

SPRING REGISTRATION STARTS ON FEBRUARY 17 AT 7:00 AM

RECREATOR



SPRING 2011  

SPRING into ACTION

THE OFFICIAL GUIDE TO FORT COLLINS SPRINGTIME RECREATION FUN

INSIDE

ADAPTIVE RECREATION • AQUATICS • AQUA FITNESS • ARTS & CRAFTS • DANCE • POTTERY • EARLY LEARNING • THE FARM • FITNESS EDUCATION • ENRICHMENT • ICE SKATING • OUTDOOR RECREATION • SENIOR CENTER • 50 PLUS • ADULT SPORTS • YOUTH SPORTS

Registering: Winter/Spring Sports

at Northern Colorado's Largest **INDOOR** Sports Center

Safe · Clean · Friendly · Locally Owned & Operated · Ample Parking

Daytime Pre-School Sports

Boys & Girls · Ages 3-5

Call for days & times

New sessions every six weeks

Join anytime: cost pro-rated

- **Kinder Kickers Soccer**
- **First Baseball**
- **First Football**
- **First Golf**
- **Quick Start Tennis**



Youth Instructional Leagues

Beginner & intermediate levels offered for most sports · Focus is on learning & having fun

Practice & play in the same day!

- | | | |
|-------------------------|------------|------------------|
| ▪ Soccer | U5-U11 | Starts: 2/15 +23 |
| ▪ Boys Lacrosse | Grades 1-8 | 3/21 |
| ▪ Girls Lacrosse | Grades 1-8 | 3/22 |
| ▪ Volleyball | Grades 3-8 | 3/24 |
| ▪ Flag Football | Grades K-6 | 3/26 + 27 |
| ▪ Baseball | Grades K-6 | 3/30 |
| ▪ Tennis | Grades K-8 | 4/6 |
| ▪ Softball | Grades K-8 | 4/12 |



Multi-Sport Day Camps

Girls & Boys · Explore & learn basics of four different sports per day

- Grades K-6
- On All PSD School Days Off
- 2/21, 3/14-18, 4/15, 4/18, 5/13, 5/27

2011 Sports Clinics

Boys & Girls

- **Baseball** Level III Pre-Tryout
Ages: 8-12 2/21-24
- **Baseball** Recreational Pre-Season
Ages: K-8 5/9 & 10
- **Volleyball**
School's Out Clinic
Grades: 3-6 2/21
Middle School Pre-Tryout
Grades: 6-8 2/14-18
- **Modified Fastpitch Softball**
Ages: 8-18 Pre-Tryout 3/22

Indoor Soccer Leagues

- **U5-U9** 2/28
- **U10** Intermediate 2/28

Other Fun Stuff!

- **Knitting for Kids**
Girls & Boys Grades 3-6 2/21



Where Families & Athletes Play

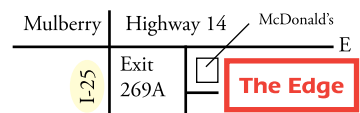
Safe, Clean & Friendly

For Details & Registration:
edgesportscenter.com
970.472.0048

LEWIS TENNIS IS NOW @ THE EDGE!
BIRTHDAY PARTIES
TEAM PARTIES
FAMILY PARTIES
FIELD TRIPS
BATTING CAGES
MEETING ROOM



POUDRE VALLEY HEALTH SYSTEM



EASY ACCESS at I-25 & Highway 14
4450 Denrose Ct. Fort Collins

Locally Owned & Operated by Phil & Pat Ebersole

ACCESS the WORLD...
Responsibly
We Have Your Gear



Jax Mercantile seeks out and carries quality products made from recycled and recyclable materials by responsible companies who strive to conserve resources and protect the earth. Look for selected Jax Conservation Choice products at all our locations.



Grown-Up And Still Having FUN!



www.jaxgoods.com



THERMOS



patagonia



1200 N College Ave • Fort Collins • (970) 221-0544

2011 Environmental Film Festival



Saturday, March 5, 2011 • Starting 11 AM
presented by:



Rocky Mountain Sustainable Living Association

Powered by Nature



4th Annual GEAR SWAP

Support Earth Day by Recycling!

In an effort to **REDUCE, REUSE, and RECYCLE** for Earth Day, Jax is offering a **GEAR SWAP** for **ONE WEEKEND ONLY**. Bring in your old gear, set a price, and we'll sell it for you. You will receive 80% of the sale price in a Jax Gift Certificate to use on **NEW GEAR!** 10% of the proceeds will go to Colorado Youth Outdoor.



what:

A day of environmental films to educate and inspire.

where:

See store for details

tickets:

Student \$5
Adults \$8
Kids under 12 FREE
TICKET GOOD ALL DAY!

Coming April 2011

See store for details



PROGRAM AREAS

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Fellow Recreators,

Springtime is the perfect time to rejuvenate and re-energize. As the flowers in Old Town begin to bloom and the Poudre River recharges its flow, take some time to consider how you can reinvigorate yourself. By picking up this issue of Recreator you're off to a great start. As you peruse through the pages of the Spring issue you'll notice a wide assortment of recreational rechargers. You'll discover endless opportunities for you and your family to explore, learn and grow this spring.

Throughout this issue of Recreator you'll find recreational opportunities for every member of the family. Recreation's diverse programming truly provides something for everyone. Regardless of your age or ability you'll find an activity, program or event that interests you. Recreation's senior programs provide community members with educational, wellness, social and travel opportunities. Our extensive list of youth programs can introduce your child to programs like arts and crafts, sports, ice skating or swimming. Adaptive Recreation Opportunities or ARO provides recreational activities to community members with disabilities. Parents and other adults can take advantage of numerous programs, from music and cooking to adult sports and fitness opportunities. It's all here waiting for you, start your springtime recreational recharge today.

Be sure to stay connected with the Recreator year-round to learn more about Recreation programs, news and activities. You can now remain up-to-date via social media applications like Facebook and Twitter. Just search for "Recreator" on either Facebook or Twitter and you'll find us. You can also sign up for Recreation's email newsletter, RecreatorEXTRA, at fcgov.com/recreator.

Have a great spring recreators.

Marty Heffernan
Executive Director
Culture, Parks, Recreation and Environment

ON THE COVER

Hand cyclist, Steve Ackerman
Inset: Pottery Studio participants paint on finishing touches

OPPOSITE PAGE

Basketball Player, Recreator - Dr. Ed Bender
All Photos by Jamie Katz

RECREATOR



Parks and Recreation Board

Rob Cagen
Brian Carroll
Michael Chalona
Shirley Christian
Bruce Henderson
Greg Miller
Danna Ortiz
Selena Paulsen
Dawn Theis
Kelly Ohlson - City Council Liaison

Recreation Staff

Executive Director
Culture, Parks, Recreation & Environment
Marty Heffernan

Recreation Managers

Peggy Bowers
Steve Budner
Mike McDonnell

Program Supervisors

Bridget Brownell
The Farm

Debra Bueno
Teen Programs

Suzy Danford
Aquatics

Renee Lee
Adaptive Recreation Opportunities

Marc Rademacher
Sports and Youth Programs

Barb Schoenberger
Adult Programs

Katie Stieber
Fitness, Dance & Adult Education

Paul Thibert
Ice Skating

Community Relations

John Litel
Community Relations & Marketing

Jill Walusis
Public Relations & Communications

Contact

Registration and Programs
970.221.6655
recreation@fcgov.com

Advertising and Sponsorships
970.221.6875
recreator@fcgov.com

STAY CONNECTED



 **Online**

Online registration begins at **7:00 AM on February 17**. Before starting your online registration session make sure you have the following:

1. Credit card or debit card
2. Your household ID number

Forgot your household ID? Please call 970.221.6655, or email recreation@fcgov.com. Once you arrive at **fcgov.com/recreator**:

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

 **Recreation Centers**

Walk-in registration begins **February 17** at these locations. registration starts at 7:00 AM (Library location starts at 10:00 AM)

Fort Collins Senior Center 1200 Raintree Drive M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun 10:00 AM - 9:00PM	Northside Aztlan Center 112 East Willow M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun Noon - 5:00 PM
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Edora Pool Ice Center (EPIC) 1801 Riverside M-F 5:30 AM - 9:00 PM Sat 8:00 AM - 6:00 PM Sun Noon - 5:30 PM	New Location! Council Tree Library 2733 Council Tree Ave. 7:00 AM-1:00 PM
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 **Phone**

Phone registration begins on **February 17 at 7:00 AM**. Please have your credit card (Master Card, VISA, Discover) or debit card information available. Call any of the phone numbers listed below.

970.221.6655 970.221.6683 970.221.6644

 **Fax**

Download, print and complete the registration form found at fcgov.com/recreator. Include credit/debit card information, and fax to **970.221.6586**.

 **Mail**

Download, print and complete the registration form found at fcgov.com/recreator. Include credit/debit card information, or mail to the listed address enclosing payment and a self-addressed stamped envelope. Any mailed or faxed registration forms received prior to the first day of registration will not be processed until February 17. Any registration forms sent thereafter will be processed when received.

City of Fort Collins, Recreation Administration
215 North Mason
Third Floor
PO Box 580
Fort Collins, CO 80522

Additional Information

Make checks payable to "Recreation."

No registration can be approved by an instructor or coach.

Personal information is entered into the registration database by "household." By providing household information to the City, you are consenting to the release of information regarding your household to all members of your household.

There is a \$25 charge for returned checks.

Activity Discounts

Reduced fees are available to residents with limited incomes. Interested persons must apply in person for fee reduction and be approved prior to registration; please allow 10 days for processing. Applications are available at all registration sites. Activities that are not discountable or partially discountable are noted as such. To utilize the reduced fee program, please register in person or by phone/ Online discounted activity registration is not currently available.

Cancellations/Transfers

When you register for a class, we depend on your enrollment for a successful class. Please plan carefully to avoid cancellations.

If you must cancel (or transfer) from a youth or teen activity, you must notify staff at least two business days (8 AM-5 PM, Monday-Friday at 970.221.6655) before the activity begins to receive a full refund or credit. Later requests will be denied. This policy does not apply to Aquatics and Ice Skating.





If you must cancel (or transfer) from any aquatics, ice skating or adult activities, please notify staff before the first class to receive a full refund. A 75% refund will be issued if the activity is canceled after the first class and before the second class begins. Later requests for cancellation or transfer will be denied.

Refunds/Credit

For Learn-to-Swim and Learn-to-Skate activity cancellations (or transfers), please contact Mulberry Pool (970.221.6657), and for all other activity cancellations/transfers, please call Northside Aztlan Community Center (970.221.6655). Please submit cancellation requests as early as possible to aid in staff planning.

In accordance with Recreation policy, if the activity you wish to cancel was purchased with a credit card, the refund must be reimbursed directly to the same credit card used for the original activity registration. If the activity was originally paid with cash or check, you may choose between a refund from Finance, or if you prefer, a household credit which will remain in your account for future Recreation use.

What do the icons or symbols mean?

-  Denotes program/activity is for Senior Center members only.
-  Denotes program/activity has member special.
-  Denotes that online registration not available for program.
-  Denotes Adaptive Recreation Opportunity program.



**City Park Pool | 1599 City Park Drive | fcgov.com/cityparkpoolandtrain
Weather Line | 970.416.2489 x5169.**

City Park Pool and Railway are located in City Park. Enjoy the park surroundings and Sheldon Lake for fishing and an outdoor pool. City Park Pool is the best place to be during those hot summer days in Fort Collins. City Park Pool provides you with a water park experience right in your own backyard.

Facility Profile

- Outdoor pool
- 30-foot drop slide
- Open curly slide
- Lazy river, shallow water, geysers
- Large play structure
- Picnic area
- Located next to Sheldon Lake

Pool & Paddle Boats

Age	Single Admission	Group	10-Adm	25-Adm	Twilight Swim*	Paddle Boats
Under 2 & over 85	No Fee					
PCA	No Fee					
Youth 2-17	\$5.00	\$4.50	\$43.50	\$95.00	\$4.00	\$2.50
Adult 18-54	\$6.00	\$5.50	\$52.00	\$114.00	\$4.00	\$2.50
Older Adult 55-84	\$5.00	\$4.50	\$43.50	\$95.00	\$4.00	\$2.50

Hours

May 26

Th 3:00-7:00 PM

May 27-31

M-F 10:00 AM-8:00 PM

Sa,Su 10:00 AM-5:30 PM

Drop-In Adult Water Fitness

May 30-31

M-F 9:00-10:00 AM

Paddle Boats

Fee: \$2.50/person, 4 persons/boat, NO PETS

May 27-31

M-F 3:00-7:00 PM

Sa,Su 10:00 AM-5:00 PM

Special Events

First Days of Summer

Thursday, May 26 from 3:00-7:00 PM & Friday, May 29 from 10:00 AM-8:00 PM

\$4.00/person (no age restriction)

Join us for the kick-off weekend for City Park Pool. Swim for \$4.00 regardless of age.

* Twilight Swim

May 30

\$4.00/person

All children must be accompanied by a paying adult. Twilight admission will be charged daily after 4:00 PM until close. No other discounts will be honored during this swim time.

City Park Pool Rental & Birthday Parties

Having a reunion, block party or just want to invite your best friends for a great summer evening? Rent City Park Pool for a Saturday or Sunday evening. Rental times are from 6:00-8:00 PM. Call for prices and availability, 970.221.6202.

Birthday party rentals with designated table and swimming for up to 8 children and 2 adults. Reserve 48 hours in advance by calling 970.221.6202.

Splash Drive-in: Watch for the Summer Recreator for more information.

Refunds

No cash refunds will be given once the facility opens. If the facility needs to close due to inclement weather or a maintenance issue before 1:00 PM, a pass (for use at City Park Pool only) will be issued for use at a later date. No passes will be given after 1:00 PM.

Weather Closures

City Park Pool will not open if the temperature has not reached 60 degrees by 9:30 AM. The closure will be re-evaluated at Noon for a late opening at 1:00 PM. Anytime lightning is visible within 10 miles or a storm warning has been issued for the City Park area, the pool area will be cleared and closed for a minimum of 30 minutes. The refund policy will apply at all times.

City Park Pool Passes

City Park Pool passes can be purchased at EPIC or Mulberry Pool. EPIC and Mulberry Pool passes cannot be used at City Park. Passes available for purchase beginning April 1.



City Park Train

Closed for 2011

The City Park Train will be closed in 2011. Please check our Winter Recreator (November, 2011) for information about 2012.



Edora Pool Ice Center | 1801 Riverside | 970.221.6683 | fcgov.com/epic

Edora Pool Ice Center, also known as EPIC, is the region's premier ice and aquatics facility. EPIC serves the entire community with a variety of ice skating and aquatics programs, classes, events and activities. EPIC experiences over one million visits per year. EPIC is home to the CSU Hockey team, CSU Water Polo team, Fort Collins Area Swim Team and Fort Collins Figure Skating Club.



Facility Profile

- Indoor 50-meter x 25-yard pool
- Two 3-meter diving boards
- Two 1-meter diving boards
- Warm water therapy pool
- Wading pool
- 2 indoor 200' x 85' ice surfaces
- Spectator seating
- Cardio/weight room
- Concessions
- Multi-purpose room
- Skate service room
- Skate sharpening
- Free WiFi

Fees and Admission

Pool & Exercise Room

Age	Single Admission	Group*
Under 2 & over 85	No Fee	
Attendant	No Fee	
Youth 2-17	\$3.25	\$2.75
Adult 18-54	\$4.00	\$3.50
Older Adult 55-84	\$3.25	\$2.75

Ice Rinks

Single Admission	Group*
No Fee	
No Fee	
\$3.50	\$3.00
\$4.50	\$4.00
\$4.00	\$3.50

Towel rental available for 50 cents per towel.

Skate rental available for \$2.50 per pair.

Group Rate*

These single admission fees are for groups. A group must consist of at least 10 participants, and a 48-hour pre-registration notice is required. Groups over 50 people must provide one week's notice. Group admission does not include skate rental. This is not a reservation and does not guarantee space for your group. For instance, if the capacity of the ice arena has been reached when your group arrives, they will be unable to skate.

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

Pool Hours

Through May 31

M-F	5:30 AM - 8:00 PM
Sa	8:00 AM - 6:00 PM
Su	Noon - 5:30 PM

Please Note

High School Swim Teams practices are held daily 5:30-7:00 AM and 3:15-5:15 PM. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 on those days. Please see schedule for meet days and lane availability posted at the facility or on the website www.fcgov.com/recreation/epic.

Ice Arena

Through May 31

M-F	9:00 - 11:00 AM
M	3:30 - 5:15 PM
Tu, Th	7:30 - 9:00 PM
F	5:30 - 7:00 PM
Sa	12:15 - 1:45 PM
	5:15 - 7:15 PM
Su	12:15 - 2:30 PM

Ice Arena Spring Break Hours

March 14-18

M-F	9:00 - 11:00 AM
M-F	1:15 - 3:15 PM
M-Th	6:00 - 8:00 PM

Exercise Room

M-F	5:30 AM - 7:45 PM
Sa	8:00 AM-5:45 PM
Su	Noon-5:15 PM

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to "drop-in" to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	<input checked="" type="checkbox"/> EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	<input checked="" type="checkbox"/> The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	<input checked="" type="checkbox"/> Mulberry Pool
				<input checked="" type="checkbox"/> Northside Aztlan
				<input checked="" type="checkbox"/> Senior Center

Not-So-Prime-Time Discount

February 1 through May 31, Monday-Friday, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 2/21, 3/11-3/18, 4/15, 4/18, 5/11, 5/27-5/31.

Adult Supervision

Children under the age of **8** must be accompanied by a responsible adult in the pool. The adult must pay admission, be wearing a swimsuit, and actively participating in the water with the child and must be within an arm's reach of the child or children. Children under 13 years of age must be accompanied by a responsible adult in the warm water pool and must be within an arm's reach of that adult.

Closures

Entire Pool	Diving Well Only	Ice Arena
Feb 11 Close at Noon	Feb 5	April 1 All Day
Feb 12	Feb 6	April 2 All Day
March 4-6	Feb 19 Open at Noon	April 3 All Day
April 2	March 11 Close at 7:00 PM	April 24 All Day
April 24	March 12	April 30 All Day
April 29 Close at 2:00 PM	March 13	
May 1	March 18-20	
May 20 Close at Noon	March 26 9:30 AM-12:30 PM	
May 21		
May 30	Diving Well & Lap Lanes	
	Feb 26 10:30 AM-2:00 PM	
	Feb 27 Noon-2:00 PM	


The Farm | 600 North Sherwood | 970.221.6665 | fcgov.com/thefarm

The Farm at Lee Martinez Park has provided hands-on family fun since 1985. The Farm serves as an educational and interactive experience for Fort Collins residents and visitors. Your visit to The Farm will be an adventure for all ages. You can learn more about the industry that shaped this region, have interactive, hands-on farm fun, and introduce your child to agriculture and farm life while visiting.

Facility Profile

- Farm animals
- Hands-on experiences
- Interactive family fun
- Birthday party rentals
- Museum
- Hayrides (schedule in advance)
- Pony rides
- The Farm Store
- Special events

Fees and Admission

Age	Single Admission	10 Admissions	25 Admissions
Under 2 & over 84	No Fee		
Attendant	No Fee		
Ages 2 - 84	\$2.50	\$20.00	\$50.00

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

Hours
Through April 3

W-Sa	10:00 AM-4:00 PM
Su	Noon-4:00 PM

April 6 - June 5

W-Sa	10:00 AM-5:00 PM
Su	Noon-5:00 PM
April 24	Closed

Pony Ride Hours (weather permitting)
April 2 - October 23

Sa	11:00 AM-4:00 PM
Su	1:00-4:00 PM

Pony rides are \$5 per rider. Tokens are purchased in The Farm Store.

Barnyard Buddy Pass - Family Pass
\$50.00 Per Year
Includes:

- Unlimited visits, up to 4 people a visit (additional guests ages 2-84 pay half admission)
- Invitation to Jingle Bell Times at The Farm

Commercial and Home Daycare Barnyard Buddy Passes also available. Please call The Farm for more information, 970.221.6665.

RECREATION FACILITIES / FORT COLLINS POTTERY STUDIO


Pottery Studio | 1541 West Oak | 970.221.6644 | fcgov.com/potterystudio

The Pottery Studio is located in the northwest corner of City Park. It has provided interactive experiences and education since approximately 1971. The Pottery Studio serves as an educational and recreational facility that offers broad and diverse opportunities and adventures for students of all ages. Including classes where you can share in the experiences with your children or spouse.

Facility Profile

- 23 Potters Wheels
- 7 kilns
- 200 square feet of work surface
- 10 different clays in stock
- Clay pug mill
- Slab-roller. 30 inch wide
- Compressor with vented spray booth
- Power 10 inch grinder
- 2 Clay Extruders with many different dies

Hours

Open variable hours.

Pottery classes

There are classes to meet almost any age range. Classes are available for 3 years on up. See pages 33.

Lab Time

For people currently enrolled in class or lab during the winter session there are 17 hours per week where the Pottery Studio is open for working on projects.

Pottery Pals

This is a group of people who generously donate their time and talents to help with special events and help with certain studio activities. If you are interested, please contact Pat Dietemann 970.221.6204.



Gardens on Spring Creek | 2145 Centre Ave. | 970.416.2486 | fcgov.com/gardens

The Gardens on Spring Creek is your community botanic garden. Our display gardens include a Children’s Garden, a Plant Select® demonstration garden, the Xeric Parkway Strip and the Garden of Eatin’. The Gardens offer a multitude of gardening classes for adults and youth, community events, and a beautiful setting for all to enjoy. Explore your community botanic garden...Take root. Grow. Flourish.

