheel. Create functional and decorative pottery and learn the basics of wedging, centering, throwing, trimming, surface decorating, and glazing. **Note:** Registration cost includes two participants; each additional person is $52. Class will not be held on 7/4.

Age: 7 years & up

6/13-7/11	Th	3:30-5:00 PM	$88	304825-01
6/15-7/13	Sa	2:30-4:00 PM	$110	304825-03
7/18-8/15	Th	3:30-5:00 PM	$110	304825-05
7/20-8/17	Sa	2:30-4:00 PM	$110	304825-07

Additional Person

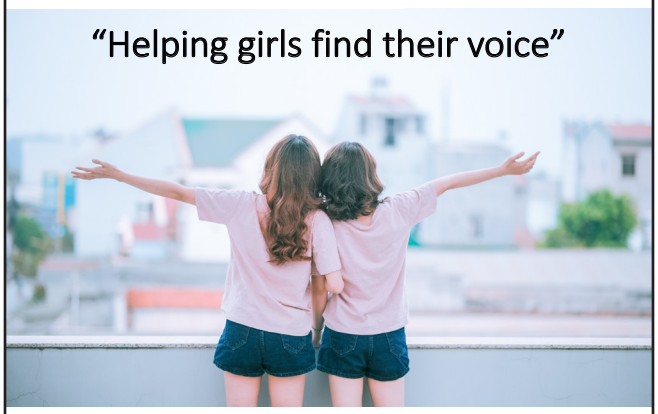
6/13-7/11	Th	3:30-5:00 PM	$42	304825-02
6/15-7/13	Sa	3:30-5:00 PM	$52	304825-04
7/18-8/15	Th	3:30-5:00 PM	$52	304825-06
7/20-8/17	Sa	2:30-4:00 PM	$52	304825-08

[YOUTH POTTERY CHILD WITHOUT PARENT]

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

Age: 6-9 years

6/10-7/8	M	1:30-3:00 PM	$59	304805-01
6/11-7/9	Tu	1:30-3:00 PM	$59	304805-02
6/14-7/12	F	1:30-3:00 PM	$59	304805-03
7/15-8/12	M	1:30-3:00 PM	$59	304805-04
7/16-8/13	Tu	1:30-3:00 PM	$59	304805-05
7/19-8/16	F	1:30-3:00 PM	$59	304805-06

GIRLS
IN THE SPOTLIGHT


Build confidence through
public presentation skills development
Ages 8 -12
Learn More:
www.GirlsInTheSpotlight.org

Youth Wheel & Handbuilding
Learn basic potter's wheel skills. Handbuilding and other techniques are taught. **Note:** Class will not be held on 7/4.

Age: 10-12 years

6/10-7/8	M	3:30-5:00 PM	$59	304810-01
6/12-7/10	W	3:30-5:00 PM	$59	304810-02
6/13-7/11	Th	3:30-5:00 PM	$47	304810-03
6/14-7/12	F	3:30-5:00 PM	$59	304810-04
7/15-8/12	M	3:30-5:00 PM	$59	304810-05
7/17-8/14	W	3:30-5:00 PM	$59	304810-06
7/18-8/15	Th	3:30-5:00 PM	$59	304810-07
7/19-8/16	F	3:30-5:00 PM	$59	304810-08

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

Age: 12-17 years

6/14-7/12	F	3:30-5:00 PM	$59	304815-01
7/19-8/16	F	3:30-5:00 PM	$59	304815-02

Dance & Movement

ADULT PROGRAMS

[BELLY DANCE]

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

Age: 18 years & up
Location: Senior Center

6/4-6/25	Tu	7:00-8:00 PM	$31	306426-01
7/9-7/30	Tu	7:00-8:00 PM	$31	306426-02

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: At least two sessions of Belly Dance, Beginner or instructor approval. Attire: Yoga/exercise gear and a scarf or sash to tie around hips. **Note:** Ages 16 years & up welcome with instructor approval.

Age: 18 years & up
Location: Senior Center

6/4-6/25	Tu	8:00-9:00 PM	$31	306427-01
7/9-7/30	Tu	8:00-9:00 PM	$31	306427-02

Belly Dance Workshops
Blend tribal improv with Bollywood or flamenco inspired movements in a two-week workshop. Learn new movements and modify current dance repertoire to blend seamlessly. Improvisational belly dance experience helpful, but not required Attire: Yoga/exercise gear and bare feet recommended, full skirt for 8/27 class. **Note:** Ages 16 years & up welcome with instructor approval.

Age: 18 years & up
Location: Senior Center

8/20-8/27	Tu	7:00-9:00 PM	$31	306428-01

[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

6/4-6/25	Tu	5:30-6:30 PM	$25	306102-01

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

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

6/3-6/24	M	5:30-6:45 PM	$31	306103-01

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

6/6-6/27	Th	5:45-7:00 PM	$31	306104-01

[DANCE]

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. One-hour lesson followed by half-hour practice time.

Age: 16 years & up
Location: Senior Center

6/5-6/26	W	7:30-9:00 PM	$40	306440-01
7/10-7/31	W	7:30-9:00 PM	$40	306440-02
8/14-8/28	W	7:30-9:00 PM	$30.26	306440-03

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. One-hour lesson followed by half-hour practice time. Prerequisite: West Coast Swing, Beginner or instructor approval. **Note:** Class will not be held on 8/8.

Age: 16 years & up
Location: Senior Center

6/6-6/27	Th	7:30-9:00 PM	$40	306441-01
7/11-7/25	Th	7:30-9:00 PM	$30.26	306441-02
8/1-8/29	Th	7:30-9:00 PM	$40	306441-03

[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 $6 per class available.

Age: 18 years & up
Location: Senior Center

6/4-6/25	Tu	12:30-1:40 PM	$21	306436-01
7/2-7/30	Tu	12:30-1:40 PM	$26	306436-02
8/13-8/27	Tu	12:30-1:40 PM	$16	306436-03

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 $6 per class available.

Age: 18 years & up
Location: Senior Center

6/4-6/25	Tu	1:50-3:00 PM	$21	306437-01
7/2-7/30	Tu	1:50-3:00 PM	$26	306437-02
8/13-8/27	Tu	1:50-3:00 PM	$16	306437-03

[MODERN]

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

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

6/3-6/24	M	6:50-7:50 PM	$25	306156-01

YOUTH CHILD WITHOUT PARENT PROGRAMS

[TUMBLING]

Tot Tumblers
Tumble through obstacle courses to practice body control and improve strength, flexibility, balance, and coordination. **Note:** Class will not be held on 6/26, 7/3.

Age: 3-5 years
Location: Cheer Central Suns, 128 Racquette Dr.

6/5-7/24	W	10:15-11:00 AM	$80	321911-01
7/31-8/28	W	10:15-11:00 AM	$70	321911-02

Tumble Bumbles
Learn basic tumbling skills like somersault, cartwheel, and push-up bridge and how to use various pieces of equipment. Develop flexibility, balance, coordination, and self-confidence. Age appropriate skills are taught. Attire: Leotard and tights, or t-shirts and shorts.

Location: Foothills Activity Center

Tumble Bumbles I
Age: 4-5 years

6/3-6/17	M	11:45 AM-12:45 PM	$45	321702-01
6/3-6/17	M	4:30-5:30 PM	$45	321702-02
6/5-6/19	W	11:45 AM-12:45 PM	$45	321702-03
6/24-7/15	M	11:45 AM-12:45 PM	$60	321702-04
6/24-7/15	M	4:30-5:30 PM	$60	321702-05
6/26-7/17	W	11:45 AM-12:45 PM	$60	321702-06
7/22-8/5	M	11:45 AM-12:45 PM	$45	321702-07
7/22-8/5	M	4:30-5:30 PM	$45	321702-08
7/24-8/7	W	11:45 AM-12:45 PM	$45	321702-09

Tumble Bumbles II
Age: 5-6 years

6/3-6/17	M	5:50-6:50 PM	$45	321702-10
6/4-6/18	Tu	11:15 AM-12:15 PM	$45	321702-11
6/24-7/15	M	5:50-6:50 PM	$60	321702-12
6/25-7/16	Tu	11:15 AM-12:15 PM	$60	321702-13
7/22-8/5	M	5:50-6:50 PM	$45	321702-14
7/23-8/6	Tu	11:15 AM-12:15 PM	$45	321702-15

Tumble Bumbles III
Age: 6-7 years

6/5-6/19	W	4:30-5:30 PM	$45	321702-16
6/26-7/17	W	4:30-5:30 PM	$60	321702-17
7/24-8/7	W	4:30-5:30 PM	$45	321702-18

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

6/5-6/19	W	6:00-7:15 PM	$56	321703-01
6/26-7/17	W	6:00-7:15 PM	$75	321703-02
7/24-8/7	W	6:00-7:15 PM	$56	321703-03

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

Age: 4-6 years
Location: Foothills Activity Center

6/4-6/18	Tu	4:30-6:00 PM	$67	321706-01
6/25-7/16	Tu	4:30-6:00 PM	$89	321706-02
7/23-8/6	Tu	4:30-6:00 PM	$67	321706-03

[GENERAL DANCE]

Dancin' Dumplins
Introduction to dance rhythms, movement, tumbling, and creativity. Confidence results from this fun-filled class. Attire: Leotard and tights, or t-shirt and shorts. **Note:** Class will not be held on 7/4, 7/5.

Location: Foothills Activity Center

Age: 3 years
Dancin Dumplins

6/6-6/20	Th	11:15 AM-Noon	$35	321704-01
6/27-7/18	Th	11:15 AM-Noon	$35	321704-03
7/25-8/8	Th	11:15 AM-Noon	$35	321704-05

Little Mermaid I

6/7-6/21	F	10:45-11:30 AM	$35	321704-02

Ribbon Dance I

6/28-7/19	F	10:45-11:30 AM	$35	321704-04

Magic Wands I

7/26-8/9	F	10:45-11:30 AM	$35	321704-06

Age: 4-5 years
Little Mermaid II

6/7-6/21	F	9:30-10:30 AM	$45	321704-07

Ribbon Dance II

6/28-7/19	F	9:30-10:30 AM	$45	321704-08

Magic Wands II

7/26-8/9	F	9:30-10:30 AM	$45	321704-09

Jazz Dance Gymnastics
Forty-five minutes of jazz techniques and rhythms followed by 45-minutes of basic gymnastics skills and rotations. **Note:** Class will not be held on 7/4.

Age: 5-7 years
Location: Foothills Activity Center

6/6-6/20	Th	4:30-6:00 PM	$67	321705-01
6/27-7/18	Th	4:30-6:00 PM	$67	321705-02
7/25-8/8	Th	4:30-6:00 PM	$67	321705-03

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1031 Conifer Street, Fort Collins, CO 80524
www.CCBallet.org

Acro Dance
Learn basic skills in tumbling, acrobatics, and dance combined with various props to produce coordination, balance, agility, and strength.

Location: Mulberry Pool

Acro Dance I
Age: 3.5-5 years

6/6-6/27	Th	9:45-10:30 AM	$45	321222-01
7/11-8/1	Th	9:45-10:30 AM	$45	321222-02
8/8-8/29	Th	9:45-10:30 AM	$45	321222-03
6/4-6/25	Tu	5:30-6:15 PM	$45	321222-04
7/2-7/23	Tu	5:30-6:15 PM	$45	321222-05
7/30-8/20	Tu	5:30-6:15 PM	$45	321222-06

Acro Dance II
Age: 6-8 years

6/6-6/27	Th	10:45-11:30 AM	$45	321222-07
7/11-8/1	Th	10:45-11:30 AM	$45	321222-08
6/4-6/25	Tu	6:30-7:15 PM	$45	321222-09
7/2-7/23	Tu	6:30-7:15 PM	$45	321222-10
7/30-8/20	Tu	6:30-7:15 PM	$45	321222-11

Acro Dance III
Age: 9-11 years

6/4-6/25	Tu	7:30-8:15 PM	$45	321222-12
7/2-7/23	Tu	7:30-8:15 PM	$45	321222-13
7/30-8/20	Tu	7:30-8:15 PM	$45	321222-14

[BALLET]

Ballet & Modern Dance

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

Grade: K-2
Location: Club Tico

6/4-6/25	Tu	4:15-5:15 PM	$31	306101-01

Petite Ballerinas

Explore pre-ballet movements and gain confidence and body awareness. Leveled classes teach progressive skills. Parents watch the last day of sessions. Registration deadline is one week prior to class. First time dancers must sign up for lowest ability level for age.

Petite Ballerinas I
Age: 3.5-4 years
Location: Northside Aztlan Center

6/14-7/5	F	9:00-9:45 AM	$45	321524-01
7/12-8/2	F	9:00-9:45 AM	$45	321524-02
8/9-8/23	F	9:00-9:45 AM	$35	321524-03
6/15-7/6	Sa	9:30-10:15 AM	$45	321524-04
7/13-8/3	Sa	9:30-10:15 AM	$45	321524-05
8/10-8/24	Sa	9:30-10:15 AM	$35	321524-06

Age: 3.5-5 years
Location: Mulberry Pool

7/2-7/23	Tu	4:30-5:15 PM	$45	321524-13
7/30-8/20	Tu	4:30-5:15 PM	$45	321524-14
8/8-8/29	Th	10:45-11:30 AM	$45	321524-15

Petite Ballerinas II
Age: 5-6 years
Location: Northside Aztlan Center

6/14-7/5	F	10:00-10:45 AM	$45	321524-07
7/12-8/2	F	10:00-10:45 AM	$45	321524-08
8/9-8/23	F	10:00-10:45 AM	$35	321524-09
6/15-7/6	Sa	10:30-11:15 AM	$45	321524-10
7/13-8/3	Sa	10:30-11:15 AM	$45	321524-11
8/10-8/24	Sa	10:30-11:15 AM	$35	321524-12

Petite Ballet

Develop discipline and focus to become a confident young dancer. First level of classical ballet 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

6/15-7/6	Sa	11:30 AM-12:30 PM	$50	321526-01
7/13-8/3	Sa	11:30 AM-12:30 PM	$50	321526-02
8/10-8/24	Sa	11:30 AM-12:30 PM	$50	321526-03

[PETITE BALLET WORKSHOPS]

Fairy Ballet

Find hidden fairies, earn wings, and dance in a fairy garden.

Age: 3-6 years
Location: Club Tico

6/10-6/13	M-Th	10:30-11:15 AM	$56	321124-01

Anna & Elsa

Dance through Anna and Elsa's Frozen story.

Age: 3-6 years
Location: Club Tico

6/17-6/20	M-Th	10:30-11:15 AM	$56	321124-02
7/29-8/1	M-Th	1:00-1:45 PM	$56	321124-04

Moana

Learn a real Hawaiian dance, explore the sea, and find the true heart inside.

Age: 3-6 years
Location: Club Tico

7/8-7/11	M-Th	1:00-1:45 PM	$56	321124-03

Young Modern Dancers

Discover and explore movement outside the ballet box made by the original modern exhibitionists.

Age: 6.5-11 years
Location: Club Tico

6/10-6/13	M-Th	11:30 AM-12:30 PM	$56	321124-05

Fairy Tales Come to Life

Dance and drama combine with dance and mime.

Age: 6.5-11 years
Location: Club Tico

6/17-6/20	M-Th	11:30 AM-12:30 PM	$56	321124-06

Acro-Jazz

Put acrobatic skills together with jazz moves for a brain and body workout.

Age: 6.5-11 years
Location: Club Tico

7/8-7/11	M-Th	2:00-3:00 PM	$56	321124-07

Lyrical Little Mermaid

Ballet and jazz dancers use skills to tell what tales are told in song.

Age: 6.5-11 years
Location: Club Tico

7/29-8/1	M-Th	2:00-3:00 PM	$56	321124-08

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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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Schedule your complimentary first visit*

*Valid for one appointment under 24 months old without insurance

Dr. Joe Guido

Dr. Katie Rusnak

Dr. Shivaun McArtor

YOUTH CHILD WITH PARENT PROGRAMS

Baby Ballerinas

Discover movement range and dynamics as gross motor skills are developed in the form of dance.

Age: 2-3 years
Location: Mulberry Pool

6/6-6/27	Th	9:00-9:30 AM	$45	321220-01
7/11-8/1	Th	9:00-9:30 AM	$45	321220-02
8/8-8/29	Th	9:00-9:30 AM	$45	321220-03

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

6/3-6/17	M	10:30-11:15 AM	$35	321701-01
6/5-6/19	W	10:30-11:15 AM	$35	321701-02
6/24-7/15	M	10:30-11:15 AM	$45	321701-03
6/26-7/17	W	10:30-11:15 AM	$45	321701-04
7/22-8/5	M	10:30-11:15 AM	$35	321701-05
7/24-8/7	W	10:30-11:15 AM	$35	321701-06

Age: 3 years

6/3-6/17	M	9:30-10:15 AM	$35	321701-07
6/5-6/19	W	9:30-10:15 AM	$35	321701-08
6/24-7/15	M	9:30-10:15 AM	$45	321701-09
6/26-7/17	W	9:30-10:15 AM	$45	321701-10
7/22-8/5	M	9:30-10:15 AM	$35	321701-11
7/24-8/7	W	9:30-10:15 AM	$35	321701-12

LEGEND

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

Day Camps

While out of school, keep busy making new friends and going on fun adventures. We host programs for all types of campers. If you're looking for camps specific to farming, see our Farm section on page 55. For all other camps, you're in the right place.

When registering, be sure to note any allergies. Please pack a water bottle, sack lunch, and sunscreen, and dress appropriately for the weather and activities. For more information about Recreation Camps, including what to bring, what to expect, weekly field trip destinations, and access to read through the Parent Camp Manual online, visit *fcgov.com/daycamps*.

Where have all of the Day Camps gone? Many of our spring and summer day camps were listed in the spring edition of the Recreator. To view more Day Camps, find the spring Recreator online at *fcgov.com/recreator*.

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 you register 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.

GENERAL PROGRAMS

Imagination Camp
Arts and crafts, games, and activities designed to spark the imagination of young campers based on the weekly theme. Swim on Thursday. **Note:** Please dress in bathing suits under clothes on Thursdays. Parents pick children up from the pool deck on Thursdays at the end of class.

Age: 5-7 years
Location: Mulberry Pool

Mad Science				
6/3-6/6	M-Th	1:00-4:00 PM	$75	316294-01
Jedi in Training				
6/10-6/13	M-Th	1:00-4:00 PM	$75	316294-02
Disney				
6/17-6/20	M-Th	1:00-4:00 PM	$75	316294-03
Pirate Week				
6/24-6/27	M-Th	1:00-4:00 PM	$75	316294-04
Happy Birthday USA				
7/1-7/3	M-W	1:00-4:00 PM	$56	316294-05
Dinosaur Week				
7/8-7/11	M-Th	1:00-4:00 PM	$75	316294-06
Super Hero Week				
7/15-7/18	M-Th	1:00-4:00 PM	$75	316294-07

Imagination Camp continued

Animal Planet				
7/22-7/25	M-Th	1:00-4:00 PM	$75	316294-08
Artist's Studio				
7/29-8/1	M-Th	1:00-4:00 PM	$75	316294-09
STEM Week				
8/5-8/8	M-Th	1:00-4:00 PM	$75	316294-10

One-Day Camps
Themed one-day camps designed for families looking for an alternative to week-long camps. **Note:** Bring a water bottle and a sack lunch.

Age: 6-11 years
Location: Foothills Activity Center

Star Wars				
6/3	M	9:00 AM-3:00 PM	$36	316796-01
6/7	F	9:00 AM-3:00 PM	$36	316796-02
Artist's Studio				
6/10	M	9:00 AM-3:00 PM	$36	316796-03
6/14	F	9:00 AM-3:00 PM	$36	316796-04
Indoor Camping				
6/17	M	9:00 AM-3:00 PM	$36	316796-05
6/21	F	9:00 AM-3:00 PM	$36	316796-06
Actor's Studio				
6/24	M	9:00 AM-3:00 PM	$36	316796-07
6/28	F	9:00 AM-3:00 PM	$36	316796-08
Red, White & Blue				
7/1	M	9:00 AM-3:00 PM	$36	316796-09
Animal Planet				
7/12	F	9:00 AM-3:00 PM	$36	316796-11
Freestyle LEGO				
7/19	F	9:00 AM-3:00 PM	$36	316796-13
Super Heroes				
7/22	M	9:00 AM-3:00 PM	$36	316796-14
7/26	F	9:00 AM-3:00 PM	$36	316796-15
Jurassic Park				
7/29	M	9:00 AM-3:00 PM	$36	316796-16
8/2	F	9:00 AM-3:00 PM	$36	316796-17
Medieval Madness				
8/5	M	9:00 AM-3:00 PM	$36	316796-18
8/9	F	9:00 AM-3:00 PM	$36	316796-19

Chessmates Chess Camp
Learn to play chess in a fun atmosphere. Camp features lessons throughout the day as well as games, prizes, and trophies. Designed for new and beginner level players. **Note:** Bring a water bottle and a snack.

Age: 6-11 years
Location: Northside Aztlan Center

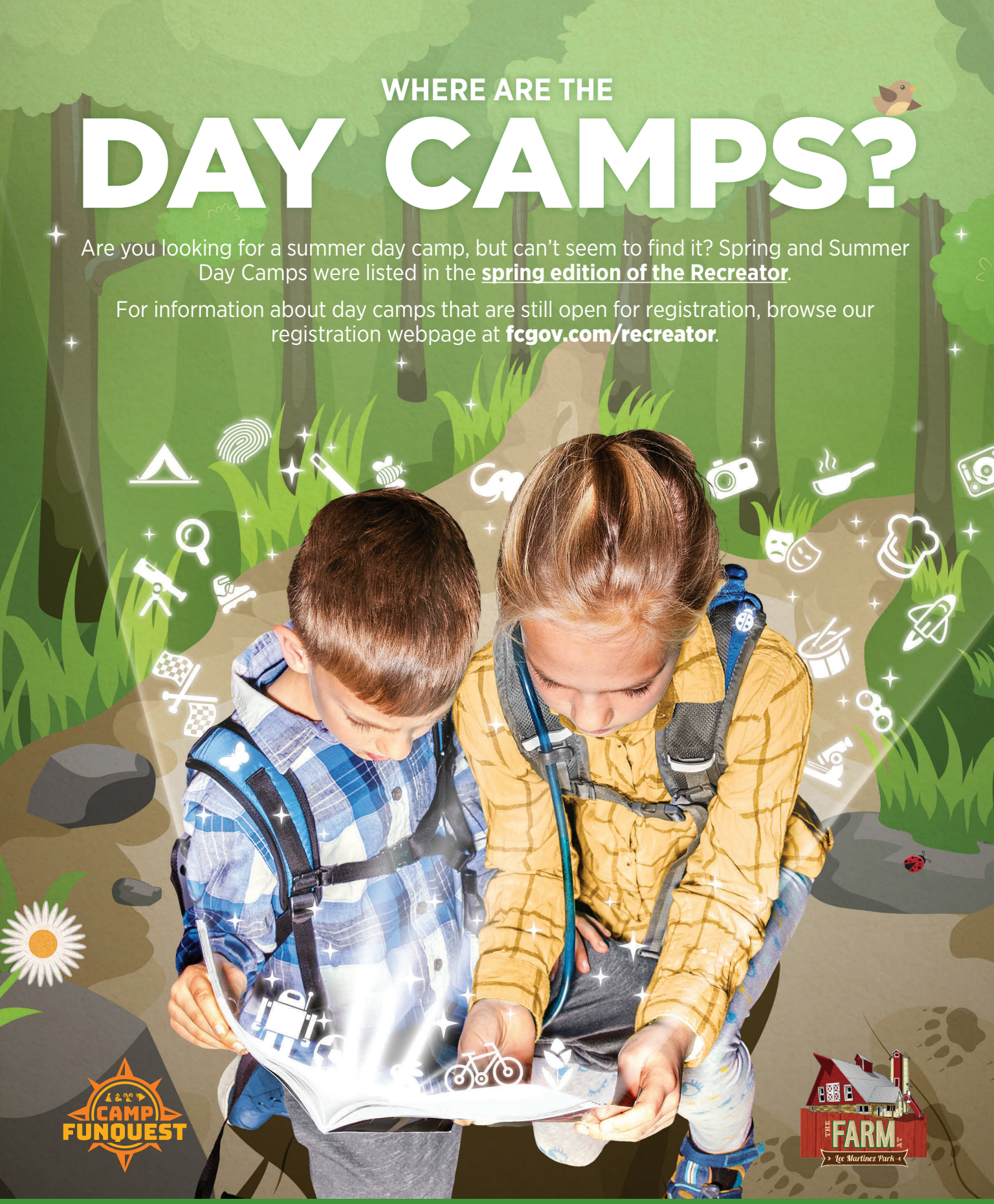
6/10-6/14	M-F	9:00 AM-Noon	$99	318592-01

WHERE ARE THE

DAY CAMPS?

Are you looking for a summer day camp, but can't seem to find it? Spring and Summer Day Camps were listed in the **spring edition of the Recreator**.

For information about day camps that are still open for registration, browse our registration webpage at **fcgov.com/recreator**.



CAMP FUNQUEST

THE FARM AT Lee Martinez Park

City of Fort Collins Recreation | Recreator

Follow us at FCRecreator

*Information listed is accurate at the time of publication (April 10, 2018). Program availability after this date is subject to change. Auxiliary aids and services are available for persons with disabilities.

19-20912

Sustainability Camp
Learn to be a more responsible caretaker of the environment. Make ecofriendly, reusable products, learn about composting and reducing waste, and make repurposed material crafts. **Note:** Bring a water bottle.

Age: 6-11 years
Location: Northside Aztlan Center

6/24-6/27	M-Th	1:00-4:00 PM	$82	316582-01
7/8-7/11	M-Th	1:00-4:00 PM	$82	316582-02

Teen Chef Challenge
Dine at a local restaurant. Create appetizers, dishes, and cookbooks. An Iron Chef Challenge is tied to each theme.

Age: 12-15 years
Location: Northside Aztlan Center

American

6/11-6/14	Tu-F	1:00-5:00 PM	$150	315549-01

Asian

6/25-6/28	Tu-F	1:00-5:00 PM	$150	315549-02

Italian

7/9-7/12	Tu-F	1:00-5:00 PM	$150	315549-03

Mexican

7/23-7/26	Tu-F	1:00-5:00 PM	$150	315549-04

LEGO

LEGO Intro to STEM
Tap into the imagination with tens of thousands of LEGO parts. Build engineer designed projects such as boats, snowmobiles, catapults, and merry-go-rounds. Design and build as never before and explore ideas in a supportive environment.

Location: Foothills Activity Center

Age: 5-7 years

7/1-7/3	M-W	9:00 AM-Noon	$112	315773-01
8/5-8/8	M-Th	9:00 AM-Noon	$150	315773-02

Age: 8-12 years

7/1-7/3	M-W	1:00-4:00 PM	$112	315774-01
8/5-8/8	M-Th	1:00-4:00 PM	$150	315774-02

LEGO Girl Powered Intro to STEM
Build engineer designed projects such as boats, snowmobiles, catapults, and merry-go-rounds in a supportive environment. Then use special pieces to create unique designs.

Location: Foothills Activity Center

Age: 5-7 years

7/15-7/18	M-Th	9:00 AM-Noon	$150	315775-01

Age: 8-12 years

7/15-7/18	M-Th	1:00-4:00 PM	$150	315776-01

LEGO Harry Potter Magical Engineer
Explore the magic of Harry Potter using LEGO. Find Platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback dragon. Travel to a world of wizardry, hone magical skills, and learn about muggle STEM concepts.

Location: Foothills Activity Center

Age: 5-7 years

6/3-6/6	M-Th	9:00 AM-Noon	$150	315770-01

Age: 8-12 years

6/3-6/6	M-Th	1:00-4:00 PM	$150	315771-01

LEGO Jedi Engineer
The force awakens in this introductory engineer course for young Jedi. Explore engineer principles through design and build projects with LEGO materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements.

Age: 6-12 years
Location: Foothills Activity Center

6/17-6/20	M-Th	9:00 AM-3:30 PM	$265	315772-01

LEGO Minecraft Engineering
Bring Minecraft to life using tens of thousands of LEGO parts. Build engineer designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart. Create favorite Minecraft objects with the guidance of an experienced Play-Well instructor.

Location: Foothills Activity Center

Age: 5-7 years

7/29-8/1	M-Th	9:00 AM-Noon	$150	315777-01

Age: 8-12 years

7/29-8/1	M-Th	1:00-4:00 PM	$150	315778-01

S.T.E.M.

Bubbling Beakers & Radical Reactions
Explore bubbling beakers, crazy chemistry, and radical reactions with several take home projects to continue scientific discoveries.

Age: 6-11 years
Location: Northside Aztlan Center

7/22-7/26	M-F	1:00-4:00 PM	$215	315585-03

Inventors & Explorers
Developed in partnership with NASA, this camp sends future space explorers on an expedition to infinity. Step into an astronaut's shoes, learn about modern space travel technologies, and bring them face-to-face with the stars and planets.

Age: 6-11 years
Location: Northside Aztlan Center

7/8-7/12	M-F	1:00-4:00 PM	$215	315585-02

STEM-ulating Science
Introduction to the world of S.T.E.M. Explore five different science and engineering concepts with Mad Science. From secret codes and cyphers to photography, chemistry, robotics, and more.