Facility Profile

- Display gardens
- Community events
- Adult & youth gardening programs
- Garden & room rentals

Hours

M-F 9:00 AM – 5:00 PM
 Sa 9:00 AM – 5:00 PM
 Su Closed through April
 After May 1: Noon-5:00 PM

Special Hours

5/30 Open 9:00 AM – 2:00 PM

Fees and Admission

General admission to The Gardens on Spring Creek is free to the public. Although a \$2.00 per person or \$5.00 per family suggested donation is appreciated. Programs and/or special events may have a fee.

More Information on page 68

For more information on The Gardens please see The Gardens section in this issue of the *Recreator* on page 68. Visit fcgov.com/gardens or call 970.416.2486 for updated information, schedules and event details.

Friends of the Gardens on Spring Creek

The Friends is a non-profit 501 (c)3 organization whose mission is to increase public awareness of the Gardens on Spring Creek and to generate financial and other support to insure its’ success.

Membership Benefits

Discount on classes at The Gardens
 Discount on select merchandise
 10% discount at participating nurseries

Membership Levels

Individual \$35.00
 Family \$60.00
 Student \$20.00



City Park Nine Golf Course

411 South Bryan Avenue
 970.221.6650
 fcgov.com/golf

City Park Nine is a regulation length 9 hole municipal golf course that offers enjoyment and challenges for players of all ages and abilities. The course features tight fairways, small greens, and mature trees and is consistently recognized as one of the “Best Nine Hole Golf Courses” in Colorado.

- Nine Holes
- 6,424 yards
- Par 36
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Food and beverages



Collindale Golf Course

1441 East Horsetooth Road
 970.221.6651
 fcgov.com/golf

Collindale Golf Course is a championship length, 18 hole golf course situated on 160 acres in southeast Fort Collins. Consistently recognized as having some of the best (and fastest) greens in the state, it is the home of local U.S. Open Qualifying and a perennial favorite for many State amateur events.

- 18 holes
- 7,157 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- C.B & Potts Restaurant
- Patio and lounge



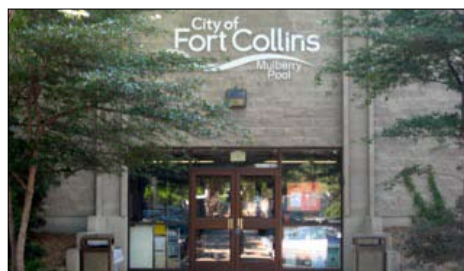
SouthRidge Golf Club

5750 South Lemay Avenue
 970.416.2828
 fcgov.com/golf

Southridge Golf Course is an 18 hole golf course situated on 128 acres in southeast Fort Collins. Offering scenic views and challenging tee shots from multiple tee boxes, Southridge is ideal for players of all levels and ages.



- 18 holes
- 6,666 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Mackenzie’s Pub & Grill
- Patio and lounge



Mulberry Pool | 424 West Mulberry | 970.221.6657 | fcgov.com/mulberrypool

Mulberry Pool, located near Downtown Fort Collins, is one of three indoor aquatic facilities operated by the City of Fort Collins Recreation Department. The pool is open year-round and includes a large “child friendly” interactive play area with slides and other fun water features. Mulberry Pool is a favorite for birthday parties and other celebrations. The pool is also popular with lap swimmers looking for an early morning or mid-day workout.

Facility Profile

- Indoor 25-yard pool
- 1-meter diving board
- Large shallow interactive play area
- Separate 7-person spa
- Birthday party room
- Spectator seating
- Zero entry pool

Hours

Lap Swim/Recreational Swim/Aerobic Room

Through May 5

M, W, F	5:30 AM-8:00 PM
T, Th	5:30 AM-4:00 PM
Sa	12:30-5:30 PM
Su	Noon-3:00 PM

May 6-31

M - F	5:30 AM-8:00 PM
Sa	12:30-5:30 PM
Su	Noon-3:00 PM

Closures

- April 24
- May 30

Please Note

High School Swim Teams practice daily 5:30-6:45 AM and 3:30-5:30 PM. Please call for lane availability or visit our website www.fcgov.com/recreation/mulberry

Adult Supervision

Children under **8** years of age must be accompanied by a responsible adult in the pool. The adult must pay admission, be wearing a swimsuit and actively participating (within arm’s reach) with the child.

Birthday Party Notice

Space for birthday parties will **not** be allowed in the lobbies or spectator areas at EPIC or Mulberry Pool. Space is available for a fee for refreshments and present opening. Please contact the facility where you wish to hold your party for more information.

Fees and Admission

Age	Single Admission	Group*
Under 2 & 85	No Fee	
Attendant	No Fee	
Youth 2-17	\$3.25	\$2.75
Adult 18-59	\$4.00	\$3.50
Older Adult 60-84	\$3.25	\$2.75

Group Rate*

These single admission fees are for groups only and are available to non-profit and community organizations. A group must consist of at least 10 participants, and a 48-hour pre-registration notice is required. Groups over 50 people must provide one week’s notice.

Towel rental available for 50 cents per towel.

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grandfathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to “drop-in” to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	✓ EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	✓ The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	✓ Mulberry Pool
				✓ Northside Aztlan
				✓ Senior Center

Not-So-Prime-Time Discount

February 1 through May 31, Monday-Friday, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 2/21, 3/11-3/18, 4/15-4/18, 5/13, 5/27-5/31.

Two Buck Sundays

Admission is just \$2.00 on Sundays. Enjoy a throw back in admission costs on Sunday from noon to 3:00 PM. This special price is per person and available to any age. Enjoy some fun-soaked Sundays at Mulberry Pool this winter.

Birthdays at Mulberry Pool

Celebrate your next birthday with us....

Celebrate your child’s birthday the Mulberry Pool way! Have your next birthday party at Mulberry Pool and enjoy our pool, aquatic play features and our bouldering wall in the party room for \$45/hour plus swimmers at \$2.75/person OR the balcony birthday area for \$35/hour plus swimmers at \$2.75/person as part of your birthday event. Space is limited; reservations are required. Call 970.221.6203 to make your reservations.

Aerobics Room

While your child is in lessons or visiting Mulberry Pool for a birthday party, you can work out in our aerobics room overlooking the pool where there are two Espresso bikes and a treadmill. The room is open during recreational swim hours as well as on Saturday mornings during lessons. \$2/30-minute session.



Northside Aztlan Center | 112 E. Willow | 970.221.6655 | fcgov.com/north

This facility contains a triple gymnasium, locker rooms, kitchen, lounge, game room, computer lab, activity rooms, classrooms, indoor elevated track, and fitness center. The Center is home to a wide variety of activities, classes, programs, sports and special events. The Northside Aztlan Community Center continues to provide beneficial community programs as well as new and exciting opportunities. Visit the facility and see what's new!



Facility Profile

- 50,000 square feet
- Triple gymnasium complex
- Elevated running track
- Locker rooms
- Fitness areas
- Weight room with Cardio Theater
- Classrooms
- Activity rooms
- Kitchen
- Playground
- Skate park
- Handball courts
- Free WiFi

Hours

Through May 31

M-F	6:00 AM-9:00 PM
Sa	8:00 AM-5:00 PM
Su	Noon -5:00 PM*

For specific drop-in hours please call 970.221.6655. *The weight room is open 8:00 AM-5:00 PM.

Special Hours

May 30 Closed at 3:00 PM

Closures

April 24 Closed

Facility Rentals

Various meeting and event spaces are available for rent. Northside Aztlan Community Center is equipped for small private business meetings of 7 to 15 people or large special events, weddings and receptions up to 400 people.

Outdoor Amenities

Outdoor amenities include a playground with a climbing structure, a state-of-the-art skate park and outdoor handball courts.

Special Events

Check out the calendar of special events in this issue of recreator for some great family activities at this facility.

Fees and Admission

Drop-in		Youth Passes		
Age	Single Admission	Age	10 Admission	25 Admission
Under 2 & over 85*	No Fee	2-15	\$9.00	\$20.00
2-15	\$1.00	16,17,18 with H.S. ID	\$18.00	\$40.00
16,17,18 w/ H.S. ID	\$2.00	Youth passes good at Northside Aztlan only.		
18-54	\$4.00			
55-84	\$3.25			

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass

The Recreation SuperPass gives you access to EPIC, Senior Center, Mulberry Pool, and Northside Aztlan Community Center, and The Farm. Choose from a 10-admission or a 25-Admission SuperPass. You can also use your SuperPass to "drop-in" to adult fitness classes (except Aikido or Tai Chi).

Age	10 Admissions	25 Admissions	Annual Pass	
Youth 2-17	\$27.00	\$66.00	\$300.00	✓ EPIC
Adult 18-54	\$33.00	\$81.00	\$450.00	✓ The Farm
Older Adult 55-84	\$27.00	\$66.00	\$300.00	✓ Mulberry Pool
				✓ Northside Aztlan
				✓ Senior Center

Hip Hop Expo

Step it up and get down with your moves at the Hip Hop Expo 2011! Convention style demos, performances, teaching, team competitions, live street art, food, and more fun will highlight the day! Come celebrate how we "Keep it on the Positive Tip" and get "Down for Life". Co-sponsored by Poudre School District, Team Fort Collins, and the City of Fort Collins Recreation Department.

Age: All Poudre School District Middle School Students and Families
2/26 Sa 6:30-10:00 PM \$2 (payable at the door)

Kids Café: Monday - Friday, 4:15 to 6:00 PM

The Food Bank of Larimer County Kids Cafe program provides children ages 3-18 who are at risk of hunger access to a nutritious meal. The Northside Aztlan Community Center will offer a free weekday dinner. Meals are available to accompanying parents at a charge of \$2 per meal. Call 970.221.6655 for more information.

Lounge Drop-In: March 1 - May 31

Come enjoy the fun! With pool tables, ping pong tables, play station and computers, we put together a variety of different activities throughout the night! Kids age 12-18 get in free!
Ongoing Sa,Su 3:00-7:00 PM Free!

Skate Park Mural Project

The City of Fort Collins Art in Public Places program (APP), Recreation and TEAM Fort Collins have joined forces to engage community members who utilize the skatepark in Old Heritage Park to participate in the development of a mural to be placed on the skatepark wall located just north of the Northside Aztlan Center. Community members interested in working with the artist, selected through the APP selection process, are requested to contact Tyler Robertson, Recreation Coordinator, at 970.221.6729 or Dawn Nannini, TEAM Fort Collins, at 970.224.9931 x11 to attend an informational meeting to learn more about the process, design development of the artwork and timeline for completion.



Senior Center | 1200 Raintree Drive | 970.221.6644 | fcgov.com/seniorcenter

The Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families.



Facility Profile

- 25-yard, 4-lane pool
- 10-person spa
- Jog/walk track
- Gymnasium
- Multi-use area with stage
- Classrooms
- Pool/snooker
- Art rooms
- Kitchen and lounge
- Media center/library
- Community gardens

Hours

M-F 6:00 AM - 9:00 PM
 Sa 8:00 AM - 5:00 PM
 Su 10:00 AM to 9:00 PM

Swim and Lap Hours

M-F 6:00 AM - 8:00 PM
 Sa 9:00 AM - 3:00 PM
 Su Closed

Closures

April 24 Easter
 May 30 Memorial Day

Adult Focused

The Senior Center is a community focal point for programs and services for those 50 and older and their families. Many programs and activities are open to adults (18+).

Rentals

Personal, non-profit, or commercial rentals available. Amenities include chairs, tables, bar service, full service kitchen/pantry, linens, audio-visual equipment, and decorations. Call 970.224.6113 to plan your next event.

Fees and Admission

Age	Single Admission
Over 85	No Fee
Personal Care Attendant	No Fee (must be pre-certified)
18-54	\$4.00
55-84	\$3.25

Please Note

In 2012 we will be eliminating the 85 plus free programs. Anyone born in 1927 and earlier will be grand fathered in and remain free. This is true for both the drop-in and aqua-fitness class. In 2012 all reduced fees will be based on ability to pay.

SuperPass - Fitness Drop-in

Age	10 Admissions	25 Admissions	Annual Pass
Adult 18-54	\$33.00	\$81.00	\$450.00
Older Adult 55-84	\$27.00	\$66.00	\$300.00

ALL ACCESS!

- ✓ EPIC
- ✓ The Farm
- ✓ Mulberry Pool
- ✓ Northside Aztlan
- ✓ Senior Center

Senior Center Membership

Many services at the Senior Center are limited to members only, so join today! Memberships are available for a minimum of \$25, are good for a 12-month period and can be purchased at any time. Scholarships are available, contact the Senior Center at 970.221.6644 for more information. Learn more about memberships on page 78.

Members Only Information

Programs, activities and events marked with an **MO** are those with member only benefits. Programs, activities and events marked with an **MS** denotes that a program has a membership special price.

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Senior Center Staff

Bill Borland	Maintenance	970.224.6079
Peggy Bowers	Recreation Manager	970.221.6357
Steve Dietemann	Arts & Crafts	970.224.6028
Jennifer Mayan	Outdoor Recreation	970.416.2267
Pat Moore	Special Events & Social Opportunities	970.224.6033
Kelly Meyer	Rentals	970.224.6113
John Pfeiffenberger	Travel & Marketing	970.224.6030
Greg Roberts	Facility Attendant	970.224.6007
Barbara Schoenberger	Adult Programs	970.224.6026
Katie Stieber	Dance, Education, Fitness, Wellness	970.224.6029



Natural Areas

970.416.2815
 naturalareas@fcgov.com

Over 40 natural areas are yours to explore and treasure! Visit www.fcgov.com/naturalareas to find a natural area near you, see what activities are available, find out about upcoming events, see trail conditions and much more. It's all possible thanks to voters! Your citizen-initiated city and county sales taxes conserve natural areas and provide visitor services.



Fort Collins Museum and Discovery Science Center

200 Mathews Street
 970.221.6738

Enjoy a variety of hands-on science and history exhibits that ignite your curiosity and make learning fun for the entire family! The Fort Collins Museum & Discovery Science Center is located in Library Park, just blocks from historic Old Town Square. For more information and a list of our current programs and activities, visit our website at www.fcmdsc.org.



Rolland Moore Racquet Complex

2201 South Shields
 970.493.7000

This facility consists of 8 lighted tennis courts, 3 outdoor handball/racquetball courts, 2 platform tennis courts, sand volleyball, and full-service pro shop.



Youth Activity Center

415 East Monroe
 970.221.6655 or 970.221.6309

The Youth Activity Center Gym is open for programs and rentals. Located next to Foothills Mall, it is the perfect central location for your next event.



Lincoln Center

417 W. Magnolia
 970.221.6735

The Lincoln Center is Fort Collins' home for theatre, dance, music, visual arts and children's programs. The facility will re-open in the spring of 2011. Join us on Facebook at Lincoln Center for the Performing and Visual Arts, Fort Collins.



Club Tico

1599 City Park Drive
 970.221.6646

Since the 1920's Club Tico has been a community gathering place. Recently renovated, Club Tico is a great venue for receptions and large gatherings. Call 970.224.6113 for more information.

Facility Rental

The City of Fort Collins Culture, Parks, Recreation and Environment Division has several facilities that can be rented for a minimal fee. Whether it's a business luncheon, wedding, birthday party or family reunion, the City of Fort Collins has community centers, banquet rooms, parks and pavilions available for your event. Please contact the appropriate department for more information.

Facility Rental Contact Information

Senior Center	970.224.6113	Club Tico	970.224.6113
Northside Aztlan	970.221.6655	Parks/Park Shelters	970.221.6660
EPIC & Mulberry	970.221.6657	Lincoln Center	970.221.6735
The Farm	970.221.6665	Museum	970.221.6738
Youth Activity Center	970.221.6309	The Gardens	970.416.2486

MARCH 2011

3.3.2011

Irish Culture
Senior Center**Time:** 11:30 AM to 1:30 PM**Age:** 18 years & up**Fee:** \$16 member, \$20 non-member**Code:** 64520-01See page 83 for details. **More info?** 970.221.6644

3.4.2011-3.25.2011

Active Teen Club 
Northside Aztlan Center**Time:** 6:00-8:00 PM**Age:** 12-18 years**Fee:** \$16**Code:** 64617-01Explore a variety of recreation activities and hang out with friends! Includes teens with and without disabilities. **More info?** 970.416.2024, x1

3.9.2011

Patty's Pub Night
Senior Center**Time:** 6:00 to 9:00 PM**Age:** 50 years & up**Fee:** \$15 member, \$20 non-memberSee page 83 for details. **More info?** 970.221.6644

3.9.2011

"Twist & Shout:" Tribute to the Beatles
Senior Center**Time:** 7:00 to 9:00 PM (doors open at 6 PM)**Age:** All ages**Fee:** \$15Due to popular demand the Fab 4 is returning! Relive 50 years of extraordinary music. **More info?** 970.221.6644

3.20.2011 & 3.27.2011

The Spin Cycle**Senior Center & Bas Bleu Readers' Theatre****Time:** 2:00 PM**Age:** 18 years & up**Fee:** \$8 adults, \$5 senior (65+) and studentsSee page 83 for details. **More info?** 970.221.6644

3.25.2011

Freestyle Night: Glow-in-the-Dark!
Northside Aztlan Center**Time:** 7:00 to 9:00 PM**Age:** Middle school students with school ID**Fee:** \$2The best dance party in town! A DJ, concessions, games, and more. **More info?** 970.221.6655

3.28.2011

Irish Mythology
Senior Center**Time:** 11:30 AM to 1:30 PM**Age:** 18 years & up**Fee:** \$16 member, \$20 non-member**Code:** 64520-02See page 83 for details. **More info?** 970.221.6644

APRIL 2011

4.14.2011

Freestyle Night**Northside Aztlan Center****Time:** 7:00 to 9:00 PM**Age:** 6-8 graders**Fee:** \$2The best dance party in town! A DJ, concessions, games, hoops and more. Purchase tickets the week of at Northside Aztlan Center. **More info?** 970.221.6655

4.16.2011

Giant Friends Club Special Event 
Inspiration Playground**Time:** 10:30 AM to 12:30 PM**Age:** All ages**Fee:** No Fee**Code:** 64614-01Come and play together!. This club brings kids of all abilities together for fun and friendships. Games, songs, crafts and more! **More info?** 970.224.6027

4.16.2011

Kites in the Park Art Auction
Home of Gary and Carol Ann Hixon**Time:** 3:00 to 5:00 PM**Age:** All ages**Fee:** \$25Bid on beautiful kites! Each 4'x4' kite is adorned with a local artists' flare. Artists will be on-hand to discuss their art work over cocktails and hors d'oeuvres. Proceeds benefit Recreation Scholarship Fund. **More info?** 970.221.6655

4.17.2011

Kites in the Park
Spring Canyon Park**Time:** 10:00 AM to 4:00 PM**Age:** All ages**Fee:** FreeWatch the sky fill with color! Giant kites, professional kite flyers, kite boarders, face painting, carnival food and more. Don't have a kite? You can make one at our free kite making station! **More info?** 970.221.6655

4.22.2011

Flashlight Egg Hunt
City Park**Time:** 8:00 PM**Age:** 12-17**Fee:** No FeeMeet on the hill for a fast-paced and exciting egg hunt! Bring a bag to collect your prizes and don't forget a flashlight. There will be tons of candy-filled eggs and some sweet prizes if you find "special" eggs. **More info?** 970.221.6655

4.23.2011

Mother's Day Spa & Craft Shoppe
Senior Center**Time:** 10:00 AM to 4:00 PM**Age:** 18 years & up**Fee:** \$1See page 83 for details. **More info?** 970.221.6644

4.25.2011

Summer Recreator Release

MAY 2011

5.5.2011, 5.12.2011, 5.19.2011, 5.26.2011

Youth Night**Northside Aztlan Center****Time:** 3:00 to 9:00 PM**Age:** 12-18 years**Fee:** No FeeEvery Thursday is your night! Arena Football, Dodgeball, Teen Weights, Indoor Soccer, Ping Pong Tournaments, Dance, Fitness, Madden Tournaments, Food, Prizes, Field Trips and much more! All free, all night! **More info?** 970.221.6655

5.6.2011 & 5.7.2011

SOAP Troupe Spring Show
Senior Center**Time:** 1:30 PM & 7:00 PM, 2:00 PM**Age:** 18 years & up**Fee:** \$5Watch for further show details at the Senior Center. Tickets available at the front desk or at show times. **More info?** 970.224.6029

5.7.2011

Annual Spring Plant Sale
The Gardens at Spring Creek**Time:** 9:00 AM to 4:00 PMShoppers can select from a wide variety of bedding plants, vegetable starts, Plant Select plants, and Best of Winners from the Annual Flower Trial Gardens. Plants are grown by the Gardens on Spring Creek and the students of Front Range Community College and Colorado State University. **More info?** 970.416.2486

5.7.2011 & 5.8.2011

Cinco de Mayo Celebration
Civic Center Park**Time:** 11:00 AM to 6:00 PM**Age:** All ages**Fee:** No FeeThe celebration provides an excellent means of education and sharing of cultural diversity among our communities. Join us for a celebration of family, culture and community. **More info?** 970.224.6741 or www.fortcollinscincodemayo.com

5.13.2011

Freestyle Night: Spring Formal!
Northside Aztlan Center**Time:** 7:00 to 9:00 PM**Age:** 6-8 graders**Fee:** \$2Grab your friends and head to the best dance party in town! We'll have a DJ, concessions, games, hoops and more. Open to all middle school students with a school ID. Tickets can be purchased the week of each event at Northside Aztlan Center. **More info?** 970.221.6655

5.26.2011

City Park Pool Opens
1599 City Park Drive**Time:** 3:00 to 7:00 PM**Fee:** \$4 (regardless of age)

Join us for the kick-off weekend for City Park Pool!



“Passion moves me.”

Kim Jordan
New Belgium Brewing CEO, Recreator

What moves you?

Exploring your passions and pursuing your dreams will lead you to a happy and healthy life. Dedicating time, effort and thought to something you are passionate about will allow you to realize your potential and achieve great things. The City of Fort Collins Recreation Department can help you find a positive activity, sport or program that may ignite your passion. Regardless of your age, ability or interest, Recreation's diverse programming has something for you. Igniting your passion for life moves us, what moves you?



fcgov.com/recreation

Adaptive Recreation Opportunities

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

Inclusion

Do you need assistance to fully participate in activities listed throughout the Recreator? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register. **Please note:** Requests should be made at least two weeks before the class begins. Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com.

Transition

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences, learn about exciting recreation opportunities and meet new people. A therapeutic professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call Alison Cope, MS, OTR 970.416.2024, ext 1.

Specialized Programs

These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can be found in the Recreator identified by the ~~ARO~~ symbol. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings. Program descriptions can be found in the Recreator in the Alternative Programs section and include monthly dances, outings, cooking, bowling, crafts and more!

Attendants

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

Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Call Jenna Van Fossan, CTRS, 970.224.6125.

Thank You!

A huge thank you to our Winter intern Elisha and the many volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Visit us online at www.fcgov.com/aro.

For additional information, please contact the ARO staff.

Renee Lee, CTRS
970.224.6027
rlee@fcgov.com

Alison Cope, MS,OTR
970.416.2024 ext.1
acope@fcgov.com

Jenna Van Fossan, CTRS
970.224.6125,
jvanfossan@fcgov.com

ARO Leaders & Interns
970.416.2024 ext. 2
aro@fcgov.com

Area Recreation Opportunities

Adaptive Climbing

Chad O'Connor
970.416.9357
chadoconnor@live.com

Dance Express

Modern dance training and performance opportunities for people with and without disabilities.
Mary Elizabeth Lenahan
970.493.2113
danceexpress@juno.com

Special Needs Swim

The SLICE office at CSU matches volunteers with individuals with disabilities to provide one-on-one recreational swimming opportunities.
970.491.2321
specialneedsswim@gmail.com

Transportation

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

Transfort	970.221.6620	SAINT	970.223.8645
Dial-A-Ride	970.224.6066	Larimer Lift	970.498.7541

Special Olympics

Please contact the following coordinators or coaches for season information or to volunteer:

Adult Unified Soccer Jenna Van Fossan 970.224.6125	Youth Track & Field Patsy Kutchar 970.377.0036
Adult Track & Field Lois Douthit 970.493.6395	Youth Unified Soccer Adult Unified Softball Renee Lee 970.224.6027

Other ARO Activities in Recreator:

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Trips & Tours for People with Special Needs

Just for the Fun of It
Joan Handley
970.532.4032

Club Bunches

This social club includes people of all abilities who participate in weekday activities.
Christine Barrett
970.282.0695

F.R.E.E. Front Range Exceptional Equestrians

Therapeutic horseback riding program.
Sherry Butler
970.221.0646
ridewithfree.org

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Alternative Programs

All Alternative Programs are for ages 18 & up unless otherwise noted. Registration for classes that are reducible in this section is not available via WebTrac.

General Information

Activities listed in this section are designed for adults with intellectual disabilities but are open to individuals without disabilities as well. These programs focus on fun and community involvement and are designed to enhance confidence and social skills.

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

Please inform us of any accommodations needed at the time of registration.

Registration is required before all trips and programs take place. Some ticketed programs will have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds are allowed unless the ticket can be resold.

For more information about any Alternative Programs or to volunteer, please contact Jenna Van Fossan, CTRS and Therapeutic Recreation Coordinator at 970.224.6125 or jvanfossan@fcgov.com.

Cooking

Learn how to cook tasty foods while gaining positive eating habits. We will help you with the cooking and setting the table, and then we will all sit down to sample the finished products.

Age: 18 years & up

Instructor: Rick Aulino

Location: Senior Center

Note: Attendants welcome at no cost. Class partially discountable. Please report any food allergies to Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

Soups and More

3/23-3/30	W	6:30-8:00 PM	\$18	64701-01
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Easy Meals

5/4-5/11	W	6:30-8:00 PM	\$18	64701-02
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Crafts

Discover the artist within yourself. Express your creative skills while you enhance your artistic abilities by creating a variety of fun crafts.

Age: 18 years & up

Instructor: Alison Cope

Location: Senior Center

Note: Attendants welcome at no cost. Class partially discountable.

Mardi Gras Masks

3/3	Th	5:15-6:30 PM	\$16	64704-01
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Spring Themed Crafts

4/14	Th	5:15-6:30 PM	\$16	64704-02
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Scrapbooking

5/19	Th	5:15-6:30 PM	\$16	64704-03
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Cooking is fun: Learn how to make tasty foods while eating healthy.

Movie Night

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks!

Age: 18 years & up

Location: Senior Center

Note: Please bring \$3 cash to pay for your personal ticket and additional cash for snacks if desired. Attendants welcome at no additional cost, except for price of \$3 ticket. Class not discountable.

3/28	M	6:15-9:15 PM	\$5	64708-01
4/26	Tu	6:15-9:15 PM	\$5	64708-02
5/24	Tu	6:15-9:15 PM	\$5	64708-03

Restaurant Night

Explore different restaurants in town while hanging out with a great group of friends!

Age: 18 years & up

Location: Senior Center

Note: Bring approximately \$15 cash to cover your meal and a tip. Attendants welcome at no cost. Class not discountable.

3/24	Th	5:30-8:00 PM	\$5	64709-01
4/21	Th	5:30-8:00 PM	\$5	64709-02
5/10	Tu	5:30-8:00 PM	\$5	64709-03

Outdoor Recreation

Hiking Trip

Enjoy a day of wilderness hiking on an accessible trail at Bobcat Ridge.

Age: 18 years & up

Location: Senior Center

Note: Please dress for the weather and bring a water bottle/camelback and sack lunch. Attendants must pre-register separately at no cost (#64760-1A). Class not discountable.

5/13	F	9:00 AM-1:30 PM	\$5	64760-01
5/13	F	9:00 AM-1:30 PM	No Fee	64760-1A

Special Events

Season End Potluck

Celebrate the end of winter and a great season of unified basketball, skiing and snowshoeing.

Age: All

Location: Senior Center

Note: Please bring a dish to share. Paper products, utensils and drinks will be provided. Coaches, athletes and partners are free and do not need to pre-register. All others, family members and friends, of all ages are encouraged to pre-register for \$5.

3/26	Sa	11:30 AM-1:00 PM	\$5	64735-01
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Monthly Themed Dances

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

Age: 18 years & up

Location: Senior Center

Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no fee.

I. 80's Dance

3/25	F	6:00-8:00 PM	\$3
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II. Spring Fling

4/29	F	6:00-8:00 PM	\$3
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III. Country Dance

5/20	F	6:00-8:00 PM	\$3
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Trips & Outings

Boulder Dinner Theatre

Watch the musical "Swing" and enjoy a delicious meal served by the performers. Price includes the show, dinner entree and soda, tea or coffee. Appetizers and desserts (if desired) cost extra. Transportation home provided for those living within the Fort Collins city limits.

Age: 18 years & up

Location: Senior Center

Note: Attendants must pre-register separately for \$42 (#64718-1A). Class not discountable. Please register by March 1, 2011.

3/9	W	4:15-11:59 PM	\$50	64718-01
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3/9	W	4:15-11:59 PM	\$42	64718-1A
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Denver Aquarium

Discover the underwater world at the Aquarium in Denver.

Age: 18 years & up

Location: Senior Center

Note: Please bring a sack lunch or cash for snacks, if desired. Attendants must pre-register separately for \$18 (#64728-1A). Class not discountable.

4/2	Sa	10:00 AM-4:00 PM	\$18	64728-01
4/2	Sa	10:00 AM-4:00 PM	\$18	64728-1A

Sports & Fitness

Adaptive Swim Lessons -ARD

For details see page 21.

Adult Unified Soccer -ARD

For details see page 93.

Bowling

This program is designed for any skill level and emphasizes FUN!

Age: 18 years & up

Location: Chipper's Lanes North

Note: Class partially discountable.

4/16-5/7	Sa	12:30-2:00 PM	\$28	64719-01
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Trail Mix

This is a walking club that will explore different trails located in the area.

Age: 18 years & up

Location: Senior Center

Note: Please dress for the weather, wear comfortable walking shoes and bring a water bottle and jacket. Attendants welcome; please pre-register at no fee, (#67438-1A). Class partially discountable.

4/8-4/22	F	4:00-5:30 PM	\$8	64738-01
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4/8-4/22	F	4:00-5:30 PM	No Fee	64738-1A
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REACH RECREATORS. CONNECT WITH CUSTOMERS.

ADVERTISE IN THE RECREATOR.



Aquatics Policies

- **Children under the age of 8 must be accompanied by an adult. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.**
- **Clothing appropriate for swimming is required. No cutoffs or thongs will be allowed in any pool. T-shirts are allowed, but they must be white. All patrons must shower before entering 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.
- Patrons recreationally swimming before or after a class or private lesson must pay the drop-in fee.
- Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed
- **Children 6 and older are required to use the appropriate locker room, or they must be accompanied by a parent or guardian in the family locker room.**
- Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Lockers are for use while utilizing the facility. Anything left overnight in the locker room will be removed and locks left on will be cut.
- To teach private lessons, coach or provide pool therapy in any aquatic facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Group Rates for Swimming

Reduced swim admissions are available for groups. A group must schedule at least 48 hours in advance by calling the appropriate facility. It is preferable that payment be made by one individual check/credit card. In an effort to provide a safe pool experience, we require adult supervision for children under 8* according to the following ratios:

Group Size	Adult Supervisors
1 - 6 Children	1
7 - 12 Children	2
13 - 18 Children	3
19 - 24 Children	4

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

Scout Water Badges

Fee: \$30/group for each instructional hour (for up to 10 participants). Each additional participant is \$3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Underwater Hockey

Through May 23, M , 8:00-9:30 PM, \$6/day

Underwater Hockey is a coed non-contact sport that is played on the bottom of a swimming pool. Players wear snorkel gear and hold a 7-inch wooden stick in one hand. Two teams of 6 players compete by attempting to score goals by pushing a weighted puck into their opponent’s goal. Participants will learn the basics of underwater hockey. Masks, fins, snorkel and a hockey stick will be provided.

Age: 14+

Note: Punch passes are available at a discount. No class on 3/14.

Private Swim Instructions

Private swim instruction is available for all ability levels. Interested persons can leave their information with a cashier at each of the facilities. Fee is \$18/half-hour for one student. Semi-private lessons are also available for an additional \$2 charge. Not Discountable. Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Learn-to-Swim Policies

The Learn-to-Swim program is based on the guidelines set up by the American Red Cross. We have grouped the ages for the classes based upon our knowledge of abilities of young swimmers. Although your child may have passed all of the preschool classes, they will not be allowed into the higher Level classes until age 6. One of the many differences in skills between Preschool and Level classes is distance/endurance and stroke development. Most preschoolers are not able to swim the required distances in the Level classes. We suggest that even though your child has completed the Preschool classes, he/she should continue to take the highest Level class or work on your own with them to increase endurance/distance in the various strokes. Requirements for Preschool distance is 5 yards and the distance for the Level classes is 15 yards.

Edora Pool Ice Center (EPIC) 1801 Riverside
Mulberry Pool (MP) 424 West Mulberry

Drop-In Swim Test

Swim testing allows swim staff to evaluate your child (age 6+) on their swimming ability for proper swim level placement.

Mulberry Pool Wednesday 4:00-8:00 PM
EPIC Saturday Noon-5:00 PM.

- Prior to registration, we encourage you to have your child tested for proper placement (see schedule above)
- If the class you wish to register for is filled, you may place your name on a **paid waiting list no later than one week prior to the start of the class.** Every attempt is made to accommodate the demand for swim lessons.
- Parents are allowed on the pool deck for the last day of class only.
- Progress cards that are not picked up on the last day of class will be held for only one week at the lesson facility.
- At the discretion of the lesson manager, if it is evident that a child is not water ready by the third lesson, the manager will contact the parent, and issue a full refund will be issued for the class.
- Patrons recreationally swimming before or after a class must pay the drop-in fee.
- Make-up lessons are **NOT** available.

Class Maximums

American Red Cross guidelines to ensure a safe experience.

Class	Class Maximum
Guppy - Tadfish	10
Preschool I - III	6
Levels 1 - 3	6
Level 4	8
Levels 5 - 6	10
Diving	8

Minimum for all classes based on cost efficiency is 4.

Do You Like Music, Dance and Swimming? Try Synchro!

ANNUAL SPRING WATER SHOW:

Saturday April 23, 1:30 p.m

Edora Pool Ice Center (EPIC)

Free, open to the public



Information at: 970-481-0081 | www.norcosynchro.com

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970-493-8562



SCUBA LESSONS Ages 8-Adult - Details at HighPlainsScuba.com

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with special needs.

Age: 5 years & up

Instructor: Marcia Bedford

Location: Edora Pool Ice Center

Note: Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside of the water. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class partially discountable. Please register by 2/8/2011.

3/22-4/12	Tu	4:15-4:45 PM	\$25	64602-01
3/22-4/12	Tu	4:50-5:20 PM	\$25	64602-02

Learn-to-Swim

Guppy

This class will help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having FUN and becoming comfortable in, on, and around water. Parent participation required.

Age: 6-18 months

Location: Edora Pool Ice Center

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class partially discountable.

3/21-4/13	M,W	4:30-5:00 PM	\$33	63350-01
3/21-4/13	M,W	6:30-7:00 PM	\$33	63350-02
3/22-4/14	Tu,Th	9:30-10:00 AM	\$33	63350-03
4/18-5/4	M,W	4:30-5:00 PM	\$27	63350-04
4/18-5/4	M,W	5:50-6:20 PM	\$27	63350-05
4/19-5/5	Tu,Th	11:30 AM-Noon	\$27	63350-06

Advanced Guppy

Parent participation class for children who are walking. Designed to introduce your child to deep water and to the wading pool at EPIC and shallow end at Mulberry Pool while introducing beginning swimming skills.

Age: 10 months-2 years

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	4:30-5:00 PM	\$33	62360-01
3/26-4/30	Sa	9:00-9:30 AM	\$24	62360-02
3/26-4/30	Sa	10:20-10:50 AM	\$24	62360-03
3/27-5/1	Su	3:30-4:00 PM	\$24	62360-04
3/27-5/1	Su	5:30-6:00 PM	\$24	62360-05
4/19-5/5	Tu,Th	4:30-5:00 PM	\$27	62360-06
4/19-5/5	Tu,Th	6:30-7:00 PM	\$27	62360-07

Location: Edora Pool Ice Center

3/21-4/13	M,W	5:10-5:40 PM	\$33	63360-01
3/21-4/13	M,W	6:30-7:00 PM	\$33	63360-02
3/22-4/14	Tu,Th	10:10-10:40 AM	\$33	63360-03
4/18-5/4	M,W	5:10-5:40 PM	\$27	63360-04

Tadfish

This is a parent participation class for children who have completed the Advanced Guppy class or fit the age requirement. This class will build upon previous learned skills and prepare children to move on to classes without a parent. This class is for those youngsters not yet ready to take a class without mom or dad.

Age: 2-4 years

Note: Please have your child wear rubber pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	5:10-5:40 PM	\$33	62370-01
3/22-4/14	Tu,Th	5:50-6:20 PM	\$33	62370-02
3/26-4/30	Sa	9:40-10:10 AM	\$24	62370-03
3/26-4/30	Sa	11:00-11:30 AM	\$24	62370-04
3/27-5/1	Su	3:30-4:00 PM	\$24	62370-05
3/27-5/1	Su	4:10-4:40 PM	\$24	62370-06
4/19-5/5	Tu,Th	5:10-5:40 PM	\$27	62370-07
4/19-5/5	Tu,Th	5:50-6:20 PM	\$27	62370-08

Location: Edora Pool Ice Center

3/21-4/13	M,W	5:50-6:20 PM	\$33	63370-01
3/22-4/14	Tu,Th	10:50-11:20 AM	\$33	63370-02
4/18-5/4	M,W	5:50-6:20 PM	\$27	63370-03
4/18-5/4	M,W	6:30-7:00 PM	\$27	63370-04
4/19-5/5	Tu,Th	10:50-11:20 AM	\$27	63370-05

Preschool 1

At the completion of Preschool 1, participants should be comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements while being supported.

Age: 3-5 years

Note: Class is partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	4:30-5:00 PM	\$33	62390-01
3/22-4/14	Tu,Th	6:30-7:00 PM	\$33	62390-02
3/26-4/30	Sa	9:00-9:30 AM	\$24	62390-03
3/26-4/30	Sa	10:20-10:50 AM	\$24	62390-04
3/26-4/30	Sa	11:40 AM-12:10 PM	\$24	62390-05
3/27-5/1	Su	3:30-4:00 PM	\$24	62390-06
3/27-5/1	Su	4:50-5:20 PM	\$24	62390-07
4/19-5/5	Tu,Th	5:10-5:40 PM	\$24	62390-08
4/19-5/5	Tu,Th	6:30-7:00 PM	\$27	62390-09

Location: Edora Pool Ice Center

3/21-4/13	M,W	5:10-5:40 PM	\$33	63390-01
3/21-4/13	M,W	6:30-7:00 PM	\$33	63390-02
3/22-4/14	Tu,Th	11:30 AM-Noon	\$33	63390-03
4/18-5/4	M,W	4:30-5:00 PM	\$27	63390-04
4/18-5/4	M,W	6:30-7:00 PM	\$27	63390-05

Preschool 2

At the completion of Preschool 2, participants should be gaining confidence in the water and should be willing to fully submerge. Children should also be able to use arm and leg movements with assistance as needed.

Age: 3-5 years

Note: Class is partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	4:30-5:00 PM	\$33	62400-01
3/22-4/14	Tu,Th	5:50-6:20 PM	\$33	62400-02
3/26-4/30	Sa	9:00-9:30 AM	\$24	62400-03
3/26-4/30	Sa	11:00-11:30 AM	\$24	62400-04
3/27-5/1	Su	4:10-4:40 PM	\$24	62400-05
3/27-5/1	Su	5:30-6:00 PM	\$24	62400-06
4/19-5/5	Tu,Th	4:30-5:00 PM	\$27	62400-07
4/19-5/5	Tu,Th	5:50-6:20 PM	\$27	62400-08

Location: Edora Pool Ice Center

3/21-4/13	M,W	4:30-5:00 PM	\$33	63400-01
3/21-4/13	M,W	5:50-6:20 PM	\$33	63400-02
4/18-5/4	M,W	4:30-5:00 PM	\$27	63400-03
4/18-5/4	M,W	5:50-6:20 PM	\$27	63400-04
4/19-5/5	Tu,Th	9:30-10:00 AM	\$27	63400-05

Preschool 3

At the completion of Preschool 3, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

Age: 3-5 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	5:10-5:40 PM	\$33	62410-01
3/22-4/14	Tu,Th	5:50-6:20 PM	\$33	62410-02
3/26-4/30	Sa	9:40-10:10 AM	\$24	62410-03
3/26-4/30	Sa	11:40 AM-12:10 PM	\$24	62410-04
3/27-5/1	Su	3:30-4:00 PM	\$24	62410-05
3/27-5/1	Su	4:10-4:40 PM	\$24	62410-06
3/27-5/1	Su	4:50-5:20 PM	\$24	62410-07
4/19-5/5	Tu,Th	4:30-5:00 PM	\$27	62410-08
4/19-5/5	Tu,Th	5:10-5:40 PM	\$27	62410-09

Location: Edora Pool Ice Center

3/21-4/13	M,W	5:10-5:40 PM	\$33	63410-01
3/21-4/13	M,W	5:50-6:20 PM	\$33	63410-02
4/18-5/4	M,W	4:30-5:00 PM	\$27	63410-03
4/18-5/4	M,W	5:10-5:40 PM	\$27	63410-04
4/19-5/5	Tu,Th	10:10-10:40 AM	\$27	63410-05

Level 1

At the completion of Level 1, participants should be comfortable getting in and moving through the water and be willing to put their faces in the water repeatedly. Participants should also be able to use arm and leg movements while supported.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	4:30-5:00 PM	\$33	62420-01
3/22-4/14	Tu,Th	5:10-5:40 PM	\$33	62420-02
3/26-4/30	Sa	11:00-11:30 AM	\$24	62420-03
3/26-4/30	Sa	11:40 AM-12:10 PM	\$24	62420-04
3/27-5/1	Su	4:10-4:40 PM	\$24	62420-05
3/27-5/1	Su	5:30-6:00 PM	\$24	62420-06
4/19-5/5	Tu,Th	5:50-6:20 PM	\$27	62420-07
4/19-5/5	Tu,Th	6:30-7:00 PM	\$27	62420-08

Location: Edora Pool Ice Center

3/21-4/13	M,W	4:30-5:00 PM	\$33	63420-01
3/21-4/13	M,W	5:50-6:20 PM	\$33	63420-02
4/18-5/4	M,W	4:30-5:00 PM	\$27	63420-03
4/18-5/4	M,W	5:10-5:40 PM	\$27	63420-04

Level 2

At the completion of Level 2, participants should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath. Class is partially discountable.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: Mulberry Pool

3/22-4/14	Tu,Th	5:10-5:40 PM	\$33	62430-01
3/22-4/14	Tu,Th	6:30-7:00 PM	\$33	62430-02
3/26-4/30	Sa	9:00-9:30 AM	\$24	62430-03
3/26-4/30	Sa	10:20-10:50 AM	\$24	62430-04
3/27-5/1	Su	3:30-4:00 PM	\$24	62430-05
4/19-5/5	Tu,Th	4:30-5:00 PM	\$27	62430-06
4/19-5/5	Tu,Th	6:30-7:00 PM	\$27	62430-07

Location: Edora Pool Ice Center

3/21-4/13	M,W	4:30-5:00 PM	\$33	63430-01
3/21-4/13	M,W	6:30-7:00 PM	\$33	63430-02
4/18-5/4	M,W	5:10-5:40 PM	\$27	63430-03
4/18-5/4	M,W	6:30-7:00 PM	\$27	63430-04

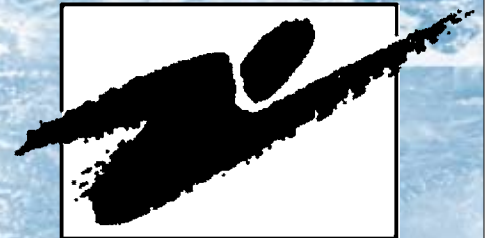
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 No experience necessary: Learn approaches, forward, backward and basic dives. .