Age: 6-11 years
Location: Northside Aztlan Center

6/24-6/28	M-F	1:00-4:00 PM	$215	315585-01

YEL Coding
Learn different video game design techniques. Write a story and video game code, then experiment and test new options. Use Scratch to code games and access game code at any time. No experience necessary.

Age: 7-12 years
Location: Northside Aztlan Center

7/8-7/12	M-F	9:00 AM-Noon	$172	315580-01

YEL EV3 Robotics
This is the newest robotics system in the land. New sensors, builds, and an infrared remote controller are used to build, test, and modify a snapping snake and a two-wheel gyro-bot. No experience necessary.

Age: 7-12 years
Location: Northside Aztlan Center

6/3-6/7	M-F	9:00 AM-Noon	$172	315577-01

YEL eXtreme electroniX
Build a siren, a fan, a doorbell, and many other electric circuits. Build 20-30 electronic projects over the course of the camp and use those projects to explore basic aspects of electricity, including measuring ohms, amps, voltage, and open and closed. No experience necessary.

Age: 7-12 years
Location: Northside Aztlan Center

6/24-6/28	M-F	9:00 AM-Noon	$172	315579-01

YEL Project Runway
Get ready for a project runway fashion show with sewing projects designed and created by hand. Designs include a sun dress, satchel, and sun glasses case. Learn multiple hand and machine sewing techniques. Creations are taken home at the end of camp. No experience necessary.

Age: 7-12 years
Location: Northside Aztlan Center

6/17-6/21	M-F	9:00 AM-Noon	$172	315578-01

YEL Woodworking
Construct a balloon race car, pop-gun, and paddle boat. Learn the rudiments of craftsmanship, including measuring, safely cutting and crosscutting, drilling, clamping, and hammering. Build 4-5 projects, paint them, and take each one home. No experience necessary.

Age: 7-12 years
Location: Northside Aztlan Center

7/15-7/19	M-F	9:00 AM-Noon	$208	315581-01

Action Movie Flix
Use a green screen, camera tricks, and special effects to create a live-action movie. Collaborate to write, act, and direct in an action-packed movie and learn action choreography to thrill the audience.

Age: 7-13 years
Location: Northside Aztlan Center

7/29-8/2	M-F	9:00 AM-Noon	$258	315574-01

Minecraft Movie Flix
Use stop-motion animation to bring Steve, Alex, and the creepers to life in a storyboard, then shoot and voice over the film.

Age: 7-13 years
Location: Northside Aztlan Center

7/29-8/2	M-F	1:00 PM-4:00 PM	$236	315574-02

DJing & Music Production 101
Learn hands on skills of beatmatching, mixing, and blending provided by the Music District's professional DJs. Fundamentals of mix structure, putting a set together, and introductory scratch techniques are covered. By the week's end, campers craft their own mix to take home. Personal laptops are welcome, but not required.

Age: 10 years & up
Location: Northside Aztlan Center

7/15-7/19	M-F	1:00-4:00 PM	$220	315572-01

Design & Technology
Learn design skills and software using Inkscape, OpenSCAD, TinkerCad, and Sketchup. Create designs for a laser cutter, 3D printer, vinyl cutter, and CNC router. Learn soldering, electronics, and programming skills. Create projects on an Arduino microcontroller and Raspberry Pi.

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

6/10-6/21	M-F	8:30 AM-12:30 PM	$351	315970-01
7/22-8/2	M-F	8:30 AM-12:30 PM	$351	315970-02

Shop Skills
Design functional, physical objects and fabricate them with professional woodwork, metalwork, and welding tools. Learn how to safely operate tools that can be used to custom build items like bookshelves, picture frames, tables, and planters.

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

6/10-6/21	M-F	1:00-5:00 PM	$351	315970-03

Advanced Tech & Shop
Designed for those with some technology and shop experience. Learn and apply new skills to complete a complex project with electronics and woodworking.

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

7/22-8/2	M-F	1:00-5:00 PM	$351	315970-04

Early Learning

Early Learning courses are tailored to children ages 6 years and 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 49.

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 when registering and inform class instructor.

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

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 you register 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 closures/holidays correspond to the Poudre School District schedule, but do not follow PSD weather closures. Class will not be held on 9/2, 9/20, 10/17, 10/18, 11/11.

[FUNTIME PROGRAMS]

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

9/4-10/11	M,W,F	9:30 AM-Noon	$220	417501-01
10/14-11/22	M,W,F	9:30 AM-Noon	$221	417501-02

Funtime Pre-K
Develop fundamental kindergarten readiness skills. Curriculum 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 age 4 years of age by 9/15/2019.

Age: 4-5 years
Location: Northside Aztlan Center

9/2-10/11	M,W,F	9:30 AM-Noon	$220	417500-01
10/14-11/22	M,W,F	9:30 AM-Noon	$220	417500-02

[ARTS & CRAFTS]

Cityscapes
Artists create beautiful skylines and sunsets with a variety of methods including painting and drawing. Cut and paste to develop fine motor skills.

Location: Mulberry Pool

Age: 3-4 years

7/10	W	11:00 AM-Noon	$25	316224-01

Age: 4-7 years

7/10	W	1:00-2:30 PM	$35	316224-02

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

Age: 4-7 years
Location: Mulberry Pool

6/12-6/26	W	1:00-2:30 PM	$60	316208-01

Cupcakes 'n Canvas
Theme inspired and geared towards the joy of painting. Paint on canvas while enjoying cupcakes.

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years
Flamingos

6/6	Th	9:00-10:00 AM	$25	317929-01

Patriotic

7/3	W	9:00-10:00 AM	$25	317929-02

Cactus Collage

8/7	W	9:00-10:00 AM	$25	317929-03

Age: 4-7 years
Flamingos

6/6	Th	1:00-2:30 PM	$35	317929-04

Patriotic

7/3	W	1:00-2:30 PM	$35	317929-05

Cactus Collage

8/7	W	1:00-2:30 PM	$35	317929-06

Fairies in My Garden
Inspired by magical fairies and garden gnomes. Draw, paint, and sculpt.

Location: Mulberry Pool

Age: 3-4 years

7/17	W	11:00 AM-Noon	$25	317276-01

Age: 4-7 years

7/17	W	1:00-2:30 PM	$35	317276-02

I Can Draw & Paint
Learn how to use basic art supplies. Class includes drawing with pastels, pencils, and water color and tempera paints.

Age: 4-7 years
Location: Mulberry Pool

6/5-6/26	W	11:00 AM-Noon	$55	316209-01

National Parks Animals
Inspired by the work of Charley Harper. Use mixed media and geometric shapes to create animals that live in America's National Parks.

Location: Mulberry Pool

Age: 3-4 years

7/24	W	11:00 AM-Noon	$25	316220-01

Age: 4-7 years

7/24	W	1:00-2:30 PM	$35	316220-02

Pre-K CreARTe
Draw, paint, and sculpt with vibrant colors to create from the imagination.

Age: 3-5 years
Location: Mulberry Pool

8/14-8/28	W	11:00 AM-Noon	$55	316223-01

Undersea World
This mixed media lesson starts with creation of a scuba diver followed by an ocean life back ground.

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-7 years

7/18	Th	9:00-10:00 AM	$25	316911-01

Age: 4-7 years

7/18	Th	10:30 AM-Noon	$35	316911-02

Water Color Landscapes
Students create landscapes inspired by Georgia O'Keefe with water colors and oil pastels.

Location: Carnegie Center for Creativity, 200 Matthews St.

Age: 3-4 years

6/27	Th	9:00-10:00 AM	$35	316922-01

Age: 4-7 years

6/27	Th	10:30 AM-Noon	$40	316922-02

[COOKING]

Little Chefs Cooking Club
Theme-based and hands-on. An occasional craft is offered to enhance the educational experience.

Age: 3-5 years
Location: Northside Aztlan Center

Cute Cupcakes

6/3	M	10:00-11:30 AM	$21	317520-01

Little Chefs Cooking Club continued

Around the World

6/10	M	10:00-11:30 AM	$21	317520-02

Breakfast

6/17	M	10:00-11:30 AM	$21	317520-03

Lunch

6/24	M	10:00-11:30 AM	$21	317520-04

Delicious Desserts

7/1	M	10:00-11:30 AM	$21	317520-05

Fun with Fruit

7/8	M	10:00-11:30 AM	$21	317520-06

Yummy Snacks

7/15	M	10:00-11:30 AM	$21	317520-07

Ice Cream

7/22	M	10:00-11:30 AM	$21	317520-08

Pizza

7/29	M	10:00-11:30 AM	$21	317520-09

Cookies

8/5	M	1:00-6:00 PM	$21	317520-10

[GENERAL PROGRAMS]

Afternoon Adventures
Parents take the afternoon to themselves while kids are entertained with activities that may include arts and crafts, games, gym time, and outdoor play. **Note:** Bring water bottle and wear sunscreen.

Age: 3-6 years
Location: Northside Aztlan Center

6/5	W	1:00-5:00 PM	$24	317513-01
6/12	W	1:00-5:00 PM	$24	317513-02
6/19	W	1:00-5:00 PM	$24	317513-03
6/26	W	1:00-5:00 PM	$24	317513-04
7/3	W	1:00-5:00 PM	$24	317513-05
7/10	W	1:00-5:00 PM	$24	317513-06
7/17	W	1:00-5:00 PM	$24	317513-07
7/24	W	1:00-5:00 PM	$24	317513-08
7/31	W	1:00-5:00 PM	$24	317513-09
8/7	W	1:00-5:00 PM	$24	317513-10

Bridge to Kindergarten
Designed for those ages 4-5 years who are entering kindergarten in the fall. Review letters and numbers, practice social skills and arts and crafts, have story time, and a ride on a school bus.

Age: 4-5 years
Location: Mulberry Pool

8/12-8/15	M-Th	9:00 AM-Noon	$75	317216-01

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

Age: 2 years
Location: Northside Aztlan Center

6/4-6/13	Tu,Th	9:30-10:30 AM	$25	317504-01
6/18-6/27	Tu,Th	9:30-10:30 AM	$25	317504-02
7/9-7/18	Tu,Th	9:30-10:30 AM	$25	317504-03
7/23-8/1	Tu,Th	9:30-10:30 AM	$25	317504-04

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

Age: 3-6 years
Location: Northside Aztlan Center

Moana

6/3	M	1:00-2:30 PM	$17	317540-01

Trolls

6/17	M	1:00-2:30 PM	$17	317540-02

The Incredibles

7/15	M	1:00-2:30 PM	$17	317540-03

Frozen

8/5	M	1:00-2:30 PM	$17	317540-04

Fun & Fitness
Develop a healthy fitness habit in a fun, festive atmosphere. Also enjoy arts and crafts, social time, and story time. **Note:** Class will not be held on 7/4.

Age: 2-6 years
Location: Foothills Activity Center

Age: 2-4 years

6/4-6/13	Tu,Th	9:30-11:30 AM	$45	317758-01
6/18-6/27	Tu,Th	9:30-11:30 AM	$45	317758-03
7/2-7/11	Tu,Th	9:30-11:30 AM	$34	317758-05
7/16-7/25	Tu,Th	9:30-11:30 AM	$45	317758-07
7/30-8/8	Tu,Th	9:30-11:30 AM	$45	317758-09

Age: 4-6 years

6/4-6/13	Tu,Th	1:00-3:00 PM	$45	317758-02
6/18-6/27	Tu,Th	1:00-3:00 PM	$45	317758-04
7/2-7/11	Tu,Th	1:00-3:00 PM	$34	317758-06
7/16-7/25	Tu,Th	1:00-3:00 PM	$45	317758-08
7/30-8/8	Tu,Th	1:00-3:00 PM	$45	317758-10

Enrolling for Fall 2019
KINDERGARTEN - 5TH GRADE

Academic Excellence in English AND your choice of
SPANISH FRENCH CHINESE

- **Language Immersion + Core Knowledge**
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AXIS International Academy and Colorado Early Colleges (CEC) will offer a preschool - 8th grade academic center of excellence at ***2130 W. Horsetooth Road, Fort Collins***

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TUITION-FREE PUBLIC SCHOOL - TUITON BASED PRESCHOOL

Mini Imagination Camp
Pre-camp for those that are not quite ready for a full or half-day camp. Themed activities include arts and crafts, movement, storytelling, singing, and imaginative play.

Age: 3-4 years
Location: Mulberry Pool

Mad Science				
6/3-6/6	M-Th	9:30-11:30 AM	$51	316295-01
Jedi in Training				
6/10	M-Th	9:30-11:30 AM	$51	316295-02
Disney				
6/17	M-Th	9:30-11:30 AM	$51	316295-03
Pirate Week				
6/24-6/27	M-Th	9:30-11:30 AM	$51	316295-04
Happy Birthday USA				
7/1-7/3	M-Th	9:30-11:30 AM	$31	316295-05
Dinosaurs				
7/8-7/11	M-Th	9:30-11:30 AM	$51	316295-06
Super Heroes				
7/15-7/18	M-Th	9:30-11:30 AM	$51	316295-07
Animal Planet				
7/22	M-Th	9:30-11:30 AM	$51	316295-08
Artist Studio				
7/29-8/1	M-Th	9:30-11:30 AM	$51	316295-09
STEM Week				
8/5-8/8	M-Th	9:30-11:30 AM	$51	316295-10

Paw Patrol
Join Ryder and his Adventure Bay friends for some Paw Patrol fun. Snack provided.

Age: 3-6 years
Location: Foothills Activity Center

6/5	W	10:00-11:30 AM	$17	317750-01
7/10	W	10:00-11:30 AM	$17	317750-02

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

Age: 3-6 years
Location: Northside Aztlan Center

Restaurant				
6/10	M	1:00-2:30 PM	$17	317550-01
Firefighters				
7/1	M	1:00-2:30 PM	$17	317550-02
Princess Party				
7/22	M	1:00-2:30 PM	$17	317550-03
Camping				
8/5	M	1:00-2:30 PM	$17	317550-04

Storybook Theater
Fairytales and traditional children's stories provide a familiar base on which acting skills are encouraged. Dependent on the story, make simple costumes and backgrounds. New stories are introduced each session.

Age: 4-7 years
Location: Foothills Activity Center

7/3	W	10:00-11:30 AM	$17	317730-01
7/31	W	10:00-11:30 AM	$17	317730-02

[SCIENCE]

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

Oceanography				
6/4	Tu	9:30-11:00 AM	$18	317507-01
6/5	W	9:30-11:00 AM	$18	317507-02
6/6	Th	9:30-11:00 AM	$18	317507-03
Entomology				
6/11	Tu	9:30-11:00 AM	$18	317507-04
6/12	W	9:30-11:00 AM	$18	317507-05
6/13	Th	9:30-11:00 AM	$18	317507-06
Zoology				
6/18	Tu	9:30-11:00 AM	$18	317507-07
6/19	W	9:30-11:00 AM	$18	317507-08
6/20	Th	9:30-11:00 AM	$18	317507-09
Vet Medicine				
6/25	Tu	9:30-11:00 AM	$18	317507-10
6/26	W	9:30-11:00 AM	$18	317507-11
6/27	Th	9:30-11:00 AM	$18	317507-12
Flight				
7/2	Tu	9:30-11:00 AM	$18	317507-13
7/3	W	9:30-11:00 AM	$18	317507-14
Reptiles				
7/9	Tu	9:30-11:00 AM	$18	317507-15
7/10	W	9:30-11:00 AM	$18	317507-16
7/11	Th	9:30-11:00 AM	$18	317507-17
Astronomy				
7/16	Tu	9:30-11:00 AM	$18	317507-18
7/17	W	9:30-11:00 AM	$18	317507-19
7/18	Th	9:30-11:00 AM	$18	317507-20
Magnets				
7/23	Tu	9:30-11:00 AM	$18	317507-21
7/24	W	9:30-11:00 AM	$18	317507-22
7/25	Th	9:30-11:00 AM	$18	317507-23

continued on next page

I Want to Be a Scientist continued

Paleontology

7/30	Tu	9:30-11:00 AM	$18	317507-24
7/31	W	9:30-11:00 AM	$18	317507-25
8/1	Th	9:30-11:00 AM	$18	317507-26

Concoctions

8/6	Tu	9:30-11:00 AM	$18	317507-27
8/7	W	9:30-11:00 AM	$18	317507-28
8/8	Th	9:30-11:00 AM	$18	317507-29

Science Detectives
Science investigations and hands on experiments.

Age: 3-6 years
Location: Northside Aztlan Center

6/4-6/6	Tu,Th	1:00-2:30 PM	$25	317538-01

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

Age: 3-6 years
Location: Foothills Activity Center

7/3-7/10	W	1:00-2:00 PM	$20	317763-01

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

Age: 3-6 years
Location: Foothills Activity Center

6/5-6/12	W	1:00-2:00 PM	$20	317756-01
7/31-8/7	W	1:00-2:00 PM	$20	317756-02

CHILD WITH PARENT PROGRAMS

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

Age: 18 months-3 years
Location: Mulberry Pool

6/5-6/26	W	9:30-10:30 AM	$55	317583-01
7/10-7/31	W	9:30-10:30 AM	$55	317583-02
8/7-8/28	W	9:30-10:30 AM	$55	317583-03

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

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

7/10-7/17	W	10:00-11:00 AM	$17	317561-01

Music Together
Experience musical growth through song, dance, and instrument play in a creative yet structured environment. Tuition includes CD, songbook, parent education materials, and online resources. **Note:** Discount for additional sibling 9 months and older. No fee for siblings ages 8 months and under.

Age: 0-4 years
Location: Mulberry Pool

Music Together

6/3-6/24	M	9:30-10:15 AM	$105	318776-01
6/3-6/24	M	10:30-11:15 AM	$105	318776-03
6/3-6/24	M	11:30 AM-12:15 PM	$105	318776-05
7/22-8/12	M	9:30-10:15 AM	$105	318776-07
7/22-8/12	M	10:30-11:15 AM	$105	318776-09
7/22-8/12	M	11:30 AM-12:15 PM	$105	318776-11

Additional Sibling

6/3-6/24	M	9:30-10:15 AM	$70	318776-02
6/3-6/24	M	10:30-11:15 AM	$70	318776-04
6/3-6/24	M	11:30 AM-12:15 PM	$70	318776-06
7/22-8/12	M	9:30-10:15 AM	$70	318776-08
7/22-8/12	M	10:30-11:15 AM	$70	318776-10
7/22-8/12	M	11:30 AM-12:15 PM	$70	318776-12

Parent & Tot Science
Explore the world of science and conduct science experiments.

Age: 2-3 years
Location: Northside Aztlan Center

6/5-6/12	W	10:00-11:00 AM	$17	317260-01
7/24-7/31	W	10:00-11:00 AM	$17	317260-02

Small Hands, Big Messy Art
Get hands on with assorted art materials which may include paint, shaving cream, and playdough.

Age: 15 months-2 years
Location: Mulberry Pool

6/19-6/26	W	10:00-11:00 AM	$17	317285-01

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Education

ADULT PROGRAMS

[ACTIVE MINDS VIRTUAL LEARNING Ⓜ]

Engage in a unique virtual learning experience. Experts from Active Minds present on topics from remote locations. Engage with the presenters through streaming systems and the technology offered in the Twinberry Auditorium.

Age: 18 years & up
Location: Senior Center

Railroads
This May marks the 150-year anniversary of the "Golden Spike" that completed construction of the First Transcontinental Railroad. Join Active Minds to review the rich history of railroads in the U.S. and. explore the role they played in building a young country, as well as their industry titans.

6/25	Tu	1:00-2:00 PM	$9	312441-03

Kashmir
Since the formation of India and Pakistan in 1947, both countries have fought over the region known as Kashmir. With a Muslim majority and ruled by Hindu dominated India, it's no wonder conflict over Kashmir triggered two separate wars between the countries.

7/23	Tu	1:00-2:00 PM	$9	312441-04

[CPR & FIRST AID]

CPR Professional
This American Heart Association course meets the BLS training for medical professionals. Skills and written tests required. One and Two Rescuer CPR, AED, BVM use included. Certification is emailed and valid for two years.

Age: 18 years & up
Location: Senior Center

6/12	W	5:30-9:30 PM	$78	307442-01
7/17	W	5:30-9:30 PM	$78	307442-02
8/14	W	5:30-9:30 PM	$78	307442-03

Standard First Aid/CPR/AED
Learn basic first aid procedures, as well as adult, child, and infant CPR. Suited for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS are issued at the end of the class. Course book included.

Age: 18 years & up
Location: Senior Center

6/8	Sa	9:00 AM-5:00 PM	$78	307441-01
7/13	Sa	9:00 AM-5:00 PM	$78	307441-02
8/17	Sa	9:00 AM-5:00 PM	$78	307441-03

[COOKING]

Eastern Fusion
Experiment with Indian spices and use common local ingredients to create recipes with eastern flavors. Recipes are vegan friendly. Menu: curried zucchini stir-fry, samosa pizza, spicy fruit salad, chai spiced milk shake.

Age: 14 years & up
Location: Senior Center

7/15	M	6:00-8:15 PM	$40	307427-01

Indian Crepes & Chutneys
Learn to make simple, gluten free, and vegan creations at home. Pair them with chutneys and create a meal enjoyed by all. Menu: quinoa crepes with roasted red pepper chutney, lentil crepes with beet chutney, rice crepes with zucchini chutney.

Age: 14 years & up
Location: Senior Center

8/28	W	6:00-8:15 PM	$40	307430-01

Instant Pot Summer Curries
Learn how to use an instant pot to make delicious summer creations. Menu: Jackfruit coconut curry, aloo gobi, kale spinach saag.

Age: 14 years & up
Location: Senior Center

6/3	M	6:00-8:15 PM	$40	307426-01

Magical Mystery Kebabs
Kebabs are a great food for any occasion. Explore endless possibilities of vegetarian kebabs and sliders. Menu: tandoori tikka kebabs, vegetable seekh kebabs with mint chutney, mung beans sprouts, zucchini sliders with tandoori chutney.

Age: 14 years & up
Location: Senior Center

6/25	Tu	6:00-8:15 PM	$40	307422-01

Plant-Based Cheese & Yogurt
Whether lactose intolerant, fighting high cholesterol, or seeking healthy plant-based alternatives to cheese and yogurt, learn how to make homemade dairy-free cheese and yogurt from scratch. Menu: almond feta, parmesan, cashew cream cheese, nacho cheese, cashew yogurt mango lassi.

Age: 14 years & up
Location: Senior Center

6/6	Th	6:00-8:15 PM	$40	307424-01

Super Summer Bowls
Vegetarian bowls are a summer staple to cover all nutritional bases in one dish. Use grains, greens, vegetables, protein, and sauce. Menu: Mediterranean bowl, Indian Buddha bowl, Mexican bowl.

Age: 14 years & up
Location: Senior Center

6/10	M	6:00-8:15 PM	$40	307423-01

Thai Street Food
Thailand is one of the best places to find delicious, quick, cheap food anytime of the day. Learn how to choose ingredients and prepare and cook them. Menu: BBQ pork with sticky rice, crispy fried wonton with sweet chili sauce, mango with sweet coconut sticky rice.

Age: 18 years & up
Location: Senior Center

6/4	Tu	6:00-8:30 PM	$40	307440-01

[DOG OBEDIENCE]

Beyond Basic Obedience
Build on basic obedience dogs learn to respond to their owners no matter what is going on around them. Distractions such as other dogs, bikes, scooters, and challenges such as distance stays gradually increase to ensure a dog's mastery of skills. Bring plenty of food rewards and a six-foot leash. **Note:** Instructor contacts participants prior to class with location.

Age: 18 years & up

6/25-7/23	Tu	5:30-6:30 PM	$85	307455-01

Reliable Recall & Leash Walk
Dogs learn to come when called and walk on a loose leash throughout Fort Collins parks and in town. Distractions and challenges gradually increase to ensure dog's mastery of these skills. Bring plenty of food rewards and a six-foot leash. **Note:** Instructor contacts participants prior to class with location.

Age: 18 years & up

7/30-8/27	Tu	5:30-6:30 PM	$85	307460-01

[GAMES]

Modern Classic Board Games
Learn strategies for modern games like 7 Wonders, Ticket to Ride, and Carcassonne.

Location: Senior Center

Age: 18 years & up

7/11	Th	6:00-9:00 PM	No Fee	307402-01

Age: 10 years & up

7/13	Sa	2:00-5:00 PM	No Fee	307402-02

[LANGUAGE]

Spanish for Adults
Designed for beginners or those who desire to brush up on Spanish speaking skills. Acquire language through fun, interactive discussions, and storytelling. The Intermediate level picks up where the first week left off.

Age: 18 years & up
Location: Senior Center

Beginner

7/15-7/19	M-F	6:00-8:00 PM	$100	307470-01

Intermediate

7/22-7/26	M-F	6:00-8:00 PM	$100	307470-02

[PERSONAL GROWTH]

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

Age: 14 years & up
Location: North Transit Center

6/11	Tu	10:00 AM-Noon	No Fee	307483-01
7/9	Tu	10:00 AM-Noon	No Fee	307483-02
8/13	Tu	10:00 AM-Noon	No Fee	307483-03

[MUSIC & THEATRE]

Guitar

Learn the basics of guitar. Basics include tuning, strumming, and picking. Learn with "guitar tabs" for individual practice. **Note:** Bring own guitar.

Age: 14 years & up
Location: Senior Center

7/3-7/24	W	7:00-8:00 PM	$80	307474-01

[S.T.E.M.]

Build a Custom Frame

Learn how to build a custom wood frame for art pieces or photographs.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

6/30	Su	1:00-5:00 PM	$42	315973-01

Indoor Bonsai Cultivation

Receive an indoor bonsai and pot to take home. Taught by the author of Bountiful Bonsai.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

6/8	Sa	1:00-3:00 PM	$42	315974-01

Intro to Arduino

Create with Arduino. Receive an Arduino Uno (clone) starter kit, which includes sensors, LEDs, and more. Learn about electronics, prototyping with a breadboard, sensors, and programming.

Age: 14 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

7/13	Sa	9:00 AM-Noon	$49	315971-01

Laser Cut 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 to create chains and add the perfect findings for design.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

7/11	Th	6:00-8:30 PM	$42	315976-01

Make a Custom Breadboard

Create a unique breadboard from a selection of premium wood. Learn about the materials, design, and how to glue pieces. Then use the planar, table saw, and sanding tools to finish.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

6/22 & 6/23	Sa	9:00-11:00 AM	$120	315972-01
	Su	1:00-5:00 PM		

Raspberry Pi 101

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

Age: 14 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

7/20	Sa	9:00 AM-Noon	$55	315977-01

Silver Stamped Charm Necklace

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 detail. Sterling silver chain provided. Laser cut personal jewelry card for display or a gift.

Age: 16 years & up
Location: Creator Hub, 1304 Duff Dr. Unit 11

6/13	Th	6:00-8:30 PM	$42	315975-01

[TECHNOLOGY]

Digital Estate Planning

Learn ways to electronically organize documents, photos, and digital assets to pass on to loved ones to reduce stress on those that could be responsible for closing online accounts.

Age: 18 years & up
Location: Senior Center

6/5	W	4:00-5:00 PM	$20	307457-01
6/12	W	4:00-5:00 PM	$20	307457-02
6/19	W	4:00-5:00 PM	$20	307457-03
6/26	W	4:00-5:00 PM	$20	307457-04

Triumph Over Technology

Designed for those comfortable with basic computing, but new to internet-based technologies. Topics: Keeping in touch online; Managing, Sharing, and Storing Digital Photos and Documents; Online Safety; and Digital Legacy.

Age: 18 years & up
Location: Senior Center

6/5-6/26	W	2:00-3:30 PM	$60	307456-01

FAMILY PROGRAMS

[S.T.E.M.]

Amusement Parks

Design a carnival complete with rides, paths, games, and food stations. Learn how Ferris wheels work with a revolving wheel and suspended passenger cars. Then, build a Ferris wheel and power it up.

Age: 5 years & up
Location: Senior Center

7/19	F	9:00 – 11:00 AM	$30	307497-01

Castles & Catapults
In this LEGO workshop, kids and grandparents build a large-scale group castle and learn about the keep, archer towers, moat, battlements, and drawbridge. Explore the engineering behind linkage of catapults and defend the castle **Note:** Registration includes both child and grandparent.

Age: 5 years & up
Location: Senior Center

6/14	F	9:00 – 11:00 AM	$30	307496-01

YOUTH PROGRAMS

[COOKING]

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

Age: 6-9 years
Location: Northside Aztlan Center

Cupcakes				
6/3	M	1:00-3:00 PM	$21	318519-01
Around the World				
6/10	M	1:00-3:00 PM	$21	318519-02
Breakfast				
6/17	M	1:00-3:00 PM	$21	318519-03
Lunch				
6/24	M	1:00-3:00 PM	$21	318519-04
Delicious Desserts				
7/1	M	1:00-3:00 PM	$21	318519-05
Fun with Fruit				
7/8	M	1:00-3:00 PM	$21	318519-06
Yummy Snacks				
7/15	M	1:00-3:00 PM	$21	318519-07
Gross Goodies				
7/22	M	1:00-3:00 PM	$21	318519-08
Gross Grub				
7/29	M	1:00-3:00 PM	$21	318519-09
Pizza				
8/5	M	1:00-3:00 PM	$21	318519-10

[GENERAL PROGRAMS]

Go Kart Driving Class
Learn to be a safe, educated Go Kart driver. Focus on skills that transfer to the everyday driving world. Demonstrate driving competence and receive a Fort Fun Drivers Permit which allows for independent driving on future paid visits. **Note:** Must be a least 50" tall to participate.