Level 3

At completion, participants are starting to show stroke proficiency in the front crawl and elementary backstroke. They demonstrate comfort in deep water and can enter the water headfirst from both sitting and kneeling positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: *Mulberry Pool*

3/22-4/14	Tu,Th	4:30-5:15 PM	\$47	62440-01
3/22-4/14	Tu,Th	5:50-6:35 PM	\$47	62440-02
3/26-4/30	Sa	9:40-10:25 AM	\$33	62440-03
3/26-4/30	Sa	11:00-11:45 AM	\$33	62440-04
3/27-5/1	Su	4:10-4:55 PM	\$33	62440-05
4/19-5/5	Tu,Th	5:50-6:35 PM	\$37	62440-06

Location: *Edora Pool Ice Center*

3/21-4/13	M,W	4:30-5:15 PM	\$47	63440-01
3/21-4/13	M,W	5:50-6:35 PM	\$47	63440-02
4/18-5/4	M,W	4:30-5:15 PM	\$37	63440-03
4/18-5/4	M,W	5:50-6:35 PM	\$37	63440-04

Level 4

At completion, participants are starting to demonstrate effective and efficient strokes in the front crawl and elementary backstrokes and are starting to show stroke proficiency in the breaststroke, back crawl, butterfly and sidestroke. Participants can enter the water headfirst from both compact and stride positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: *Mulberry Pool*

3/22-4/14	Tu,Th	6:30-7:15 PM	\$47	62450-01
3/26-4/30	Sa	9:00-9:45 AM	\$33	62450-02
3/27-5/1	Su	4:50-5:35 PM	\$33	62450-03
4/19-5/5	Tu,Th	5:10-5:55 PM	\$37	62450-04

Location: *Edora Pool Ice Center*

3/21-4/13	M,W	5:10-5:55 PM	\$47	63450-01
4/18-5/4	M,W	5:10-5:55 PM	\$37	63450-02
4/18-5/4	M,W	6:30-7:15 PM	\$37	63450-03

Level 5

At completion, participants are starting to demonstrate effectiveness and efficiency in all strokes. Participants are starting to work on endurance through longer swims that require using open and flip turns. Swimmers will be able to enter the water using the shallow-angle dive and can then continue swimming.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 4/23, 4/24.

Location: *Mulberry Pool*

3/22-4/14	Tu,Th	5:50-6:35 PM	\$47	62460-01
3/26-4/30	Sa	9:40-10:25 AM	\$33	62460-02
3/26-4/30	Sa	11:00-11:45 AM	\$33	62460-03
3/27-5/1	Su	4:50-5:35 PM	\$33	62460-04
4/19-5/5	Tu,Th	4:30-5:15 PM	\$37	62460-05

Location: *Edora Pool Ice Center*

3/21-4/13	M,W	4:30-5:15 PM	\$47	63460-01
3/21-4/13	M,W	6:30-7:15 PM	\$47	63460-02
4/18-5/4	M,W	5:50-6:35 PM	\$37	63460-03

Adult Swim

Adult Swim Instruction

This course is geared toward individual goals of the participants. It will involve reducing fears and anxieties and also improving strokes. Small class sizes. If you have always wanted to learn to swim and/or improve your strokes, this is the class for you.

Age: 16 years & up

Location: *Mulberry Pool*

3/23-4/20	W	7:00-7:45 PM	\$33	62570-01
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Diving

Beginning Diving

No prior diving experience necessary. Participants must be able to swim at least 25 yards using the front crawl which will be tested at the first class and continuation of class will depend upon passing. Students will learn approaches, forward and backward dives and basic dives off the 1-meter board.

Age: 5-17 years

Location: *Edora Pool Ice Center*

Note: Class partially discountable.

Age: *5-11 years*

3/21-4/13	M,W	5:00-5:45 PM	\$35	63490-01
4/18-5/4	M,W	5:00-5:45 PM	\$28	63490-02

Age: *12-17 years*

3/21-4/13	M,W	5:45-6:30 PM	\$35	63490-03
4/18-5/4	M,W	5:45-6:30 PM	\$28	63490-04

Intermediate Diving

Participants must be able to swim at least 25 yards using the front crawl stroke which will be tested the first class and continuation will depend upon passing. Prerequisite: Students must pass beginning diving or have the ability to meet the beginning diving standards. Students learn somersaults and work on perfecting high board and beginning dives.

Age: 5-17 years

Location: Edora Pool Ice Center

Note: Class partially discountable.

3/21-4/13	M,W	6:30-7:15 PM	\$35	63500-01
4/18-5/4	M,W	6:30-7:15 PM	\$28	63500-02

Lifeguard & Water Safety Training

Lifeguard Training

Participants will be required to complete a 300 yd continuous swim using the following strokes in order: 100 yd of front crawl using rhythmic breathing and a stabilizing, propellant kick, 100 yd of breaststroke using a pull, breath, kick and glide sequence and 100 yd of front crawl or breaststroke. Participants will also have to complete a timed 20 yd swim using front crawl or breaststroke, surface dive 7-10 ft, retrieve a 10 lb object, return to the surface, swim 20 yd back to starting point with object and exit water without using ladder or steps, within 1 min, 40 sec.

Age: 15 years & up

Location: Edora Pool Ice Center

Note: Participants must attend all classes - no exceptions. Must be 15 yrs. on or before start of class. Skills will be tested at the first class and continuation of class will depend upon passing. Books and pocket mask are included in fee. Upon successful completion of this class, participants will receive American Red Cross certificates for Lifeguard Training, CPR-PR, AED, and Standard First Aid. Class not discountable.

3/14-3/17	M-Th	9:00 AM-4:30 PM	\$153	63540-01
4/8	F	4:00-6:00 PM	\$153	63540-02
4/9	Sa	9:00 AM-5:00 PM		
4/10	Su	9:00 AM-5:00 PM		
4/16	Sa	9:00 AM-5:00 PM		
4/17	Su	9:00 AM-5:00 PM		
5/6	F	4:00-6:00 PM	\$153	63540-03
5/7	Sa	9:00 AM-5:00 PM		
5/8	Su	9:00 AM-5:00 PM		
5/14	Sa	9:00 AM-5:00 PM		
5/15	Su	9:00 AM-5:00 PM		

Lifeguard Review/Challenge

This class is for the lifeguard whose certification is about to expire. This shortened version of Lifeguard Training will enable the lifeguard to recertify without having to take the full lifeguard course. A skill test will be administered the first day of class to determine continuation in the class. Participants must attend all class time - no exceptions.

Age: 18 years & up

Location: Edora Pool Ice Center

Note: Must hold current American Red Cross certifications in LGT, CPR-PR, AED and FIRST AID or certifications that have expired within 1 year of expiration dates. Bring those certifications to first day of class. Individuals that do not have eligible certificates may not participate in course. All participants are required to have/bring lifeguard book and pocket mask.

3/26	Sa	8:00 AM-6:00 PM	\$88	63541-01
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CPR-PR/AED Review

This class is for the lifeguard whose CPR/AED certification is about to expire. This shortened version of CPR/AED for lifeguards will enable the lifeguard to recertify without having to take the full course. Participants must attend all class time - no exceptions.

Age: 18 years & up

Location: Edora Pool Ice Center

Note: Must hold current American Red Cross certifications CPR-PR and AED or certifications that have expired within 1 year of expiration dates. Bring those certifications to first day of class. Individuals that do not have eligible certificates may not participate in course. All participants are required to have/bring lifeguard book and pocket mask.

3/26	Sa	8:00 AM-1:00 PM	\$51	63542-01
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Water Safety Instructor

Prerequisite: All students must have knowledge and ability to perform the following strokes: front crawl, backstroke, breaststroke, sidestroke, elementary backstroke and butterfly stroke. This course teaches future aquatic instructors proper methods and curriculum in Red Cross Water Safety. It is an extensive skill review and proper presentation of all levels of swimming. Books are included in the fee. Students completing this course will receive W.S.I. certification and Instructor Candidate Training Certificate. Participants must attend ALL classes.

Age: 16 years & up

Location: Edora Pool Ice Center

Note: Class may switch pools. Letter will be sent prior to class start. Class is not discountable.

4/21-4/24	Th	4:00-10:00 PM	\$179	63590-01
4/22	F	4:00-10:00 PM		
4/23	Sa	8:00 AM-5:00 PM		
4/24	Su	8:00 AM-5:00 PM		

Aqua-Fitness

Classes are for ages 18 year & up unless otherwise noted.

Classes with fewer than 5 people registered will be canceled for that session. Drop-in/SuperPass patrons do not count in registration numbers. Participants may attend only the class for which they are registered, and may register for the entire session or the weeks remaining.

Drop-In

Patrons may drop-in to aqua fitness classes for \$4.25/class visit if space is available. If the class minimum is not met, the class will be canceled and there will be no drop-in. Reduced rates do not apply.

SuperPass

The 10 and 25 admission SuperPass can also be used to drop-in to aqua fitness classes.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym - the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, and more. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$22 per session and we offer small group rates. Sessions are approximately one hour. For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk. Or to schedule an appointment call Deborah at 970.493.7377.

Low Intensity

MS Aqua Exercise -ARD

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well being, endurance, strength, and flexibility in a cool water environment. It is offered in cooperation with the local MS chapter. To join or volunteer assist, call Jenna Van Fossan at 970.224.6125.

Location: Mulberry Pool

Note: Please bring an attendant if you need assistance with personal care out of the water. Class will not be held 3/15, 3/17.

Ongoing Tu,Th 9:30-10:30 AM \$42/16 punch pass

Stretch & Tone

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

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	8:30-9:15 AM	\$32	67620-01
4/4-4/29	M,W,F	8:30-9:15 AM	\$32	67620-02
5/2-5/27	M,W,F	8:30-9:15 AM	\$32	67620-03



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Basic H2O Workout

Get started in water exercise! This class is designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized.

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	6:15-7:00 PM	\$32	67630-01
4/4-4/29	M,W,F	6:15-7:00 PM	\$32	67630-02
5/2-5/27	M,W,F	6:15-7:00 PM	\$32	67630-03

Twinges



People with arthritis can exercise! Certified instructors lead the class through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water's buoyancy and resistance provides support and help to maintain joint flexibility.

Location: Edora Pool Ice Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/4 (EPIC Only), 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	7:30-8:30 AM	\$29.75	63600-01
4/4-4/29	M,W,F	7:30-8:30 AM	\$32	63600-02
5/2-5/27	M,W,F	7:30-8:30 AM	\$32	63600-03
2/28-4/1	M,W,F	9:30-10:30 AM	\$29.75	63600-04
4/4-4/29	M,W,F	9:30-10:30 AM	\$32	63600-05
5/2-5/27	M,W,F	9:30-10:30 AM	\$32	63600-06

Twinges Plus



This class takes range-of-motion exercises from Twinges and adds low impact cardiovascular work. Twinges Plus is excellent for people who have recently been diagnosed with arthritis or other joint-related conditions.

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	12:15-1:15 PM	\$32	67610-01
4/4-4/29	M,W,F	12:15-1:15 PM	\$32	67610-02
5/2-5/27	M,W,F	12:15-1:15 PM	\$32	67610-03
2/28-4/1	M,W,F	1:30-2:30 PM	\$32	67610-04
4/4-4/29	M,W,F	1:30-2:30 PM	\$32	67610-05
5/2-5/27	M,W,F	1:30-2:30 PM	\$32	67610-06



Fitness & Fun: combines the traditional water workout with other fun games.

Medium Intensity

Aqua Natal

For women during or after pregnancy! Low and medium impact exercises will maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn's weight. Take off that excess weight after delivery!

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	4:15-5:15 PM	\$32	67650-01
4/4-4/29	M,W,F	4:15-5:15 PM	\$32	67650-02
5/2-5/27	M,W,F	4:15-5:15 PM	\$32	67650-03
2/28-3/30	M,W	7:00-8:00 PM	\$21	67650-04
4/4-4/27	M,W	7:00-8:00 PM	\$21	67650-05
5/2-5/25	M,W	7:00-8:00 PM	\$21	67650-06

Fitness & Fun

This class combines the traditional water workout with water volleyball and other fun games. If you are looking for a break from the norm, this is the class for you.

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	7:30-8:30 AM	\$32	67645-01
4/4-4/29	M,W,F	7:30-8:30 AM	\$32	67645-02
5/2-5/27	M,W,F	7:30-8:30 AM	\$32	67645-03

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout!

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/4, 3/14, 3/15, 3/16, 3/17, 3/18.

Location: Mulberry Pool

2/28-4/1	M,W,F	7:30-8:30 AM	\$32	62640-01
4/4-4/29	M,W,F	7:30-8:30 AM	\$32	62640-02
5/2-5/27	M,W,F	7:30-8:30 AM	\$32	62640-03

Location: Edora Pool Ice Center

2/28-4/1	M,W,F	7:30-8:30 AM	\$29.75	63640-01
4/4-4/29	M,W,F	7:30-8:30 AM	\$32	63640-02
5/2-5/27	M,W,F	7:30-8:30 AM	\$32	63640-03

Location: Senior Center

2/28-4/1	M,W,F	6:30-7:30 AM	\$32	67640-01
4/4-4/29	M,W,F	6:30-7:30 AM	\$32	67640-02
5/2-5/27	M,W,F	6:30-7:30 AM	\$32	67640-03
2/28-4/1	M,W,F	9:30-10:30 AM	\$32	67640-04
4/4-4/29	M,W,F	9:30-10:30 AM	\$32	67640-05
5/2-5/27	M,W,F	9:30-10:30 AM	\$32	67640-06
2/28-4/1	M,W,F	5:15-6:15 PM	\$32	67640-07
4/4-4/29	M,W,F	5:15-6:15 PM	\$32	67640-08
5/2-5/27	M,W,F	5:15-6:15 PM	\$32	67640-09
3/1-3/31	Tu,Th	6:15-7:15 AM	\$21	67640-10
4/5-4/28	Tu,Th	6:15-7:15 AM	\$21	67640-11
5/3-5/26	Tu,Th	6:15-7:15 AM	\$21	67640-12
3/1-3/31	Tu,Th	8:00-9:00 AM	\$21	67640-13
4/5-4/28	Tu,Th	8:00-9:00 AM	\$21	67640-14
5/3-5/26	Tu,Th	8:00-9:00 AM	\$21	67640-15
3/1-3/31	Tu,Th	9:00-10:00 AM	\$21	67640-16
4/5-4/28	Tu,Th	9:00-10:00 AM	\$21	67640-17
5/3-5/26	Tu,Th	9:00-10:00 AM	\$21	67640-18
3/1-3/31	Tu,Th	10:00-11:00 AM	\$21	67640-19
4/5-4/28	Tu,Th	10:00-11:00 AM	\$21	67640-20
5/3-5/26	Tu,Th	10:00-11:00 AM	\$21	67640-21
3/1-3/31	Tu,Th	4:00-5:00 PM	\$21	67640-22
4/5-4/28	Tu,Th	4:00-5:00 PM	\$21	67640-23
5/3-5/26	Tu,Th	4:00-5:00 PM	\$21	67640-24
3/1-3/31	Tu,Th	7:00-8:00 PM	\$21	67640-25
4/5-4/28	Tu,Th	7:00-8:00 PM	\$21	67640-26
5/3-5/26	Tu,Th	7:00-8:00 PM	\$21	67640-27

High Intensity

Deep H2O Plus

This class combines the traditional aspects of Deep H2O with more of an emphasis on cardio training. Water confidence and some swimming skills are recommended.

Location: Edora Pool Ice Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/4, 3/14, 3/16, 3/18.

2/28-4/1	M,W,F	6:00-7:00 AM	\$29.75	63661-01
4/4-4/29	M,W,F	6:00-7:00 AM	\$32	63661-02
5/2-5/27	M,W,F	6:00-7:00 AM	\$32	63661-03

Aqua Box

Punch and kick your way to fitness. Blast your muscles with this power trend in fitness. Mix kickboxing moves with aerobics for a fast, effective workout.

Location: Senior Center

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/15, 3/17.

3/1-3/31	Tu,Th	5:30-6:30 PM	\$21	67670-01
4/5-4/28	Tu,Th	5:30-6:30 PM	\$21	67670-02
5/3-5/26	Tu,Th	5:30-6:30 PM	\$21	67670-03

Deep H2O Workout

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Excellent for people with back, hip and knee injuries. Water confidence and some swimming skills are recommended.

Note: The cashier will be taking attendance prior to every class. Please check in at the front desk. Class will not be held on 3/14, 3/15, 3/16, 3/17, 3/18.

Location: Mulberry Pool NEW LOCATION!

2/28-4/1	M,W,F	12:15-1:00 PM	\$32	62660-01
4/4-4/29	M,W,F	12:15-1:00 PM	\$32	62660-02
5/2-5/27	M,W,F	12:15-1:00 PM	\$32	62660-03

Location: Edora Pool Ice Center

3/1-3/31	Tu,Th	5:25-6:25 PM	\$21	63660-01
4/5-4/28	Tu,Th	5:25-6:25 PM	\$21	63660-02
5/3-5/26	Tu,Th	5:25-6:25 PM	\$21	63660-03

Arts & Crafts

Visual Arts & Crafts Show

Call for artists and crafters. The deadline is here. Artists and crafters who are 50 and older can show their work. All mediums accepted. Awards will be given to the top three in each category. The show will be open 5/1-6/2. Pick up an entry form at the Fort Collins Senior Center registration desk or fill one out when you bring your work for submission. Please see the entry forms for detailed information.

Reception for artists and public Sunday, 5/1, 4:00-6:00 PM.

Drop off: Submissions may be delivered to the Senior Center north entrance Friday, April 22, 1:00-5:00 PM and Saturday, April 23, 9:00 AM-Noon. **Pick up:** Art will be returned to the artists Friday, June 3, 1:00-5:00 PM and Saturday, June 4, 9:00 AM-Noon.

Display: Arts and crafts displayed May 1-June 1 during Senior Center hours.

Submission Request for Photo Display

The Fort Collins Senior Center Visual Arts Committee is looking for regional photos for consideration for display on the walk jog track. Photos are enlarged and presented on a rotational basis. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Request for Exhibits

The Fort Collins Senior Center Visual Arts Committee has an open call for artists, crafters or collectors who are interested in displaying their items in a show. The Senior Center showcases both historical and contemporary artworks by local, regional, national and international artists. Its exhibitions also highlight works by art faculty, students and patrons as well as emerging and established artists. The shows represent a great diversity and change regularly. Exhibits are open to the public and free of charge. Work may be for sale. For details, contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Open Shop

This allows you the opportunity to work with the many tools that are available in areas such as jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools and basic tools for mechanical repairs. Users supply the materials and the expendable resources such as sand paper, glue etc. Students enrolled in a class can utilize the shop to work on projects outside of class time. A shop attendant is on duty to assist with questions.

Production work or work on items for sale is not permitted.

Location: Senior Center, Studio

Note: There is no fee for students currently enrolled in an arts and crafts class; for persons not currently enrolled in a class, a Senior Center membership is required and a \$2.00 fee per open lab time is charged. Program not discountable

Ongoing	Tu	8:00 AM-Noon
Ongoing	W	1:00-5:00PM
Ongoing	Th	6:00-10:00 PM

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

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Join the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques. Also, learn from others as you discuss the many aspects of different art related hobbies and crafts.

Location: Senior Center

Note: No instructor provided. Must be a Senior Center member.

Ongoing	W	1:00-3:00 PM	No Fee
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Quilting Quorum

MO

All levels of quilters are welcome to work on group or individual projects. Quilters may also work on items for a charity of your choice or the ones the group has adopted. That charity offers quilts for people in need. Meet other local quilters, swap tips, share techniques, and a common interest in quilting. Sewing machines, mats, cutters, and material are available.

Location: Senior Center

Note: There is no instructor. Senior Center membership is required.

Ongoing	F	1:00-3:00 PM	No Fee
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Visual Arts Committee

Volunteers needed to serve on the Visual Arts Committee. For more information about the committee's mission and duties, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Teachers?

Do you have a special talent and want to share it with others? New proposals for arts and crafts programs are always welcome. If you are a skilled, competent instructor, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Volunteers Wanted

Volunteers are needed to help oversee the operation of a wood shop and general arts and crafts studio. If you are interested in volunteering or even teaching a class, contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Adult Arts & Crafts

Classes are for 18 years & up unless otherwise noted.

Youth Arts & Crafts see page 35.

Basketry

Basket for Newspapers & Magazines

This large basket is 7" high, 9" wide, and 20" in length. The style is splint woven basketry. As the name implies this basket is perfect for storing newspapers or magazines. Keep rooms neat and organized.

Age: 16 years & up

Instructor: Dianne Saye

Location: Senior Center

Note: All supplies provided. Wear old clothes and bring an old towel and a sack lunch. Class partially discountable.

3/26	Sa	9:00 AM-6:00 PM	\$68	64115-01
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Basket for Wine

This basket is 10" high, 14" high including the handles, 4" wide and 7" in length. This basket is designed to hold 2 wine bottles. It would make a perfect gift or you can take it along on a picnic. It is created in the splint woven style. You will leave with a finished basket.

Age: 16 years & up

Instructor: Dianne Saye

Location: Senior Center

Note: All supplies provided. Wear old clothes and bring an old towel, and a sack lunch. Class partially discountable.