Age: 8-12 years
Location: Fort Fun, 1513 E. Mulberry St.

Go Kart Driving Class continued

6/8	Sa	8:00-10:00 AM	$29	316989-01
6/19	W	8:00-10:00 AM	$29	316989-02
6/29	Sa	8:00-10:00 AM	$29	316989-03
7/13	Sa	8:00-10:00 AM	$29	316989-04
7/17	W	8:00-10:00 AM	$29	316989-05
7/27	Sa	8:00-10:00 AM	$29	316989-06

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

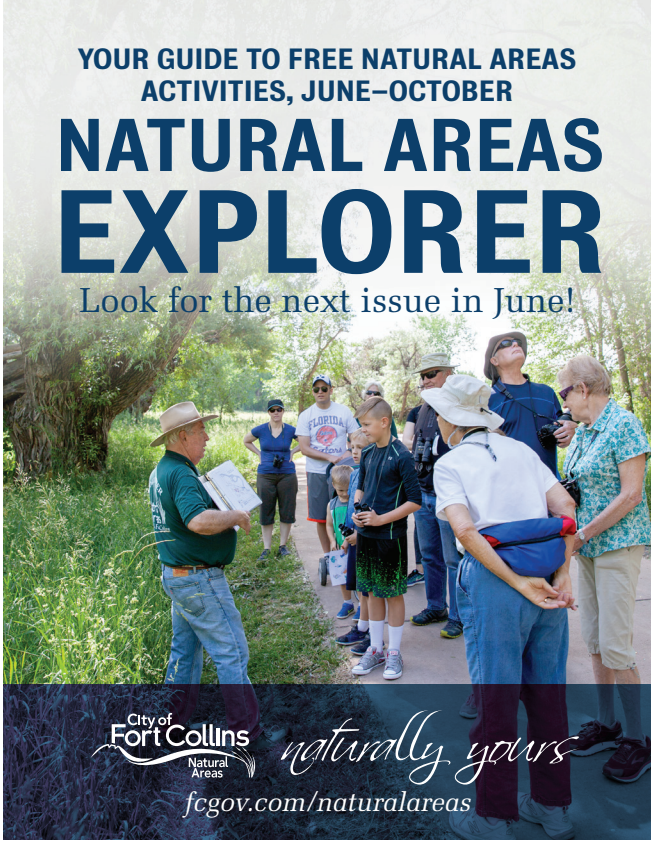
Age: 6-11 years
Location: Foothills Activity Center

6/19-6/26	W	1:00-4:00 PM	$36	318746-01
7/17-7/24	W	1:00-4:00 PM	$36	318746-02

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

Age: 11-16 years
Location: Foothills Activity Center

6/7	F	Noon-8:00 PM	$85	315780-01
6/21	F	Noon-8:00 PM	$85	315780-02
7/12	F	Noon-8:00 PM	$85	315780-03
7/26	F	Noon-8:00 PM	$85	315780-04



Farm

All programs are hosted at The Farm unless otherwise noted.

Adopt an Animal

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

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

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

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

Birthday Parties

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

The Farm Store

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

The Farm Museum

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

Volunteer

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

Pony rides

Take your child for a pony ride. Lead your cowpoke for up to 10 minutes in the arena.

Close-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs.

4/6-10/20	Sa 11:00 AM – 4:00 PM
4/6-10/20	Su 1:00–4:00 PM (Weather permitting)

FAMILY

Milk & Cookies Storytelling

Enjoy storytelling at The Farm with local storytellers. Listen to stories, sip milk, and eat a cookie amongst the animals. **Note:** Admission to The Farm required.

Age: All

6/21	F	10:30-11:00 AM	No Fee
7/19	F	10:30-11:00 AM	No Fee
8/2	F	10:30-11:00 AM	No Fee

Farm Camp Out

Camp out in the pasture with the family. Bring a tent and sleeping bags, enjoy a hayride, sing around the "campfire," and enjoy s'mores. Hot dogs, chips, lemonade, and a light breakfast included. **Note:** Fee includes up to four people. Additional people are $5 at the door.

Age: All

6/21-6/22	F,Sa	6:00 PM-9:00 AM	$60	308628-01

CHILD WITH PARENT PROGRAMS

Li'l Dumplin' Farmers

Learn about life on a farm. Meet the animals and help with farm chores. Gather eggs and milk a cow or goat. After the chores are finished, enjoy a picnic with the animals. **Note:** Bring a sack lunch. Dessert provided.

Age: 2 years

6/3-6/17	M	11:00 AM-Noon	$36	308609-01
6/3-6/17	M	11:15 AM-12:15 PM	$36	308609-02
6/24-7/8	M	11:00 AM-Noon	$36	308609-03
6/24-7/8	M	11:15 AM-12:15 PM	$36	308609-04
7/15-7/29	M	11:00 AM-Noon	$36	308609-05
7/15-7/29	M	11:15 AM-12:15 PM	$36	308609-06

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm. Learn to groom and saddle a pony. **Note:** Parent leads child's pony.

Age: 3-5 years

6/3-6/6	M-Th	6:00-7:00 PM	$65	308614-01
6/10-6/13	M-Th	6:00-7:00 PM	$65	308614-02
7/30-8/2	Tu-F	9:00-10:00 AM	$65	308614-03

Age: 6-7 years

6/17-6/20	M-Th	6:00-7:00 PM	$65	308614-04
7/30-8/2	Tu-F	10:30-11:30 AM	$65	308614-05

Life moves fast. *Grow* as you *go*.

Online degrees, certificates, and training from CSU.

COLORADO STATE UNIVERSITY
ONLINE

www.GrowWithCSU.com

CHILD WITHOUT PARENT PROGRAMS

Little Peepers

Explore the barnyard. By gathering eggs, milking a cow or goat, and reading stories in the hayloft.

Age: 3 years

6/3-6/17	M	9:00-10:00 AM	$31	308610-01
6/3-6/17	M	9:15-10:15 AM	$31	308610-02
6/24-7/8	M	9:00-10:00 AM	$31	308610-03
6/24-7/8	M	9:15-10:15 AM	$31	308610-04
7/15-7/29	M	9:00-10:00 AM	$31	308610-05
7/15-7/29	M	9:15-10:15 AM	$31	308610-06

Pullet Surprise

Learn about the animals and help take care of them. Gather eggs, milk a cow, make arts and crafts, listen to stories, and go on a hayride.

Age: 3 years

7/9-7/12	Tu-F	9:00-10:00 AM	$41	308611-01
7/23-7/26	Tu-F	9:00-10:00 AM	$41	308611-02
7/30-8/2	Tu-F	9:00-10:00 AM	$41	308611-03

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands on experience. Milk a cow or goat, gather eggs, help make snacks, and ride the ponies.

Age: 4-5 years

6/4-6/7	Tu-F	1:00-2:30 PM	$46	308606-01
6/4-6/7	Tu-F	1:00-2:30 PM	$46	308606-02
6/11-6/14	Tu-F	1:00-2:30 PM	$46	308606-03
6/11-6/14	Tu-F	1:00-2:30 PM	$46	308606-04
7/9-7/12	Tu-F	8:30-10:00 AM	$46	308606-05
7/9-7/12	Tu-F	10:30 AM-Noon	$46	308606-06
7/9-7/12	Tu-F	10:30 AM-Noon	$46	308606-07
7/9-7/12	Tu-F	1:00-2:30 PM	$46	308606-08
7/9-7/12	Tu-F	1:00-2:30 PM	$46	308606-09
7/16-7/19	Tu-F	1:00-2:30 PM	$46	308606-10
7/16-7/19	Tu-F	1:00-2:30 PM	$46	308606-11
7/23-7/26	Tu-F	8:30-10:00 AM	$46	308606-12
7/23-7/26	Tu-F	10:30 AM-Noon	$46	308606-13
7/23-7/26	Tu-F	10:30 AM-Noon	$46	308606-14
7/23-7/26	Tu-F	1:00-2:30 PM	$46	308606-15
7/30-8/2	Tu-F	8:30-10:00 AM	$46	308606-16
7/30-8/2	Tu-F	1:00-2:30 PM	$46	308606-17

Green Thumbs

Explore the garden at The Farm. Learn about worm composting, bugs, and the importance of plants.

Age: 4-6 years

7/30-8/2	Tu-F	10:30-11:30 AM	$35	308603-01

Pony Experience

Learn about ponies and how to groom and saddle along with beginner riding skills.

Age: 6-7 years

6/3-6/6	M-Th	9:30-11:30 AM	$111	308625-01
6/10-6/13	M-Th	9:30-11:30 AM	$111	308625-02

Barnyard Experience

Designed for those who only have a little time to experience life on a farm. Explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride.

Age: 6-10 years

7/24	W	1:00-3:00 PM	$20	308632-01
7/25	Th	1:00-3:00 PM	$20	308632-02
7/30	Tu	1:00-3:00 PM	$20	308632-03
7/31	W	1:00-3:00 PM	$20	308632-04

FARM CAMPS

Mini Day Camp

Explore country life and milk a cow, gather eggs, ride the ponies, and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft, or on a hayride.

Age: 6-7 years

6/4-6/7	Tu-F	8:30 AM-12:30 PM	$76	308604-01
6/11-6/14	Tu-F	8:30 AM-12:30 PM	$76	308604-02
6/18-6/21	Tu-F	8:30 AM-12:30 PM	$76	308604-03
7/16-7/19	Tu-F	8:30 AM-12:30 PM	$76	308604-04

Not-So-Mini Day Camp

An extended version of Mini Day Camp. Campers perform farm chores such as gathering eggs, milking the cow or goat, and riding the ponies. Other chores include crafts and a hayride. **Note:** Class will not be held on 7/4.

Age: 6-7 years

6/25-6/28	Tu-F	8:30 AM-3:30 PM	$151	308605-01
7/1-7/5	M-W,F	8:30 AM-3:30 PM	$151	308605-02
7/30-8/2	Tu-F	8:30 AM-3:30 PM	$151	308605-03

Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers gather eggs, milk a cow, and "slop" the pigs. A field trip and an overnight at the Farm highlight the second week. **Note:** Children must be picked up by 8:30 a.m. on the Friday after the overnight. Class will not be held on 7/4.

Age: 8-12 years

6/4-6/14	Tu-F	8:30 AM-3:30 PM	$236	308602-01
6/18-6/28	Tu-F	8:30 AM-3:30 PM	$236	308602-02
7/1-7/12	M-F	8:30 AM-3:30 PM	$236	308602-03
7/16-7/26	Tu-F	8:30 AM-3:30 PM	$236	308602-04

Pony Camp, Beginner

Campers learn to groom, saddle, and ride a pony. Help with pony chores. Safety is stressed at all times. **Note:** Class will not be held on 7/4.

Age: 8-12 years

6/4-6/7	Tu-F	8:30-11:00 AM	$156	308607-01
6/4-6/7	Tu-F	11:45 AM-2:15 PM	$156	308607-02
6/11-6/14	Tu-F	11:45 AM-2:15 PM	$156	308607-03
6/18-6/21	Tu-F	8:30-11:00 AM	$156	308607-04
6/25-6/28	Tu-F	8:30-11:00 AM	$156	308607-05
7/1-7/5	M-W,F	8:30-11:00 AM	$156	308607-06
7/9-7/12	Tu-F	11:45 AM-2:15 PM	$156	308607-07
7/16-7/19	Tu-F	8:30-11:00 AM	$156	308607-08

Pony Camp, Advanced

Designed for those who have mastered grooming and saddling. Review the basics of riding and spend more time riding. **Note:** Class will not be held on 7/4.

Age: 8-12 years

6/11-6/14	Tu-F	8:30-11:00 AM	$156	308608-01
6/18-6/21	Tu-F	11:45 AM-2:15 PM	$156	308608-02
6/25-6/28	Tu-F	11:45 AM-2:15 PM	$156	308608-03
7/1-7/5	M-W,F	11:45 AM-2:15 PM	$156	308608-04
7/9-7/12	Tu-F	8:30-11:00 AM	$156	308608-05
7/16-7/19	Tu-F	11:45 AM-2:15 PM	$156	308608-06
7/16-7/19	Tu-F	8:30-11:00 AM	$156	308608-07
7/23-7/26	Tu-F	11:45 AM-2:15 PM	$156	308608-08

Horsemanship I

Learn to groom, saddle, and ride a horse.

Age: 12-18 years

6/3-6/6	M-Th	12:15-2:45 PM	$156	308616-01
6/17-6/20	M-Th	9:00-11:30 AM	$156	308616-02
6/24-6/27	M-Th	12:15-2:45 PM	$156	308616-03
7/8-7/11	M-Th	12:15-2:45 PM	$156	308616-04

Horsemanship II

Designed for those who know how to groom and saddle. Spend more time riding and learn more about horses. Prerequisite: Horsemanship I or Pony Camps.

Age: 12-18 years

6/10-6/13	M-Th	12:15-2:45 PM	$156	308617-01
6/17-6/20	M-Th	12:15-2:45 PM	$156	308617-02
6/24-6/27	M-Th	9:00-11:30 AM	$156	308617-03
7/8-7/11	M-Th	9:00-11:30 AM	$156	308617-04
7/15-7/18	M-Th	9:00-11:30 AM	$156	308617-05
7/15-7/18	M-Th	12:15-2:45 PM	$156	308617-06
7/22-7/25	M-Th	12:15-2:45 PM	$156	308617-07
7/22-7/25	M-Th	9:00-11:30 AM	$156	308617-08

50 YEARS
LARIMERHUMANESOCIETY
Poudre Pet & Feed Supply

FIRE HYDRANT 5K
& PAWS ON THE PROMENADE
A WALK/RUN FOR HOMELESS PETS IN NORTHERN COLORADO
SATURDAY, JUNE 1, 2019
CHAPUNGU SCULPTURE PARK AND THE PROMENADE SHOPS AT CENTERRA, LOVELAND
FOR DETAILS FH5K.ORG

LARIMERHUMANESOCIETY
Critter Camp

SUMMER SESSIONS:
Ages 7-9 June 17-21 | Ages 7-9 July 8-12 | Ages 10-12 July 15-19 | Ages 7-9 Aug. 5-9
TIME: 9am-1pm COST: $150
Presented by: Wag's & Menace
LOCATION: Larimer Humane Society
3501 E 71st Street, Loveland, CO 80538
REGISTER TODAY AT LARIMERHUMANE.ORG

During this five-day camp, kids will:
- Visit with shelter animals and staff
- Learn about responsible pet ownership
- Complete fun animal crafts & activities
- Learn about key issues in animal welfare
- Pledge to make a difference in their community

FOOTHILLS ACTIVITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 - 7:15 AM Les Mills BodyPump	6:15 - 7:15 AM Functional Interval Training	6:15 - 7:15 AM Les Mills BodyPump	6:15 - 7:15 AM Functional Interval Training	9:00 - 10:00 AM Parent/Baby Yoga
9:00 - 10:00 AM Trail Fit	8:30 - 9:30 AM Mat Pilates	9:00 - 10:00 AM Trail Fit	8:30 - 9:30 AM Mat Pilates	10:00 - 10:45 AM Parent/Toddler Yoga
12:15 - 1:00 PM Les Mills BodyPump	8:50 - 9:50 AM Low Impact Aerobics	12:15 - 1:00 PM Les Mills BodyPump	8:50 - 9:50 AM Low Impact Aerobics	5:00 - 5:45 PM Parent/Child Yoga
1:15 - 2:15 PM Power Yoga	9:45 - 10:45 AM Mat Pilates	1:15 - 2:15 PM Power Yoga	9:45 - 10:45 AM Mat Pilates	5:30 - 6:30 PM PowerTrain
5:30 - 6:30 PM Slow Flow Hatha Yoga	2:15 - 3:15 PM Slow Flow Hatha Yoga	4:15 - 5:15 PM PlayItUp, Family Fitness	2:15 - 3:15 PM Slow Flow Hatha Yoga	5:45 - 6:30 PM Parent/Child Yoga
5:30 - 6:30 PM PowerTrain	5:30 - 6:30 PM Les Mills BodyPump	5:30 - 6:30 PM Slow Flow Hatha Yoga	4:15 - 5:15 PM PlayItUp, Family Fitness	**Saturday**
	5:30 - 6:30 PM Beginner Weight Lifting	5:30 - 6:30 PM PowerTrain	5:30 - 6:30 PM Les Mills BodyPump	9:15 - 10:15 AM Qigong & Taichi for Health
			5:30 - 6:30 PM Beginner Weight Lifting	9:15 - 10:15 AM Les Mills BodyPump
				10:30 - 11:30 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
7:30 - 8:30 AM Barre Fitness	6:15 - 7:15 AM Spin & Tone	7:30 - 8:30 AM Barre Fitness	6:15 - 7:15 AM Spin & Tone	7:00 - 8:00 AM Barre Fitness
8:30 - 9:30 AM Strength Training	7:30 - 8:30 AM Morning Meditation & Yoga	8:30 - 9:30 AM Strength Training	7:30 - 8:30 AM Morning Meditation & Yoga	9:00 - 10:00 AM Zumba @ Club Tico
9:00 - 10:00 AM Barre Fitness	9:00 - 10:00 AM Yoga & Meditation	9:00 - 10:00 AM Barre Fitness	9:00 - 10:00 AM Yoga & Meditation	9:30 - 10:30 AM Lose to Win
9:00 - 10:00 AM Zumba @ Club Tico	9:30 - 10:30 AM Strength Training	9:00 - 10:00 AM Zumba @ Club Tico	9:30 - 10:30 AM Strength Training	11:00 AM - Noon Restorative Yoga
9:30 - 10:30 AM Lose to Win	Noon - 1:00 PM TRX Body Blast	9:30 - 10:30 AM Lose to Win	Noon - 1:00 PM TRX Body Blast	11:30 AM - 12:30 PM CrossTrain
10:00 - 11:00 AM Essentrics	Noon - 1:00 PM PowerTrain	10:00 - 11:00 AM Essentrics	Noon - 1:00 PM PowerTrain	12:30 - 1:30 PM CrossTrain
10:40 - 11:40 AM Mat Pilates	Noon - 12:55 PM Strength & Tone	10:40 - 11:40 AM Mat Pilates	Noon - 12:55 PM Strength & Tone	**Saturday**
11:00 - 11:45 AM SS Classic	1:00 - 2:00 PM Mat Pilates	11:00 - 11:45 AM SS Classic	1:00 - 2:00 PM Mat Pilates	8:15 - 9:15 AM TRX Body Blast
11:30 AM - 12:30 PM CrossTrain	1:00 - 2:00 PM Sculpting Yoga	11:30 AM - 12:30 PM CrossTrain	1:00 - 2:00 PM Sculpting Yoga	8:15 - 9:15 AM Vinyasa Flow Yoga
Noon - 1:00 PM Restorative Yoga	5:00 - 6:00 PM Slow Flow Hatha Yoga	Noon - 1:00 PM Restorative Yoga	5:00 - 6:00 PM Slow Flow Hatha Yoga	**Sunday**
12:30 - 1:30 PM CrossTrain	5:15 - 6:15 PM Total Body Boot Camp	12:30 - 1:30 PM CrossTrain	5:15 - 6:15 PM Total Body Boot Camp	10:00 - 11:00 AM Mindfulness Yoga
4:00 - 5:00 PM Slow Flow Hatha Yoga	6:15 - 7:15 PM Power Yoga	4:00 - 5:00 PM Slow Flow Hatha Yoga	6:15 - 7:15 PM Power Yoga	11:15 AM - 12:15 PM Meditation
5:30 - 6:30 PM Spin & Tone	6:30 - 7:30 PM Zumba	5:30 - 6:30 PM Spin & Tone	6:30 - 7:30 PM Zumba	
		6:30 - 7:30 PM Zumba		

SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM Yoga Chair	8:00 - 8:50 AM Boomer Blast	8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Boomer Blast	8:50 - 9:50 AM Back & Body Strength
8:50 - 9:50 AM Back & Body Strength	8:00 - 8:50 AM Functional Strength	9:00 - 10:00 AM Yoga for Osteoporosis	8:00 - 8:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion
10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	10:00 - 10:55 AM Body & Mind in Motion	9:00 - 9:50 AM Functional Strength	12:00 - 1:00 PM Tai Chi for Arthritis II
10:00 - 11:00 AM Therapeutic Yoga	10:10 - 10:55 AM SS Classic	Noon - 1:00 PM Yoga, Beginning	10:00 - 11:00 AM Therapeutic Yoga	1:00 - 1:45 PM SS Circuit
11:00 AM - Noon Therapeutic Yoga	11:00 AM - Noon Restorative Yoga	Noon - 12:45 PM Taijifit Flow	10:10 - 10:55 AM SS Classic	2:00 - 2:45 PM SS Stability
Noon - 12:45 PM Taijifit Flow	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 Mat Pilates
1:00 - 1:45 PM SS Circuit	12: 15 - 1:10 PM SS Splash	1:15 - 2:15 PM Yoga, Beginning	11:10 - 11:55 AM SS Yoga	3:00 - 4:00 PM Tai Chi for Arthritis I
2:30 - 3:30 PM, 6/3 - 7/24 N'Balance	1:15 - 2:10 PM SS Splash	2:30 - 3:30 PM, 6/3 - 7/24 N'Balance	12: 15 - 1:10 PM SS Splash	**Saturday**
3:00 - 4:00 PM Mat Pilates	2:45 - 3:45 PM Yoga, Beginning	4:10 - 4:55 PM SS Yoga	12:30 - 1:30 PM Balance 201	9:00 - 10:00 AM Zumba
4:10 - 4:55 PM SS Yoga	4:00 - 4:45 PM Taijifit Tools	4:30 - 5:20 PM Yoga, Advanced Beginner	1:15 - 2:10 PM SS Splash	9:30 - 10:30 AM Yoga All Levels
4:30 - 5:20 PM Yoga, Advanced Beginner	4:00 - 5:00 PM Yoga, Beginning	5:30 - 6:20 PM Yoga, Advanced Beginner	2:45 - 3:45 PM Yoga, Beginning	10:30 - 11:15 AM SS Classic
5:30 - 6:20 PM Yoga, Advanced Beginner	5:15 - 6:15 PM Yoga, Beginning	5:30 - 6:30 PM Zumba	3:00 - 3:45 PM Taijifit Forms	11:15 AM - Noon SS Yoga
5:30 - 6:30 PM Zumba	5:30 - 6:30 PM Nia	6:30 - 7:30 PM Slow Flow Hatha Yoga	4:00 - 5:00 PM Swiss Theraball	12:45 - 1:45 PM Tai Chi Beginner
6:30 - 7:30 PM Slow Flow Hatha Yoga	6:30 - 7:30 PM Yoga, Advanced Beginner	6:35 - 7:20 PM Pound Rockout Workout	4:00 - 5:00 PM Yoga, Beginning	
			5:15 - 6:15 PM Yoga, Beginning	
			5:30 - 6:30 PM Nia	

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:** 25 admission passes are not eligible for the discount.

Drop-in Policy

Please 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

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 68.

For 50 years & up fitness classes, see page 102.

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.

WELLNESS SERVICES

Manicure/Pedicure/Nail Care

Look and feel good with spa manicure and pedicure services. Nail clipping also available. Provided by Neitha Schneider, Sweetheart Nails.

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
Toe Nail Clip	$18	30 minutes

Massage

Enjoy the health benefits of massage: stress relief, relaxation, range of motion improvement, pain relief, and muscle relaxation. For more information contact the Senior Center at 970.221.6644. Ages 18 years & up welcome.

One-on-One Nutritional Instruction

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

Age: 18 years & up

1-hour session for 1 person	$60
1-hour session for 2 people	$80

Personal Training

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

Personal Training Pricing

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

ADULT FITNESS

[CARDIO & STRENGTH]

Barnyard Boot Camp – New!

All fitness levels welcome to this whole body, morning workout at The Farm. Improve cardio and strength with the use of body weight exercises, resistance equipment, and hay bales.

Location: The Farm
Age: 16 years & up

6/3-6/26	M,W	7:00-8:00 AM	$33	309600-01
*7/1-7/31	M,W	7:00-8:00 AM	$41	309600-02
8/5-8/28	M,W	7:00-8:00 AM	$33	309600-03

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.

Location: Northside Aztlan Center

6/3-6/26	M,W	9:00-10:00 AM	$33	309501-01
*7/1-7/31	M,W	9:00-10:00 AM	$41	309501-02
8/5-8/28	M,W	9:00-10:00 AM	$33	309501-03
6/7-6/28	F	7:00-8:00 AM	$17	309501-04
*7/5-8/2	F	7:00-8:00 AM	$21	309501-05
8/9-8/30	F	7:00-8:00 AM	$17	309501-06
6/3-6/26	M,W	7:30-8:30 AM	$33	309501-07
*7/1-7/31	M,W	7:30-8:30 AM	$41	309501-08
8/5-8/28	M,W	7:30-8:30 AM	$33	309501-09

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 7/4, 8/6, 8/8.

Location: Senior Center

6/4-6/27	Tu,Th	8:00-8:50 AM	$33	309429-01
*7/2-8/1	Tu,Th	8:00-8:50 AM	$37	309429-02
8/13-8/29	Tu,Th	8:00-8:50 AM	$25	309429-03

CrossTrain

An intense workout that aims to maximize strength and agility with use of kettlebells, plyo boxes, ropes, and more to work every muscle in the body. Every workout is different; keep the body guessing and force it to stay at its peak.

Location: Northside Aztlan Center

6/3-6/28	M,W,F	6:15-7:15 AM	$49	309502-01
*7/1-8/2	M,W,F	6:15-7:15 AM	$61	309502-02
8/5-8/30	M,W,F	6:15-7:15 AM	$49	309502-03
6/3-6/28	M,W,F	11:30 AM-12:30 PM	$49	309502-04
*7/1-8/2	M,W,F	11:30 AM-12:30 PM	$61	309502-05
8/5-8/30	M,W,F	11:30 AM-12:30 PM	$49	309502-06
6/3-6/28	M,W,F	12:30-1:30 PM	$49	309502-07
*7/1-8/2	M,W,F	12:30-1:30 PM	$61	309502-08
8/5-8/30	M,W,F	12:30-1:30 PM	$49	309502-09

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.

Location: Northside Aztlan Center

6/3-6/26	M,W	10:00-11:00 AM	$33	309503-01
*7/1-7/31	M,W	10:00-11:00 AM	$41	309503-02
8/5-8/28	M,W	10:00-11:00 AM	$33	309503-03

Functional Interval Training

Keep the muscles guessing through workouts designed to improve cardiorespiratory recovery and build a base for strength and endurance. Each class is a combination of new and progressive exercises. **Note:** Class will not be held on 7/4.

Location: Foothills Activity Center

6/4-6/27	Tu,Th	6:15-7:15 AM	$33	309702-01
*7/2-8/1	Tu,Th	6:15-7:15 AM	$37	309702-02
8/6-8/29	Tu,Th	6:15-7:15 AM	$33	309702-03

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 7/4, 8/6, 8/8.

Location: Senior Center

6/4-6/27	Tu,Th	8:00-8:50 AM	$33	309401-01
*7/2-8/1	Tu,Th	8:00-8:50 AM	$37	309401-02
8/13-8/29	Tu,Th	8:00-8:50 AM	$25	309401-03
6/4-6/27	Tu,Th	9:00-9:50 AM	$33	309401-04
*7/2-8/1	Tu,Th	9:00-9:50 AM	$37	309401-05
8/13-8/29	Tu,Th	9:00-9:50 AM	$25	309401-06

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 great music. **Note:** Class will not be held on 7/4.

Location: Foothills Activity Center

6/3-6/26	M,W	6:15-7:15 AM	$41	309703-01
*7/1-7/31	M,W	6:15-7:15 AM	$51	309703-02
8/5-8/28	M,W	6:15-7:15 AM	$41	309703-03
6/3-6/26	M,W	12:15-1:00 PM	$31	309703-04
*7/1-7/31	M,W	12:15-1:00 PM	$38.50	309703-05
8/5-8/28	M,W	12:15-1:00 PM	$31	309703-06
6/4-6/27	Tu,Th	5:30-6:30 PM	$41	309703-07
*7/2-8/1	Tu,Th	5:30-6:30 PM	$46	309703-08
8/6-8/29	Tu,Th	5:30-6:30 PM	$41	309703-09
6/8-6/29	Sa	9:15-10:15 AM	$21	309703-10
*7/6-8/3	Sa	9:15-10:15 AM	$26	309703-11
8/10-8/31	Sa	9:15-10:15 AM	$21	309703-12

Lose to Win

Designed for those who want to lose weight. Perform a variety of exercises that are geared to burn fat and gain confidence.

Location: Northside Aztlan Center

6/3-6/28	M,W,F	9:30-10:30 AM	$49	309504-01
*7/1-8/2	M,W,F	9:30-10:30 AM	$61	309504-02
8/5-8/30	M,W,F	9:30-10:30 AM	$49	309504-03

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 7/4.

Location: Foothills Activity Center

6/4-6/27	Tu,Th	8:50-9:50 AM	$33	309704-01
*7/2-8/1	Tu,Th	8:50-9:50 AM	$37	309704-02
8/6-8/29	Tu,Th	8:50-9:50 AM	$33	309704-03

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 7/4. Classes at the Senior Center will not be held on 8/5, 8/9.