4/16	Sa	9:00 AM-6:00 PM	\$68	64116-01
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Drawing

Watercolor Drawing

Learn how to draw using water based colored pencils. The pencils provide an effect similar to watercolors without the mess of paints. When students finish drawing, they will work back into their drawing using a brush and water to highlight certain areas, creating the look of a watercolor painting.

Instructor: Joan Deines

Location: Senior Center

Note: Supply list available at registration (approx. cost \$35-40).

3/25-4/29 F 6:30-8:30 PM \$50 64110-01

Drawing, Animals

Learn to re-create the amazing world of animals, and make them into beautiful art. This class will focus on animal anatomy, including facial features. Students can work from their own or instructor-provided reference material, and will be guided toward improving their skills in creating life-like animal drawings.

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list available at registration (approx. cost \$10-15).

3/3-4/7 Th 6:30-8:30 PM \$48 64145-01

Fiber Arts

Feltmaking Purse

Create a beautiful purse while learning the amazing wet felting process and techniques. Learn to create the material then shape it into your purse. The second class will focus on adding decoration and finishing touches that include surface designs, sculptural elements and appendages that reflect your sense of style.

Instructor: Marti Conrad

Location: Senior Center

Note: All supplies provided. Class partially discountable.

3/17-3/24 Th 9:00 AM-Noon \$33 64118-01

Knitting, Beginning

In a relaxed setting learn to knit, purl, figure, gauge and read a pattern. We will start relatively simple learning how to knit a whimsical washcloth.

Age: 16 years & up

Instructor: Susan Wood

Location: Senior Center

Note: Supply list available at registration (approx. cost \$10-15).

3/2-3/23 W 3:30-5:30 PM \$48 64132-01

Simply Knit Socks

Prerequisite: Basic knit and pearl stitches

Branch out and explore something more than knitting scarves. This class will take you through the knitting of a simple sock pattern. You will learn how to start with the cuff and how to finish the toe. This is the perfect portable take along project!

Age: 16 years & up

Instructor: Susan Wood

Location: Senior Center

Note: Supply list available at registration (approx. cost \$10-15). Class partially discountable.

3/30-4/20 W 3:30-5:30 PM \$48 64133-01

CALL FOR ARTISTS & CRAFTERS

VISUAL ARTS & CRAFTS SHOW

MAY 1 THROUGH JUNE 2

WHO?
Artists and crafters over 50 years of age

WHAT?
All mediums accepted

AWARDS FOR TOP THREE IN EACH CATEGORY

WHERE?
Fort Collins Senior Center

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FOR MORE INFO SEE PAGE 29
MORE INFO? 221.6644

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City of Fort Collins Recreation

Weave A Scarf for Springtime

In this class, students will be given instruction in basic weaving technique and will be able to finish a scarf. Students will have use of rigid heddle looms, and will be given the option to purchase your loom at the end of the class, if desired.

Instructor: Liz Moncrief

Location: Senior Center

Note: The cost for rental of the looms is already included in the price. \$30 is redeemable at end of workshop, if student wishes to purchase loom.

4/4-4/18 M 6:00-8:30 PM \$78 member 64143-01
\$82 non-member

Hand Spinning Yarns, Beginning

Class will discuss the properties of all textile fibers, how to harvest and process them, and we'll spin yarn on a drop spindle. At the second session, we'll break out the spinning wheels, and investigate the tools and equipment used in the fiber industry. You will be given a basic spinning kit to take home with you.

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable.

3/8-3/22 Tu 6:00-8:30 PM \$43 member 64154-01
\$47 non-member

Glass Arts**Stained Glass Stepping Stone**

Prerequisite: No glass experience necessary.

Decorate a fitted mosaic stepping stone for your garden or home. Explore stained glass without using copper or lead. Make a beautiful 11-inch glass covered stepping stone using a garden paver and stained glass. This intricate and exquisitely pieced stepping-stone will make a lovely decoration or a cherished gift.

Instructor: Donna Beard

Location: Senior Center

Note: Some supplies included in class fee. Supply list available at registration (approx. cost \$5). Class is partially discountable.

3/21-3/28 M 7:00-9:30 PM \$37 64121-01

General Arts**Artistic Abilities 3-D Art** 

This class is focused on pottery, including wheel and handbuilding. It is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. Participation in an art show in May is optional.

Age: 13 years & up

Location: Colorado State University, Visual Arts Building, Room F113

Note: Class partially discountable. For more information, contact Alison Cope at 970.416.2024, ext. 1 or acope@fcgov.com.

3/22-4/19 Tu 4:00-6:00 PM \$30 64616-01

Senior Center Members register early on February 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **February 15** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Calligraphy, Continuing

Prerequisite: Beginning Calligraphy or instructor approval required. Class will focus on the technical aspects of different styles and simultaneously consider the aesthetic effect and appeal beyond just mere technical proficiency. Discussion about materials, history as well as layout and design will be covered.

Instructor: Sylvia Godsey

Location: Senior Center

Note: Supply list available at registration (approx. cost \$20). Class partially discountable. Class will not be held on 3/16.

3/2-4/13 W 6:30-9:00 PM \$69 64111-01

Lotions & Potions, Total Body Care

We'll make and take home several bath products using items found in your local health food market. Gain a better understanding of your skin's needs, what makes products work, how to add or delete special elixirs and essential oils, and develop an appreciation for the ingredients in your kitchen cupboard.

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable.

5/21 Sa 8:00 AM-Noon \$43 member 64152-01
\$47 non-member

Liquid Soap Making

This class is designed to provide soap making knowledge focused on liquid soaps. This method is considered 'hot processing' and is time-intensive. Also included is a discussion of cold processing versus hot. May also include 'French Milling' using cured cold-processed soaps.

Instructor: Liz Moncrief

Location: Senior Center

Note: All supplies provided. Please wear old clothes. Class partially discountable.

3/12 Sa 8:00 AM-1:00 PM \$43 member 64153-01
\$47 non-member

Jewelry**Jewelry, Beginning**

In this extended class concentration on cutting and piercing with a jeweler's saw, filing, soldering, as well as the proper techniques for polishing and finishing will be covered. This class is for those with no metal experience as well as those just wanting to get back into it.

Instructor: Mark Ruby

Location: Senior Center

Note: Tools and some supplies provided. Supply list available at registration (approx. cost \$55-80). Class partially discountable.

3/22-5/3 Tu 5:30-7:30 PM \$95 64112-01

Jewelry Casting

Prerequisite: Beginning jewelry. Class is geared for intermediate or advanced students.

This class will cover the basic lost wax process in casting. Concentration will be given on wax carving and forming, spruing, casting of the investment, burning out, and centrifugal casting. Also attention to the finishing and surface treatment techniques will be covered to create exquisitely finished cast pieces.

Instructor: Mark Ruby

Location: Senior Center

Note: Some supplies provided. Supply list available at registration. Supplies and supply cost vary with your project choice. (approx. cost \$20-85). Class partially discountable.

3/22-5/3 Tu 7:45-9:45 PM \$100 64114-01

Painting

Bob Ross Painting

Complete a finished painting in one day using the Bob Ross painting technique. Our certified Bob Ross instructor teaches you about the use of different brushes, a palette knife, mixing colors and the manipulation of certain special paints. If you have all your own Bob Ross supplies, there is a \$15 reduction in fee.

Instructor: Peggy Hunt

Location: Senior Center

Note: There will be a 1-hour lunch break (on your own). Please bring a roll of paper towels and wear old clothes. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

3/3	Th	9:00 AM-4:00 PM	\$60	64127-01
4/7	Th	9:00 AM-4:00 PM	\$60	64127-02

Porcelain Painting, Beginning

This is your chance to try porcelain painting. Students will learn proper painting techniques that include the use of oils, thinners, wiping tools and specialty brushes. Techniques for completion of the finished product takes several weeks. The entire process usually requires several firings to get the desired result.

Instructor: Jackie Mosman

Location: Senior Center

Note: All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable.

3/4-3/25	F	1:00-3:30 PM	\$47	64170-01
4/1-4/29	F	1:00-3:30 PM	\$56	64170-02
5/6-5/27	F	1:00-3:30 PM	\$47	64170-03

Porcelain Painting, Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn more about the chemical process of paints, mediums and firing procedure.

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

3/2-3/30	W	9:00-11:30 AM	\$51	64171-01
4/6-4/27	W	9:00-11:30 AM	\$42	64171-02
5/4-5/25	W	9:00-11:30 AM	\$42	64171-03

Porcelain Painting, Advanced

The classes will offer one-on-one hands-on instruction as well as group demonstrations. In the classes, attention will be given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques.

Instructor: Jackie Mosman

Location: Senior Center

Note: Firing of your work is included in the course fee. You provide the painting supplies.

3/2-3/30	W	1:00-4:00 PM	\$59	64172-01
4/6-4/27	W	1:00-4:00 PM	\$48	64172-02
5/4-5/25	W	1:00-4:00 PM	\$48	64172-03

Watercolor, Beginning

The basics of composition, painting techniques and special effects will be covered as well as setting up a palette, types of papers, using the color wheel and color theory. Design principles and techniques for handling this wonderful medium will be covered.

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approx. cost \$50-75). Class partially discountable. Class will not be held on 4/28.

3/24-5/5	Th	1:00-3:00 PM	\$64	64180-01
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Watercolor, Intermediate

Prerequisite: Beginning Watercolor.

This class will take you on a much more in-depth exploration into watercolor techniques. More emphasis on observation and various brush techniques will be covered. This class will challenge the students that have had beginning watercolor and would like to build their skills and knowledge of artistic concepts.

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost is \$50-\$100). Class partially discountable. Class will not be held on 4/22.

3/25-5/6	F	1:00-3:00 PM	\$68	64181-01
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Chinese Brush Painting

If you are a beginner or have experience, this class will cater to your level. This is an ongoing class where you will learn to use the Chinese Brush on oriental paper; you will study the basic strokes and simple composition for several different styles of designs or advance your current knowledge of the techniques.

Instructor: Ann Hartzler

Location: Senior Center

Note: Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class partially discountable.

4/6-4/27	W	6:30-8:30 PM	\$60	64137-01
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Get online. Get out of line.



Photography

Photography, Beginning

These classes are designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos will teach you about camera operations, lenses, and equipment, also films, filters, depth of field, and bracketing. Composition and photoproducts will be covered.

Age: 16 years & up

Instructor: Dick Myhre

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will give you practical experience and will be on Saturday after the start of your class. Class will not be held on 3/15, 3/29.

3/8-4/5	Tu	6:00-9:00 PM	\$47	64130-01
3/12	Sa	9:00 AM-Noon		

Photography, Intermediate & Advanced

Advanced creative techniques will be covered for specific genres including landscape, wildlife, night and close-up photos. Most of the applications and techniques apply to both film and digital photography. You must have an understanding of your camera and the basics of photography, either digital or regular film.

Instructor: Dick Myhre

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and manual to class.

4/12-4/26	Tu	6:00-9:00 PM	\$39	64131-01
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Woodworking

Woodworking, Intermediate

Prerequisite: Beginning Woodworking.

This is a continuation of Beginning Woodworking. Advanced techniques and concepts will be taught. Further exploration into varied tools will be available. Projects designed with the instructor's assistance and approval to include the use of traditional joinery techniques like mortise, tenon, dovetail and rabbet.

Instructor: Leroy Wilson

Location: Senior Center

Note: Some supplies provided. Other necessary supplies discussed at first class (Approx. cost is relative to project). Class partially discountable.

3/16-4/20	W	7:00-9:00 PM	\$90	64191-01
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Pottery

All pottery classes are held at the Pottery Studio, 1541 Oak Street, unless otherwise noted.

Classes are for ages 18 & up unless otherwise noted.

Discover the pleasures of creating with clay at the Pottery Studio in City Park where you will learn a wide range of basic clay techniques including the use of a potter's wheel, handbuilding, forming, construction, surface treatment and finishing processes that will include a variety of methods to decorate and glaze ceramic ware.

Note: This is a recreational and educational facility. All work must be accomplished at the studio. Production work is not permitted.

Parents or Grandparents & Children Together

Among the many class offered are classes specifically geared for a parent or grandparent to work with a child on pottery projects. Interesting clay projects will be completed in these unique classes. The projects are constantly being varied so it is possible to reregister for classes as many times as you wish. The Pottery Studio is a robust fully functioning studio that offers classes for all levels and ages.

Birthday Parties

The kids will enjoy working in clay and will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the "know how", supplies and tools to teach and help them make a precious object that can be treasured for years. Parties last about 90 minutes. We can tailor a birthday package to your needs. Cost is \$9 per child (5 children minimum). Parties are not discountable.

Boy & Girl Scouts Badge Requirements

Scouts will learn the fundamentals of clay while completing the requirements set by the organization. Scouts will go on a tour and see the workings of a Pottery Studio. They will create a piece that they can personalize with their own creativity, which will be fired and glazed. Cost is \$9 per child (5 children minimum). Not discountable.

Private Pottery Instruction

Interested in having that intense one-on-one time to rapidly develop your skills and knowledge? Private lessons are available for all levels. Fees vary depending on the program chosen. Not discountable.

Adult Pottery

All classes for ages 18 & up unless otherwise noted.

Youth Pottery, see page 37.

Pottery, Beginning Wheel/Handbuilding

This class is for students who have never had pottery. You will learn about clay, tools, and glazing, plus much more. Included are the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter's wheel as a tool. Some handbuilding will be covered.

Location: Pottery Studio

Note: Lab time included. Tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

3/21-5/23	M	9:00-11:00 AM	\$129	64060-01
3/21-5/23	M	5:45-7:45 PM	\$129	64060-02
3/23-5/25	W	8:00-10:00 PM	\$129	64060-03

Senior Center Members register early on February 15!

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 Wheel/handbuilding: Explore creativity and self-expression with your hands.

Pottery, Beginning + Wheel/Handbuilding

Prerequisite: One or more sessions of Beginning Wheel/Handbuilding

This class is paced for students who have previously taken a beginning class, and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills before progressing to Intermediate.

Location: Pottery Studio

Note: Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

3/21-5/23	M	8:00-10:00 PM	\$129	64061-01
3/23-5/25	W	5:45-7:45 PM	\$129	64061-02
3/24-5/26	Th	9:00-11:00 AM	\$129	64061-03

Pottery, Intermediate Wheel/Handbuilding

Prerequisite: One or more sessions of beginning wheel/ handbuilding or Beginning Plus

This class will deal with more complex ceramic/pottery techniques and skills. Expression and exploration of form will be taught. Intermediate students must have had experience working with clay and should know the principles of the wheel.

Location: Pottery Studio

Note: Lab time included. Tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

3/22-5/24	Tu	5:30-7:30 PM	\$129	64062-01
3/23-5/25	W	9:00-11:00 AM	\$129	64062-02

Pottery, Advanced Wheel/Handbuilding

Prerequisite: Intermediate Wheel/Handbuilding or equivalent

This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design.

Location: Pottery Studio

Note: Lab time included. Tools and supplies provided, 25 pounds of basic clay included in the fee. Class partially discountable.

3/24-5/26	Th	5:30-7:30 PM	\$129	64063-01
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Pottery, Raku Workshop

The first week starts by working in wet clay, and the second week you glaze and finish, by firing the pieces. It will include a hands-on exploration of the forming and firing process first used by Japanese potters. Join us for American style of Raku while using hand-building or potter's wheel.

Location: Pottery Studio

Note: No previous experience necessary. All tools and supplies provided, clay as needed included in the fee.

6/3-6/10	F	6:00-9:00 PM	\$64	64065-01
6/4-6/11	Sa	9:00 AM-Noon		

Pottery Lab

Anyone currently enrolled in an adult pottery class (sampler excluded) may utilize the lab. Staff is in attendance, no formal instruction provided. Lab is for students to practice or finish work in progress. Anyone who has taken a class at Pottery Studio may register.

Location: Pottery Studio

Note: Production work is not permitted. Lab fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class. Lab partially discountable.

3/21-5/28	Tu,Sa	9:00 AM-Noon	\$129	64066-01
3/21-5/28	M	11:00 AM-2:00 PM		
3/21-5/28	W	11:00 AM-2:00 PM		
3/21-5/28	Th	11:00 AM-2:00 PM		
3/21-5/28	Tu	7:30-10:00 PM		
3/21-5/28	Th	7:30-10:00 PM		

Pottery, Handbuilding Expressions

Prerequisite: For all levels, no previous experience necessary

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

Location: Pottery Studio

Note: All tools and supplies provided, 25 pounds of clay included in the fee. Class partially discountable.

3/23-5/25	W	6:00-8:00 PM	\$129	64067-01
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Pottery Sampler

Adults enrolled in this class will be encouraged to create while learning the techniques of clay. You will be introduced to handbuilding and wheel-throwing, as well as, glazing and studio operation.

Location: Pottery Studio

Note: There is no lab offered with this class. All materials and tools provided.

In this class, clay will be provided as needed. Class partially discountable.

3/26-4/23	Sa	12:15-2:15 PM	\$49	64069-01
4/30-5/28	Sa	12:15-2:15 PM	\$49	64069-02

Pottery, Handbuilding

Prerequisite: No experience necessary.

Class will address various imaginative methods of handbuilding while using extruders, slab rollers, various textures and forms. Push the traditional boundaries of utilitarian clay and concentrate on functionality.

Location: Pottery Studio, Upstairs

Note: All tools and supplies provided, 25 pounds of clay, glazes and all firings are included in the fee. Lab time is included. Class partially discountable.

3/25-5/27	F	9:00-11:00 AM	\$129	64070-01
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CALL FOR ARTIST



NORTHSIDE AZTLAN SKATEPARK MURAL PROJECT

The City of Fort Collins Art in Public Places program (APP),
The Recreation Department

and TEAM Fort Collins have joined forces to engage
community members who utilize the skatepark in
Old Heritage Park to participate in the development of a
mural to be placed on the skatepark wall located just
north of the Northside Aztlan Community Center.
Community members interested in working with the artist,
selected through the APP selection process,
are requested to contact

Tyler Robertson at 970-221-6729 or

Dawn Nannini at 970-224-9931 x11

to attend an informational meeting to learn more about the
process, design development of the artwork
and timeline for completion.

RENEW YOUR MIND

Main Library
Harmony Library
Council Tree Library



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PUBLIC LIBRARY**
DISTRICT

PoudreLibraries.org

970-221-6740

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Youth Arts & Crafts

Beginning Cartooning - Doodle Drawing

No more stick figures! This class will teach you basic techniques to create "doodle cartoons" of people, animals, and more.

Age: 6-10 years

Instructor: Staci Schmidt

Location: Northside Aztlan Center

Note: Please bring a sketchbook (8" x10" minimum) to class.

4/7-4/21	Th	5:00-6:00 PM	\$29	65500-01
4/28-5/12	Th	5:00-6:00 PM	\$29	65500-02

Flip Book Cartoon Drawing

Make your doodle characters come alive! Learn how to make moving "flip books" using your own cartoon doodle characters.

Age: 8-12 years

Instructor: Staci Schmidt

Location: Northside Aztlan Center

Note: Please bring a sketchbook (8" x10" minimum) to class.

4/7-4/21	Th	6:30-7:30 PM	\$29	65503-01
4/28-5/12	Th	6:30-7:30 PM	\$29	65503-02

Art Studio

Discover your inner artist! For this spring's studio we will focus on different mediums and themes. Or you may create at your will with various materials provided. This can be a messy class!

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: Youth Activity Center

Note: \$10 day if you pre-register, \$15/day drop-in. There is a 15 student limit. Please wear your grubbies.

Clay				
3/23	W	4:30-6:00 PM	\$10	65504-01
Beading				
3/30	W	4:30-6:00 PM	\$10	65504-02
Pastels				
4/6	W	4:30-6:00 PM	\$10	65504-03
Water Color				
4/13	W	4:30-6:00 PM	\$10	65504-04
Print Making				
4/20	W	4:30-6:00 PM	\$10	65504-05
Collage				
4/27	W	4:30-6:00 PM	\$10	65504-06
Abstract				
5/4	W	4:30-6:00 PM	\$10	65504-07
Drawing				
5/11	W	4:30-6:00 PM	\$10	65504-08

Expressive Art

Your child's imagination will soar in this introductory expressive arts class. Hands on learning mixed with fun while exploring art, movement, music and drama.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

3/21-4/4	M	1:00-2:30 PM	\$37	65528-01
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 Origami: Turn basic pieces of paper into a work of art.

2-Dimensional Media

Learn how to use a variety of drawing and other 2-dimensional media such as, oil pastels, charcoal, colored pencils, and watercolor paints to create art that expresses who you are and what you like.

Age: 5-8 years

Instructor: Staci Schmidt

Location: Youth Activity Center

Note: Please bring a sketchbook (8" x10" minimum) to class.

4/5-4/19	Tu	4:30-5:30 PM	\$29	65509-01
4/26-5/10	Tu	4:30-5:30 PM	\$29	65509-02

Monet's Garden

Stroll through Monet's magical garden. Create your own impressionist flower painting and collage.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: This is a child only class.

4/26-5/9	Tu	1:00-2:00 PM	\$29	65535-01
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Invisible Garden

Create your own special garden inside of a clear bottle!

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

3/22-3/29	Tu	1:00-2:00 PM	\$20	65538-01
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Beginning Origami

Learn basic origami folding techniques to make hats, boats, animals, boxes, and more. This class requires no prior paper folding skills, but you must bring an "I can try" attitude! Some paper will be provided, but you may want to bring your own colors and prints as well.

Age: 9-12 years

Instructor: Staci Schmidt

Location: Northside Aztlan Center

3/5	Sa	9:00 AM-Noon	\$29	65534-01
4/9	Sa	9:00 AM-Noon	\$29	65534-02
5/7	Sa	9:00 AM-Noon	\$29	65534-03

Intermediate Origami

Learn how to take basic fold further to make more complex models such as flowers, waterbombs, cranes and more. Additionally, learn how to turn basic models into creative works of art. Some paper will be provided, but you may want to bring your own colors and prints as well.