Location: Senior Center

6/3-6/24	M	3:00-4:00 PM	$17	309402-01
*7/1-7/29	M	3:00-4:00 PM	$21	309402-02
8/12-8/26	M	3:00-4:00 PM	$13	309402-03
6/7-6/28	F	3:00-4:00 PM	$17	309402-04
*7/5-8/2	F	3:00-4:00 PM	$21	309402-05
8/16-8/30	F	3:00-4:00 PM	$13	309402-06

Location: Northside Aztlan Center

6/3-6/26	M,W	10:40-11:40 AM	$33	309505-01
*7/1-7/31	M,W	10:40-11:40 AM	$41	309505-02
8/5-8/28	M,W	10:40-11:40 AM	$33	309505-03
6/4-6/27	Tu,Th	1:00-2:00 PM	$33	309505-04
*7/2-8/1	Tu,Th	1:00-2:00 PM	$37	309505-05
8/6-8/29	Tu,Th	1:00-2:00 PM	$33	309505-06

Location: Foothills Activity Center

6/4-6/27	Tu,Th	8:30-9:30 AM	$33	309705-01
*7/2-8/1	Tu,Th	8:30-9:30 AM	$37	309705-02
8/6-8/29	Tu,Th	8:30-9:30 AM	$33	309705-03
6/4-6/27	Tu,Th	9:45-10:45 AM	$33	309705-04
*7/2-8/1	Tu,Th	9:45-10:45 AM	$37	309705-05
8/6-8/29	Tu,Th	9:45-10:45 AM	$33	309705-06

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 8/7.

Location: Senior Center

6/5-6/26	W	6:35-7:20 PM	$13	309403-01
*7/3-7/31	W	6:35-7:20 PM	$16	309403-02
8/14-8/28	W	6:35-7:20 PM	$10	309403-03

PowerTrain

Pump iron and the heart. An intense body strengthening workout with free weights, resistance machines, and cardio equipment. Each powerful 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 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	6:15-7:15 AM	$33	309506-01
*7/2-8/1	Tu,Th	6:15-7:15 AM	$37	309506-02
8/6-8/29	Tu,Th	6:15-7:15 AM	$33	309506-03
6/4-6/27	Tu,Th	Noon-1:00 PM	$33	309506-04
*7/2-8/1	Tu,Th	Noon-1:00 PM	$37	309506-05
8/6-8/29	Tu,Th	Noon-1:00 PM	$33	309506-06

Location: Foothills Activity Center

6/3-6/28	M,W,F	5:30-6:30 PM	$49	309706-01
*7/1-8/2	M,W,F	5:30-6:30 PM	$61	309706-02
8/5-8/30	M,W,F	5:30-6:30 PM	$49	309706-03

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 7/4.

Location: Northside Aztlan Center

6/3-6/26	M,W	5:30-6:30 PM	$33	309507-01
*7/1-7/31	M,W	5:30-6:30 PM	$41	309507-02
8/5-8/28	M,W	5:30-6:30 PM	$33	309507-03
6/4-6/27	Tu,Th	6:15-7:15 AM	$33	309507-04
*7/2-8/1	Tu,Th	6:15-7:15 AM	$37	309507-05
8/6-8/29	Tu,Th	6:15-7:15 AM	$33	309507-06

Strength & Tone

Upbeat and designed to develop strength and flexibility of every fitness level. Sculpt with free weights, toning moves, waves of cardio, and rotating fitness equipment to help rev metabolism. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	Noon-12:55 PM	$33	309508-01
*7/2-8/1	Tu,Th	Noon-12:55 PM	$37	309508-02
8/6-8/29	Tu,Th	Noon-12:55 PM	$33	309508-03

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 7/4.

Location: Northside Aztlan Center

6/3-6/26	M,W	8:30-9:30 AM	$33	309509-01
*7/1-7/31	M,W	8:30-9:30 AM	$41	309509-02
8/5-8/28	M,W	8:30-9:30 AM	$33	309509-03
6/4-6/27	Tu,Th	9:30-10:30 AM	$33	309509-04
*7/2-8/1	Tu,Th	9:30-10:30 AM	$37	309509-05
8/6-8/29	Tu,Th	9:30-10:30 AM	$33	309509-06

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 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	5:15-6:15 PM	$33	309510-01
*7/2-8/1	Tu,Th	5:15-6:15 PM	$37	309510-02
8/6-8/29	Tu,Th	5:15-6:15 PM	$33	309510-03

Trail Fit

An integrated training program designed for all ability levels to progressively improve flexibility, endurance, balance, and strength in order to increase enjoyment while hiking and reduce the risk of injury.

Location: Foothills Activity Center

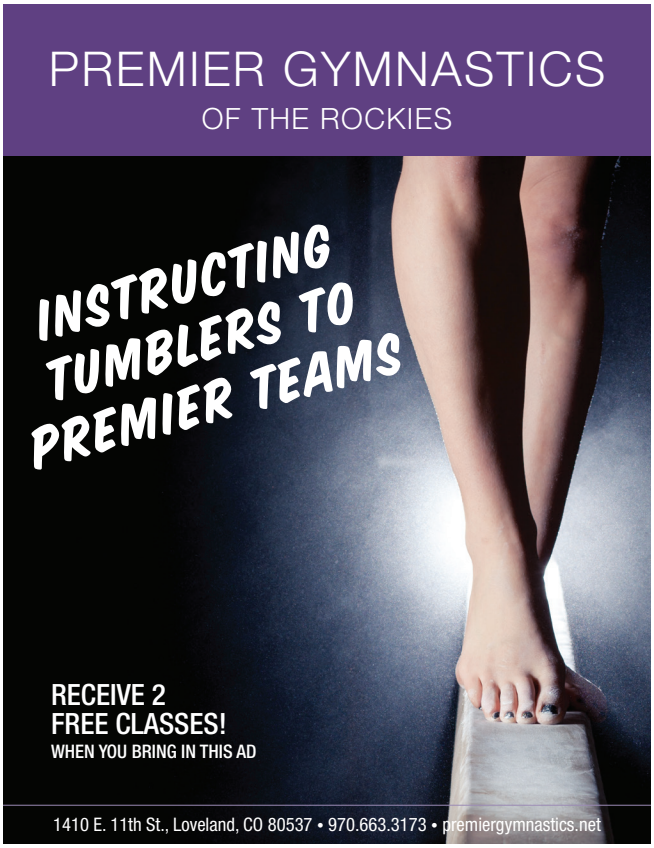
6/3-6/26	M,W	9:00-10:00 AM	$33	309707-01
*7/1-7/31	M,W	9:00-10:00 AM	$41	309707-02
8/5-8/28	M,W	9:00-10:00 AM	$33	309707-03

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 7/4, 8/17.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	Noon-1:00 PM	$33	309511-01
*7/2-8/1	Tu,Th	Noon-1:00 PM	$37	309511-02



TRX Body Blast continued

8/6-8/29	Tu,Th	Noon-1:00 PM	$33	309511-03
6/8-6/29	Sa	8:15-9:15 AM	$17	309511-04
*7/6-8/3	Sa	8:15-9:15 AM	$21	309511-05
8/10-8/31	Sa	8:15-9:15 AM	$13	309511-06

Weight Lifting, Beginner

Designed for beginners, learn the basics of exercise science and weightlifting while also getting in a good workout. **Note:** Class will not be held on 7/4.

Location: Foothills Activity Center

6/4-6/27	Tu,Th	5:30-6:30 PM	$33	309701-01
*7/2-8/1	Tu,Th	5:30-6:30 PM	$37	309701-02
8/6-8/29	Tu,Th	5:30-6:30 PM	$33	309701-03

[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 7/4. Classes at the Senior Center will not be held on 8/5, 8/7, 8/10.

Location: Club Tico

6/3-6/24	M	9:00-10:00 AM	$17	309112-01
*7/1-7/29	M	9:00-10:00 AM	$21	309112-02
8/5-8/26	M	9:00-10:00 AM	$17	309112-03
6/5-6/26	W	9:00-10:00 AM	$17	309112-04
*7/3-7/31	W	9:00-10:00 AM	$21	309112-05
8/7-8/28	W	9:00-10:00 AM	$17	309112-06
6/7-6/28	F	9:00-10:00 AM	$17	309112-07
*7/5-8/2	F	9:00-10:00 AM	$21	309112-08
8/9-8/30	F	9:00-10:00 AM	$17	309112-09

Location: Senior Center

6/3-6/24	M	5:30-6:30 PM	$17	309410-01
*7/1-7/29	M	5:30-6:30 PM	$21	309410-02
8/12-8/26	M	5:30-6:30 PM	$13	309410-03
6/5-6/26	W	5:30-6:30 PM	$17	309410-04
*7/3-7/31	W	5:30-6:30 PM	$21	309410-05
8/14-8/28	W	5:30-6:30 PM	$13	309410-06
6/8-6/29	Sa	9:00-10:00 AM	$17	309410-07
*7/6-8/3	Sa	9:00-10:00 AM	$21	309410-08
8/17-8/31	Sa	9:00-10:00 AM	$13	309410-09

Location: Northside Aztlan Center

6/4-6/25	Tu	6:30-7:30 PM	$17	309512-01
*7/2-7/30	Tu	6:30-7:30 PM	$21	309512-02
8/6-8/27	Tu	6:30-7:30 PM	$17	309512-03
6/5-6/26	W	6:30-7:30 PM	$17	309512-04
*7/3-7/31	W	6:30-7:30 PM	$21	309512-05
8/7-8/28	W	6:30-7:30 PM	$17	309512-06
6/6-6/27	Th	6:30-7:30 PM	$17	309512-07
7/11-8/1	Th	6:30-7:30 PM	$17	309512-08
8/8-8/29	Th	6:30-7:30 PM	$17	309512-09

[MIND & BODY]

Nia

Claim wellness and explore joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Advance registration strongly encouraged. All levels welcome. **Note:** Class will not be held on 7/4, 8/6, 8/8.

Location: Senior Center

6/4-6/25	Tu	5:30-6:30 PM	$17	309411-01
*7/2-7/30	Tu	5:30-6:30 PM	$21	309411-02
8/13-8/27	Tu	5:30-6:30 PM	$13	309411-03
6/6-6/27	Th	5:30-6:30 PM	$17	309411-04
7/11-8/1	Th	5:30-6:30 PM	$17	309411-05
8/15-8/29	Th	5:30-6:30 PM	$13	309411-06

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. **Note:** Class will not be held on 8/10.

Location: Senior Center

6/8-6/29	Sa	12:45-1:45 PM	$17	309412-01
*7/6-8/3	Sa	12:45-1:45 PM	$21	309412-02
8/17-8/31	Sa	12:45-1:45 PM	$13	309412-03

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 8/5, 8/7.

Location: Senior Center

6/3-6/26	M,W	Noon-12:45 PM	$25	309413-01
*7/1-7/31	M,W	Noon-12:45 PM	$31	309413-02
8/12-8/28	M,W	Noon-12:45 PM	$19	309413-03

Taijifit Tools

All the flow of TaijiFit but with the addition of traditional tai chi tools; such as the sword fan and weighted chi spheres, plus, new Fusion forms: Bamboo Fusion (yoga and tai chi), Iron Fusion (strength and tai chi), and Fire Fusion (karate and tai chi). No experience necessary. **Note:** Class will not be held on 8/6.

Location: Senior Center

6/4-6/25	Tu	4:00-4:45 PM	$13	309413-04
*7/2-7/30	Tu	4:00-4:45 PM	$16	309413-05
8/13-8/27	Tu	4:00-4:45 PM	$10	309413-06

Taijifit Forms

A stronger focus on choreography and intentional movement. The fun atmosphere of TaijiFit Flow with a focus on learning traditional tai chi forms such as the 9 and 24 forms. **Note:** Class will not be held on 8/8.

Location: Senior Center

6/6-6/27	Th	3:00-3:45 PM	$13	309413-07
7/11-8/1	Th	3:00-3:45 PM	$13	309413-08
8/15-8/29	Th	3:00-3:45 PM	$10	309413-09

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. **Note:** Class will not be held on 8/18.

Location: Northside Aztlan Center

6/9-6/30	Su	11:15 AM-12:15 PM	$17	309513-01
*7/7-8/4	Su	11:15 AM-12:15 PM	$21	309513-02
8/11-9/1	Su	11:15 AM-12:15 PM	$13	309513-03

Qigong & TaiChi for Health

Ancient Chinese systems to cultivate great health and internal strength. Learn gentle Qigong and Taichi routines and improve balance, strength, flexibility, mental concentration, and focus.

Age: All
Location: Foothills Activity Center

6/8-6/29	Sa	9:15-10:15 AM	$17	309708-01
*7/6-8/3	Sa	9:15-10:15 AM	$21	309708-02
8/10-8/31	Sa	9:15-10:15 AM	$17	309708-03

[YOGA]

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio. **Note:** Class will not be held on 8/18.

Location: Northside Aztlan Center

6/9-6/30	Su	10:00-11:00 AM	$17	309515-01
*7/7-8/4	Su	10:00-11:00 AM	$21	309515-02
8/11-9/1	Su	10:00-11:00 AM	$13	309515-03

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 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	7:30-8:30 AM	$33	309516-01
*7/2-8/1	Tu,Th	7:30-8:30 AM	$37	309516-02
8/6-8/29	Tu,Th	7:30-8:30 AM	$33	309516-03

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 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	6:15-7:15 PM	$33	309517-01
*7/2-8/1	Tu,Th	6:15-7:15 PM	$37	309517-02
8/6-8/29	Tu,Th	6:15-7:15 PM	$33	309517-03

Location: Foothills Activity Center

6/3-6/26	M,W	1:15-2:15 PM	$33	309709-01
*7/1-7/31	M,W	1:15-2:15 PM	$41	309709-02
8/5-8/28	M,W	1:15-2:15 PM	$33	309709-03

Restorative Yoga

A pleasant way to relax and soothe frayed nerves. Use blankets and blocks as props and experience the benefits of a passive pose without much effort. During the practice, open, release, and connect for self-healing. **Note:** Class will not be held on 8/6.

Location: Senior Center

6/4-6/25	Tu	11:00 AM-Noon	$17	309421-01
*7/2-7/30	Tu	11:00 AM-Noon	$21	309421-02
8/13-8/27	Tu	11:00 AM-Noon	$13	309421-03

Location: Northside Aztlan Center

6/3-6/26	M,W	Noon-1:00 PM	$33	309518-01
*7/1-7/31	M,W	Noon-1:00 PM	$41	309518-02
8/5-8/28	M,W	Noon-1:00 PM	$33	309518-03
6/7-6/28	F	11:00 AM-Noon	$17	309518-04
*7/5-8/2	F	11:00 AM-Noon	$21	309518-05
8/9-8/30	F	11:00 AM-Noon	$17	309518-06

Sculpting Yoga

Sculpt with weights and yoga. Build strength and definition. All levels welcome. **Note:** Class will not be held on 7/4.

Location: Northside Aztlan Center

6/4-6/27	Tu,Th	1:00-2:00 PM	$33	309519-01
*7/2-8/1	Tu,Th	1:00-2:00 PM	$37	309519-02
8/6-8/29	Tu,Th	1:00-2:00 PM	$33	309519-03

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 7/4. Classes at the Senior Center will not be held on 8/5, 8/7.

Location: Senior Center

6/3-6/24	M	6:30-7:30 PM	$17	309422-01
*7/1-7/29	M	6:30-7:30 PM	$21	309422-02
8/12-8/26	M	6:30-7:30 PM	$13	309422-03
6/5-6/26	W	6:30-7:30 PM	$17	309422-04
*7/3-7/31	W	6:30-7:30 PM	$21	309422-05
8/14-8/28	W	6:30-7:30 PM	$13	309422-06

Location: Northside Aztlan Center

6/3-6/24	M	4:00-5:00 PM	$17	309520-01
*7/1-7/29	M	4:00-5:00 PM	$21	309520-02
8/5-8/26	M	4:00-5:00 PM	$17	309520-03
6/4-6/25	Tu	5:00-6:00 PM	$17	309520-04
*7/2-7/30	Tu	5:00-6:00 PM	$21	309520-05
8/6-8/27	Tu	5:00-6:00 PM	$17	309520-06
6/5-6/26	W	4:00-5:00 PM	$17	309520-07
*7/3-7/31	W	4:00-5:00 PM	$21	309520-08
8/7-8/28	W	4:00-5:00 PM	$17	309520-09
6/6-6/27	Th	5:00-6:00 PM	$17	309520-10
7/11-8/1	Th	5:00-6:00 PM	$17	309520-11
8/8-8/29	Th	5:00-6:00 PM	$17	309520-12

Location: Foothills Activity Center

6/3-6/26	M,W	5:30-6:30 PM	$33	309710-01
*7/1-7/31	M,W	5:30-6:30 PM	$41	309710-02
8/5-8/28	M,W	5:30-6:30 PM	$33	309710-03
6/4-6/27	Tu,Th	2:15-3:15 PM	$33	309710-04
*7/2-8/1	Tu,Th	2:15-3:15 PM	$37	309710-05
8/6-8/29	Tu,Th	2:15-3:15 PM	$33	309710-06

Therapeutic Yoga

Slow, directed yoga emphasizes joint health, circulation, and mindfulness. Designed for aging adults. **Note:** Class will not be held on 7/4.

Location: Senior Center

6/3-6/24	M	10:00-11:00 AM	$17	309423-01
*7/1-7/29	M	10:00-11:00 AM	$21	309423-02
6/3-6/24	M	11:00 AM-Noon	$17	309423-03
*7/1-7/29	M	11:00 AM-Noon	$21	309423-04
6/6-6/27	Th	10:00-11:00 AM	$17	309423-05
7/11-8/1	Th	10:00-11:00 AM	$17	309423-06
6/6-6/27	Th	11:00 AM-Noon	$17	309423-07
7/11-8/1	Th	11:00 AM-Noon	$17	309423-08

Vinyasa Flow Yoga

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 8/17.

Location: Northside Aztlan Center

6/8-6/29	Sa	8:15-9:15 AM	$17	309521-01
*7/6-8/3	Sa	8:15-9:15 AM	$21	309521-02
8/10-8/31	Sa	8:15-9:15 AM	$13	309521-03

Yoga All Levels

An emphasis on precision in alignment is taught in standing, forward bending, back bending, twisting, and restorative poses. **Note:** Class will not be held on 8/10.

Location: Senior Center

6/8-6/29	Sa	9:30-10:30 AM	$17	309424-01
*7/6-8/3	Sa	9:30-10:30 AM	$21	309424-02
8/17-8/31	Sa	9:30-10:30 AM	$13	309424-03

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 7/4.

Location: Northside Aztlan Center

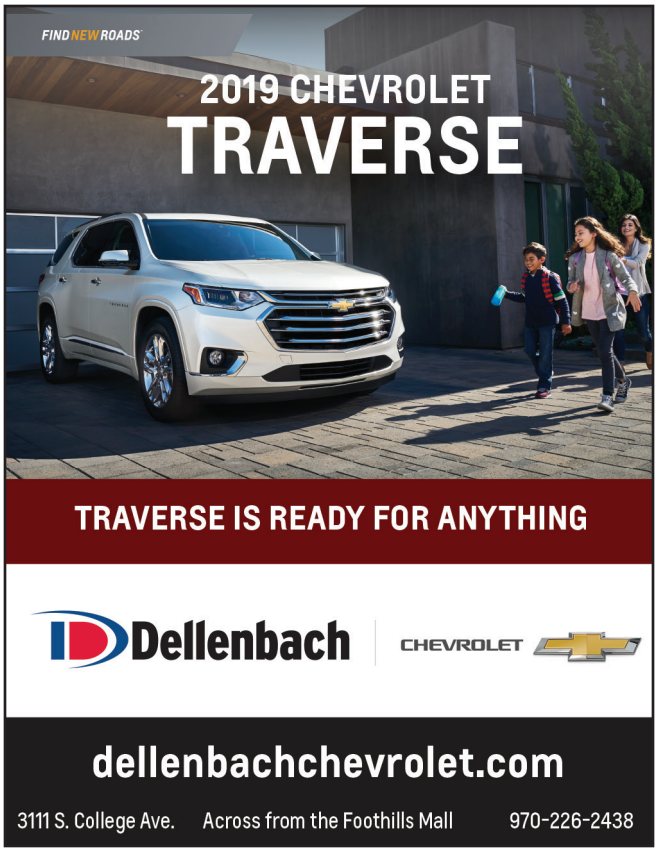
6/4-6/27	Tu,Th	9:00-10:00 AM	$33	309522-01
*7/2-8/1	Tu,Th	9:00-10:00 AM	$37	309522-02
8/6-8/29	Tu,Th	9:00-10:00 AM	$33	309522-03

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 7/4, 8/6, 8/7, 8/8.

Location: Senior Center

6/4-6/27	Tu,Th	2:45-3:45 PM	$33	309425-01
*7/2-8/1	Tu,Th	2:45-3:45 PM	$37	309425-02
8/13-8/29	Tu,Th	2:45-3:45 PM	$25	309425-03
6/4-6/27	Tu,Th	4:00-5:00 PM	$33	309425-04
*7/2-8/1	Tu,Th	4:00-5:00 PM	$37	309425-05
8/13-8/29	Tu,Th	4:00-5:00 PM	$25	309425-06
6/4-6/27	Tu,Th	5:15-6:15 PM	$33	309425-07
*7/2-8/1	Tu,Th	5:15-6:15 PM	$37	309425-08
8/13-8/29	Tu,Th	5:15-6:15 PM	$25	309425-09
6/5-6/26	W	Noon-1:00 PM	$17	309425-10
*7/3-7/31	W	Noon-1:00 PM	$21	309425-11
8/14-8/28	W	Noon-1:00 PM	$13	309425-12
6/5-6/26	W	1:15-2:15 PM	$17	309425-13
*7/3-7/31	W	1:15-2:15 PM	$21	309425-14
8/14-8/28	W	1:15-2:15 PM	$13	309425-15



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 8/5, 8/7.

Location: Senior Center

6/3-6/24	M	4:30-5:20 PM	$17	309426-01
*7/1-7/29	M	4:30-5:20 PM	$21	309426-02
8/12-8/26	M	4:30-5:20 PM	$13	309426-03
6/3-6/26	M,W	5:30-6:20 PM	$33	309426-04
*7/1-7/31	M,W	5:30-6:20 PM	$41	309426-05
8/12-8/28	M,W	5:30-6:20 PM	$25	309426-06
6/5-6/26	W	4:30-5:20 PM	$17	309426-07
*7/3-7/31	W	4:30-5:20 PM	$21	309426-08
8/14-8/28	W	4:30-5:20 PM	$13	309426-09
6/4-6/25	Tu	6:30-7:30 PM	$17	309426-10
*7/2-7/30	Tu	6:30-7:30 PM	$21	309426-11
8/13-8/27	Tu	6:30-7:30 PM	$13	309426-12

FAMILY & YOUTH FITNESS

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.

Age: 3-12 years
Location: Foothills Activity Center

6/6-6/27	Th	4:15-5:15 PM	$51	309711-01
7/11-8/1	Th	4:15-5:15 PM	$51	309711-02
8/8-8/29	Th	4:15-5:15 PM	$51	309711-03
6/5-6/26	W	4:15-5:15 PM	$51	309711-04
7/3-7/31	W	4:15-5:15 PM	$51	309711-05
8/7-8/28	W	4:15-5:15 PM	$51	309711-06
6/8-6/29	Sa	10:30-11:30 AM	$51	309711-07
7/6-8/3	Sa	10:30-11:30 AM	$51	309711-08
8/10-8/31	Sa	10:30-11:30 AM	$51	309711-09

Family Yoga, Baby & Toddler

Explore yoga with an infant. Both child and guardian benefit physically, emotionally, and mentally with this fun approach to breathing and movement together. **Note:** At least one adult must be present and in the room with enrolled child/children.

Location: Foothills Activity Center

Parent/Baby Yoga
Age: 6-18 months

6/7-6/28	F	9:00-10:00 AM	$17	309712-01
*7/5-8/2	F	9:00-10:00 AM	$21	309712-02
8/9-8/30	F	9:00-10:00 AM	$17	309712-03

Parent/Toddler Yoga
Age: 18 months-3 years

6/7-6/28	F	10:00-10:45 AM	$13	309712-04
*7/5-8/2	F	10:00-10:45 AM	$16	309712-05
8/9-8/30	F	10:00-10:45 AM	$13	309712-06

Family Yoga, Child

Parent and child enjoy yoga together. Improve body and mind with a fun approach to breath work 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

6/7-6/28	F	5:00-5:45 PM	$13	309712-07
*7/5-8/2	F	5:00-5:45 PM	$16	309712-08
8/9-8/30	F	5:00-5:45 PM	$13	309712-09
6/7-6/28	F	5:45-6:30 PM	$13	309712-10
*7/5-8/2	F	5:45-6:30 PM	$16	309712-11
8/9-8/30	F	5:45-6:30 PM	$13	309712-12

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

Teen Yoga continued

Location: Foothills Activity Center

6/5-6/26	W	4:20-5:20 PM	$17	309714-01
*7/3-7/31	W	4:20-5:20 PM	$21	309714-02
8/7-8/28	W	4:20-5:20 PM	$17	309714-03

WELLNESS PROGRAMS

All programs are available to ages 18 years & up unless otherwise noted.

[HOLISTIC OPTIONS]

Essential Oils Basic Uses

Discuss the top 10 essential oils. Learn how to use them and how they can positively affect emotions.

Location: Senior Center

6/5	W	6:00-7:00 PM	No Fee	309450-01

Essential Oils & Chakra

Discuss the areas of chakra and how to incorporate essential oils into those areas.

Location: Senior Center

7/3	W	6:00-7:00 PM	No Fee	309451-01

Essential Oils & Immune System

Learn how to boost the immune system with essential oils. Discuss the oils that target immune systems, and how they can help keep the body healthy.

Location: Senior Center

8/14	W	6:00-7:00 PM	No Fee	309452-01

Healing Thru Meditation & Spiritual Wisdom

Age gracefully with strength through simple yoga breathing, visualization, positive affirmations, and meditation. Techniques help with stress, fatigue, lack of sleep, high blood pressure, and emotional distress. By Swamijii Dharmananda. **Note:** Class will not be held on 8/9.

Location: Senior Center

6/7-6/28	F	10:00-11:30 AM	$40	309453-01
7/5-7/26	F	10:00-11:30 AM	$40	309453-02
8/2-8/30	F	10:00-11:30 AM	$40	309453-03

Morning Meditation

All skill levels are welcome in this monthly morning meditation session. Basic instruction offered as well as guided meditation and time for silent practice. Each session will conclude with reflections on how to make and maintain space for everyday mindfulness.

Location: Senior Center

6/13	Th	9:00-10:00 AM	No Fee	309454-01
6/27	Th	9:00-10:00 AM	No Fee	309454-02
7/11	Th	9:00-10:00 AM	No Fee	309454-03
8/22	Th	9:00-10:00 AM	No Fee	309454-04

[MEDICAL EDUCATION]

Aging Changes in Skin
Learn about the anatomy of the skin, age-related skin changes, and how to protect from cancer. Discuss the importance of sun protection and skin cancer screening.

Location: Senior Center

6/12	W	10:00-11:00 AM	No Fee	309455-01

Atrial Fibrillation, Doc Talk
Atrial fibrillation (AF) is the most common abnormal heart rhythm in the world and becomes even more common with age. AF can lead to increased risk of stroke and cause of variety of symptoms. Learn about advanced therapies available for symptom control and stroke prevention. By UCHealth Cardiologist Ethan Ellis.

Location: Senior Center

7/23	Tu	6:00-7:30 PM	$5	309456-01

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.

Location: Senior Center

6/11	Tu	1:00-2:00 PM	No Fee	309457-01

Changing Health & Where to Turn
It is important to know how to navigate the senior care industry, either as someone who has received a diagnosis or as a caregiver. Gain insight, direction, and confidence in future decisions. By Covell Care & Rehabilitation.

Location: Senior Center

8/26	M	10:00-11:00 AM	No Fee	309458-01

Effective Communication Strategies
Learn how to decode verbal and behavioral communication by someone with Alzheimer's and/or other dementias. Leave with strategies for meaningful connection with people in early, middle, and late stages of dementia.

Location: Senior Center

7/19	F	1:00-3:00 PM	No Fee	309471-01

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.

Location: Senior Center

6/24	M	10:00-11:00 AM	No Fee	309459-01

Grandchild Safety Tips
Whether raising grandchildren or watching them, safety can be a constant concern. Accidents are the top cause of injury and death to children in the U.S. Learn the latest tips to keep grandchildren safe. By UCHealth Injury Prevention.

Location: Senior Center

6/18	Tu	10:30-11:30 AM	$5	309472-01

Healthy Living for 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.

Location: Senior Center

8/23	F	1:00-2:30 PM	No Fee	309473-01

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.

Location: Senior Center

8/16	F	9:30-10:30 AM	No Fee	309460-01

Osteoporosis Information
Receive a basic overview of osteoporosis education, exercise, and prevention.

Location: Senior Center

7/24	W	10:00-11:00 AM	No Fee	309461-01

Regenerative Medicine: Joints
Learn about regenerative medicine, including stem cells and their potential to improve joint and muscle health. Discuss which types of therapies are of good value and how to avoid misleading information about stem cells. By a Sports Medicine MD.

Location: Senior Center

6/11	Tu	10:00-11:00 AM	No Fee	309462-01

Ten Signs of Alzheimer's
Alzheimer's and other dementias cause changes in memory, thinking, and behavior. Learn about 10 common warning signs and what to watch for, typical age-related changes, early detection, the diagnostic process and benefits, and how to approach someone about memory concerns. By the Alzheimer's Association.

Location: Senior Center

6/14	F	10:00-11:30 AM	No Fee	309474-01

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 State Regulations on driving, red flags to keep in mind, and what supportive resources exist. By Covell Care & Rehabilitation.

Location: Senior Center

7/18	Th	10:00-11:00 AM	No Fee	309463-01

Understanding Speech Therapy
Speech therapy for older adults is much more than speaking. Learn how speech therapy supports someone with cognitive impairments, swallowing, and much more. By Covell Care & Rehabilitation.

Location: Senior Center

7/30	Tu	10:00-11:00 AM	No Fee	309464-01

[NUTRITION]

EnhanceWellness Nutrition
For participants in the EnhanceWellness program. A monthly class to discuss nutrition and a mindful eating focus. By UCHealth Community Health.

Location: Senior Center

6/17	M	1:00-2:00 PM	No Fee	309465-01
7/15	M	1:00-2:00 PM	No Fee	309465-02
8/19	M	1:00-2:00 PM	No Fee	309465-03

[WELLNESS EDUCATION]

Arthritis Support Group
A quarterly 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. For more information, contact the Aspen Club at 970.495.8560.

Location: Senior Center

8/12	M	11:30 AM-1:00 PM	No Fee

Authentic Connection
Learn how to be present and deepen connection with loved ones. Explore the four elements of authentic connection: presence, mindfulness, attunement, and compassion. Practice mindful listening as a foundation for extending the gift of presence to others.

Location: Senior Center

8/22	Th	10:30 AM-Noon	No Fee	309467-01

Brain Boosters for the Noggin'
Enjoy brain games, mental exercises, and new activities to keep the mind active. Learn strategies supported by brain health research that contribute to brain healthy living. By UCHealth Aspen Club.

Location: Senior Center

7/9	Tu	9:00-10:00 AM	$5	309468-01

Conversation Café
Part of the EnhanceWellness program, meet for support, encouragement on action plans, and the monthly focus. By UCHealth Community Health.

Location: Foothills Activity Center

6/11	Tu	3:00-4:00 PM	No Fee	309469-01
7/9	Tu	3:00-4:00 PM	No Fee	309469-02
8/13	Tu	3:00-4:00 PM	No Fee	309469-03

Death Café
Death Cafes are an opportunity to demystify the topic of death and engage in thoughtful and respectful conversation about death. Discuss living well and "leaving" well. By UCHealth Aspen Club.

Location: Senior Center

6/19	W	1:30-3:00 PM	No Fee	309470-01

Laughter Wellness
A series of breath work, laughter, play, and tapping allow the body to move naturally and create an environment of joy and love. Reduce stress as the body, mind, and spirit thrive with connection to others. By Enhanced Living, LLC.

Location: Senior Center

6/1	Sa	9:00-10:00 AM	No Fee	309475-01
7/13	Sa	9:00-10:00 AM	No Fee	309475-02
8/24	Sa	9:00-10:00 AM	No Fee	309475-03

Laughter Wellness for Families
Make Friday a fun night with laughter, breathing, and movement as families and individuals come together to reduce stress in the body, mind, and spirit to thrive with community connection. By Enhanced Living, LLC.

Age: 5 years & up
Location: Northside Aztlan Center

6/21	F	6:30-7:30 PM	No Fee	309476-01
7/26	F	6:30-7:30 PM	No Fee	309476-02
8/30	F	6:30-7:30 PM	No Fee	309476-03

Life After Stroke Support Group
For stroke survivors and their caregivers to unite with others. Find positive solutions to create meaningful and fulfilling lives after experiencing a stroke. For more information contact UCHealth at 970.624.2109.

Location: Senior Center

6/13	Th	12:30-2:00 PM	No Fee	309477-01
7/11	Th	12:30-2:00 PM	No Fee	309477-03

Living Well with Pain
Explore healthy ways to manage and live with chronic pain to enjoy a more fulfilling and satisfying life. Learn skills to deal with frustration, appropriate exercises to maintain and improve strength, flexibility and endurance, improve communication skills, make decisions and healthier eating. By UCHealth Aspen Club.

Location: Senior Center

8/15-9/19	Th	1:00-3:30 PM	No Fee	309478-01

Managing Caregiver Stress
Being a caregiver for a loved one is one of the most difficult jobs. When stress is not managed, exhaustion, anger, illness, and guilt may be present. Learn techniques to reduce stress to thrive as a caregiver.

Location: Senior Center

6/18	Tu	10:00-11:30 AM	No Fee	309479-01

Move, Dance, Laugh & Brain Health
Combine humor and fun with movement to positively impact cognitive health. Humor leads to improved wellbeing, boosted morale, increased communication skills, and an enriched quality of life. Wear comfortable shoes. By UCHealth Aspen Club.

Location: Senior Center

8/22	Th	2:00-3:30 PM	$5	309480-01

Self-care 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.

Location: Senior Center

6/27	Th	10:30 AM-Noon	No Fee	309481-01

Tai Chi Chih
The soft, gentle movements of Tai Chi Chih bring health to the body, mind, and spirit through the circulation and balance of internal energy. Movements can be done by any age or physical condition. Benefits include improved balance, flexibility and strength, inner peace, wellbeing, and joy. **Note:** Class will not be held on 8/6.

Location: Senior Center

Beginner

7/9-8/27	Tu	1:00-2:15 PM	$80	309483-01

Beginner Repeat
Prerequisite: Tai Chi Chih for Beginner.

7/9-8/27	Tu	1:00-2:15 PM	$40	309483-02

Continuing

6/5-6/26	W	9:45-11:00 AM	$20	309483-03
7/10-7/31	W	9:45-11:00 AM	$20	309483-04
8/14-8/28	W	9:45-11:00 AM	$15	309483-05

Tame Stress with Mindfulness
Learn to tame stress and negative habits through mindfulness. Explore what mindfulness means and how to apply basic principles and practices in everyday life to decrease stress and create new pathways for selfcare.

Location: Senior Center

7/11	Th	10:30-11:30 AM	No Fee	309482-01

2019

LAWN & GARDEN EQUIPMENT REBATE

MAY 1 – JULY 31

RECEIVE UP TO $50 IN REBATES.
ONLINE PURCHASES NOT ELIGIBLE.

CHOOSE ANY COMBINATION

$25 Rebate towards "clean" lawn and garden equipment with a purchase price of $99 each or more

$25 Rebate toward one season of sustainable lawn care services

$25 Rebate for recycling a gas lawn mower

City of Fort Collins Environmental Services

For more information
970-221-6600
fcgov.com/lawnmower

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 for skaters and coaches to have parents at the gate and creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. Parents are welcome to skate with their child during the 15-minute practice time. EPIC's rental skates are available free of charge.

Our class student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for all classes is 5 students; class levels may be combined to meet this minimum.

Skating 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.

The first day of each lesson is generally termed as Level Evaluation Day. At this time, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

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

If you are unable to attend the last day of classes for testing, request a progress card on the last day you attend.

Proper clothing may include:
- Helmet (Not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners).
- Gloves (thin, not ski mittens).
- Fleece or light weight jacket.
- Skating dresses with tights or leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended.

Public Skate NW
Lace up and get on the ice. Rinks are open for Public Skate at various dates and times throughout the week. Visit *fcgov.com/iceskating* for a current schedule. **Note:** Skate rentals are an additional $3 fee.

Age: 2-17 years			
Ongoing	M-Su	Various Times	$4
Age: 18-49 years			
Ongoing	M-Su	Various Times	$5
Age: 60 years & up			
Ongoing	M-Su	Various Times	$4

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.

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, *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*

CURLING

Curling League
Designed for those who want to experience competitive curling. Teams consist of four curlers. Sign up individually and add team names to the roster note. Attire: Helmet, clean rubber soled sneakers, and layers that are stretchy or loose.

Age: 8 years & up

5/31-6/28	F	5:45-7:15 PM	$56	310376-01
6/2-6/30	Su	9:15-10:45 AM	$56	310376-02

Learn to Curl
For those that have never curled before and would like to see what it's all about. Discuss terminology and proper curling technique. Learn to slide, throw stones, and sweep.

For upcoming curling events and Bonspiel information, see the Special Events section on page 81.

Age: 8 years & up

8/2	F	5:45-7:15 PM	No Fee	310377-01
8/4	Su	9:15-10:45 AM	No Fee	310377-02

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. **Note:** Equipment handout is 5/30 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. **Note:** Class will not be held on 7/2, 7/4.

Age: 4-8 years

6/4-8/1	Tu,Th	5:00-5:45 PM	$193	310372-01

Power Skating NW
Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Full hockey gear required.

Age: 9-17 years

6/5-8/7	W	5:00-5:45 PM	$14

Drop-In Hockey NW
Open practice session to sharpen skating and shooting skills. Full equipment required. Sign up starts at the front desk at 6 a.m. for the morning session and 7 p.m. for the evening session. Payment must be made at sign up. Limited to 30 players. **Note:** Session will not be held on 7/4.

Age: 16 years & up

6/3-8/9	M-F	11:30 AM-1:00 PM	$5
6/4-8/9	Tu,W,F	9:15-10:45 PM	$5

Stick & Puck Drop-In NW
Open session. Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. No scrimmages allowed. Rules are posted in each arena. **Note:** Session will not be held on 7/4

Age: All

6/3-8/5	M	3:15-4:30 PM	$5
6/4-8/8	Tu,Th	1:30-2:45 PM	$5
6/5-8/7	W	3:15-4:15 PM	$5
6/7-8/9	F	4:30-5:45 PM	$5
6/1-8/3	Sa	1:00-2:30 PM	$5
6/1-8/4	Sa,Su	4:15-5:45 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. Developed by Olympic speed skater, Jondon Trevena. Attire: Wear warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Rental skate provided. Prerequisite: Previous skating experience required.

Age: 7 years & up

6/5-8/7	W	6:00-6:45 PM	$15

ADULT PROGRAMS

Adult Beginner & Intermediate Skate

Designed for those with little or no previous experience on ice. See descriptions for Youth Ice Skating, Basic 1–4 for skills taught. **Note:** Helmets are strongly recommended for beginners.

Age: 16 years & up

6/4-6/25	Tu	6:15-6:45 PM	$39	310349-01
7/9-7/30	Tu	6:15-6:45 PM	$39	310349-02

Adult Advanced Skate

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

6/4-6/25	Tu	6:15-6:45 PM	$39	310353-01
7/9-7/30	Tu	6:15-6:45 PM	$39	310353-02

Fitness Skate NW

Intermediate to advanced skaters benefit from this aerobic exercise. 10- or 20-Admission Passes available.

Age: 16 years & up

6/3-8/9	M,W,F	11:15 AM-12:45 PM	$6

Senior Coffee Club NW

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.

Age: 60 years & up

6/5-8/7	W	9:15-11:15 AM

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

6/4-6/27	Tu,Th	9:30-10:00 AM	$73	310302-01
6/4-6/27	Tu,Th	4:30-5:00 PM	$73	310302-02
7/9-8/1	Tu,Th	9:30-10:00 AM	$73	310302-03
7/9-8/1	Tu,Th	4:30-5:00 PM	$73	310302-04

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

6/4-6/27	Tu,Th	9:30-10:00 AM	$73	310304-01
6/4-6/27	Tu,Th	4:30-5:00 PM	$73	310304-02
7/9-8/1	Tu,Th	9:30-10:00 AM	$73	310304-03
7/9-8/1	Tu,Th	4:30-5:00 PM	$73	310304-04

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: 5-9 years

6/3-6/26	M,W	4:30-5:15 PM	$109	310306-01
6/4-6/27	Tu,Th	10:00-10:45 AM	$109	310306-02
7/8-7/31	M,W	4:30-5:15 PM	$109	310306-03
7/9-8/1	Tu,Th	10:00-10:45 AM	$109	310306-04

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 10-15 years and never skated.

Age: 5-15 years

6/3-6/26	M,W	4:30-5:15 PM	$109	310310-01
7/8-7/31	M,W	4:30-5:15 PM	$109	310310-02

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

6/3-6/26	M,W	4:30-5:15 PM	$109	310314-01
7/8-7/31	M,W	4:30-5:15 PM	$109	310314-02

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

6/3-6/26	M,W	4:30-5:15 PM	$109	310316-01
7/8-7/31	M,W	4:30-5:15 PM	$109	310316-02

Basic 5 & 6 Ice Skating

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight-line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4.

Age: 5-15 years

6/3-6/26	M,W	4:30-5:15 PM	$109	310320-01
7/8-7/31	M,W	4:30-5:15 PM	$109	310320-02

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

6/4-6/27	Tu,Th	4:30-5:15 PM	$115	310326-01
7/9-8/1	Tu,Th	4:30-5:15 PM	$115	310326-02

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: 8-15 years

6/4-6/25	Tu	5:30-6:00 PM	$39	310330-01
6/4-6/27	Tu,Th	5:30-6:00 PM	$77	310330-02
6/6-6/27	Th	5:30-6:00 PM	$39	310330-03
7/9-7/30	Tu	5:30-6:00 PM	$39	310330-04
7/9-8/1	Tu,Th	5:30-6:00 PM	$77	310330-05
7/11-8/1	Th	5:30-6:00 PM	$39	310330-06

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

6/4-6/27	Tu,Th	4:30-5:15 PM	$115	310332-01
7/9-8/1	Tu,Th	4:30-5:15 PM	$115	310332-02

Free Skate 3 & 4
Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, loop jump, toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump, and split falling leaf.

Age: 5-15 years

6/4-6/27	Tu,Th	4:30-5:15 PM	$115	310334-01
7/9-8/1	Tu,Th	4:30-5:15 PM	$115	310334-02

Advanced 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.

Age: 5-15 years

6/4-6/27	Tu,Th	4:30-5:15 PM	$115	310336-01
7/9-8/1	Tu,Th	4:30-5:15 PM	$115	310336-02

Do you have Medicaid?
You may also have dental coverage.

Medicaid • CHP+ • Sliding fee scale

Health District
FAMILY DENTAL CLINIC

Call to see if you qualify!
970-416-5331

healthdistrict.org/dental

Patients must live in the Health District, have no private dental insurance, and meet income guidelines.

SPECIALTY SKATE

Synchronized Intro
Learn unison team skating in formations. Prerequisite: Pre-Free Skate.

Age: 6 years & up

6/4-6/25	Tu	6:15-7:00 PM	$58	310340-01
7/9-7/30	Tu	6:15-7:00 PM	$58	310340-02

Introduction to Ice Dancing
Learn the basic components of ice dance such as dance steps, progressives, chasses, swing rolls, dance tempos, and presentation. Prerequisite: Basic 6 or coach recommendation.

Age: 6 years & up

6/3-6/24	M	5:45-6:45 PM	$77	310344-01
7/8-7/29	M	5:45-6:45 PM	$77	310344-02

Ice Dance
Learn Preliminary and/or Pre-Bronze ice dance steps and patterns. Learn how to skate with a partner and prepare to take one or more dance tests. Prerequisite: Pre-Free Skate. **Note:** Must be UFSF member to test. Class will not be held on 7/6.

Age: 5 years & up

6/8-7/20	Sa	10:00-11:00 AM	$115	310346-01

Outdoor Recreation

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 Ⓜ. For more information, see page 99.

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.

ADULT PROGRAMS

Classes are for ages 18 years & up unless otherwise noted.

Classes depart from the Senior Center unless otherwise noted.

Outdoor Recreation Social
Learn about the different opportunities available through Outdoor Recreation. Meet fellow enthusiasts and Outdoor Leaders, and get ready to hit the trails.

Age: All

6/8	Sa	9:00-12:00 AM	No Fee	311911-01

[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. Attend the Outdoor Recreation Social to learn more about club membership and activities. For more information, including a schedule of upcoming events, visit *fcgov.com/outdoorrecreation*.

Quarterly BOOTS Membership
Attendance at the Outdoor Recreation Social is highly encouraged, but not required for participation. Once registered, participants choose, hikes, stewardship, and education events to attend (listed below). After registration, the BOOTS coordinator will contact club members to welcome them to the group.

Age: 18 years & up

Ongoing	$10	311930-01

B.O.O.T.S. Hiking

Soapstone Natural Area

6/10	M	7:00-9:00 AM	No Fee	311931-02

Devil's Backbone Open Space

6/17	M	7:00-9:00 AM	No Fee	311931-03

Gateway Natural Area

6/24	M	7:00-9:00 AM	No Fee	311931-04

Bobcat Ridge Natural Area

7/8	M	:00-9:00 AM	No Fee	311931-05

Maxwell Natural Area

7/15	M	7:00-9:00 AM	No Fee	311931-06

Pineridge Natural Area

7/29	M	7:00-9:00 AM	No Fee	311931-07

Horsetooth Open Space

8/5	M	7:00-9:00 AM	No Fee	311931-08

Red Mountain Open Space

8/12	M	7:00-9:00 AM	No Fe	311931-09

Red Fox Meadows

8/19	M	7:00-9:00 AM	No Fee	311931-10

Social

8/26	M	7:00-9:00 AM	No Fee	311931-11

B.O.O.T.S. Stewardship

Stove Prairie Elementary

7/23	Tu	7:00-9:00 AM	No Fee	311932-01

B.O.O.T.S. Education

Bellvue Watson Fish Hatchery

8/7	W	9:00-11:00 AM	No Fee	311933-01

[COUCH TO 14ER CHALLENGE]

It's never too early or too late to tackle a Colorado bucket list item. Over the course of this three-part series, build skills, strength, knowledge, and comradery to make it to the top of a 14,000 ft. mountain. Starting at any level, engage in fitness, outdoor education, and recreation activities designed to build confidence and get that picture on the summit of Mt. Bierstadt.

Couch to 14er, Part 2
Continue training with the Trail Fit class (see page 64), two leisure hikes, two adventure hikes, and classroom education about useful gear, 14er prep, and technical hiking.

Age: All
Location: Senior Center

Ongoing	$250	311940-01

Couch to 14er, Part 3
All of the training has been for this - the summit of Mt. Bierstadt.

Depart the Senior Center on day one and arrive in Georgetown for a pre-summit dinner. The next morning, rise before dawn to reach the top of the mountain. After the summit excursion, dine as a group in Georgetown, then have an afternoon to explore the quaint mountain town. On day three, gather for breakfast in Georgetown, travel to Idaho Springs to soak and relax, and then return back to Fort Collins. **Note:** One breakfast, one lunch, one dinner in Georgetown included. Lunch and hot spring admission in Idaho Springs and transportation to and from the Senior Center also included. Non-refundable after 7/1/2019.

8/6-8/8	Tu-Th	Single Occupancy	$625	311990-01
8/6-8/8	Tu-Th	Double Occupancy	$500	311990-01

[HIKING]

Designed for adults 18 years and older who wish to get into the outdoors with competent and experienced guides. Guides carry SPT GPS positioning in case of emergency and are Wilderness First Aid certified.

Vans depart and return to the Senior Center and are equipped with AEDs. Participants are required to provide their own equipment, 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.

Destination of outings may change due to weather, trail conditions, or other factors at the discretion of the program coordinator.

Mountain View Strolls
Pick up and drop off provided to scenic destinations which include an afternoon picnic and optional nature walk. **Note:** Staff guide not provided.

Dowdy Lake
Visit the popular and scenic Dowdy Lake located near the Red Feather Lakes region.

6/21	F	10:00 AM-2:30 PM	$31	311908-01

Bear Lake
Sitting at 9,450 ft., Bear Lake is one of Rocky Mountain National Park's most popular destinations surrounded by scenic mountain landscapes.

7/19	F	7:00 AM-3:00 PM	$31	311908-02

Button Rock
Enjoy the soothing sounds of the North St. Vrain river with a stroll along the beautiful canyon.

8/23	F	10:00 AM-2:30 PM	$31	311908-03

[LEISURE HIKES]

Easy to moderate hikes with minimal elevation gain of up 700 ft., and up to 7 miles at a 1 to 2 mile per hour pace. Cost includes transportation to and from as well as experienced guides.

Rabbit Mountain Open Space
Explore beautiful open space surrounded by amazing views and covered in wildflowers. **Note:** Moderate; Mileage: 4-6; Lowest elevation: 5,500 ft; Highest elevation: 5,850 ft.

6/7	F	7:00 AM-3:00 PM	$31	311903-01

Sundance Trail
Follow the western shore of Carter Lake through forested pines and evergreen trees and explore sandy beaches. **Note:** Easy; Mileage: 4-6: Lowest elevation: 5,711 ft.; Highest elevation: 5,820 ft.

6/14	F	7:00 AM-3:00 PM	$31	311903-02

Hewlett Gulch
Explore lower Poudre Canyon. See foundations of old homesteads, a narrow canyon with stream crossings, and beautiful meadows. **Note:** Easy; Mileage: 3-5: Lowest elevation: 5,680 ft.; Highest elevation: 6,100 ft.

6/18	Tu	6:30 AM-4:00 PM	$31	311903-03

Trap Park
Explore the Neota Wilderness through Trap Park. Meander through pine trees and wildflower meadows while keeping an eye out for moose. **Note:** Easy; Mileage: 4-6; Lowest elevation: 9,900 ft.; Highest elevation: 10,500 ft.

6/28	F	7:00 AM-4:00 PM	$31	311903-04

Granite Ridge
Follow an old logging road through lodgepole and ponderosa pine with views of the South Lone Pine Drainage. **Note:** Moderate; Mileage: 4-7: Lowest elevation: 8,550 ft.; Highest elevation: 8,630 ft.

7/9	Tu	7:00 AM-4:00 PM	$31	311903-05

Gould Loop
Hike through prime moose habitat on this loop trail that parallels the middle fork of the Michigan River. **Note:** Easy; Mileage: 3-6; Lowest elevation: 9,400 ft.; Highest elevation: 9,640 ft.

7/18	Th	7:00 AM-4:00 PM	$31	311903-06

Cub Lake
Wander through lush meadows, keeping an eye out for elk or deer as you stroll up to scenic Cub Lake. **Note:** Easy; Mileage: 3-7; Lowest elevation: 8,100 ft.; Highest elevation: 8,600 ft.

7/25	Th	6:30 AM-4:00 PM	$31	311903-07

Old Flowers Road
See the regrowth of the Stove Prairie Area after the Hyde Park Fire while hiking along Old Flowers Road. **Note:** Easy; Mileage: 3-6: Lowest elevation: 7,300 ft.; Highest elevation: 8,000 ft.

8/2	F	7:00 AM-4:00 PM	$31	311903-08

City of Fort Collins Recreation | Recreator

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Corral Creek
This short trail offers access to the southern end of the Comanche Peak Wilderness Area with great views of the Poudre River. **Note:** Easy; Mileage: 3-5: Lowest elevation: 9,600 ft.; Highest elevation: 10,030 ft.

8/22	Th	6:30 AM-4:00 PM	$31	311903-09

Zimmerman Lake
Beautiful views of Neota Wilderness Area. Peaceful trail on an old logging road. **Note:** Easy; Mileage: 4-5; Lowest elevation: 10,026 ft.; Highest elevation: 10,479 ft.

8/27	Tu	7:00 AM-4:00 PM	$31	311903-10

[ADVENTURE HIKES]

Moderate to strenuous hikes with varying changes in elevation of up 2,500 ft. with up to 10 miles at a 2 mile per hour pace. Cost includes transportation to and from as well as experienced guides.

Roaring Creek
Stay cool alongside Roaring Creek. Hike through Oregon grape, sagebrush, Rocky Mountain juniper, and a variety of pines on this challenging adventure hike. **Note:** Strenuous; Mileage: 5-10; Lowest elevation: 7,730ft; Highest elevation: 9,820 ft.

6/4	Tu	7:00 AM-3:00 PM	$36	311907-01

Lower Dadd Gulch
Follow a stream and an old stock trail up while passing through woods and meadows with views of rock outcrops. **Note:** Moderate; Mileage: 6-8; Lowest elevation: 7,040 ft; Highest elevation: 8,470 ft.

6/11	Tu	7:00 AM-3:00 PM	$36	311907-02

Grey Rock
Embark on the challenge to one of Poudre Canyon's most visited hikes: Grey Rock. Climb to the top of the rock and see majestic views of surrounding wilderness areas. **Note:** Strenuous; Mileage: 6-8; Lowest elevation: 5,570 ft; Highest elevation: 7,470 ft.

6/20	Th	7:00 AM-4:00 PM	$36	311907-03

West Creek
Hike along the scenic North Boundary trail in RMNP with a detour to the majestic West Creek Falls. **Note:** Moderate; Mileage: 4-6; Lowest elevation: 7,861 ft; Highest elevation: 8,000 ft.

6/26	W	6:30 AM-4:00 PM	$36	311907-04

Cirque Meadows
Hike to the scenic Cirque Meadows along an old jeep trail. Enjoy the views of the Mummy Range and CSU's rustic mountain campus. **Note:** Moderate; Mileage: 6-8; Lowest elevation: 8,921 ft; Highest elevation: 9,900 ft.

7/3	W	7:00 AM-4:00 PM	$36	311907-05

Lookout Mountain
This underutilized trail offers not only a physical challenge, but also fantastic 360-degree views of Rocky Mountain National Park and the Indian Peaks. **Note:** Strenuous; Mileage: 8-10; Lowest elevation: 8,744 ft; Highest elevation: 10,670 ft.

7/11	Th	7:00 AM-4:00 PM	$36	311907-06

North Fork Trail
Hike through the Comanche Peak Wilderness area and experience one of the top three highest used trails in the Canyon Lakes Region. Enjoy scenic views of North Fork Canyon with a physical challenge. **Note:** Moderate; Mileage: 8-10; Lowest elevation: 7,868 ft; Highest elevation: 8,961 ft.

7/16	Tu	7:00 AM-4:00 PM	$36	311907-07

Blue Lake Trail
One of the most heavily used trails in the Rawah Wilderness, hike all the way to Blue Lake and experience the beauty. **Note:** Strenuous; Mileage: 10; Lowest elevation: 9,482 ft; Highest elevation: 10,800 ft.

7/24	W	7:00 AM-4:00 PM	$36	311907-08

Big South
Vistas of rugged canyon while trekking through the subalpine forest. **Note:** Moderate; Mileage: 5; Lowest elevation: 8,500 ft; Highest elevation: 8,900 ft.

7/30	Tu	7:00 AM-4:00 PM	$36	311907-09

American Lakes
Scenic hike to the lakes with spectacular wildflower views near the border of RMNP. **Note:** Strenuous; Mileage: 10; Lowest elevation: 9,800 ft; Highest elevation: 11,200 ft.

8/13	Tu	7:00 AM-4:00 PM	$36	311907-10

Sky Ponds
Spend time in beautiful RMNP and hike to beautiful panoramas of waterfalls, mountains, and high alpine lakes. **Note:** Strenuous; Mileage: 8-10; Lowest elevation: 9,160 ft; Highest elevation: 11,020 ft.

8/21	W	7:00 AM-4:00 PM	$36	311907-11

Twin Sisters
Hike to the top of the beautiful twin sisters, see scenic vistas, and listen to the chirp of the mountain pika. **Note:** Strenuous; Mileage: 7; Lowest elevation: 9,200 ft; Highest elevation: 11,400 ft.

8/29	Th	6:30 AM-4:00 PM	$36	311907-12

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

[OUTDOOR EDUCATION]

Fireside Chats
Enjoy a summer evening on the patio with views of Rolland Moore Park. Learn about nocturnal wildlife and other topics with old-fashioned s'mores and the crackling of a campfire.

Age: All
Location: Senior Center

6/29	Sa	7:00-9:00 PM	$3	307405-01
7/27	Sa	7:00-9:00 PM	$3	307405-02
8/31	Sa	7:00-9:00 PM	$3	307405-03

Mountain Bike Basics
A brief introduction to the skills and knowledge for beginner mountain bikers to ride single track, overcome obstacles, and learn techniques to make riding off road safe and fun. A mountain bike and helmet are required, but not provided. **Note:** Instructor will notify participants of location prior to class.

Age: 18 years & up

6/5-6/6	W,Th	5:30-8:30 PM	$75	307468-01
7/10-7/11	W,Th	5:30-8:30 PM	$75	307468-02
8/14-8/15	W,Th	5:30-8:30 PM	$75	307468-03

Sylvan Dale Natural History Adventure
Learn about Sylvan Dale's rich natural history and participate in interactive adventures with the wild animals that call Sylvan Dale their home. Expect moderate hiking of up to 2 miles. On the way home, enjoy a meal in Loveland.

Age: 8 years & up
Location: Senior Center

6/23	Su	8:00 AM-2:00 PM	$5	311906-01

Wine & Wander
Gear up for an invigorating two-hour hike through Lory State Park followed by a wine tasting presentation at Ten Bears Winery in LaPorte. **Note:** Fee includes hike, snacks, and wine flight from Ten Bears Winery.

Age: 21 years & up
Location: Senior Center

7/21	Su	10:00 AM-3:00 PM	$62	311909-01

YOUTH PROGRAMS

Archery
Archery is a skillful sport which requires balance, poise, accuracy, vision, timing and action. Learn basic techniques and safety.

Age: 8-16 years
Location: Rocky Mountain Archery, 4518 Innovation Dr.