Age: 9-12 years

Instructor: Staci Schmidt

Location: Northside Aztlan Center

Note: Students must have completed Beginning Origami or have instructor permission to join class.

4/9	Sa	1:00-4:00 PM	\$29	65536-01
5/7	Sa	1:00-4:00 PM	\$29	65536-02

Story Station

Your child will use their imagination to take them to faraway places by pairing story time with art.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

3/1-3/8	Tu	1:00-2:00 PM	\$20	65543-01
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Artist Cafe

Learn about the featured artist and try to create art work using their technique. Dependent on the artist, children will draw, paint, collage and/or sculpt.

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Degas

3/21-3/28	M	4:30-6:00 PM	\$20	65545-01
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O'Keefe

4/4-4/11	M	4:30-6:00 PM	\$20	65545-02
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Monet

4/25-5/2	M	4:30-6:00 PM	\$20	65545-03
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Intro to Fashion Design

Design your own line of clothing and create it. We'll draw our inspiration from local consignment shops and fabric stores and learn how to sew and accessorize along the way. At the end of the class we'll hold a fashion show to exhibit your new outfits! All materials will be provided.

Age: 11-17 years

Location: Northside Aztlan Center

Note: Class will not be held on 3/19.

Age: 11-17 years

4/1-4/29	F	4:00-6:00 PM	\$46	65711-02
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Age: 12-17 years

3/5-4/2	Sa	3:00-5:00 PM	\$46	65711-01
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Street Art

Learn about the history of street art, graffiti writing, and live art. Explore design concepts and develop your own graphic writing and drawing style. Class fee includes all art supplies.

Age: 13-16 years

Location: Northside Aztlan Center

3/22-4/12	Tu	4:00-6:00 PM	\$44	65713-01
4/19-5/10	Tu	4:00-6:00 PM	\$44	65713-02

Teen Pottery

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn a variety of handbuilding and ceramic/pottery decorating techniques. They will also learn basic potter's wheel skills.

Age: 13-17 years

Location: Pottery Studio

Note: The fee includes all tools and materials. Lab time not included. Class partially discountable.

3/22-4/19	Tu	3:45-5:15 PM	\$48	64057-01
4/26-5/24	Tu	3:45-5:15 PM	\$48	64057-02

Youth Pottery

Pottery, Parent Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to repeat classes as many times as you wish.

Age: 3-5 years

Location: Pottery Studio

Note: The fee includes all tools and materials. One parent per youth. Lab time not included. Class partially discountable.

3/22-4/19	Tu	12:30-1:30 PM	\$34	64050-01
3/23-4/20	W	2:45-3:45 PM	\$34	64050-02
3/26-4/23	Sa	2:30-3:30 PM	\$34	64050-03
4/26-5/24	Tu	12:30-1:30 PM	\$34	64050-04
4/27-5/25	W	2:45-3:45 PM	\$34	64050-05
4/30-5/28	Sa	2:30-3:30 PM	\$34	64050-06

Pottery, Parent & Child Handbuilding

This class will provide an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience.

Age: 6-9 years

Location: Pottery Studio

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included. Class partially discountable.

3/26-4/23	Sa	3:45-5:15 PM	\$89	64051-01
4/30-5/28	Sa	3:45-5:15 PM	\$89	64051-02

Pottery for Parents, Teen & Youth Wheel/Handbuilding

A unique opportunity is created for the two of you to explore the world of clay together. You will be making functional pots and whimsical, imaginative clay objects in this combination wheel/handbuilding class.


Age: 10-17 years

Location: Pottery Studio

Note: The fee includes all tools and materials. One parent per youth (each additional youth, \$44.50). Lab time not included. Class partially discountable.

3/25-4/22	F	5:45-7:15 PM	\$89	64052-01
4/29-5/27	F	5:45-7:15 PM	\$89	64052-02



 Parent & Tot Pottery: Parent and child combine skills to create art.

Pottery, Child Handbuilding

Youngsters will make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to repeat classes as many times as you wish.

Age: 6-9 years

Location: Pottery Studio

Note: The fee includes all tools and materials. Lab time not included. Class partially discountable.

3/21-4/18	M	4:00-5:30 PM	\$48	64053-01
3/23-4/20	W	4:00-5:30 PM	\$48	64053-02
4/25-5/23	M	4:00-5:30 PM	\$48	64053-03
4/27-5/25	W	4:00-5:30 PM	\$48	64053-04

Pottery, Youth Wheel & Handbuilding

Emphasis will be on students learning basic potter's wheel skills. Handbuilding as well as other skills and techniques will be taught.

Age: 10-12 years

Location: Pottery Studio

Note: The fee includes tools and materials. Lab time not included. Class partially discountable.

3/24-5/26	Th	3:45-5:15 PM	\$89	64055-01
3/25-4/22	F	4:00-5:30 PM	\$48	64055-02
4/29-5/27	F	4:00-5:30 PM	\$48	64055-03



Tap, Advanced Intermediate: Add footwork and creative rhythms to your dance.

Dance & Movement

Adult Dance & Movement

Classes are for 18 years & up unless otherwise noted.

Nia

See page 64 for details.

Private Dance Instruction

Brush up on your dance steps, prepare for a wedding, or surprise your spouse with your new dancing abilities! Instructor Darrick Hildman can help you with many different types of dances in a private setting. Call Darrick at 970.310.7778 for an appointment. \$25 for one person/hour, \$35 for two people and \$5 for each additional person. Payment can be made at the Senior Center.

Tap, Advanced Intermediate

Blend Rhythm Tap with traditional Jazz moves using challenging footwork and creative rhythms. Extensive experience required.

Instructor: Diane Montgomery

Location: Club Tico

Note: Ages 14-17 accepted with instructor's permission.

3/28-5/16	M	6:45-8:00 PM	\$64	64210-01
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Ballet

Ballet, Beginning

Introduction to classical barre, positions and steps.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 with instructor permission. Class will not be held on 3/29.

3/22-5/10	Tu	6:45-7:45 PM	\$46	64201-01
5/17-6/7	Tu	6:45-7:45 PM	\$28	64201-02

Ballet, Low/Intermediate

Continuing work on basic technique.

Instructor: Sarah Manno

Location: Empire Grange

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 3/28.

3/21-5/9	M	5:30-6:45 PM	\$56	64202-01
5/16-6/6	M	5:30-6:45 PM	\$34	64202-02

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 3/31.

3/24-5/12	Th	5:25-6:25 PM	\$56	64203-01
5/19-6/9	Th	5:25-6:25 PM	\$34	64203-02

Belly Dancing

Belly Dance Recital

Recitals are to be inspiring learning experiences for students. They are an opportunity for dancers to start learning the performance aspects of the dance, to show family and friends what they have learned, and a chance to see what other classes are learning. This recital is open to the public and there will be time for public participation.

Location: Senior Center

Note: Please bring a snack to share with the audience and dancers.

4/3	Su	3:00-5:00 PM	\$2
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Belly Dancing, Beginning

Get a great workout as you learn an ancient dance form, belly dance! You'll learn fast and slow movements, work with finger cymbals and veils, create mini choreographies, and play with all these skills in fun improvisations. Along the way, you'll learn some fascinating tidbits about belly dance and its origin.

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended. Class will not be held on 3/24, 3/31.

2/24-4/14	Th	6:30-8:00 PM	\$60	64204-01
4/21-5/26	Th	6:30-8:00 PM	\$60	64204-02

Belly Dancing, Intermediate

Prerequisite: Completed two sessions of Beginning Belly Dance class or instructor approval

Take your belly dancing to a new level! Polish what you already know and learn more complex material as well.

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended. Class will not be held on 3/24, 3/31.

2/24-4/14	Th	8:00-9:30 PM	\$60	64205-01
4/21-5/26	Th	8:00-9:30 PM	\$60	64205-02

THANK YOU.

Senior Center Volunteers
Thank you for all your service.

April 10-16, 2011 is National Volunteer Week.

The volunteers at the Senior Center gave over 10,000 hours of their time in 2010 which amounts to over \$200,000 in resource savings.

Those who donate their time, energy and talents play a vital role in the Senior Center operation. There are opportunities for people with strong customer service, clerical, organizational and leadership skills to contribute.

More information?
Contact Pat Moore at 970.224.6033 or pmoore@fcgov.com



(SLIGHTLY OLDER ADULT PLAYERS)

SOAP (Slightly Older Adult Players) Troupe presents their annual spring show on
Friday May 6, at 1:30 and 7:00 PM
Saturday, May 7, at 2:00 PM

Fort Collins Senior Center
1200 Raintree Drive, Fort Collins

Watch for further show details at the Senior Center.

Tickets are \$5.00 and are available in advance at the front desk of the Senior Center or at show times.

More info?
Contact Katie Stieber
kstieber@fcgov.com or 224-6029

Clogging

Clogging, Beginning

Clogging is a percussive style of tap dance, a combination of rhythm, music and movement performed to a variety of music genres. It's aerobic, stimulating and fun! No partner needed.

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

Note: Class will not be held on 3/14.

3/7-4/11	M	4:20-5:20 PM	\$35	64261-01
4/25-5/23	M	4:20-5:20 PM	\$35	64261-02

Clogging, Intermediate

Learn a new intermediate level dance and review favorites. Designed for experienced cloggers.

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

Note: Class will not be held on 3/14.

3/7-4/11	M	5:30-6:30 PM	\$35	64262-01
4/25-5/23	M	5:30-6:30 PM	\$35	64262-02

Dancing With Don

Ballroom/Latin American Dance

This class will make you feel like you are dancing with the stars. The Fred and Ginger style of ballroom dancing will be covered. Class will learn the basics in Fox Trot, Waltz, Polka, Tango/Cha cha and some fun moves to give that polished look of a pro.

Age: 13 years & up

Instructor: Don Roberts

Note: Class not discountable. Class will not be held on 3/16.

Level 1

Location: Club Tico

3/9-3/30	W	6:00-7:20 PM	\$31	64215-04
4/6-4/20	W	6:00-7:20 PM	\$31	64215-05
5/11-5/25	W	6:00-7:20 PM	\$31	64215-06

Location: Senior Center

3/8-3/15	Tu	8:00-9:30 PM	\$24	64215-01
3/22-3/29	Tu	8:00-9:30 PM	\$24	64215-02
5/17-5/24	Tu	8:00-9:30 PM	\$24	64215-03

Level 2

Location: Club Tico

4/27-5/4	W	6:00-7:30 PM	\$24	64216-01
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Country Western Dance

Learn the basics in each of the western dances (Texas 2-step, Western Waltz, Triple Step) and tie yourself up in knots learning the basics and the Pretzel in Country Swing. Class will be introduced to the lead/follow technique used in each dance.

Age: 13 years & up

Instructor: Blanche Adams, Don Roberts

Note: Class not discountable. Class will not be held on 3/16.

Level 1

Location: Club Tico

3/9-3/30	W	8:40-10:00 PM	\$31	64222-03
4/6-4/20	W	8:40-10:00 PM	\$31	64222-04
5/11-5/25	W	8:40-10:00 PM	\$31	64222-05

Location: Senior Center

3/22-3/29	Tu	6:30-8:00 PM	\$24	64222-01
5/17-5/24	Tu	6:30-8:00 PM	\$24	64222-02

Level 2

Location: Club Tico

4/27-5/4	W	9:00-10:30 PM	\$31	64223-01
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Jitterbug & East Coast Swing

Jitterbug is the single time form of swing and East Coast is the triple time. Jitterbug is done to faster music from the Big Band Era and East Coast Swing is done to slower music. This class will get you ready for a fun night on the town, wedding, or social event or prepare you for the West Coast swing class.

Age: 13 years & up

Instructor: Don Roberts

Location: Club Tico

Note: Class not discountable. Class will not be held on 3/16.

3/9-3/30	W	7:20-8:40 PM	\$31	64227-01
4/6-4/20	W	7:20-8:40 PM	\$31	64227-02
5/11-5/25	W	7:20-8:40 PM	\$31	64227-03

Jitterbug, Level 2

4/27-5/4	W	7:30-9:00 PM	\$24	64228-01
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Salsa, Level 1

Learn to Salsa, one of the most popular and exciting styles of Latin dancing. Learn the basics and some exciting turns.

Age: 14 years & up

Instructor: Don Roberts

Location: Senior Center

3/8-3/15	Tu	6:30-8:00 PM	\$24	64232-01
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Senior Center Members register early on February 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **February 15** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Line Dance

I. Crooked Lines

Line Dance, Beginning

Have a great time learning new and exciting line dances. Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

Note: Participants can pay a drop-in fee to attend class (\$4.25/class).

3/1-3/29	Tu	1:00-2:15 PM	\$23	64250-01
4/5-4/26	Tu	1:00-2:15 PM	\$19	64250-02
5/3-5/31	Tu	1:00-2:15 PM	\$23	64250-03

II. Country Liners

Line Dance, Beginning II

Have a great time learning new and exciting line dances. Start with the basic steps, then progress to easy-to-follow dances.

Instructor: Blanche Adams

Location: Senior Center

Note: Participants can pay a drop-in fee attend class (\$4.25/class).

3/7-3/28	M	1:00-2:15 PM	\$19	64251-01
4/4-4/25	M	1:00-2:15 PM	\$19	64251-02
5/2-5/23	M	1:00-2:15 PM	\$19	64251-03

III. Fort Collins Kickers

Line Dance, Intermediate

This class is designed for the more experienced dancer.

Instructor: Blanche Adams

Location: Senior Center

Note: Participants can pay a drop-in fee prior to attending the class (\$4.25/class).

3/7-3/28	M	2:15-3:30 PM	\$19	64252-01
4/4-4/25	M	2:15-3:30 PM	\$19	64252-02
5/2-5/23	M	2:15-3:30 PM	\$19	64252-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, centering and fun.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 3/29.

3/22-5/10	Tu	5:25-6:25 PM	\$46	64208-01
5/17-6/7	Tu	5:25-6:25 PM	\$28	64208-02

Modern Dance, Intermediate

A more challenging, ongoing class for experienced dancers, which incorporates Pilates, Hawkins, Wigman and Limon techniques.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor's permission. Class will not be held on 3/29.

3/22-5/10	Tu	5:25-6:40 PM	\$56	64209-01
5/17-6/7	Tu	5:25-6:40 PM	\$34	64209-02

Dance & Movement - Youth

Ballet & Modern

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

Grade: K-2

Instructor: Sarah Manno

Location: Club Tico

4/7-5/12 Th 4:15-5:15 PM \$49 64207-01

Dancin' Dumplins

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class.

Age: 3 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts.

3/23-4/20	W	10:10-10:55 AM	\$39	65556-01
3/23-4/20	W	11:10-11:55 AM	\$39	65556-02
3/25-4/22	F	10:10-10:55 AM	\$39	65556-03
4/27-5/18	W	10:10-10:55 AM	\$32	65556-04
4/27-5/18	W	11:10-11:55 AM	\$32	65556-05
4/29-5/20	F	10:10-10:55 AM	\$32	65556-06

Dancin' Dumplins Recital

This extended version of our regular Dancin' Dumplin's class will end with your child participating in a recital given for friends and family on May 14th. Class focus will be on the recital performance.

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. Fee includes recital costume. Class partially discountable.

Age: 4-5 years

3/22-5/10	Tu	5:30-6:30 PM	\$95	65557-01
3/23-5/11	W	9:00-9:55 AM	\$95	65557-02
3/25-5/13	F	9:00-9:55 AM	\$95	65557-03

Age: 5-7 years

3/23-5/11	W	4:15-5:15 PM	\$95	65557-04
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Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills will be taught.

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed.

Age: 4-5 years

4/11-5/16	M	4:15-5:15 PM	\$60	65562-01
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Age: 5-6 years

4/11-5/16	M	5:30-6:30 PM	\$60	65562-02
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Age: 6-7 years

4/14-5/19	Th	4:15-5:15 PM	\$60	65562-03
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Just Tumbling

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine.

Age: 7-8 years

Instructor: Marsha Portelance

Location: Mulberry Pool

4/14-5/19 Th 5:45-6:45 PM \$60 65559-01

Tappin' Dumplins Recital

This extended version of our Tappin' Dumplin's class will end with your child participating in a recital given for friends and family on May 14th. Class focus will be on the recital performance.

Age: 4-5 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Class partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are also required. Price includes recital costume.

3/22-5/10	Tu	4:15-5:15 PM	\$95	65563-01
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3/25-5/13	F	11:00 AM-Noon	\$95	65563-02
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Yoga Stories

Come laugh, be silly and practice yoga through acting, story telling and playing games.

Age: 6-12 years

Instructor: Staci Schmidt

Location: Edora Pool Ice Center

Note: Please wear comfortable clothing.

4/6-4/27	W	5:00-6:00 PM	\$30	65566-01
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5/4-5/25	W	5:00-6:00 PM	\$30	65566-02
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KEEP UP WITH THE RECREATOR.

STAY CONNECTED ALL YEAR.

RECREATION NEWS, UPDATES, PROMOTIONS AND MORE.

DANCE & MOVEMENT / YOUTH

Children's Jazz Recital

This extended version of our regular Children's Jazz class will end with your child participating in a recital given for friends and family on May 14th. Class focus will be on the recital performance.

Age: 8-11 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Class is partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Fee includes recital costume.

3/23-5/11 W 5:30-6:30 PM \$95 65573-01

Hip Hop Workshop

Age: 7-11 years

Location: Northside Aztlan Center

Note: Please have your child bring loose clothes and tennis shoes.

3/14-3/17 M-Th 4:00-5:00 PM \$28 65863-01

Hip Hop Dance

Is your child walking into the house and turning on MTV to listen to some hip hop? Why not sign them up for a class to learn some new moves? Participants will come and learn new moves with a song!

Age: 7-11 years

Location: Northside Aztlan Center

Note: No gum. Wear loose workout clothes and tennis shoes.

3/22-4/26 Tu 5:00-6:00 PM \$40 65865-01

Petite Ballerinas

Young dancers will learn pre-ballet and locomotor moves in this imaginative class.

Age: 3-6 years

Instructor: Kidz Explore

Location: Club Tico

Note: This is a child without parent class.

Age: 3-4 years

3/7-3/28 M 11:30 AM-12:15 PM \$39 65574-01

4/4-4/25 M 11:30 AM-12:15 PM \$39 65574-03

5/2-5/23 M 11:30 AM-12:15 PM \$39 65574-05

Age: 5-6 years

3/7-3/28 M 12:30-1:15 PM \$39 65574-02

4/4-4/25 M 12:30-1:15 PM \$39 65574-04

5/2-5/23 M 12:30-1:15 PM \$39 65574-06

Fitness, Wellness & Retirement Expo

April 20 from 3-7p.m. Senior Center
Free for all ages

City of Fort Collins

fcgov.com/recreation 970.221.6644

HIP HOP

NORTHSIDE AZTLAN CENTER EXPO 2011

2.26.11
6:30 TO 10:00 PM
\$2 AT THE DOOR

DEMOS
PERFORMANCES
TEACHING
TEAMS COMPETITIONS
LIVE STREET ART
FOOD AND MORE

MORE INFO?
221.6655

Youth Day Camps

Challenger British Soccer Camps

See page 94 for details.

Skyhawks Sports Camps

See page 95 for details.

Spring Break Daycamp

Grade: Kindergarten-6

Location: Northside Aztlan Center

3/14-3/18 M-F 9:00 AM-3:00 PM \$121 65821-01

EPIC Adventures Mini-Camp-Spring Break

Activities will include basic ice skating instruction, arts and crafts, pool fun, indoor/outdoor games, music and storytime. Fridays are swim days. Tuesday and Thursday are skate days.

Age: 4-7 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, tell staff when you register. Bring clothing for swimming and skating. Class partially discountable.

3/14-3/18 M-F 9:00 AM-Noon \$75 65575-01

Spring Break Adventures

Weather permitting, we're going to do it all! Outdoor play, cooking, crafts, games, and theater are just some of the awesome activities you'll enjoy. On the first day of camp you will be given a schedule of ice skating, and swim times and what the scheduled field trip will be.

Age: 7-12 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, tell staff when you register. Campers should bring a bottle of water and a sack lunch everyday. Class partially discountable.

3/14-3/18 M-F 8:00 AM-5:00 PM \$142 65582-01

Pre-Engineering Camp

Your child can become a Play-Well Engineer! Build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering. With access to over 100,000 pieces of Legos, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

Age: 5-7 years

Location: Youth Activity Center

Note: Class not discountable

6/13-6/17 M-F 9:00 AM-Noon \$149 76337-01

7/18-7/22 M-F 9:00 AM-Noon \$149 76337-02

Engineering FUNDamentals Camp

Have your child become a Play Well Engineer! Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO material. From racecars to battletracks, this is a hands-on minds-on camp suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges both students to reach the next level of engineering comprehension all while having fun!

Age: 7-11 years

Location: Youth Activity Center

Note: Class not discountable

6/13-6/17 M-F 1:00-4:00 PM \$149 76338-01

7/18-7/22 M-F 1:00-4:00 PM \$149 76338-02

Go Kart Camp

This class will teach your 8-12 year old to be a safe, educated Go-Kart driver focusing on skills that transfer to the everyday driving world! Participants who demonstrate driving competence after this experience will be given a Fort Fun Drivers Permit, allowing them to drive independently on their future paid visits.

Age: 8-12 years

Location: Fort Fun

Note: Students must be 8-12 years old AND be at least 50" tall. In case of inclement weather we will call you with a make-up date. If classes are full, please put your name on a wait list. We will do our best to accommodate you. You will receive an email with more camp info. Class partially discountable.

3/14 M 8:00-10:00 AM \$26 65629-01

3/16 W 8:00-10:00 AM \$26 65629-02

3/18 F 8:00-10:00 AM \$26 65629-03

4/9 Sa 8:00-10:00 AM \$26 65629-04

4/15 F 8:00-10:00 AM \$26 65629-05

EPIC Mini Camp - Summer Fun!