6/6-6/13	Th	4:30-5:30 PM	$30	315941-01
6/20-6/27	Th	4:30-5:30 PM	$30	315941-02
7/11-7/18	Th	4:30-5:30 PM	$30	315941-03
7/25-8/1	Th	4:30-5:30 PM	$30	315941-04

Special Events

Kids in the Park NW

A new twist on an old favorite. Kids in the Park, formally Kites in the Park, encourages kids to get outside and play. Learn about new recreation activities, play in the park, dance to live music, visit the food trucks, and of course, fly kites.

Age: All
Location: Twin Silo Park

5/19	Su	10:00 AM-3:00 PM	No Fee

Date with Dad

Dad and child pairs work together to create a special work of art using hammers and nails. Date night snacks included. **Note:** $30 per parent/child duo; additional children are $10. Adult chaperones other than Dad are welcome to attend.

Age: 3-10 years
Location: Northside Aztlan Center

Dad & Child

6/8	Sa	10:00 AM-Noon	$30	316503-01

Additional Child

6/8	Sa	10:00 AM-Noon	$10	316503-02

Father's Day 5k

Celebrate Dad with a race to the finish. This unique race includes father/child team races and individual races. The new route runs through the Mall at Foothills. For more information and to register, visit *greeneventscolorado.com*.

Age: All
Location: The Mall at Foothills

6/16	Su	8:00 AM	Costs Vary

4th of July Parade & Fireworks NW

Celebrate America's independence with a full day of events. The 4th of July Celebration begins with a parade down Mountain Avenue at 10 a.m. The parade begins on Howes St. The day of festivities concludes with musical entertainment in City Park and a stunning firework display. For a full schedule of events, visit *fcgov.com/july4th*.

Age: All
Location: Mountain Avenue & City Park

7/4	Tu	10:00 AM–10:00 PM	No Fee

Ice Theatre NW

Productions are performed on a frozen stage. General admission tickets can be purchased at EPIC beginning 7/24. For more information contact 970.221.6683.

Age: All
Location: Edora Pool Ice Center

8/7	W	6:00 PM- 6:45 PM	$5

Picnic in the Park NW

Take a break from the routine and invite older loved ones to a picnic lunch. Enjoy food, entertainment, trolley rides, and a day out in City Park.

Age: All
Location: City Park Shelters 1-5

8/14	W	11:00 AM- 1:00 PM	$3 suggested donation

Pooch Plunge NW

Enjoy a dog day afternoon at City Park pool with man's best friend. Tickets can be purchased beginning 8/12. For more information visit *fcgov.com/recreation*. **Note:** Very Important Pooch (VIP) tickets available when purchased in advance.

Age: All
Location: City Park Pool

8/25	Su	4:00 PM-6:00 PM	Pre-Sale $8, Day of Tickets $10

Curling Bonspiel

Get out the cowbell's, it's bonspiel time. Register as a team of four or as an individual. Curling league is offered during the summer as practice for this event. See page 73. Four games guaranteed.

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

Team of 4

9/6-9/9	F-Su	Tba	$381	310378-01

Individual

9/6-9/9	F-Su	Tba	$96	310378-02

SUMMER CONCERT SERIES

Note: Tickets can be purchased at the Senior Center or online. Please present receipt at door.

Age: All
Location: Senior Center

Off the Clock

Back by popular demand. Dance and romance with classic rock and country from the 50s, 60s, and 70s.

6/14	F	7:00-9:00 PM	$5	312445-01

Sons of Genesis

A tribute to the legendary band Genesis, and the solo careers it spawned.

7/19	F	7:00-9:00 PM	$5	312445-02

Stone Beat Invasion

Relive the legendary music of the two iconic bands, The Rolling Stones and the Beatles. With decades of chart toppers, Stone Beat Invasion delivers an epic rock 'n roll experience.

8/16	F	7:00-9:00 PM	$5	312445-03

Meet the Emerald Ash Borer.

EAB, or the Emerald Ash Borer, is on its way.

This highly destructive, non-native insect infests and kills all types of Northern American true ash trees. While EAB hasn't made its way to Fort Collins, **YET**, it's important for us to know what problems this little bug can cause and how we can detect its presence.

Learn more about EAB and how to prepare for its arrival at **fcgov.com/forestry.**

City of Fort Collins

19-20877

Sports

Online Sports Schedules & League Rules
All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit *teamsideline.com/fortcollins* for current game schedules, league updates, game cancellations, and weather updates.

ADULT SPORTS

Programs are for ages 16 years & up unless otherwise noted. **Note:** Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the reduced fee program.

[BASKETBALL]

Summer Adult Basketball
Teams sign up for level preference on a first come first serve basis. Registration ends 5/29. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Northside Aztlan Center
Cost: $459
Date: 6/7–8/2

Men's Fri Competitive	313001-01
Men's Fri Recreational	313001-02
Women's Fri Recreational	313001-03

Fall Adult Basketball
Teams sign up for level preference on a first come first serve basis. Registration ends 8/30. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Northside Aztlan Center
Cost: $458
Date: 9/6–10/28

Men's Mon Competitive	413501-01
Men's Mon Recreational	413501-02
Coed Fri Recreational	413501-03

[FLAG FOOTBALL]

Summer Adult Flag Football
8-on-8 non-contact league. Registration ends 5/29 or when leagues fill. 8 games scheduled, 8 games guaranteed. **Note:** Class will not be held on 7/4.

Location: Rolland Moore Park

6/6–8/8	Th	6:00–10:00 PM	$445	313011-01

Fall Adult Flag Football
8-on-8 non-contact league. Registration ends 8/9 or when leagues fill; 8 games scheduled. **Note:** Ages 16-17 years need parent signature on roster prior to participation. Class will not be held on 9/2.

Location: Rolland Moore Park
Cost: $445
Date: 8/26–10/28

Mon Recreational	413011-01
Tues Recreational	413011-02
Thursday Women's	413011-03

[KICKBALL]

Summer Adult Coed Kickball
Teams play in coed competitive and recreational leagues. Registration ends 5/29 or when league fills. 8 games scheduled. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Rolland Moore Park
Cost: $270
Date: 6/7–8/2

Friday Competitive	313061-01
Friday Recreational	313061-02

Fall Adult Coed Kickball
Teams play in coed competitive and recreational leagues. Registration ends 8/9 or when league fills. 8 games scheduled. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: Rolland Moore Park
Cost: $270
Date: 8/23–10/25

Friday Competitive	413061-01
Friday Recreational	413061-02

[MARTIAL ARTS]

Shotokan Karate, Beginner
Introduction to karate, a Japanese martial art form. Students may be divided into groups based on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before intermediate level.

Age: 7 years & up

Location: Club Tico

6/3–7/3	M,W	6:00–7:00 PM	$56.50	322122-01
7/8–8/7	M,W	6:00–7:00 PM	$56.50	322122-02
8/12–9/11	M,W	6:00–7:00 PM	$56.50	322122-03

Location: Foothills Activity Center

6/4–7/2	T,Th	6:00–7:00 PM	$56.50	322122-04
7/9–8/8	T,Th	6:00–7:00 PM	$56.50	322122-05
8/13–9/12	T,Th	6:00–7:00 PM	$56.50	322122-06

Shotokan Karate, Intermediate
Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

6/3–7/3	M,W	6:00–7:00 PM	$56.50	322123-01
7/8–8/7	M,W	6:00–7:00 PM	$56.50	322123-02
8/12–9/11	M,W	6:00–7:00 PM	$56.50	322123-03

Location: Foothills Activity Center

6/4–7/2	T,Th	7:00–8:00 PM	$56.50	322123-04
7/9–8/8	T,Th	7:00–8:00 PM	$56.50	322123-05
8/13–9/12	T,Th	7:00–8:00 PM	$56.50	322123-06

Shotokan Karate, Advanced
Learn new karate concepts while reinforcing the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

6/3–7/3	M,W	7:00–8:00 PM	$56.50	322124-01
7/8–8/7	M,W	7:00–8:00 PM	$56.50	322124-02
8/12–9/11	M,W	7:00–8:00 PM	$56.50	322124-03

Shotokan Karate, Advanced continued

Location: Foothills Activity Center

6/4–7/2	T,Th	7:00–8:00 PM	$56.50	322124-04
7/9–8/8	T,Th	7:00–8:00 PM	$56.50	322124-05
8/13–9/12	T,Th	7:00–8:00 PM	$56.50	322124-06

[PICKLEBALL]

Summer Kick-off Pickleball Festival NW
Something for everyone whether an expert or just wanting to learn what all the excitement is about. Paddles are provided. Attire: Court shoes required.

Location Spring Canyon Park

6/2	Su	12:00-5:00 PM	No Fee

Outdoor Pickleball Leagues
Gender neutral teams play matches against teams with similar skills each week. Teams compete in pool play with opportunity to move up or down brackets based on results. Fee is per person. List teammate at registration. If no teammate is provided players of similar abilities with be matched.

Age: 18 years & up
Location: Spring Canyon

continued on next page

Outdoor Pickleball Leagues continued

3.0 - 3.4 rating

6/4-6/25	Tu	5:00–8:00 PM	$25	324410-01
7/2-7/30	Tu	5:00–8:00 PM	$25	324410-02
8/6-8/27	Tu	5:00–8:00 PM	$25	324410-03

3.5 - 3.9 rating

6/4-6/25	Tu	5:00–8:00 PM	$25	324410-04
7/2-7/30	Tu	5:00–8:00 PM	$25	324410-05
8/6-8/27	Tu	5:00–8:00 PM	$25	324410-06

4.0+ rating

6/4-6/25	Tu	5:00–8:00 PM	$25	324410-07
7/2-7/30	Tu	5:00–8:00 PM	$25	324410-08
8/6-8/27	Tu	5:00–8:00 PM	$25	324410-09

Pickleball Lessons, Beginner

Designed for those new to pickleball or those who desire to freshen up skills. Introduction to rules, scoring, and basics takes place in a classroom and on the court.

Age: 18 years & up
Location: Twin Silo Park

6/4-6/25	Tu	8:00–9:15 AM	$20	324420-01
7/9-7/30	Tu	8:00–9:15 AM	$20	324420-02
8/6-8/27	Tu	8:00–9:15 AM	$20	324420-03

Pickleball Lessons, Intermediate

Enhance skills through practice drills and learn the finer points of play. **Note:** Ability to demonstrate adequate skills and proficiency at novice play required. Must play above a 3.0 level.

Age: 18 years & up
Location: Twin Silo Park

6/4-6/25	Tu	9:15–10:30 AM	$20	324422-01
7/9-7/30	Tu	9:15–10:30 AM	$20	324422-02
8/6-8/27	Tu	9:15–10:30 AM	$20	324422-03

Pickleball P.O.P. (Paid Open Play) Indoor

Lots of playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up
Location: Northside Aztlan Center

Intermediate

6/5-6/26	W	1:00–4:00 PM	$15	324101-01
7/10-7/31	W	1:00–4:00 PM	$15	324101-02
8/7-8/28	W	1:00–4:00 PM	$15	324101-03

Advanced

6/7-6/28	F	1:00–4:00 PM	$15	324101-04
7/12-7/26	F	1:00–4:00 PM	$12.50	324101-05
8/1-8/29	F	1:00–4:00 PM	$15	324101-06

Pickleball P.O.P. (Paid Open Play) Outdoor
Lots of playtime guaranteed with a limited number of players at a comfortable skill level.

Age: 18 years & up
Location: Twin Silo Park

4.0+

6/7-6/28	F	8:00–11:00 AM	$12.50	324100-01
7/12-7/26	F	8:00–11:00 AM	$15	324100-02
8/1-8/29	F	8:00–11:00 AM	$17.50	324100-03

Adios August Tournament
Two-day tournament with Men's and Women's divisions on the first day and Mixed Doubles on the second day. List partner and team's official rating to ensure play in the proper division(s).

Location: Spring Canyon
Cost: $20 per person per division

8/24-8/25	Sa,Sun	9:00 AM–6:00 PM	324400-01

Rating Clinic
Get an official rating on a national level.

Location: Spring Canyon Park

6/3	M	9:00 AM	$15	324401-01

[SOFTBALL]

Summer Adult Softball
Games are played at Fossil Creek, Lee Martinez, Twin Silo, and Rolland Moore Parks. Season ends with league tournaments and awards given to winners. Optic yellow balls are used. Coed leagues play with men hitting 12″ softballs and women hitting 11″ softballs. Registration ends 4/26 or when leagues fill. Rosters are unlimited. **Note:** Ages 16-17 years need parent signature on roster prior to participation.

Location: TBA Cost: $600
Date: 5/12–8/16

Men's Softball

Sun III	313021-01	Wed III	313021-09
Sun IV	313021-02	Wed IV	313021-10
Mon III	313021-03	Thurs III	313021-11
Mon IV	313021-04	Thurs IV	313021-12
Tues II	313021-05	Fri IV	313021-13
Tues III	313021-06	Fri Wood Bat	313021-14
Tues IV	313021-07	Friday 40 years & Up	313021-15
Wed II	313021-08		

Women's Softball

Tues IV	313022-01	Thurs IV	313022-04
Wed IV	313022-02	Thurs Leisure	313022-05
Thurs III	313022-03		

Coed Softball

Sun Competitive	313023-01	Tues Recreational	313023-04
Sun Recreational	313023-02	Wed Competitive	313023-05
Tues Competitive	313023-03	Wed Recreational	313023-06

Summer Adult Softball continued

Thurs Competitive	313023-07	Fri Recreational	313023-09
Thurs Recreational	313023-08		

Men's Fast Pitch Softball

Thurs	313024-01

Fall Adult Softball
Opportunity to continue playing softball after the summer leagues conclude. 8 games scheduled, 8 games guaranteed. Registration ends 8/9 or when leagues fill. **Note:** Class will not be held on 9/1.

Location: TBA
Cost: $520
Date: 8/25–10/28

Men's Softball

Sunday IV	413021-01	Wednesday III	413021-06
Monday III	413021-02	Wednesday IV	413021-07
Monday IV	413021-03	Thursday III	413021-08
Tuesday III	413021-04	Friday Unlimited HR	413021-09
Tuesday IV	413021-05	Friday IV	413021-10

Women's Softball

Tuesday IV	413022-01

Coed Softball

Sun Coed Comp	413023-01	Wed Coed Rec	413023-06
Sun Coed Rec	413023-02	Thurs Coed Comp	413023-07
Tues Coed Rec	413023-04	Thurs Coed Rec	413023-08
Wed Coed Comp	413023-05		

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

[VOLLEYBALL]

Teams sign up for their level of play and night preference on a first come first serve basis.

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

Summer Outdoor Adult Volleyball

Self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Registration ends 5/26, or when leagues fill. **Note:** Class will not be held on 7/4.

Location: Spring Canyon Park
Cost: $47-$89
Dates: 6/10–8/8

Men's Volleyball
Thursday BB Doubles 313041-01

Women's Volleyball

Tuesday BB Doubles	313042-01	Tuesday B Doubles	313042-02

Coed Volleyball

Monday A Doubles	313043-01	Wednesday BB Fours	313043-04
Monday BB Doubles	313043-02	Thursday B Fours	313043-05
Wednesday A Fours	313043-03		

Roundnet (Spikeball) - New!

Fast-paced 2-on-2, 360° sport inspired by volleyball and foursquare. Roundnet will test hand-eye coordination, reaction time, athleticism, and teamwork. Teams of 2-4 people participate in an 8-week league. **Note:** Class will not be held on 7/4.

Location: Spring Canyon Park
Cost: $40
Dates: 6/10–8/8

Thursday 313040-01

Fall Adult Volleyball

Coed and women's leagues are offered for 6-person teams. Teams sign up for level of play and night of preferences on a first come first serve basis. Registration ends 8/18, or when leagues fill. Leagues begin the week of 8/26. 8 games scheduled.

Location: TBD
Cost: $281
Women's Volleyball

Sun B	413542-03	Wed BB	413542-02
Wed A	413542-01		

Coed Volleyball

Mon BB	413543-01	Tues BB	413543-04
Mon B	413543-02	Fri B	413543-05
Tues A	413543-03		

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.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Spring hours are Monday-Friday from noon-6 p.m. and Saturday from 10 a.m.-4 p.m.

Registration

For full program information, court availability, and to register for programs, visit *lewistennis.com* or call 970.493.7000. Discounts available for additional family members.

Programs

Programs are offered at Rolland Moore Racquet Complex.

Session Dates for All Classes

6/3-6/15	Session 1
6/17-6/29	Session 2
7/1-7/13	Session 3
7/15-7/27	Session 4
7/29-8/10	Session 5
8/12-8/24	Session 6

Beginner Lessons

Whether new to the game or getting back into it after a long hiatus, learn and develop fundamentals to enjoy the game. Learn the correct way to hit forehands, backhands, volleys, overheads, and serves, as well as basic rules and strategies to start competition. Daytime classes are also available – check pro shop for times)

Age: 18 years & up

M, W	6:00-7:30 PM
Tu, Th	6:00-7:30 PM

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. (Daytime classes are also available – check pro shop for times)

Age: 18 years & up

M, W	7:30-9:00 PM
Tu, Th	7:30-9:00 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

Round Robins
Come on out to Rolland Moore and enjoy some great social competition. All levels welcome.

Th	7:30-9:00 PM

Adult Tournaments

5/4	Taylor Landstrom Memorial Tournament
5/18	Superset Adult
7/27	Adult Dog Day
8/23	Wonderful Wooden Racquet Event (Juniors & Adults)

Private Lessons & Ball Machine
Private lessons are available with USPTA certified professionals and college coaching staff. Times are flexible. Rent ball machines to work on that pesky backhand.

[YOUTH TENNIS]

National Junior Tennis & Learning (NJTL)
Lewis Tennis is proud to sponsor NJTL. NJTL is a national organization started by Arthur Ashe to provide tennis, life, and leadership skills to youth. Learn more at *njtlfc.org*.

Summer Junior Team Tennis
8-week program with practice and competition. Matches are held on Mondays from 6/10-7/22. Competitions include teams from Fort Collins, Loveland, Windsor, and Greeley. Registration deadline is 5/3.

Programs
Programs are offered at Rolland Moore Racquet Complex, Fossil Creek Park, Warren Park, and Fossil Ridge High School.

Session Dates for All Classes

6/3-6/15	Session 1
6/17-6/29	Session 2
7/1-7/13	Session 3
7/15-7/27	Session 4
7/29-8/10	Session 5
8/12-8/17	Session 6

10 Years & Under

Exciting play format for those who want to learn 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

M,W	8:15-9:00 AM
Tu,Th	8:15-9:00 AM
Sa	8:15-9:00 AM

Future Star
Age: 7–8 years

M-F	9:00-10:30 AM
M-F	1:30-3:00 PM at Fossil Ridge HS - New!
Sa	9:00-10:30 AM

Aces
Age: 9–10 years

M-F	9:00-10:30 AM
M-F	1:30-3:00 PM at Fossil Ridge HS- New!
Sa	9:00-10:30 AM

[MIDDLE SCHOOL TENNIS]

Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this lifetime sport.

Challenger (New Player)
Age: 11–13 years

M-F	10:30 AM-12:30 PM
M-F	3:00 PM-5:00 PM at Fossil Ridge HS - New!
Sa	10:30 AM-12:30 PM

Competitive (Intermediate/Advanced)

M-F	10:30 AM-12:30 PM
M-F	3:00 PM-5:00 PM at Fossil Ridge HS - New!
Sa	10:30 AM-12:30 PM

USTA Fall JTT League

Learn the game of tennis or improve existing skills. Open to beginners and veterans. Registration closes 8/29. Includes Friday practice and Saturday match play.

Age: 10-14 years

9/6-9/27	F	3:30-6:30 PM

[HIGH SCHOOL TENNIS]

Develop tennis skills to play on the high school team or to enjoy with friends.

Wimbledon (New Player)
Age: 14–18 years

M-F	10:30 AM-12:30 PM
M-F	3:00 PM-5:00 PM at Fossil Ridge HS - New!
Sa	10:30 AM-12:30 PM

High School Tennis continued

Grand Slam (Intermediate/Advanced)
Age: 14–18 years

M-F	10:30 AM-12:30 PM
M-F	3:00 PM-5:00 PM at Fossil Ridge HS - New!
Sa	10:30 AM-12:30 PM

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.

Tier #1 & Tier #2 & Green Dot Performance

M-Th	1:30-3:30 PM

Tier #3

M-Th	3:30-5:30 PM

High School Preseason Camp

High School players prepare for competition. Stroke production, competitive play, drills, physical conditioning, and mental toughness prepare for the start of the season.

Location: Rolland Moore Park

7/22-26	M-F	1:00-4:00 PM

[TENNIS TOURNAMENTS]

Tournaments
USTA sanctioned junior tournaments are offered for novice, intermediate, and advanced players. Contact 970.493.7000 to enter.

Age: 7-18 years

3/30	Spring Fling
4/20	April Blow Out Challenger (Level 7)
4/27	Spring Warm Up Challenger (Level 7)
5/4	Taylor Landstrom Memorial Adult
5/18	Superset Adult
5/25	Summer Kick Off Futures (Level 8)
6/7	Slammin' Summer Championship (Level 6)
6/15	Spectacular Futures (Level 8)
6/22	Firecracker Challenger (Level 7)
6/28	Lightning Summer Championship (Level 6)
7/6	Sizzling Summer Challenger (Level 7)
7/13	Jumpin' Summer Challenger (Level 7)
7/27	Dog Days (Adult)
8/3	Back to School Futures (Level 8)
8/9	Rockin' Summer Championship (Level 6)
8/17	Fall Challenger (Level 7)
8/23	Wonderful Wooden Racquet Event (Juniors & Adults)
9/21	Autumn Blast Championship (Level 6)
9/28	Blazing Pumpkin Challenger (Level 7)
10/5	October Fest Championship (Level 6)

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 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.

Interested in coaching? Call 970.416.4297.

Online Sports Schedules & League Rules
All youth sports schedules and league rules are located online through Team Sideline. See page 82 for more information.

Register NOW: SUMMER 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

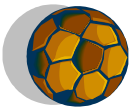
Multi-Sport Day Camps

Explore & learn the basics of four or more different sports per day.
Your kids will go home tired and happy!
Girls & Boys - Fall Grades K - 5
Full-Day: 9am - 4 pm or Half-Day: 9am - noon
CHOOSE FROM:

Jun 3 - 7	Jul 8 - 12	Jul 29 - Aug 2	Aug 5 - 9	Aug 12 - 16	Aug 19

Instructional Leagues

Boys & Girls - For Beginning & Intermediate Players
Learn, practice & play in the same day!
No scores are kept.
The focus is on learning and having FUN!



- **SOCCER**
  - Ages 5 - 11 — Tuesdays
  - Early Summer — 4 weeks — Jun 4 - 25
  - Late Summer — 6 weeks — Jul 9 - Aug 13
- **FLAG FOOTBALL**
  - Fall Grades K - 5 — Thursdays
  - Early Summer: — 4 weeks — Jun 6 - 27
  - Late Summer: — 6 weeks — Jul 11 - Aug 15

Summer Sports Camps

BASEBALL w/The Fort Collins Foxes

- Ages 4 to 14 (Must turn 5 by 9/15/19)
- Separate classes for all skill levels
- Camp I: Mon - Fri, Jun 17 - 21
- Camp II: Mon - Fri, Jul 15 - 19

BOYS LACROSSE

- Fall Grades K - 7
- Camp I: Mon - Fri, Jun 10 - 14
- Camp II: Mon - Fri, Aug 5 - 9

GIRLS LACROSSE

- Fall Grades K - 8
- Mon - Fri, Jul 29 - Aug 2

VOLLEYBALL

- Fall Grades 3 - 8
- Camp I: Mon - Fri, Jun 10 - 14
- Camp II: Mon - Fri, Jul 22 - 26

VOLLEYBALL: MIDDLE SCHOOL PRE-TRYOUT CAMP

- Fall Grades 6 - 8
- Mon - Fri, Aug 5 - 9

TACKLE FOOTBALL

- Fall Grades 3 - 8
- Mon - Fri, Jul 22 - 26
- This is a full equipment/full contact camp

BASKETBALL

- Fall Grades K - 3
- Camp I: Mon - Fri, Jun 17 - 21
- Camp II: Mon - Fri, Jul 15 - 19

TENNIS SMALL GROUP LESSONS

- Fall Grades K - 6, Fridays
- Early Summer: 3 wks: Jun 7 - 21
- Late Summer: 6 wks: Jul 12 - Aug 16

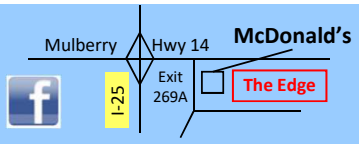
GIRLS RECREATIONAL SOFTBALL

- Fall Grades K - 8, Mon - Fri, Jul 29 - Aug 2

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



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

[LACROSSE]

Youth Lacrosse - New!

Designed for beginners to try the sport and learn the rules and skills of the game. Teams practice 1-2 times per week during an 8-week season. Games played on week night evenings. **Note:** Equipment and jersey provided. Equipment check out dates to follow.

Cost: $120
Dates: 6/10-8/2
Location: TBA

Boys Grade 4/5	314009-01
Girls Grade 4/5	314009-02
Boys Grade 6	314009-03
Girls Grade 6	314009-04
Boys Grade 7/8	314009-05
Girls Grade 7/8	314009-06

[BASKETBALL]

Summer Boys & Girls Basketball

Teams formed by park practice location. 1-2 practices outside, 6 games on indoor courts. Games scheduled in the evenings on various week nights. Based on the 2018/2019 school year grade. NBA replica jerseys provided. **Note:** Class will not be held on 7/3.

Cost: $87
Dates: 6/3-7/22

Coed Grade: Kindergarten–1
Foothills Activity Center 314700-01

Boys Grade 2/3

City Park	314001-01	Rolland Moore Park	314001-20
Fossil Creek Park	314001-10	Spring Canyon Park	314001-05
Lee Martinez Park	314001-15	Stewart Case Park	314001-31
Rogers Park	314001-02	Troutman Park	314001-25

Boys Grade 4/5

City Park	314002-01	Spring Canyon Park	314002-06
Fossil Creek Park	314002-11	Troutman Park	314002-25
Lee Martinez Park	314002-15	Warren Park	314002-30
Rolland Moore Park	314002-20		

Boys Grade 6/7/8

City Park	314003-01	Rolland Moore Park	314003-20
Fossil Creek Park	314003-11	Spring Canyon Park	314003-06
Landings Park	314003-25	Warren Park	314003-26
Lee Martinez Park	314003-15		

Boys Grade 9/10/11/12 314007-01

Girls Grade 2/3

City Park	314004-01	Rolland Moore Park	314004-20
Fossil Creek Park	314004-10	Spring Canyon Park	314004-05
Lee Martinez Park	314004-15	Stewart Case Park	314004-31
Rogers Park	314004-02	Troutman Park	314004-25

Girls Grade 4/5

City Park	314005-01	Lee Martinez Park	314005-15
Fossil Creek Park	314005-10	Rolland Moore Park	314005-20
Spring Canyon Park	314005-05	Warren Park	314005-30
Troutman Park	314005-25		

Girls Grade 6/7/8

City Park	314006-01	Lee Martinez Park	314006-15
Fossil Creek Park	314006-10	Rolland Moore Park	314006-20
Landings Park	314006-25	Spring Canyon Park	314006-05

Girls Grade 9/10/11/12 314008-01

Basketball Team League

Designed for pre-formed teams. 5 games and end of season single elimination tournament. Teams must provide an adult coach during games and same colored jerseys with identifiable numbers on the back. Based on the 2018/2019 school year grade. Tuesday or Thursday night games.

Location: Northside Aztlan Center or Foothills Activity Center
Cost: $480
Date: 6/11-7/18

Boys League

Grade 4-5	314909-01
Grade 6-8	314909-02

Girls League

Grade 4-5	314909-06
Grade 6-8	314909-07

[SOFTBALL]

Softball Coed Tee Ball

Develop skills, sportsmanship, and coordination. Teams practice once per week for 30-minutes before each game. Based on 2018/2019 school year grade. Registration closes 5/24. Team shirts included.

Age: 5–6 years
Cost: $41
Date: 6/4–7/9

Spring Canyon Park	314020-03

Summer Girls' Softball

Learn and improve slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBD). Grades 2-3 play coach pitch style softball. Grades 4-5 play modified fast pitch. Grades 6-8 play regular fast pitch. Based on 2018/2019 school year grade. Games played Tuesdays and/or Thursdays. Team shirts included.

Cost: $75
Date: 5/28–7/11

Grade 2-3			
City Park	314021-16	Rolland Moore	314021-19
Fossil Creek	314021-17	Spring Canyon	314021-20
Beattie	314021-18	Rolland Moore	314021-21
Grade 4-5			
City Park	314022-16	Spring Canyon	314022-19
Fossil Creek	314022-17	Rolland Moore	314022-20
Beattie	314022-18		
Grade 6-8			
Blevins	314023-20	Lincoln	314023-25
Boltz	314023-21	Preston	314023-26
CLP	314023-22	Webber	314023-27
Kinard	314023-23	Wellington	314023-28
Lesher	314023-24		

[VOLLEYBALL]

Junior Rams Volleyball - New!

All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to two pre-selected CSU Volleyball games and a player/coach clinic at CSU.

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 week nights. Practice days and times vary. Coach reaches out the week prior to the program start.

Cost: $87
Date: 9/2-10/19

Grade 2-3	414941-01
Grade 4-5	414942-01

Middle School 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 occasional week nights.

Cost: $87
Date: 9/2-10/19

Grade 6-8			
Blevins	414943-01	Lincoln	414943-11
Boltz	414943-03	Preston	414943-13
CLP	414943-05	Webber	414943-17
Kinard	414943-07	Wellington	414943-19
Lesher	414943-09	Mountain Sage	414943-21

[FOOTBALL]

Junior Rams Flag Football - New!

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. 7 games and a Junior Rams jersey included.

Cost: $89
Date: 9/7–10/19

Grade Kindergarten–1			
City Park	414010-01	Spring Canyon Park	414010-15
Edora Park	414010-04	Troutman Park	414010-18
Fossil Creek Park	414010-07	Warren Park	414010-20
Rolland Moore Park	414010-12	Windsor Park	414010-23
Grade 2-3			
City Park	414011-01	Harmony Park	414011-13
Edora Park	414011-03	Spring Canyon Park	414011-15
English Ranch Park	414011-05	Troutman Park	414011-17
Fossil Creek Park	414011-07	Warren Park	414011-19
Greenbriar Park	414011-11	Windsor Park	414011-21
Grade 4–5			
Blevins Park	414012-25	Harmony Park	414012-09
City Park	414012-01	Rolland Moore Park	414012-12
Edora Park	414012-03	Spring Canyon Park	414012-15
Fossil Creek Park	414012-05	Troutman Park	414012-17
Greenbriar Park	414012-07	Warren Park	414012-19
Grade 6–8			
City Park	414013-01	Greenbriar Park	414013-07
English Ranch Park	414013-03	Rolland Moore Park	414013-09
Fossil Creek Park	414013-05	Spring Canyon Park	414013-11

Tackle Football - New!

Northern Colorado Football Alliance
Practices are held 2–3 times per week in Fort Collins. Games are held Saturday mornings in Fort Collins, Windsor, or Greeley. 7 games scheduled.

Football Equipment Handout
All participants must be present to pick up equipment at Club Tico on Saturday 8/17, 10:30 a.m.-1:30 p.m. or Monday 8/19, 4-6 p.m.

Tackle equipment provided. Mouthpieces purchased on own.

Cost: $121
Dates: 8/26–10/19

Grade 3	414017-01		
Grade 4	414018-01		
Grade 5	414019-01		
Grade 6			
Blevins	414020-01	Lincoln	414020-25
Boltz	414020-05	Preston	414020-30
CLP	414020-10	Webber	414020-35
Kinard	414020-15	Wellington	414020-40
Lesher	414020-20		

[CHEERLEADING & TUMBLING]

Class will not be held on 6/26, 6/27, 6/28, 7/3, 7/4, 7/5.

Location: Cheer Central Suns, 128 Racquette Dr.

Introduction to Cheer, Middle School
Designed for those interested in trying out for high school cheer and to see what it takes to be on a cheer team. Learn skills to perform jumps, motions, stunts, and dance. Teams perform in-house or at a community event and showcase at one competition. **Note:** $15 cheer shirt not included.

Grade: 6-8

6/6-7/25	Th	7:00-7:55 PM	$80	314736-01
8/1-8/29	Th	7:00-7:55 PM	$70	314736-02

Cheer Central Recreational Performance Team
Enjoy a high energy community cheer program. Learn dances, arm motions, jumps, and stunts. Perform in-house or out in the community each session. Teams showcase at one competition. **Note:** $15 cheer shirt not included.

Age: 5–8 years

6/4-7/23	Tu	5:00-5:55 PM	$80	314737-01
7/30-8/27	Tu	5:00-5:55 PM	$70	314737-05

Age: 8-14 years

6/4-7/23	Tu	6:00-6:55 PM	$80	314737-02
7/30-8/27	Tu	6:00-6:55 PM	$70	314737-10

Age: 5–12 years

6/6-7/25	Th	5:00-5:55 PM	$80	314737-11
8/1-8/29	Th	5:00-5:55 PM	$70	314737-12

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

Cheer Central Suns, Recreational Tumbling
Polish cheerleading tumbling skills from cartwheels and running passes, to handstands, bridges, back walkovers, and back hand-springs.

Age: 5-14 years

6/3-7/22	M	6:30-7:25 PM	$80	314738-01
6/4-7/23	Tu	4:00-4:55 PM	$80	314738-03
6/4-7/23	Tu	7:00-7:55 PM	$80	314738-04
6/6-7/25	Th	6:00-6:55 PM	$80	314738-07
7/29-8/26	M	6:30-7:25 PM	$70	314738-02
7/30-8/27	Tu	4:00-4:55 PM	$70	314738-05
7/30-8/27	Tu	7:00-7:55 PM	$70	314738-06
8/1-8/29	Th	6:00-6:55 PM	$70	314738-08

[RUNNING]

C.A.R.A. Track
Basic techniques of track are taught. Compete in Colorado Association of Recreational Athletics track meets held on Saturdays in various cities along the Front Range. Transportation to practices and meets not provided. Receive meet schedules at first practice. Team shirt and track meet fees included.

Location: Fort Collins High School
Cost: $90

Age: 3.5–8 years

6/3–7/20	9:00–10:15 AM	M,W, F	314031-03

Age: 9–16 years

6/3–7/20	10:30–11:45 AM	M,W, F	314031-04

Junior Rams, C.A.R.A. Cross Country
Recreational cross-country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities on Saturday or Sunday each weekend. Fee includes Junior Rams jersey and fees for cross country meets.

Age: 6–14 years
Location: Varies

8/26–10/13	M,W,Sa,Sun	5:30–6:45 PM	$70	414033-01

[WRESTLING]

Summer Wrestling Camps
Learn skills other than the basic double-leg and half-nelson. Takedown technique includes under hook and over hook/whizzer series. Turns and riding will include leg/cross-body technique.

Grade: 3-8
Location: Foothills Activity Center

7/15	Sa	8:30 AM–12:30 PM	$75	314952-02
6/26–6/30	M-Th	8:30 AM –10:30 AM	$110	314952-03

[SKYHAWKS SUMMER SPORTS CAMPS]

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit *skyhawks.com/Colorado*.
Note: Class will not be held on 7/4.

Baseball
Designed for beginner and intermediate players. Learn fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility.

Age: 6–12 years
Location: Cottonwood Glenn Park

7/8–7/12	M–F	9:00 AM–Noon	$135	314071-11

Cheerleading
Entry-level cheer camp teaches skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting. Focus on fun, teambuilding, and leadership.

Age: 5–9 years
Location: Radiant Park

6/10–6/14	M-F	9:00 AM–Noon	$135	314071-01

Flag Football
Beginner and intermediate athletes learn skills on both sides of the ball. Includes the core components of passing, catching, and de-flagging or defensive positions. The week ends with the Skyhawks Super Bowl for participants to showcase skills on the gridiron.

Age: 6–12 years

Location: Miramont Park

6/3–6/7	M–F	9:00 AM-Noon	$135	314071-02

Location: Radiant Park

8/5–8/9	M–F	9:00 AM-Noon	$135	314071-17

Golf, Beginner
Entry-level players focus on proper technique and the fundamentals of form, swinging, putting, and body positioning. By adopting Starting New at Golf (S.N.A.G.), instruction is simplified so players can transition with ease onto the golf course. All equipment provided.

Age: 5-8 years

Location: Radiant Park

6/10–6/14	M–F	9:00 AM–Noon	$135	314071-10

Location: Cottonwood Glen Park

7/8–7/12	M–F	9:00 AM–Noon	$135	314071-22

Indoor Basketball
Designed for beginner and intermediate players. Learn skills to be a better athlete on and off the court. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games.

Location: Foothills Activity Center

Age: 6–10 years

6/17–6/21	M-F	9:00 AM–3:00 PM	$225	314071-06

Age: 6–12 years

7/1–7/3	M-W	1:00 PM–4:00 PM	$85	314071-18

Age: 7–12 years

7/22–7/26	M-F	9:00 AM–Noon	$135	314071-14

Indoor Volleyball
Co-ed program designed for beginner and intermediate players. Learn all aspects of the game through drills and exercises with focus on passing, setting, hitting, and serving. Athletes develop fundamental skills with game-speed drills and daily scrimmages to develop the whole player.

Age: 7–12 years
Location: Foothills Activity Center

6/10–6/14	M–F	9:00 AM–Noon	$135	314071-08
7/1–7/3	M–F	9:00 AM–Noon	$85	314071-20

Lacrosse
Learn the fundamentals of running, cradling, passing, and shooting in a fun, non-checking environment. Focus on respect, teamwork, and discipline to understand the game and its traditions.

Age: 6-12 years
Location: City Park, #6

7/15–7/19	M–F	9:00 AM–Noon	$135	314071-09

Mini-Hawk
This multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with encouragement and focus on fun.

Age: 4–7 years

Location: City Park

6/3–6/7	M–F	9:00 AM–Noon	$135	314071-03

Location: Miramont Park

7/15–7/19	M–F	9:00 AM–Noon	$130	314071-12

Location: Fossil Creek Park

6/24–6/28	M–F	9:00 AM–Noon	$130	314071-07

Location: Spring Canyon

7/29–8/2	M–F	9:00 AM–Noon	$130	314071-16

Skyhawks Sports Camp
Designed to introduce youth to a variety of sports, this multi-sport camp combines basketball and flag football into one-week. Athletes learn the rules and essentials of each sport, along with respect, teamwork, and self-discipline, through skill-based games and scrimmages.

Age: 6–12 years

Location: Fossil Creek Park

6/24–6/28	M–F	9:00 AM–Noon	$135	314071-04

Location: Spring Canyon Park

7/29–8/2	M–F	9:00 AM–Noon	$135	314071-15

Soccer
Designed for beginner and intermediate players. Learn sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Age: 6–12 years

Location: Miramont Park

6/17–6/21		9:00 AM–-Noon	$135	314071-05

Location: City Park #6

7/22–7/26	M–F	9:00 AM–3:00 PM	$225	314071-19

Track & Field
Prepare for a future in cross country, track and field events, and distance running. Learn fundamentals of body positioning, stride, proper stretching, and cool down techniques.

Age: 6-12 years
Location: Fossil Creek Park

8/5–8/9	M–F	9:00 AM–Noon	$135	314071-23

[CHALLENGER SPORTS]

Register for the programs below at *challengersports.com*. For more information contact Nathan Robinson at *nrobinson@challengersports.com*.

Challenger International Soccer Camp
High-level soccer with a team of international experts. Receive the appropriate level of curriculum and a culture/educational experience. Practice foot skills, technical drills, tactical drills, small-sided games, scrimmages, and a World Cup tournament. **Note:** Includes jersey, t-shirt, ball, and graduation party.

Location: City Park

Tiny Tykes
Age: 4–5 years

6/3–6/7	M–F	8:00–9:00 AM	$77
7/29–8/2	M–F	8:00–9:00 AM	$77

Half Day
Age: 6–14 years

6/3–6/7	M–F	9:00 AM– Noon	$182
7/29–8/2	M–F	9:00 AM – Noon	$182

Mighty Kicks®

Mighty Kicks is the premier introductory soccer program for children. Our **Classic Program** is an introductory program that is great for children who are getting started in soccer. This program is about fun and building a great foundation for each participant. The **Advanced Program** is the next progression that begins to focus on more advanced soccer techniques as well as 3v3 & 4v4 games.

SUMMER SOCCER PROGRAM SCHEDULE

TWIN SILO PARK TUESDAYS

STARTS 6/11/19

- 3 YEAR OLD 9:15 - 10:00 (CLASSIC)
- 4/5 YEAR OLD 10:15 - 11:00 (CLASSIC)
- 6-8 YEAR OLD 9:00 - 12:00 (ADVANCED CAMP)
- 3 YEAR OLD 4:30 - 5:15 (CLASSIC)
- 4/5 YEAR OLD 5:30 - 6:15 (CLASSIC)
- 6/7 YEAR OLD 5:30 - 6:30 (ADVANCED)

CITY PARK WEDNESDAYS

STARTS 6/12/19

- 2 YEAR OLD 9:15 - 10:00
- 3 YEAR OLD 9:15 - 10:00 (CLASSIC)
- 4/5 YEAR OLD 10:15 - 11:00 (CLASSIC)
- 6-8 YEAR OLD 9:00 - 12:00 (ADVANCED CAMP)
- 2 YEAR OLD 4:30 - 5:15
- 3 YEAR OLD 4:30 - 5:15 (CLASSIC)
- 4/5 YEAR OLD 5:30 - 6:15 (CLASSIC)
- 5 YEAR OLD 5:30 - 6:30 (ADVANCED)

WARREN PARK THURSDAYS

STARTS 6/13/19

- 3 YEAR OLD 9:15 - 10:00 (CLASSIC)
- 4/5 YEAR OLD 10:15 - 11:00 (CLASSIC)
- 6-8 YEAR OLD 9:00 - 12:00 (ADVANCED CAMP)
- 3 YEAR OLD 4:30 - 5:15 (CLASSIC)
- 4/5 YEAR OLD 5:30 - 6:15 (CLASSIC)
- 6/7 YEAR OLD 5:30 - 6:30 (ADVANCED)

SUNDAYS STARTS 6/09/19

HARMONY PARK

2 YEAR OLD 9:15 - 10:00 | 3 YEAR OLD 9:15 - 10:00 (CLASSIC)

4/5 YEAR OLD 10:15 - 11:00 (CLAISSIC) | 6/7 YEAR OLD 10:00 - 11:00 (ADVANCE)

1 WEEK MINI-CAMPS

WEEK OF 8/5 - 8/9

WARREN PARK

- 3 YEAR OLD 9:15 - 10:00 (CLASSIC)
- 4/5 YEAR OLD 10:15 - 11:00 (CLASSIC)
- 6-8 YEAR OLD 9:00 - 12:00 (ADVANCED CAMP)

WEEK OF 8/12-8/16

CITY PARK

- 3 YEAR OLD 9:15 - 10:00 (CLASSIC)
- 4/5 YEAR OLD 10:15 - 11:00 (CLASSIC)
- 6-8 YEAR OLD 9:00 - 12:00 (ADVANCED CAMP)

NEW! 2V2 SUMMER LEAGUE 6 GAME SESSIONS

WARREN PARK

SATURDAYS
4 - 8 YEAR OLDS
VISIT US ONLINE FOR MORE INFO!

7 WEEK SEASON AGES 2-8

- builds motor skills
- teaches life skills
- builds self confidence
- teaches soccer techniques

REGISTER ONLINE:

MIGHTYKICKSNORTHERNCO.NET

CONTACT US // 970-682-4898
NORTHERNCO@MIGHTYKICKS.NET

Challenger Rookie Rugby Coed Camp
Non-contact and full of action. Practice and play a form of flag rugby. Fun, safe, team game that develops ball handling, running and evasion skills. Learn the importance of teamwork and respect for opponents, coaches, and referees.

Age: 6–14 years
Location: City Park

Half Day

6/10–6/6/14	M–F	9:00 AM –Noon	$167

Full Day

6/10–6/6/14	M–F	9:00 AM –3:00 PM	$237

[YOUNGSTERS]

S.N.A.G.
Explore Starting New at Golf (S.N.A.G.) and work on the fundamentals of the game. All equipment provided.

Age: 5-10 years
Location: City Park

Session I

6/4–6/20	Tu,Th	10:00–11:00 AM	$35	314091-01

Session 2

7/1–7/24	M,W	10:00–11:00 AM	$35	314091-02

Parent/Child S.N.A.G. Scramble
Teams play a 9-hole scramble. Designed for beginners. Explore Starting New at Golf (S.N.A.G.) and work on the fundamentals of the game. All equipment provided.

Location: City Park

Grade: 1–2

6/19	W	5:30–7:00 PM	$15	314093-01

Grade: 3–5

6/19	W	6:30–8:00 PM	$15	314093-02

Grade: 6–8

6/19	W	7:00–8:00 PM	$15	314093-03

Ninja Kids
Bring out the inner Ninja. Be challenged with obstacle courses and create a special Ninja identity. Class will not be held on 6/26, 6/27, 6/28, 7/3, 7/4, 7/5.

Location: Cheer Central Suns, 128 Racquette Dr.

Ninja Kids I
Age: 3-5 years

6/5-7/24	W	9:15-10:00 AM	$80	321910-01
7/31-8/28	W	9:15-10:00 AM	$70	321910-02
6/6-7/25	Th	4:00-4:45 PM	$80	321910-03
8/1-8/29	Th	4:00-4:45 PM	$70	321910-04
6/7-7/26	F	5:00-5:45 PM	$80	321910-05
8/2-8/30	F	5:00-5:45 PM	$70	321910-06

Ninja Kids continued

Ninja Kids II
Age: 6-11 years

6/7-7/26	F	6:00-6:55 PM	$80	321910-07
8/2-8/30	F	6:00-6:55 PM	$70	321910-08

Amazing Athletes
Learn the basics of nine different ball sports including volleyball, basketball, tennis, football, lacrosse, golf, hockey, soccer, and baseball in a fun, non-competitive, learning based environment. Includes kid-friendly cardio, muscle terminology, motor skills, speed, and agility.

Location: Cottonwood Glenn Park
Cost: $46

Age: 18 months–2.5 years

6/3–7/1	M	10:35–11:00 AM	314077-03
6/6–7/4	Th	10:35–11:00 AM	314077-04
7/8–8/5	M	10:35–11:00 AM	314077-05
7/11–8/8	Th	10:35–11:00 AM	314077-06
8/12–9/9	M	10:35–11:00 AM	314077-07
8/15–9/12	Th	10:35–11:00 AM	314077-08

Age: 2.5–3.5 years

6/3–7/1	M	9:00–9:30 AM	314074-03
6/6–7/4	Th	9:00–9:30 AM	314074-04
7/8–8/5	M	9:00–9:30 AM	314074-05
7/11–8/8	Th	9:00–9:30 AM	314074-06
8/12–9/9	M	9:00–9:30 AM	314074-07
8/15–9/12	Th	9:00–9:30 AM	314074-08

Age: 3.5–5 years

6/3–7/1	M	9:45–10:30 AM	314075-03
6/6–7/4	Th	9:45–10:30 AM	314075-04
7/8–8/5	M	9:45–10:30 AM	314075-05
7/11–8/8	Th	9:45–10:30 AM	314075-06
8/12–9/9	M	9:45–10:30 AM	314075-07
8/15–9/12	Th	9:45–10:30 AM	314075-08

SEASON TICKETS

ON SALE NOW!

2019 HOME FOOTBALL SCHEDULE

(DENVER)		TOLEDO		UNLV	AF	
AUG. 30	SEPT. 7	SEPT. 21	OCT. 5	NOV. 2	NOV. 16	NOV. 30

VISIT: CSURAMS.COM/TICKETS TO PURCHASE

PROUD TO BE PART OF THE JUNIOR RAMS PROGRAM

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	14	Ice Skating	72
Aqua Fitness	19	Outdoor Education & Recreation	76
Aquatics	22	Special Events	80
Arts & Crafts	29	Sports	82
Dance & Movement	36	Trips & Travel	107
Education	51		
Fitness & Wellness	61		

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 Senior Center members. Senior Center Membership benefits include:

$3 per month discount for fitness passes and full access passes, or $1 off daily fitness admissions.

Free admission to drop-in programs including Pool Room, Open Shop, Library & Media Center, bingo, and Cards & Games at the Senior Center.

2-day advance registration to Recreator programs.

Member discounts on select services and activities.

Membership in member-only clubs including new Hiking and Stewardship Clubs. See page 76 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	10:00–11:30 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 Chris Hays at 970.237.9340, *haysmith@frii.com*.

Front Range Forum

Front Range Forum serves the residents of Northern Colorado's Front Range who are intellectually curious and dedicated to enriching their daily lives through life-long learning. Registrants facilitate classes for each other; participants take part in short presentations and informal discussions on a variety of topics. Other one day classes, movies, trips, and more are offered throughout each quarter/year. Please visit *frontrangeforum.org* for more information.

Age: 50 years & up
Location: Senior Center

6/5-8/14	Dates and times of classes vary	$14	307410-01

Harmonettes M NW

The Harmonettes practice and perform seasonal themed programs of popular music from years past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. For more information, contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*. **Note:** Practice not held on third Monday of the month.

Practice	M	9:30–11:00 AM	No Fee

Older Gay Lesbian Bisexual Transgender (OGLBT) M NW

Join the social networking group for monthly socials. Meetings will occur to plan future events and activities. For more information contact Katie Stieber at 970.224.6029, *kstieber@fcgov.com*.

Everything you do throughout your day COUNTS

Walking, dancing, household chores. It's all good for better sleep, brain health, and lowering risk of cancer and cardiovascular diseases.

Kati Blocker, UCHealth

That brisk walk across the parking lot—it counts. Shoveling the walk—it counts. Vacuuming the house—it counts, too.

New physical activity guidelines recently released by the U.S. Department of Health Human Services **stress the total weekly amount of physical activity, not necessarily duration.**

"The actual recommendations for physical activity are unchanged in the new guidelines," explained Dr. Patrick Green, cardiologist with UCHealth in northern Colorado. "Adults should get 150 to 300 minutes per week of moderate-intensity physical activity or 75 to 100 minutes of vigorous-intensity activity. Muscle strengthening with resistance training should be done two times per week."

Moderate-intensity activities include walking, dancing and water aerobics. Vigorous activities are those in which you're out of breath, like power walking or running. Muscle-strengthening activities include everyday behaviors—such as lifting children, climbing stairs, or shoveling—just as much as using free weights or elastic bands.

Children ages 6 to 17 should get 60 minutes of physical activity per day. The new guidelines also include information for 3- to 5-year-olds.

Bone-strengthening, balance, and flexibility activities are beneficial. Work on them individually, or find an activity that combines them all, such as yoga or tai chi. Children can join in these activities too, but they can also achieve these benefits in simple play, by jumping, skipping or dancing.

"Heart-healthy habits in adults are rooted in the environment and behaviors in childhood," Green said. "Adopting heart-healthy behaviors requires involvement of family, teachers, and the community."

The guidelines emphasize that there is no minimum requirement of exercise to get a benefit, so any activity is better than none. However, when physical activity becomes regular, the brain function that helps organize daily activities, plan for the future, and control emotions also improves.

Immediate benefits include improved sleep, reduced anxiety, improved cognition, and lower blood pressure. It's also true that some of these benefits last for hours—even days—after the bout of activity.

People who meet the guidelines take less time to fall asleep, spend more time actually sleeping, have improved sleep quality, and get more deep sleep. They also have less daytime sleepiness and use sleep aid medication less.

These benefits come whether the activities take place eight hours before bed or three.

What's more, new evidence suggests that exercise lowers the risk of certain types of cancer: bladder, endometrial, kidney, stomach, esophageal, and lung cancer, beyond just breast and colon cancer, Green said. "So just move," he said.

Senior Bowling Leagues M NW

League members and substitutes play at Chippers Lanes on Horsetooth; league fees apply. For more information, contact Karen Burgess at 970.484.2906.

Tuesday League	T	1:00 PM
Thursday League	Th	1:00 PM

Senior Advisory Board 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 11 members; 9 members are 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 are 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

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance and comedy. Whether an experienced performer or a beginner, talent can be used for each show.

6/25, 7/23 & 8/27	Tu	1:00-3:00 PM	$12	312421-01

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 for member games and billiards available.

Bingo M

Compete in bingo for prizes.

6/10, 7/8, 8/12	M	1:00-2:00 PM	No Fee

Cards & Games M

Age: 18 years & up

All Games

Ongoing	M	9:00 AM-Noon	No Fee

Party Bridge

Ongoing	T	12:30-4:00 PM	No Fee

Pinochle

Ongoing	T	12:30-4:00 PM	No Fee

Mahjong

Ongoing	T	1:00-4:00 PM	No Fee

All Games

Ongoing	W	12:30-4:00 PM	No Fee

Party Bridge

Ongoing	Th	5:00-8:00 PM	No Fee

Pinochle

Ongoing	F	12:30-4:00 PM	No Fee

Euchre Day M

Spend the afternoon with other euchre enthusiasts for friendly games.

6/1	Sa	1:00-3:00 PM	No Fee

[BRIDGE]

Duplicate Bridge

Weekly drop-in duplicate bridge for companionable play. No partner required. **Note:** Class will not be held on 8/9. Option to drop-in: $6.

6/7-8/30	F	11:30 AM-4:00 PM	$44	312420-01

Bridge Mentoring M NW

Drop-in half-hour review of one topic, followed by Bridge play with class concepts. Mentor assists with bidding and playing questions. No partner required.

Age: 18 years & up

6/10	M	5:30-8:30 PM	No Fee
6/24	M	5:30-8:30 PM	No Fee
7/8	M	5:30-8:30 PM	No Fee
7/22	M	5:30-8:30 PM	No Fee
8/12	M	5:30-8:30 PM	No Fee
8/26	M	5:30-8:30 PM	No Fee

EDUCATION

For information about Education programs and Active Minds Virtual Learning see page 51.

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 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:** 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 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 61 for information on additional fitness classes and personal training services.

Back & Body Strength

Strengthen and stretch major muscle groups of the body. Physical conditions like back, hip, knee, and neck problems can be prevented or alleviated through a holistic training routine. **Note:** Class will not be held on 8/5, 8/7, 8/9.

6/3-6/28	M,W,F	8:50-9:50 AM	$49	309404-01
*7/1-8/2	M,W,F	8:50-9:50 AM	$61	309404-02
8/12-8/30	M,W,F	8:50-9:50 AM	$37	309404-03
6/3-6/26	M,W	8:50-9:50 AM	$33	309404-1A
*7/1-7/31	M,W	8:50-9:50 AM	$41	309404-2A
8/12-8/28	M,W	8:50-9:50 AM	$25	309404-3A

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 8/5, 8/7, 8/9.

6/3-6/28	M,W,F	10:00-10:55 AM	$49	309405-01
*7/1-8/2	M,W,F	10:00-10:55 AM	$61	309405-02
8/12-8/30	M,W,F	10:00-10:55 AM	$37	309405-03
6/3-6/26	M,W	10:00-10:55 AM	$33	309405-1A
*7/1-7/31	M,W	10:00-10:55 AM	$41	309405-2A
8/12-8/28	M,W	10:00-10:55 AM	$25	309405-3A

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.

6/3-7/24	M,W	2:30-3:30 PM	$20	309406-01

Balance 201

Practice techniques and working to develop body awareness, methods, and confidence in facing challenging balance issues. Just as strength improves with practice, so can balance. **Note:** Class will not be held on 7/4, 8/8.

6/6-6/27	Th	12:30-1:30 PM	$17	309407-01
*7/11-8/1	Th	12:30-1:30 PM	$17	309407-02
8/15-8/29	Th	12:30-1:30 PM	$13	309407-03

Parklane Fitness

Receive instruction while seated to improve flexibility, strength, coordination, and cardiovascular fitness. **Note:** Class will not be held on 7/4.

Location: Parklane Towers North, 415 S Howes St.

6/4-6/27	Tu,Th	9:30-10:30 AM	$33	309408-01
*7/2-8/1	Tu,Th	9:30-10:30 AM	$37	309408-02
8/6-8/29	Tu,Th	9:30-10:30 AM	$33	309408-03

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided. **Note:** Class will not be held on 7/4, 8/8.

6/6-6/27	Th	4:00-5:00 PM	$17	309409-01
*7/11-8/1	Th	4:00-5:00 PM	$17	309409-02
8/15-8/29	Th	4:00-5:00 PM	$13	309409-03

LEGEND

NW Denotes no web registration for program

M Denotes program/activity has special membership pricing

Tai Chi for Arthritis I

Tai Chi for Arthritis and Falls Prevention is affective and evidence based. It relieves pain and maintains/improves health as well as the quality of life. **Note:** Class will not be held on 8/9.

6/7-6/28	F	3:00-4:00 PM	$17	309414-01
*7/5-8/2	F	3:00-4:00 PM	$21	309414-02
8/16-8/30	F	3:00-4:00 PM	$13	309414-03

Tai Chi for Arthritis II

Designed for those with or without Arthritis who are looking for a challenge. Prerequisite: Tai Chi for Arthritis I. **Note:** Class will not be held on 8/9.

6/7-6/28	F	Noon-1:00 PM	$17	309415-01
*7/5-8/2	F	Noon-1:00 PM	$21	309415-02
8/16-8/30	F	Noon-1:00 PM	$13	309415-03

[SILVERSNEAKERS]

For more information about SilverSneakers, inquire at the front desk of Senior Center or Northside. **Note:** SilverSneakers non-members may attend by paying the drop-in fee or registering for the session.

Classic SilverSneakers

Move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support. **Note:** Class will not be held on 7/4. Additionally, Senior Center classes will not be held on 8/6, 8/8, 8/10.

Location: Senior Center

6/4-6/27	Tu,Th	10:10-10:55 AM	$25	309416-01
*7/2-8/1	Tu,Th	10:10-10:55 AM	$28	309416-02
8/13-8/29	Tu,Th	10:10-10:55 AM	$19	309416-03
6/8-6/29	Sa	10:30-11:15 AM	$13	309416-04
*7/6-8/3	Sa	10:30-11:15 AM	$16	309416-05
8/17-8/31	Sa	10:30-11:15 AM	$10	309416-06

Location: Northside Aztlan Center

6/3-6/26	M,W	11:00-11:45 AM	$25	309514-01
*7/1-7/31	M,W	11:00-11:45 AM	$31	309514-02
8/5-8/28	M,W	11:00-11:45 AM	$25	309514-03

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 8/5, 8/7, 8/9.