This class has all the fun of our regular EPIC Adventures class wrapped up in a one-week mini-camp. Activities will include basic ice skating instruction, arts and crafts, pool fun, indoor/outdoor games, music and storytime. Fridays are swim days. Tuesday and Thursday are skate days.

Age: 4-7 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Clothing for swimming and skating is needed. Please wear sunscreen and bring a water bottle. Class is partially discountable.

6/6-6/10 M-F 9:00 AM-Noon \$75 75575-01

6/6-6/10 M-F 1:00-4:00 PM \$75 75575-02

6/13-6/17 M-F 9:00 AM-Noon \$75 75575-03

6/13-6/17 M-F 1:00-4:00 PM \$75 75575-04

6/20-6/24 M-F 9:00 AM-Noon \$75 75575-05

6/20-6/24 M-F 1:00-4:00 PM \$75 75575-06

6/27-6/30 M-Th 9:00 AM-Noon \$61 75575-07

6/27-6/30 M-Th 1:00-4:00 PM \$61 75575-08

7/5-7/8 Tu-F 9:00 AM-Noon \$61 75575-09

7/5-7/8 Tu-F 1:00-4:00 PM \$61 75575-10

7/11-7/15 M-F 9:00 AM-Noon \$75 75575-11

7/11-7/15 M-F 1:00-4:00 PM \$75 75575-12

7/18-7/22 M-F 9:00 AM-Noon \$75 75575-13

7/18-7/22 M-F 1:00-4:00 PM \$75 75575-14

7/25-7/29 M-F 9:00 AM-Noon \$75 75575-15

7/25-7/29 M-F 1:00-4:00 PM \$75 75575-16

8/1-8/5 M-F 9:00 AM-Noon \$75 75575-17

8/1-8/5 M-F 1:00-4:00 PM \$75 75575-18

DAY CAMPS / YOUTH

Summer Garden Camp 2011

Age: 6-11 years

Location: The Gardens on Spring Creek

Note: Discount available with a family membership to The Gardens. Bring a snack, water bottle, and sunscreen. Dress for the weather.

Plant-O-Rama

6/6-6/10	M-F	9:00 AM-Noon	\$125	69813-01
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Art in the Garden

6/13-6/17	M-F	9:00 AM-Noon	\$125	69813-02
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Interesting Insects

6/20-6/24	M-F	9:00 AM-Noon	\$125	69813-03
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Gardeners and Chefs

6/27-7/1	M-F	9:00 AM-Noon	\$125	69813-04
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Feathered Friends

7/11-7/15	M-F	9:00 AM-Noon	\$125	69813-05
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Buzz about Bees

7/18-7/22	M-F	9:00 AM-Noon	\$125	69813-06
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Kid-ologist

7/25-7/29	M-F	9:00 AM-Noon	\$125	69813-07
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Nature Detectives

8/1-8/5	M-F	9:00 AM-Noon	\$125	69813-08
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Survival in the Woods

Learn what to do if you ever get lost in the woods. This class will address shelter building, water safety, edible forest foods, basic camping skills and more. Fridays will include a field trip to a local hiking trail. We'll make a survival kit for your future trips. Please dress appropriately for outdoor activities.

Age: 8-12 years

Location: Lee Martinez Park

Note: please wear sunscreen. Bring a sack lunch, jacket and a water bottle. Class is partially discountable.

6/6-6/10	M-F	9:00 AM-3:00 PM	\$150	75579-01
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6/13-6/17	M-F	9:00 AM-3:00 PM	\$150	75579-02
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6/20-6/24	M-F	9:00 AM-3:00 PM	\$150	75579-03
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6/27-6/30	M-Th	9:00 AM-3:00 PM	\$120	75579-04
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7/5-7/8	Tu-F	9:00 AM-3:00 PM	\$120	75579-05
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7/11-7/15	M-F	9:00 AM-3:00 PM	\$150	75579-06
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7/18-7/22	M-F	9:00 AM-3:00 PM	\$150	75579-07
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7/25-7/29	M-F	9:00 AM-3:00 PM	\$150	75579-08
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8/1-8/5	M-F	9:00 AM-3:00 PM	\$150	75579-09
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Summer Adventure

Outdoor play, cooking, crafts, games, and theater are just some of the awesome activities you'll enjoy. We will swim at EPIC every Tuesday and at City Park Pool every Friday. You will be notified in advance about field trips.

Age: 7-12 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, tell staff when you register. Bring a backpack with lunch and water bottle. Wear sunscreen! Partially discountable.

6/6-6/10	M-F	8:00 AM-5:00 PM	\$142	75578-01
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6/13-6/17	M-F	8:00 AM-5:00 PM	\$142	75578-02
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6/20-6/24	M-F	8:00 AM-5:00 PM	\$142	75578-03
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6/27-6/30	M-Th	8:00 AM-5:00 PM	\$115	75578-04
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7/5-7/8	Tu-F	8:00 AM-5:00 PM	\$115	75578-05
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7/11-7/15	M-F	8:00 AM-5:00 PM	\$142	75578-06
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7/18-7/22	M-F	8:00 AM-5:00 PM	\$142	75578-07
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7/25-7/29	M-F	8:00 AM-5:00 PM	\$142	75578-08
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8/1-8/5	M-F	8:00 AM-5:00 PM	\$142	75578-09
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Teen

Teen Supercamp Series

Age: 11-16 years

Location: Northside Aztlan Center

Age: 11-15 years

Chef Camp I

6/7-6/10	Tu-F	8:00 AM-5:00 PM	\$139	75710-01
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Art & Photo Camp

6/28-7/1	Tu-F	8:00 AM-5:00 PM	\$139	75710-04
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Action Camp

7/12-7/15	Tu-F	8:00 AM-5:00 PM	\$139	75710-06
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Splash Camp

7/19-7/22	Tu-F	8:00 AM-5:00 PM	\$139	75710-07
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Chef Camp II

7/26-7/29	Tu-F	8:00 AM-5:00 PM	\$139	75710-08
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Trek Camp

8/2-8/5	Tu-F	8:00 AM-5:00 PM	\$139	75710-09
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Age: 12-16 years

Animal Camp

6/14-6/17	Tu-F	8:00 AM-5:00 PM	\$139	75710-02
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Outdoor Adventure

6/21-6/24	Tu-F	8:00 AM-5:00 PM	\$204	75710-03
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Girls Camp

7/5-7/8	Tu-F	8:00 AM-5:00 PM	\$139	75710-05
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Teen Staycation Camp

Not going anywhere for spring break? Hang here with us for the best staycation ever! We'll head to Denver to catch the IMAX, "Under The Sea 3D," check out the Museum of Nature and Science, go swimming and the mountains for a day of snowshoeing and sledding.

Age: 12-16 years

Location: Northside Aztlan Center

Note: Bring a sack lunch, wear warm layers, comfortable clothes and shoes. Cost includes entry to activities and equipment. Participants are expected to bring their own snow gear.

3/14-3/18 M-F 8:00 AM-5:00 PM \$139 65706-01

Farm

Barnbuster Blowout Day Camp

Barnbuster offers more than a typical Farm daycamp. Four action-packed days are filled up with milking the cow, crafts, games, swimming, a trip to Cheyenne Frontier Days and visit a local agricultural facility.

Age: 8-12 years

Location: The Farm

Note: Lunch provided all week. On 7/29 camp will start at 8:00 AM.

7/26-7/29 Tu-F 8:30 AM-3:30 PM \$154 75401-01

Farm Day Camp

Each session is packed full of games, crafts, barnyard trivia and of course chores. Campers will help take care of the animals by gathering eggs, milking the cow, and "slopping" the pigs and so much more. A field trip and an overnight at the Farm highlight the second week.

Age: 8-12 years

Location: The Farm

Note: The second Thursday of each camp is the overnighter. Campers need to be picked up the next day by 8:30 AM.

6/7-6/17 Tu-F 8:30 AM-3:30 PM \$174 75402-01

6/21-7/1 Tu-F 8:30 AM-3:30 PM \$174 75402-02

7/5-7/15 Tu-F 8:30 AM-3:30 PM \$174 75402-03

Mini Day Camp

Fun on The Farm involves your child, the animals and hours of activities designed to entertain and educate. Campers explore country life as they milk the cow, gather eggs, ride the ponies and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft or maybe even on a hayride!

Age: 6-7 years

Location: The Farm

Note: Bring a sack lunch everyday. Water will be provided.

6/7-6/10 Tu-F 8:30 AM-12:30 PM \$64 75404-01

6/14-6/17 Tu-F 8:30 AM-12:30 PM \$64 75404-02

6/21-6/24 Tu-F 8:30 AM-12:30 PM \$64 75404-03

7/26-7/29 Tu-F 8:30 AM-12:30 PM \$64 75404-04

Not-So-Mini Day Camp

Campers do typical farm chores like gathering eggs, milking the cow and riding the ponies. Other chores include crafts and a hayride.

Age: 6-7 years

Location: The Farm

Note: Bring a sack lunch everyday. Water will be provided.

6/28-7/1 Tu-F 8:30 AM-3:30 PM \$84 75405-01

7/12-7/15 Tu-F 8:30 AM-3:30 PM \$84 75405-02

7/19-7/22 Tu-F 8:30 AM-3:30 PM \$84 75405-03

Beginning Pony Camp

Pony campers will learn to groom, saddle and ride a pony during their week at The Farm. Pony chores will be included for our young equestrians and safety is stressed at all times.

Age: 8-12 years

Location: The Farm

Note: Bring a water bottle. Shoes worn must be closed toed.

6/7-6/10 Tu-F 8:30-11:00 AM \$114 75407-01

6/7-6/10 Tu-F 11:45 AM-2:15 PM \$114 75407-02

6/14-6/17 Tu-F 11:45 AM-2:15 PM \$114 75407-03

6/21-6/24 Tu-F 8:30-11:00 AM \$114 75407-04

7/5-7/8 Tu-F 8:30-11:00 AM \$114 75407-05

7/12-7/15 Tu-F 11:45 AM-2:15 PM \$114 75407-06

7/19-7/22 Tu-F 8:30-11:00 AM \$114 75407-07

Advanced Pony Camp

Once your child has mastered grooming and saddling, this camp is for them. The basics of riding are reviewed and more time is spent riding.

Age: 8-12 years

Location: The Farm

Note: Bring a water bottle. Shoes must be close-toed.

6/14-6/17 Tu-F 8:30-11:00 AM \$114 75408-01

6/21-6/24 Tu-F 11:45 AM-2:15 PM \$114 75408-02

7/5-7/8 Tu-F 11:45 AM-2:15 PM \$114 75408-03

7/12-7/15 Tu-F 8:30-11:00 AM \$114 75408-04

7/19-7/22 Tu-F 11:45 AM-2:15 PM \$114 75408-05

7/26-7/29 Tu-F 8:30-11:00 AM \$114 75408-06

7/26-7/29 Tu-F 11:45 AM-2:15 PM \$114 75408-07

Horsemanship I

Teens will learn to groom, saddle and ride a horse in this four day class. Class size is small, so sign up soon!

Age: 12-18 years

Location: The Farm

Note: Bring a water bottle. Closed toed shoes must be worn.

6/6-6/9 M-Th 12:15-2:45 PM \$114 75416-01

6/20-6/23 M-Th 9:00-11:30 AM \$114 75416-02

6/27-6/30 M-Th 12:15-2:45 PM \$114 75416-03

7/11-7/14 M-Th 12:15-2:45 PM \$114 75416-04

Horsemanship II

This camp is designed for teens who have taken Horsemanship I or Pony Camps. Now that you know how to groom and saddle, more time will be spent riding and learning more about horses.

Age: 12-18 years

Location: The Farm

Note: Bring a water bottle. Closed toed shoes must be worn.

6/13-6/16 M-Th 12:15-2:45 PM \$114 75417-01

6/20-6/23 M-Th 12:15-2:45 PM \$114 75417-02

6/27-6/30 M-Th 9:00-11:30 AM \$114 75417-03

7/11-7/14 M-Th 9:00-11:30 AM \$114 75417-04

7/18-7/21 M-Th 9:00-11:30 AM \$114 75417-05

7/18-7/21 M-Th 12:15-2:45 PM \$114 75417-06

Early Learning

Baby Gym

Now a special gym time just for babies ages 0-18 months. Babies can crawl on mats and through tunnels, play with balls and blocks or challenge themselves on the soft obstacle course.

Age: 0-18 months

Location: Northside Aztlan Community Center

Note: Children must be accompanied by an adult. Adults are free. Class will not be held 3/18.

3/4-3/25	F	10:30 AM-Noon	\$2.50
4/1-4/22	F	10:30 AM-Noon	\$2.50

Tot Gym

Bring the little ones for some fun gym time! Balls, blocks, a mini obstacle course and other activities will be set up for you and your youngsters to enjoy together! No need to register, just come on in!

Location: Northside Aztlan Community Center

Age: 0-5 years

Note: Children must be accompanied by an adult. Adults are free. Class will not be held 3/15, 3/16.

3/1-3/9	Tu,W	10:00 AM-Noon	\$2.50
3/22-4/20	Tu,W	10:00 AM-Noon	\$2.50

Funtime for Preschoolers

Arts & crafts, storytelling, science, math, pre-reading, creative play/dramatics, and gym play are only part of the fun your child will experience in this class! Please note age requirements. Previous class experience recommended. Must be toilet trained.

Age: 2½-4 years

Location: Youth Activity Center

Note: Please note food allergies at the time of registration. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Aging date for the 9:00am class is 9/15/2010. 11am class it is the first day of class. Class will not be held on 4/15, 4/18, 5/13.

Age: 2½-3 years

4/11-5/20	M,W,F	11:00 AM-Noon	\$73	55590-07
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Age: 3-4 years

4/11-5/20	M,W,F	9:00-10:30 AM	\$108	55590-08
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Funtime Pre-K

Children will develop and refine fundamental skills in a loving environment. Weekly curriculum is devised with kindergarten readiness in mind. Continued development of small-motor, literacy, and emerging reading/writing skills, pre-math as well as arts and crafts, movement/physical education, drama, and social skills are central to this class.

Age: 4-5 years

Location: Youth Activity Center

Note: Please note food allergies at the time of registration. Funtime closures/holidays correspond to the Poudre School district schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Children must have turned 4 by 9/15/2010. Class will not be held on 4/15, 4/18, 5/13.

4/11-5/20	M,W,F	12:30-3:00 PM	\$176	55600-03
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Preschool offered by Poudre School District



Quality preschool, both no-cost and tuition-based, for children **ages 3 to 5** is available through Poudre School District's Early Childhood Program.

Regardless of your family situation or your child's strengths and growth needs, an early childhood program is critical to your child's future success.

Enroll Now!
970-490-3204



www.psdschools.org/schools/earlychildhoodeducation



Kites In The Park



Free Family Kite Festival
Sunday, April 17, 2011
Spring Canyon Park
10:00 AM-4:00 PM



Call 416-2443 for more information.



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Alma Kirk – Director/Teacher

970-482-1357



Marvelous Mondays

Moms, caregivers and kids, Start your week out right! Kids will have fun with arts and crafts, learning games, story time and gym play. Moms/Caregivers can use this time to get their work out in or errands completed.

Age: 2-6 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Must be potty-trained.

3/7	M	9:30-11:30 AM	\$10	65583-01
3/7	M	12:30-2:30 PM	\$10	65583-02
3/21	M	9:30-11:30 AM	\$10	65583-03
3/21	M	12:30-2:30 PM	\$10	65583-04
3/28	M	9:30-11:30 AM	\$10	65583-05
3/28	M	12:30-2:30 PM	\$10	65583-06
4/4	M	9:30-11:30 AM	\$10	65583-07
4/4	M	12:30-2:30 PM	\$10	65583-08
4/11	M	9:30-11:30 AM	\$10	65583-09
4/11	M	12:30-2:30 PM	\$10	65583-10
4/25	M	9:30-11:30 AM	\$10	65583-11
4/25	M	12:30-2:30 PM	\$10	65583-12
5/2	M	9:30-11:30 AM	\$10	65583-13
5/2	M	12:30-2:30 PM	\$10	65583-14
5/9	M	9:30-11:30 AM	\$10	65583-15
5/9	M	12:30-2:30 PM	\$10	65583-16
5/16	M	9:30-11:30 AM	\$10	65583-17
5/16	M	12:30-2:30 PM	\$10	65583-18

Tool Time

This class is designed for the little do-it-yourselfer. Children will learn about safety, tools and their uses; and will have the opportunity to use real hammers, nails and screw drivers in a highly supervised environment.

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

3/2-3/9	W	1:00-2:30 PM	\$20	65591-01
5/4-5/11	W	1:00-2:30 PM	\$20	65591-02

Alphabet Soup

Make new friends with this terrific learning experience that combines letter recognition, letter sounds, numbers, shapes, and name recognition. Your child will learn social and motor development skills through crafts, songs, and games. This continuous class features new letters and activities each session.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Children must be potty-trained.

3/22-4/14	Tu,Th	9:30-11:30 AM	\$58	65587-01
4/19-5/12	Tu,Th	9:30-11:30 AM	\$58	65587-02



Imagination Station: Let your child's imagination run wild.

Curious Two's

This class will direct your child's attention to games, crafts, and stories while providing a positive first time away from Dad and Mom experience.

Age: 2 years

Instructor: Jenn Holm

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. This is a child without parent class. Class will not be held on 4/18.

3/21-4/6	M,W	9:30-10:30 AM	\$31	65585-01
3/21-4/6	M,W	11:00 AM-Noon	\$31	65585-02
3/22-4/7	Tu,Th	9:30-10:30 AM	\$31	65585-03
4/11-4/27	M,W	11:00 AM-Noon	\$26	65585-05
4/12-4/28	Tu,Th	9:30-10:30 AM	\$31	65585-06
5/2-5/18	M,W	9:30-10:30 AM	\$31	65585-07
5/2-5/18	M,W	11:00 AM-Noon	\$31	65585-08
5/3-5/19	Tu,Th	9:30-10:30 AM	\$31	65585-09

Imagination Station

Welcome to the world of make-believe! These themed experiences will help your child learn more about their world through the use of simple costumes, props and role-playing. Snack included.

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Please note allergies at time of registration.

Camping

3/21-3/28	M	1:00-2:30 PM	\$20	65592-01
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Bakery

4/6-4/13	W	1:00-2:30 PM	\$20	65592-02
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Those Amazing Dinosaurs

Learn about your favorite dinosaurs. Hunt for fossils, classify by characteristics, and maybe create your own dinosaur.

Age: 3-5 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

3/22-4/5	Tu	1:00-2:30 PM	\$29	65593-01
5/10-5/24	Tu	1:00-2:30 PM	\$29	65593-02

EPIC Adventures

Basic ice skating, art, pool fun, indoor/outdoor games, story time and snack included. Your child will receive an ice skating lesson conducted by an EPIC skate pro each day of EPIC adventures. There will be one day of recreational swimming per week. This class serves as a great complement to preschool or kindergarten.

Age: 4-6 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, please tell staff when you register or call 970.221.6655. Clothing for skating and swimming is needed. Please arrive 10 minutes early to help your child put on his/her ice skates. Warm clothing needed Tuesdays and Thursdays. Swimsuits needed for Thursdays. Class will not be held on 4/18.

3/21-4/6	M,W	12:30-3:00 PM	\$79	65598-01
3/22-4/7	Tu,Th	12:30-3:00 PM	\$79	65598-02
4/11-4/27	M,W	12:30-3:00 PM	\$67	65598-03
4/12-4/28	Tu,Th	12:30-3:00 PM	\$79	65598-04
5/2-5/18	M,W	12:30-3:00 PM	\$79	65598-05
5/3-5/19	Tu,Th	12:30-3:00 PM	\$79	65598-06

Ready to Read

Laying the foundation for getting ready to read is more than ABC's! Preschoolers will focus on the development of early literacy skills by exploring children's literature with arts, crafts, music and storytelling.

Age: 4-5 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: This is a child without parent class.

4/12-4/26	Tu	1:00-2:00 PM	\$29	65595-01
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Trucks, Trains, Airplanes

This class is designed for preschooler's who are on the go! Each class will be filled with truck, train and airplane fun. Crafts, stories, games and role-playing are all part of the experience!

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

3/23-3/30	W	1:00-2:30 PM	\$15	65601-01
5/16-5/18	M,W	1:00-2:30 PM	\$15	65601-02

Munchkin Math

Pre-school math is more than just counting! This hands-on class will have your child exploring a broad range of skill sets including sorting, sequencing, recognizing patterns and shapes and simple measurement along with number recognition.

Age: 3-4 years

Instructor: Lisa Dachel

Location: Youth Activity Center

3/22-4/5	Tu	9:30-10:30 AM	\$22	65602-01
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I Want to Be A Scientist

Explore, learn, discover! What is it like to be a scientist? Come and find out! We will conduct hands-on investigations as we discover the world of science.

Age: 3-6 years

Location: Northside Aztlan Center

Reptiles				
3/1	Tu	10:00-11:30 AM	\$13	65589-01
Mammals				
3/8	Tu	10:00-11:30 AM	\$13	65589-02
Chemistry				
3/22	Tu	10:00-11:30 AM	\$13	65589-03
Magnets				
3/29	Tu	10:00-11:30 AM	\$13	65589-04
Weight & Measurement				
4/5	Tu	10:00-11:30 AM	\$13	65589-05
Light, Color, Shadow				
4/12	Tu	10:00-11:30 AM	\$13	65589-06
Vet Medicine				
4/19	Tu	10:00-11:30 AM	\$13	65589-07
Flight/Locomotion				
4/26	Tu	10:00-11:30 AM	\$13	65589-08
Botany				
5/3	Tu	10:00-11:30 AM	\$13	65589-09
Entomology				
5/10	Tu	10:00-11:30 AM	\$13	65589-10

Little Monsters

Do you have monsters hiding under your bed? Whether you're scared of or fascinated by monsters (or a little of both) this class is for you. We will examine monsters and their habits and behaviors through crafts and role play. We will celebrate their playful spirit. We will also create an anti-monsters spray to ward off any unwanted creatures!