6/3-6/28	M,W,F	1:00-1:45 PM	$37	309417-01
*7/1-8/2	M,W,F	1:00-1:45 PM	$46	309417-02
8/12-8/30	M,W,F	1:00-1:45 PM	$28	309417-03

34 Duplex Patio Homes for Active Seniors Wanting a Maintenance-Free Lifestyle

Move-in Ready!

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Torino Circle in Fort Collins

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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 7/4, 8/6, 8/8.

6/4-6/27	Tu,Th	12:15-1:10 PM	$33	309418-01
*7/2-8/1	Tu,Th	12:15-1:10 PM	$37	309418-02
8/13-8/29	Tu,Th	12:15-1:10 PM	$25	309418-03
6/4-6/27	Tu,Th	1:15-2:10 PM	$33	309418-04
*7/2-8/1	Tu,Th	1:15-2:10 PM	$37	309418-05
8/13-8/29	Tu,Th	1:15-2:10 PM	$25	309418-06

Stability SilverSneakers

Become stronger and improve balance. Designed for fall prevention and is suitable for all fitness levels. Exercises are adapted depending on the skill of participants. A chair may be used for balance and support. **Note:** Class will not be held on 8/9.

6/7-6/28	F	2:00-2:45 PM	$13	309419-01
*7/5-8/2	F	2:00-2:45 PM	$16	309419-02
8/16-8/30	F	2:00-2:45 PM	$10	309419-03

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 7/4, 8/5, 8/6, 8/7, 8/8, 8/10.

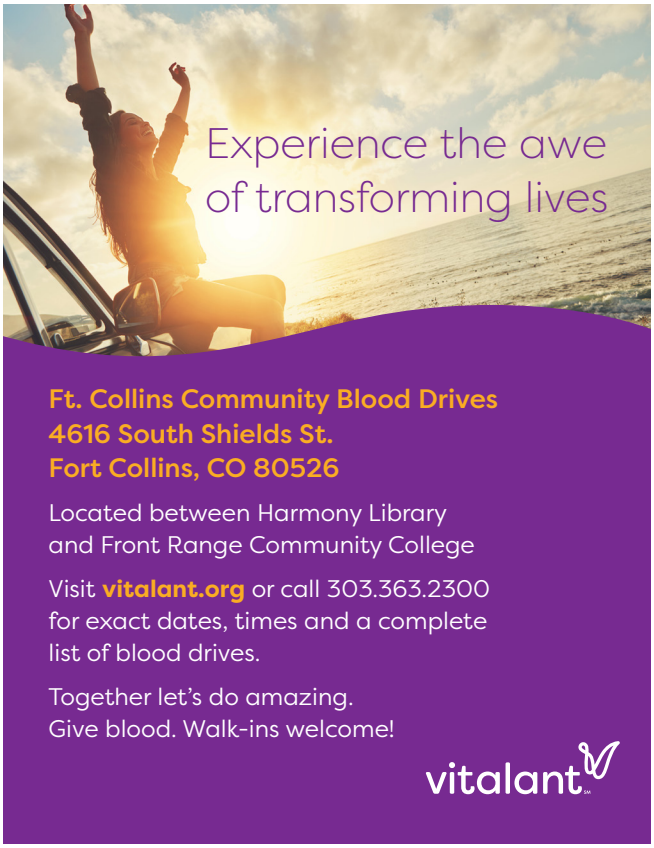
6/3-6/26	M,W	4:10-4:55 PM	$25	309420-01
*7/1-7/31	M,W	4:10-4:55 PM	$31	309420-02
8/12-8/28	M,W	4:10-4:55 PM	$19	309420-03
6/4-6/27	Tu,Th	11:10-11:55 AM	$25	309420-04
*7/2-8/1	Tu,Th	11:10-11:55 AM	$28	309420-05
8/13-8/29	Tu,Th	11:10-11:55 AM	$19	309420-06
6/8-6/29	Sa	11:15 AM-Noon	$13	309420-07
*7/6-8/3	Sa	11:15 AM-Noon	$16	309420-08
8/17-8/31	Sa	11:15 AM-Noon	$10	309420-09

[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. **Note:** Class will not be held on 8/5.

6/3-6/24	M	8:30-9:30 AM	$17	309427-01
*7/1-7/29	M	8:30-9:30 AM	$21	309427-02
8/12-8/26	M	8:30-9:30 AM	$13	309427-03



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. **Note:** Class will not be held on 8/7.

6/5-6/26	W	9:00-10:00 AM	$17	309428-01
*7/3-7/31	W	9:00-10:00 AM	$21	309428-02
8/14-8/28	W	9:00-10:00 AM	$13	309428-03

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.

Location: Edora Pool Ice Center

Age: 60 years & up

6/5-8/28	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	M,Tu,Th,F	Noon	$2.50 suggested donation

Location: Legacy Church, 600 9th St.

Ongoing	Tu,Th	Noon	$2.50 suggested donation

Volunteers

We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of others, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others.

Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, visit *engage.fcgov.com/D/sc/App/General* or contact Betsy Emond at 970.224.6030, *bemond@fcgov.com*.

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, 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.

Monthly Schedule

Week 1	Bingo & Guest Speaker
Week 2	Exercise & Craft/Holiday Party
Week 3	Memory Café & Movie
Week 4	Exercise & Craft

Location: Legacy Church, 600 9th St. (Summer only)

*Ongoing	T, Th	$75	312500-01

VOA Senior Nutrition Program

Ongoing	T, Th	$2.50 suggested donation

*Participation in quarterly programs not required if attending lunch only.

Coffee with Bob (NW)

Grab a cup of coffee with Recreation Director, Bob Adams. Coffee provided. Bring thoughts and questions for discussion.

6/26	W	9:30-10:30 AM	No Fee
7/31	W	8:30-9:30 AM	No Fee
8/28	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.

6/7	F	1:00-3:00 PM	No Fee
6/21	F	1:00-3:00 PM	No Fee
7/5	F	1:00-3:00 PM	No Fee
7/19	F	1:00-3:00 PM	No Fee
8/2	F	1:00-3:00 PM	No Fee
8/16	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.

Jim Ehrlich (Polka Pot Dance)

6/3	M	7:00-10:00 PM	$5

Tom Yook

6/17	M	7:00-10:00 PM	$5

Big Twang Theory (All American BBQ)

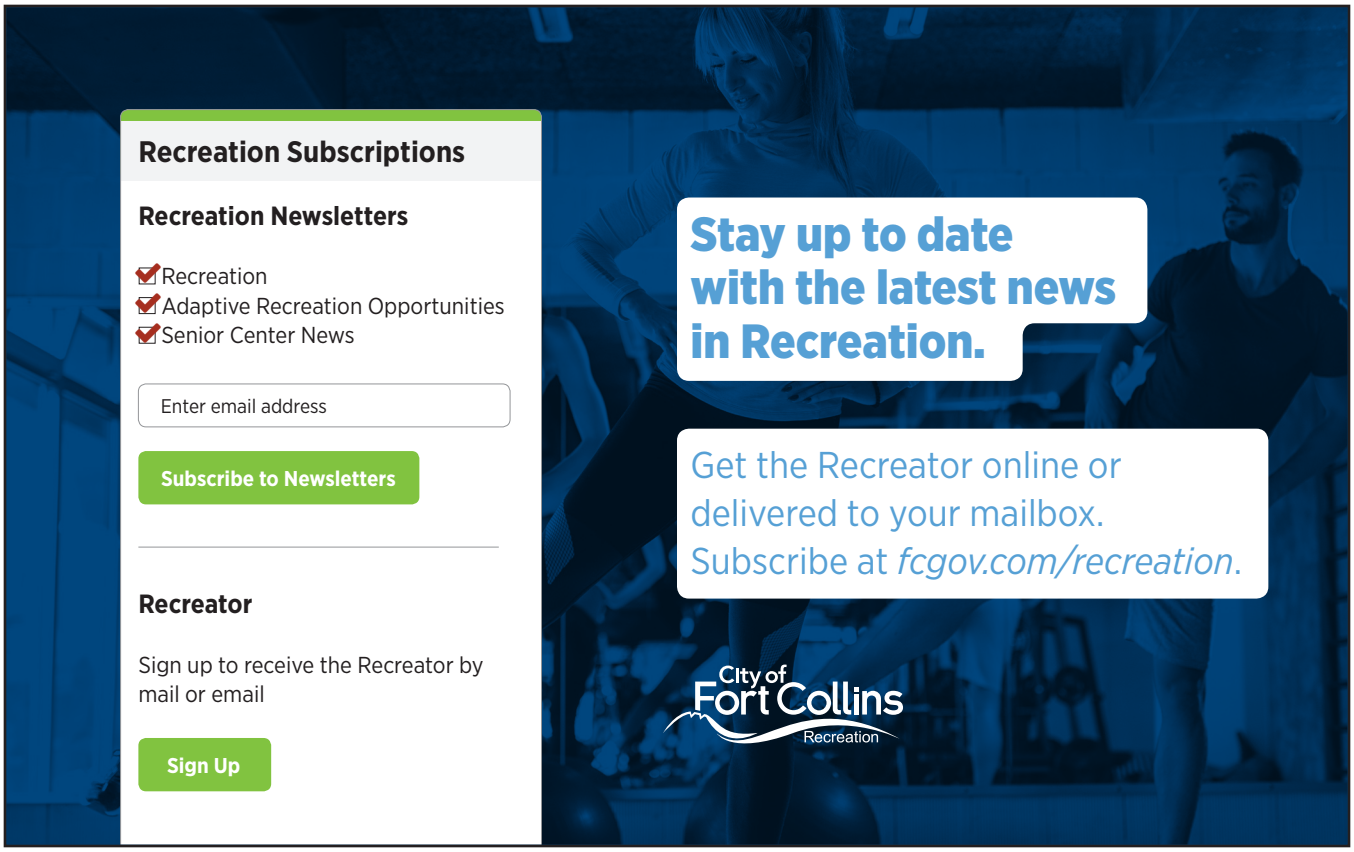
7/1	M	5:00-8:00 PM	$5

Just Us

7/15	M	7:00-10:00 PM	$5

CC Collier

8/19	M	7:00-10:00 PM	$5



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.

6/28, 7/26 & 8/23	F	4:00- 6:00 PM	No Fee

SPECIAL EVENTS

See a list of Special Events available for all ages on page 80.

Celebrations (M)
Celebrate April, May, and June birthdays and anniversaries of the Senior Center members with cake and entertainment. Anyone with an April, May, or June birthday must RSVP ahead of time to receive a gift.

6/27	Th	1:30-3:00 PM	No Fee	312410-01

History Hour, Colorado's Strangest (M)
Learn the strange and bizarre history of Colorado from local Historian, Kenneth Jenssen. **Note:** Light appetizers served after presentation.

Age: 18 years & up

6/6	Th	4:00-5:30 PM	$10	312459-01

Mahjong Mini-Marathon (M)
Bring boards and tiles for a morning coffee and Mahjong.

6/1	Sa	9:00 AM-Noon	No Fee	312422-01

Pool Tournament (M)
8-ball tournament with prizes for the top three scores. **Note:** Rules will be reviewed. Snacks and beverages provided.

6/1	Sa	10:00 AM-3:00 PM	$16	312460-01

SPORTS

AOA Badminton
Join the group of Active Older Adults to play badminton. **Note:** Drop-in fees apply.

Age: 18 years & up

Location: Northside Aztlan Center

Ongoing	Tu,Th	8:00–10:00 AM

Location: Senior Center

Ongoing	M,W,F	8:00-10:00 AM

AOA Basketball
Active Older Adults suit-up and get on the court for some hoops. **Note:** Drop-in fees apply.

Age: 18 years & up
Location: Northside Aztlan Center

Ongoing	M,W,F	8:00–10:00 AM

Trips & Travel

Senior Center trips are for ages 50 years & up unless otherwise noted.

Registration
Pre-registration is required for all trips. Some ticketed events have an early registration deadline. 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 Senior Center Member discount applies to trips where an Ⓜ is listed next to the activity title. This 15% discount applies to the fee minus the $1 program fee. Additional discounts do not apply.

Departure
All trips leave from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for the other participants, we do not wait for late arrivals; trips leave promptly at the posted trip time.

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

What's Included
All trip prices include transportation and escort, unless otherwise noted. Many trips include more amenities depending on the trip. See trip details for more information.

Accommodations
Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability.

There is no transportation fee for the personal care attendant providing assistance, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

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

Smoking
Trips are smoke-free whenever possible. Smoking is not allowed on vans or buses.

Door-to-Door Transportation
Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after printed trip timeframes out of consideration for other participants. On some trips, a pick-up in Loveland is offered and must be requested at time of registration; pick-up time is 15 minutes after time listed in program description. The cost for these services is $5 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Waitlist
If a trip is sold out, you may have your name placed on a waitlist. We will contact you directly if space becomes available. Reservations are on a first-come-first-served basis.

Trips & Travel Exertion Scale
Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

● = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

■ = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

ADVENTURE

Installment billing is available for Adventure trips. To setup reoccurring payments, contact Cate Eckenrode at 970.224.6136. To pay in full, register online using the activity number listed in the program description.

For a schedule of trip previews contact 970.224.6136, *trips@fcgov.com*.

All adventure trips are rated ▲. Accommodations must be requested at time of registration.

These include wheelchair transport at airports, airline seat assignments, and other accommodations.

Albuquerque Balloon Fiesta
Take in the waves of colorful balloons as they lift into the morning sky and the evening Balloon Glow. Enjoy tours along the way with stops in Colorado Springs, Garden of the Gods, Santa Fe, and Taos. **Note:** 6 days/5 nights. Fee includes accommodations, tours, tour director, and meals as listed in the itinerary. Non-refundable after 8/2/2019.

10/2-10/7, 2019	Double Occupancy	$1,985	405991-01
10/2-10/7, 2019	Single Occupancy	$2,485	405991-01

Dia de Los Muertos & More in Mexico
Travel to City of Fort Collins Friendship City San Cristobal de las Casas in the heart of the Sierra Madre highlands. Experience the people, projects, and cultures through environmentally sustainable tourism. Visit a local Mayan family in Zinacantan; enjoy a world-class coffee tasting; learn about the unique pottery in Amatenango del Valle. **Note:** 10 days/9 nights. Fee includes accommodations, local guides, meals as listed in the itinerary. Airfare not included. Non-refundable after 5/24/19.

10/29-11/7	Double Occupancy	$3,350	405993-01
10/29-11/7	Single Occupancy	$3,800	405993-01

Iceland Winter
There's a whole other side to Iceland in the winter months. Hike glaciers, snowshoe through Pingvellir National Park, reflect on life under the Northern Lights, and warm up in the hot springs. **Note:** 7 days/6 nights. Fee includes accommodations, guides, and meals as listed in the itinerary. Airfare not included. Non-refundable after 1/15/20.

3/15-21, 2020	Double Occupancy	$2,490	205995-01
3/15-21, 2020	Single Occupancy	$3,240	205995-01

Discover America's Music Cities
Visit New Orleans, Memphis, and Nashville and revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience the unique city of New Orleans, where music, food, and fun are always on the menu. Spend time in Memphis, "birthplace of the blues," and tour Graceland. Then enjoy reserved seats at the Grand Ole Opry in Nashville. **Note:** 8 days/7 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Non-refundable after 2/20/20.

4/20-27, 2020	Double Occupancy	$3,000	205994-01
4/20-27, 2020	Single Occupancy	$3,900	205994-01

Peru & the Inca Trail
A unique combination of cultural highlights of the Sacred Valley with the challenge of one of the world's best-known hikes. Pass through the region's ruins, mountainscapes, and cloud forests on the four-day Inca Trail trek. Enjoy the beauty of the region as porters take care of the equipment and food on this award-winning program. **Note:** 13 days/12 nights. Fee includes accommodations, guide, cooks and porters. Airfare not included. Non-refundable after 3/1/20.

5/14-5/26, 2020	Double Occupancy	$3,090	205993-01
5/14-5/26, 2020	Single rates available upon request		

Yellowstone & the Grand Tetons
Take in the sights of the west on an unforgettable tour. Begin with sounds of the Mormon Tabernacle Choir, then travel north along the Rocky Mountains to Yellowstone. Explore Yellowstone National Park with a naturalist and search for wildlife. Float along the Snake River to take in Grand Teton National Park. **Note:** 7 days/6 nights. Fee includes accommodations, guide, meals as listed in the itinerary, and roundtrip airfare. Non-refundable after 2/28/20.

5/30 – 6/5, 2020	Double Occupancy	$3,145	205996-01
5/30 – 6/5, 2020	Single Occupancy	$3,845	205996-01

SAVE THE DATE – June 2020– Journey through Southern France
Southern France is a heady seduction of vine-gilded countryside and centuries-old castles that tower over the cerulean depths of the Mediterranean.

SAVE THE DATE – July 2020– Northern Capitals with St. Petersburg
From the vibrant cities to the gorgeous scenery, this tour visits Northern Europe's fascinating capitals – Copenhagen, Oslo, Stockholm, Helsinki and St. Petersburg.

POP-UP TRIPS

Try something new and exciting. Sometimes events, shows, and fun-filled activities pop-up during the summer months. Keep an eye out for the unexpected opportunities for fun along the Front Range. A schedule of Pop-Up Trips will be available in May. For more information visit *fcgov.com/trips* or contact *trips@fcgov.com*.

ONGOING TRIPS

Rockies Games Ⓜ ◆
Enjoy a game at Denver's Coors Field. **Note:** Fee includes ticket. Non-refundable after 4 weeks prior to game date.

vs Blue Jays

6/2	Su	10:30 AM-6:00 PM	$43	305901-01

vs Reds

7/14	Su	10:30 AM-6:00 PM	$43	305901-02

vs Giants

7/17	W	10:30 AM-6:00 PM	$43	305901-03

vs Diamondbacks

8/14	W	10:30 AM-6:00 PM	$43	305901-04

Casino Trips ■
A day in the mountains at the Mardi Gras Blackhawk. **Note:** Fee includes $5 coupon for lunch and $5 free play.

Location: Rolland Moore Park

6/18	Tu	8:00 AM-5:30 PM	$11	305910-01
7/16	Tu	8:00 AM-5:30 PM	$11	305910-02
8/20	Tu	8:00 AM-5:30 PM	$11	305910-03

BEAT THE BUZZ

WITH THE

4D's

1. Mosquitoes breed in water! Drain any standing water in your yard each week. — DRAIN
2. Keeping covered will do a lot to prevent biting. — DRESS
3. Use an approved repellent according to its label. — DEFEND
4. Mosquitoes are most active dusk through dawn. — DUSK TILL DAWN

fcgov.com/westnile

City of Fort Collins

Auxiliary aids and services are available for persons with disabilities.

17-17518

CRIPPLE CREEK CASINO & BUTTE THEATER MELODRAMA

JULY 9 - 11, 2019

Hotel, MotorCoach & Hostess
Admission to Theater "My Partner"
$5 on Your Players Card • Two Breakfasts
Free Personal Pizza or Similar

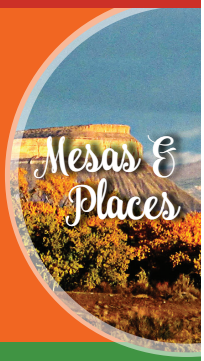
$199 Double/$279 Single/$269 Triple

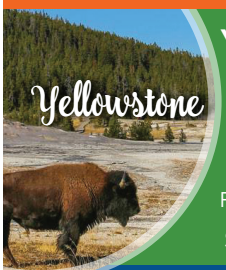
SIPS~DIPS~MESAS & REMOTE PLACES - The Peach Trip

AUGUST 12 - 15, 2019

"ALL INCLUSIVE"
Arches National Park • Glenwood Springs Hot Springs & Resort • Glenwood Tram & Caverns Grand Mesa & Red Cliffs Lodge • Jet Boat Tour Palisade Orchard Tour • Wine Tastings

$799 Double/$1069 Single





YELLOWSTONE NATIONAL PARK

SEPTEMBER 4 - 8, 2019

2 Full Days in Yellowstone with Guide
Old Faithful & Paint Pots • Grand Canyon of Yellowstone • Artist Point • Upper & Lower Falls • Jackson Hole • Thermopolis • 12 Meals

$999 Double/$1199 Single/$799 Triple

ALBUQUERQUE INTERNATIONAL BALLOON FIESTA
(NEW - Weekday-Less Traffic-Less People)

OCTOBER 7 - 11, 2019

Mass Ascension • Chasers Club at Balloon Fiesta • National Atomic Testing Museum • Old Town Albuquerque • Taos Plaza & Taos Pueblo Old Town Santa Fe • 11 Meals

$629 Double/$799 Single/$599 Triple

CHRISTMAS IN BRANSON

NOVEMBER 3 - 9, 2019

8 Shows~4 Events~15 Meals
Daniel ODonnell • The Duttons • New Jersey Nights • Million Dollar Quartet • Miracle of Christmas • Clay Coopers Country Christmas Andy Williams Christmas • and more!

$1149 Double/$1449 Single/$1089 Triple

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[OUT TO LUNCH Ⓜ ■]

A trip out to lunch with friends. **Note:** Lunch cost on your own unless otherwise noted. Range: $10-15.

Baldpate Inn, Estes Park
Enjoy the homemade soup and salad buffet nestled in the pines of Estes Park. **Note:** Lunch cost included.

6/6	Th	11:00 AM-3:30 PM	$66	305930-01

Wapiti, Loveland
Enjoy beautiful views of the Rockies and dine on home grown, local food.

7/2	Tu	11:30 AM-3:30 PM	$21	305930-02

Mickey's Top Sirloin, Denver
Enjoy a variety of made from scratch meals. Italian, Mexican, or steak sandwiches and burgers.

8/15	Th	11:00 AM-3:30 PM	$21	305930-03

[SUNDAY OUT TO LUNCH ■]

Head somewhere in the specified area for lunch to enjoy a day out of the house. The restaurant won't be shared, because the mystery is half the fun. **Note:** Lunch cost on your own. Range: $10-15.

Estes Park

6/9	Su	11:00 AM-3:00 PM	$11	305932-01

Windsor

7/21	Su	11:00 AM-3:00 PM	$11	305932-02

Boulder

8/18	Su	11:00 AM-3:00 PM	$11	305932-03

[TRAVELING GOURMET Ⓜ ■]

Get fancy for dinner and try gourmet Colorado cuisine. **Note:** Dinner cost on your own. Range: $40-75.

Locality, Fort Collins
Locality Kitchen and Bar is a locally-owned, farm to table restaurant that focuses on local products and freshly crafted cuisine by Executive Chef Dryden Goss.

6/27	Th	4:30-9:30 PM	$26	305940-01

The Flagstaff House, Boulder
Built into a mountainside at an elevation of 6,000 ft., the restaurant overlooks Boulder and offers breathtaking views and an award-winning wine list and menu. Entrée Range: $75-100

7/25	Th	4:00-9:30 PM	$26	305940-02
7/30	Tu	4:00-9:30 PM	$26	305940-03

Sugarbeet, Longmont
A wonderful spot for an incredible meal in an intimate, yet casual atmosphere. The menu items are carefully crafted with local ingredients that are sure to please.

8/27	Tu	4:30-9:30 PM	$26	305940-04

JUNE

Brewmented, Longmont ■ Ⓜ
Brewmented is committed to helping homebrewers of all types learn, experiment, and have fun. Enjoy a lesson in brewing all types of beverages from kombucha to mead. **Note:** Lunch cost on your own.

6/12	W	9:00 AM-3:00 PM	$21	305950-01

Larimer Square Walking History, Denver ◆ Ⓜ
Explore Denver's oldest block and learn about the first city center, its transformation to a skid row, and how local citizens saved the block of buildings from demolition to create Denver's first historic district. A tour of the D & F clock tower may be included. **Note:** Lunch cost on your own.

6/13	Th	8:30 AM-4:00 PM	$58	305951-01

Tarzan, Johnstown ■
Watch the story of an infant boy orphaned in a shipwreck on the shores of west Africa and taken in by a tribe of gorillas unfold on the stage. **Note:** Non-refundable after 5/10/19.

Location: Candlelight Dinner Playhouse

6/16	Su	11:45 AM-6:00 PM	$80	305920-01

Dushanbe Tea & Boulder Farmers Market, Boulder ◆ Ⓜ
Enjoy afternoon tea at the famous Dushanbe Tea House then stroll in the summer evening through the historic Boulder Farmers Market. **Note:** Afternoon tea included.

6/19	W	2:00-7:30 PM	$71	305952-01

Chautauqua Living History Tour, Boulder ▲ Ⓜ
Visit the only continuously operating Chautauqua in the west. The Chautauqua represents Boulder's original land purchase on behalf of the community. Learn about the movement and role that the Chautauqua plays in Boulder today. **Note:** Lunch cost on own.

6/25	Tu	8:30 AM-4:00 PM	$51	305953-01
6/26	W	8:30 AM-4:00 PM	$51	305953-02

JULY

Lunch & a Song, Central City ◆ Ⓜ
Kick off the Central City Opera summer season with a lunch and short performance of opera selections performed by a member of the Bonfils-Stanton Foundation Artists Training Program. **Note:** Fee includes lunch. Non-refundable after 6/7/19.

Location: Teller House

7/10	W	9:30 AM-5:00 PM	$66	305921-01

State Capitol Tour, Denver ▲ Ⓜ
Learn about the historic building, the work of the General Assembly, and Colorado's unique heritage. The state capitol welcomes about 250,000 visitors annually. **Note:** Lunch cost on own.

7/12	F	8:00 AM-4:00 PM	$21	305954-01

Drums Along the Rockies, Denver ■
Colorado's premier marching music event. A Denver institution and a thrilling summer event for all. **Note:** Dinner cost on your own. Non-refundable after 5/10/19.

Location: Mile High Stadium

7/13	Sa	4:00-11:00 PM	$90	305956-01

Terry Bison Ranch, Cheyenne ■
Enjoy a narrated tour on a custom-built train. See bison, ostriches, camels, and other farm animals. **Note:** Fee includes motorcoach, narrated train tour, and steak fry lunch.

Location: Rolland Moore Park

7/23	Tu	8:45 AM-3:00 PM	$100	305955-01

As You Like It, Boulder ■
Visit the Colorado Shakespeare Festival for the comedy "As You Like It." The intimate theatrical production features a cast of eight portraying every role. Enjoy a pre-show talk with the cast. **Note:** Bring a snack for the trip. Non-refundable 5/31/19.

Location: University Theater

7/28	Su	11:30 AM-7:00 PM	$80	305923-01

Historic Hoverhome, Longmont ■ Ⓜ
Follow the costumed docents on a guided tour to learn the history and legacy of the Hover Family. Placed on the National Registry of Historic places in 1999, the house still contains its original furnishings from 1913-14. **Note:** Lunch cost on your own at the Cheese Importers.

7/31	W	9:30 AM-4:00 PM	$38	305957-01

AUGUST

Madama Butterfly, Central City ◆ Ⓜ
Madama Butterfly traces a young geisha's life from her marriage to an American naval lieutenant at 15 years old, through determined motherhood, to an ultimate reclamation of self through her culture's lethal code of honor. **Note:** Lunch cost on your own. Non-refundable after 6/8/19.

8/1	Th	9:15 AM-7:00 PM	$111	305922-01

Lazy B Chuckwagon Dinner & Show, Estes Park
The Lazy B's authentic Cowboy Chuckwagon Supper is the best in Colorado. The Lazy B delivers a delightful mix of cowboy music, skits and humor, accompanied by an authentic cowboy dinner. **Note:** Fee includes dinner and show. Non-refundable after 8/2/2019.

8/16	F	4:00-9:00 PM	$80	305958-01

Denver Planetarium & Museum of Nature & Science
Spend a day with the stars at the Denver Planetarium for a Cosmic Journey. Embark on a Solar System Adventure, travel through the solar system faster than the speed of light. **Note:** Lunch cost on your own.

8/28	W	9:00 AM-4:00 PM	$51	305959-01

the fun RETURNS!

Colorado's largest youth tennis league!

Season starts June 10!

Contact your local facility TODAY to register for a team.

- [ ] MEMBERSHIP
- [x] fun & friendship
- [x] play-to-learn (all ages)
- [x] team practices/matches
- [x] entry-level competitors
- [x] intermediate divisions
- [x] advanced players
- [x] age divisions (10s, 12s, 14s, 18s)
- [x] boys & girls divisions
- [x] two seasons to choose from
- [x] life lessons
- [ ] CONCUSSIONS

JTT Registration deadline is MAY 6!

#doyoujtt?

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Contact Bryce Melcher with questions:
bmelcher10s@gmail.com

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Since 1986, Mountain Preschool has offered a positive and nurturing preschool experience for children ages three to five years old. Our caring staff maintains a knowledgeable, loving, and creative environment that focuses on a variety of skills to give your little one a head start on academics, as well as making friends.
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summer day camp
has been offering summers full of fun and discovery in Fort Collins since 1986. Our day camps offer a variety of activities and schedules for children ages 5–12, with the flexibility that busy families need. Included in your child's weekly schedule is on-site, warm-water swimming lessons, gymnastics lessons, local field trips, arts and crafts, and so much more!
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