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

4/25-5/2	M	1:00-2:30 PM	\$20	65607-01
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It's Raining Cats and Dogs!

In this fun class children will get to pretend they are cats and dogs! They will eat snacks from their own dog dish, have their faces painted like cats or dogs, create ears and tails for themselves and have a tail-wagging good time!

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

4/20-4/27	W	1:00-2:30 PM	\$20	65693-01
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Toddlers Playhouse: Explore art, science, letters and numbers with your child.

Bugs!

In this class we will get up close and personal with a Madagascar hissing beetle.

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

5/9	M	1:00-2:30 PM	\$15	65696-01
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Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building!

Age: 3-6 years

Instructor: Jenn Holm

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

4/4	M	1:00-2:30 PM	\$12	65697-01
4/11	M	1:00-2:30 PM	\$12	65697-02

Parent With Child

Eggshell Garden

Create and grow your own special garden in an egg shell decorated by you and your child!

Age: 18 months-3 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

4/12-4/19	Tu	1:00-2:00 PM	\$20	65522-01
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Toddlers Playhouse

Come discover the world around us in this theme based class, as we explore science, letters, numbers, and art. You and your child will enjoy playing and interacting with peers in this action packed class

Age: 18-24 months

Location: Youth Activity Center

Dinosaurs

4/12-4/26	Tu	11:00 AM-Noon	\$23	65561-01
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Bugs

4/14-4/28	Th	11:00 AM-Noon	\$23	65561-02
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Little Explorers

Four classes in one! Curious toddlers and their parents will get a chance to experience a different kind of class each week. Science, movement, arts and crafts, and music. All of our favorite toddler classes rolled into one!

Age: 2 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: If your child has a food allergy, please tell staff registering or call NACC at 970.221.6655. This is a child with parent class.

4/14-4/28 Th 9:30-10:30 AM \$30 65597-01

Art Discovery

Come with your child to explore the world of art. We will play with all different mediums and materials. This is a very messy class; please wear your grubbies.

Age: 2-4 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Bring a bag to carry home your projects. This is a child with parent class.

3/21-4/4 M 11:00 AM-Noon \$29 65640-01

4/25-5/9 M 11:00 AM-Noon \$29 65640-02

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength, and coordination using balance beams, swing bars, parallel bars, and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent (due to classroom space only 1 adult per child).

Age: 2-3 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. This is a child with parent class.

Age: 2 years

3/21-4/18 M 10:00-10:45 AM \$39 65649-01

3/21-4/18 M 11:05-11:50 AM \$39 65649-02

3/22-4/19 Tu 11:00-11:45 AM \$39 65649-03

4/25-5/16 M 10:00-10:45 AM \$32 65649-04

4/25-5/16 M 11:05-11:50 AM \$32 65649-05

4/26-5/17 Tu 11:00-11:45 AM \$32 65649-06

Age: 3 years

3/21-4/18 M 9:00-9:45 AM \$39 65649-07

3/24-4/21 Th 11:00-11:45 AM \$39 65649-08

4/25-5/16 M 9:00-9:45 AM \$32 65649-09

4/28-5/19 Th 11:00-11:45 AM \$32 65649-10

Splish Splash Playgroup

You and your child will have fun meeting and playing with others! Activities will include arts, crafts, music, social time and pool play on the last day of the session. Older siblings may attend and participate for a drop-in fee of \$5. Bring a sack lunch/snack for you and your child.

Age: 12-18 months

Instructor: Lisa Dachel

Location: Edora Pool Ice Center

5/5-5/19 Th 10:30 AM-Noon \$23 65654-01

I Can Do It Myself

This series of classes is aimed at the young toddler who, along with a parent, can enjoy a number of different activities including arts and crafts, movement, making new friends and more.

Age: 15-24 months

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: This is a child with parent class.

Bunnies & Chicks

4/11 M 9:30-10:30 AM \$9 65642-01

Community Helpers

5/16 M 9:30-10:30 AM \$9 65642-02

I Can Do it Too

These classes are for the older toddler who is "not quite ready" to take a class by himself/herself. Parents and toddlers will enjoy a number of different activities together. Arts and crafts, movement, making friends and more!

Age: 2 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: This is a child with parent class.

Bunnie & Chicks

4/11 M 11:00 AM-Noon \$9 65643-01

Community Helpers

5/16 M 11:00 AM-Noon \$9 65643-02

Shake, Rattle, Roll

Come and shake, rattle and roll! We will have fun with singing, playing simple games, finger plays and instrument play.

Age: 12-36 months

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: This is a child with parent class.

Age: 12-24 months

4/1-4/15 F 9:00-9:45 AM \$24 65650-01

5/6-5/20 F 9:00-9:45 AM \$24 65650-03

Age: 24-36 months

4/1-4/15 F 10:00-10:45 AM \$24 65650-02

5/6-5/20 F 10:00-10:45 AM \$24 65650-04

Mommy, Daddy & Me Sign Language

Help speed your child’s language development through the use of sign language. Using their hands children can communicate what they mean and you the parent can understand what they want, reducing frustration for both of you! This class provides a stress-free environment for communicating and bonding!

Age: 6-24 months

Instructor: Eric Fifer

Location: Northside Aztlan Center

Note: Class Partially Discountable This is a child with parent/care giver class. Two adults per child may attend. Class will not be held on 3/19.

3/5-4/9	Sa	11:00 AM-Noon	\$44	65655-01
4/16-5/14	Sa	11:00 AM-Noon	\$44	65655-02

Snuggle Bugs

Enjoy a relaxing hour of fun, play, nursery rhymes, and finger plays with your little snuggle bug. Class will incorporate fun with learning!

Age: 9-12 months

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: This is a child with parent class.

3/22-4/15	Tu	11:00 AM-Noon	\$24	65662-01
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Outdoor Explorers

Enjoy an outdoor adventure with your child. We will explore the Poudre Trail and the natural habitats surrounding it. We will make crafts from items collected and will begin to instill a love of nature in your child.

Age: 2-4 years

Instructor: Lisa Dachel

Location: Lee Martinez Park

Note: This is a child with parent class. Meet in NE corner of the parking lot of the Farm at Lee Martinez Park.

Age: 2-3 years

5/3-5/17	Tu	9:30-10:30 AM	\$28	65663-01
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Age: 3-4 years

5/3-5/17	Tu	11:00 AM-Noon	\$28	65663-02
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Mini Explorers

Through a variety of experiences toddlers will learn about cause and effect, the properties of air and water and explore the five senses.

Age: 18-24 months

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: This is a parent participation class

4/12-4/26	Tu	9:30-10:30 AM	\$30	65664-01
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Cookin’ & Crafts With Kids

This class is designed for toddlers to explore simple cooking and craft experiences around a single theme. Stirring, spreading, mixing, tasting, painting, gluing, do-it-yourself fun.

Age: 2 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 221-6655. This is a parent with child class

Happy St. Patrick’s Day

3/11	F	10:00-11:30 AM	\$18	65657-01
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Healthy Treats

3/25	F	10:00-11:30 AM	\$18	65657-02
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Yummy Desserts

4/8	F	10:00-11:30 AM	\$18	65657-03
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Bunny Treats

4/22	F	10:00-11:30 AM	\$18	65657-04
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Indoor Picnic

5/6	F	10:00-11:30 AM	\$18	65657-05
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Summer Snacks

5/20	F	10:00-11:30 AM	\$18	65657-06
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Education

Adult Classes

Classes are for 18 years & up unless otherwise noted.

Bicycle

Back on A Bike

This class is oriented toward senior citizens to help them get back into cycling. This four day course covers the fundamentals of safe cycling in Fort Collins and includes both classroom and hands on instruction.

Age: 50 years & up

Location: Northside Aztlan Center

5/3-5/24 Tu 10:00 AM-1:00 PM \$13 64541-01

Intermediate Senior Social Cycling

Social group bike rides for senior citizens, includes 1-2 hour bike rides followed by lunch out (participants must provide own lunch).

Instructor: Allison Robin

Location: Northside Aztlan Center

5/5-5/26 Th 10:00 AM-1:00 PM \$5 64542-01

Traffic Skills 101 for Cyclists

You will gain the confidence you need to ride safely & legally in traffic or on trails. Gain full understanding of vehicular cycling. The course covers bicycle safety checks, fixing a flat, on-bike skills & crash avoidance techniques. Includes student manual. Includes classroom and hands on instruction. Lunch provided.

Location: Northside Aztlan Center

4/10 Su 8:00 AM-4:00 PM \$5 64543-01

5/7 Sa 8:00 AM-4:00 PM \$5 64543-02

Card Games

Beyond Beginning Bridge



Prerequisite: Attendees must play the Stayman convention.

If you are a bridge player and want to improve your game, come to learn Weak Twos, Jacoby Transfer and other contemporary bidding conventions: as well as tips on defense and leads.

Location: Senior Center

Note: Notebook with articles, exercises and sample bridge hands included.

4/6-5/4 W 6:30-9:00 PM \$36 member 65016-01
\$40.00 non-member

Advanced Bridge



Prerequisite: Completed Beyond Beginning Bridge or instructor permission

If you have been playing for quite a while and would like to move to the next level of bridge, this class is for you. Learn and practice Negative Doubles, New Minor Forcing, various Cue Bids and/or contemporary conventions.

Location: Senior Center

Note: Notebook with articles, exercises and sample hands included.

6/1-6/29 W 6:30-9:00 PM \$36 member 65017-01
\$40.00 non-member

Computer Classes

Computer Basics

This class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies.

Instructor: Mike Morris, Mike Loughlin

Location: Columbine Health Computer Lab

Note: Instructor provided by Front Range PC Users Group

3/1-3/4 Tu-F 10:00 AM-Noon \$24 64502-01

Excel

Prerequisite: Computer Basics class/basic computer knowledge.

Covers the basics of data entry, formulas, formatting, charts and printing.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

3/19 Sa 8:30 AM-12:30 PM \$14 64505-01

Getting Started with Social Media

Feeling left out of the social media world? This class begins with introducing some common social media tools such as Twitter, Facebook, LinkedIn and blogging. Participants will set up their own accounts and learn how to connect with friends and groups related to both personal and professional interests.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable.

3/15-4/12 Tu 7:00-8:00 PM \$44 64532-01

Digital Publishing

Whether you are a published author or aspire to become one, the quickest, easiest, and most profitable path is to publish digitally. Learn how this local publisher is generating hundreds of dollars/month from the sale of his ebooks on Amazon, Barnes and Noble, and more.

Instructor: Brian Schwartz

Location: Senior Center

Note: Class not discountable. Class will not be held on 3/15.

3/8-4/5 Tu 6:00-7:00 PM \$44 64533-01

Social Media for Business

Facebook, YouTube, blogs, & other social media platforms are becoming standard business tools. More than setting up accounts, you will learn strategies to connect with your community, enhance your brand, and measure your effectiveness. Participants will ideally have some experience with existing social media accounts.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable.

4/26-5/24 Tu 7:00-8:00 PM \$44 64534-01

Blogging for Passion or Profit

Want to know what the blogging buzz is all about? Would you like to get started with building a new website or updating an old site using blogging tools? Whether your message is political, professional, poetic, or personal, a blog can help you spread your message and build a community.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable.

3/23-4/20 W 7:00-8:00 PM \$44 64538-01

Internet, Introduction

Prerequisite: Computer Basics class or basic computer knowledge
 This class introduces the internet, including some history of its development, descriptions of types of programs used to connect to the internet, the language used in those programs, and hands-on exercises that will provide practice in safely using the internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

3/5 Sa 8:30 AM-12:30 PM \$14 64551-01

Internet, Advanced

Prerequisite: Internet, Introduction

This class provides descriptions of various search services (search engines, such as Google® and Yahoo®) available and how to use them. You are provided with resources that will demonstrate how to effectively search (and how NOT to search) the Internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

3/12 Sa 8:30 AM-12:30 PM \$14 64552-01

Internet E-Mail

Prerequisite: Introduction to the Internet or equivalent

This class will teach you different addressing modes in email. You will also learn etiquette, finding addresses, attaching files, creating mailing lists, and handling junk mail.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

3/26 Sa 8:30 AM-12:30 PM \$14 64554-01

Quicken

Prerequisite: Computer Basics class or basic computer knowledge

This class starts with the basics of creating and managing files and accounts. The hands-on exercise includes creating a checking and savings account, reconciling a bank statement and creating reports.

Instructor: Don Anderson, Rick Mattingly, Dennis Nimitz

Location: Senior Center

Note: Instructor provided by Front Range PC Users Group.

5/7 Sa 8:30 AM-12:30 PM \$14 64555-01

Windows, Advanced

Prerequisite: Windows, Beginning

This class provides a non-technical look inside the Windows XP® operating system to help you understand what happens on your computer. Included is a review, using hands-on exercises, of the basic Windows configuration and the feature called "Properties."

Instructor: Rick Mattingly

Location: Senior Center

Note: Instructor provided by the Front Range PC Users Group.

4/30 Sa 8:30 AM-12:30 PM \$14 64559-01

Microsoft Word, Beginning

Prerequisite: Computer Basics class or basic computer knowledge.

This class provides an introduction to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge and more.

Instructor: Mike Morris, Jim Bragonier

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

4/2-4/9 Sa 8:30 AM-12:30 PM \$16 64572-0

Microsoft Word, Beyond The Basics

Learn about the word processing features that will make you an expert at work or help you write that book. Hands-on exercises on part of a book chapter will demonstrate such features as styles, creating a table of contents, index and much more.

Instructor: Jim Bragonier, Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

4/23 Sa 8:30 AM-12:30 PM \$14 64573-01

Cooking Classes

Thai Cooking

Learn to cook Thai curries, flavorful soups, spicy salads, desserts and stir fry dishes. Choosing quality ingredients; cooking tips & tricks, and restaurant time saving techniques usable at home. Week 1 we will prepare several Thai dishes selected by the instructor. Week 2 will be selections from class suggestions.

Instructor: Sim Suinn

Location: Senior Center

Note: Class will not be held on 3/17.

3/10-3/24 Th 6:00-8:30 PM \$57 64506-01

Indian Cooking

Get a glimpse into the enchanting world of Indian cuisine as you learn about its variety of spices and cooking styles by studying a small repertoire of sample dishes. Classes are independent of each other and teach some of the basic techniques and some easy-to-follow recipes.

Instructor: Sapna Von Reich

Location: Senior Center

Note: Class partially discountable.

North Indian Cuisine

3/22-3/29 Tu 6:00-8:30 PM \$59 64510-01

North Indian Cuisine

5/5-5/12 Th 6:00-8:30 PM \$59 64510-02

South Indian Cuisine

4/6-4/13 W 6:00-8:30 PM \$59 64510-03

Mexican Cooking

Age: 16 years & up

Location: Northside Aztlan Center

Note: Bring an apron to your class.

Fajitas & Rice

4/4 M 6:30-8:00 PM \$15 65849-01

Tamales

4/11 M 6:30-8:00 PM \$15 65849-02

Burritos & Frijoles

4/18 M 6:30-8:00 PM \$15 65849-03

Salsas & Sauces

4/25 M 6:30-8:00 PM \$15 65849-04

Tortilla Soup

5/2 M 6:30-8:00 PM \$15 65849-05



CPR & First Aid: Certifications for adult, child and infant CPR and basic first aid.

Indian Spices 101



Join Sapna Von Reich for an informative introduction to the exquisite spices and flavors of India. No country in the world produces as many varieties of spices as India. In ancient times, spices were as precious as gold. Participants will learn how to incorporate Indian flavors into their food repertoire.

Location: Senior Center

5/4 W 11:30 AM-1:30 PM \$12 member 65018-01
\$16.00 non-member

CPR & First Aid Classes

CPR and First Aid

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included.

Instructor: Mark Rosoff

Location: Senior Center

Note: Class not discountable.

3/12	Sa	9:00 AM-5:00 PM	\$67	64524-01
4/9	Sa	9:00 AM-5:00 PM	\$67	64524-02
5/14	Sa	9:00 AM-5:00 PM	\$67	64524-03

CPR Professional

This course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications

Instructor: Mark Rosoff

Location: Senior Center

Note: Includes AHA student text. New certifications begin at 6pm and re-certifications will begin at 7pm. Class not discountable.

3/16	W	6:00-9:30 PM	\$67	64525-01
4/13	W	6:00-9:30 PM	\$67	64525-02
5/18	W	6:00-9:30 PM	\$67	64525-03

Wilderness First Aid

This course includes assessment, short and long term management of injury, medical emergencies and conditions when definitive care is more than one hour away. The field day will focus on hands-on scenarios and techniques needed to stabilize the victim and others in the group.

Instructor: Mark Rosoff

Location: Senior Center

Note: AAOS Emergency Care and Safety Institute Certification will be completed and is valid for three years. Book included. Class not discountable.

5/17-5/19	Tu,Th	6:00-9:30 PM	\$120	64540-01
5/21	Sa	9:00 AM-5:00 PM		

Financial Classes

The following free classes are provided by The MoneySense Financial Health Center. Call 970.494.3307 to register. Co-sponsored by the City of Fort Collins.

Savings 101: A Beginners Guide

Have you made savings a habit? This class helps you determine when to start saving, how and where. From emergency savings to your retirement – learn basic information about how to prepare for your financial future.

3/14 M 1:00-2:30 PM No Fee

Financial Fitness

Learn the basics of money management in this upbeat course. This first session focuses on creating goals and reviewing methods for setting up the strong money plan necessary to make them happen. Useful tips for stretching your dollar are presented as well as information about community resources. Session 2 discusses wise use of credit: how to choose a card, how to check your credit report, and how to have and maintain good credit. Avoiding identity theft and predatory lending practice precautions will be outlined.

Instructor: Kathy Cox

Location: Senior Center

4/20-4/27 W 6:30-8:30 PM No Fee

Where's My Stuff? Organize Your Financial Life

Whether your system is non-existent or just too cluttered to enable you to find the documents you need, this class offers you answers. We will examine documents that need to be saved, for how long and where! You will create a filing system to meet your financial needs. A workbook and materials list will be provided.

5/5 Th 6:30-8:30 PM No Fee

Cyber Friend or Cyber Thief: Safety Issues on the Internet

It is imperative for everyone to know the importance of protecting their private information. There are cyber thieves with one goal: to obtain someone's identity and use it for fraudulent purposes. Learn to protect yourself from these thieves on the internet. Class provided by the BBB and The MoneySense Financial Health Center.

5/9 M 1:00-2:30 PM No Fee

General Classes

Inherit a Pitchfork?

The interactive presentation, Who Would Inherit a Pitchfork, is about dividing possessions based on the book, 'The Choose Around.' It includes a starting point for people in similar situations to begin discussing alternatives while building mutual respect.

Instructor: Mary Brown, Marilyn Brown

Location: Senior Center

Note: Register as a single or couple for the same price. Fee includes the book The Choose Around.

3/26 Sa 10:00-11:30 AM \$19 64508-01

American Sign Language

ASL, is a distinct, natural language with rules of grammar and usage as different from English as any foreign language. American Sign Language is a term that refers to the visual-gestural language created by Deaf people, which is used in the US and parts of Canada.

Instructor: Eric Fifer

Location: Senior Center

Note: From the first day, your classroom is a speech-free zone, before and after as well as during class. Class not discountable.

4/7-5/26 Th 7:00-9:00 PM \$60 64509-01

Music/Theater

Adult Guitar, Beginning

Students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tablatures, tuning, and basic music theory will be incorporated.

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring your own guitar (acoustic, classical, or electric).

4/4-4/25 M 6:45-8:00 PM \$41 65704-01

5/2-5/23 M 6:45-8:00 PM \$41 65704-02

Travel Classes

Fly Cheap, Stay Cheap, Travel Cheap

Did you miss the recently posted \$295 round trip Denver to Moscow flight? Find the lowest airfares, alternative cruises for less, frequent flyer tickets for less than \$1, stay for free around the world, these and many other internet bargains are all here in this exciting class.

Instructor: Ron Stern

Location: Senior Center

Note: Optional \$15 fee for companion book. Class not discountable.

4/9 Sa 9:00-11:00 AM \$25 64535-01

5/7 Sa 9:00-11:00 AM \$25 64535-02

How To Be A Travel Writer

Travel photojournalist Ron Stern will show you how to write, broadcast or otherwise promote yourself as a travel journalist in this new and changing economy. Learn about alternative outlets such as You Tube or how a website can be the key to free travel.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$25 material fee for a companion book. Class not discountable.

3/12 Sa 9:00 AM-Noon \$29 64546-01

Wellness Classes

Stay Healthy by Volunteering

This class will provide information on the physical and emotional health benefits of volunteering. Participants will gain a better understanding of how volunteering can help themselves *and* their community. Participants will also learn about the various volunteer opportunities available to them in Larimer County.

Instructor: Jessica Eckhardt

Location: Northside Aztlan Community Center

3/8 Tu 10:00 AM No fee

Location: Senior Center

4/5 Tu 2:00 PM No fee

5/12 Th 11:00 AM No fee

Laughter Yoga

Fun! Enlightening! Inspiring! Laughing yoga combines the ancient laughter practices with gentle yoga breathing techniques. Participants will be involved in activities and exercises that create laughter, a positive attitude, improve health and healing and much more. Just for the HEALTH of it come join us for a fun time!

Instructor: Janeen Easley

Location: Senior Center

4/6 W 6:30-7:30 PM \$19 64446-01

4/26 Tu 6:30-7:30 PM \$19 64446-02

Treating Hearing Loss

Technology updates & candidacy criteria in amplification & implantable devices will be discussed. Learn about assistive listening devices that help people with hearing loss to ease the use of devices, such as the telephone. Learn communication and listening strategies to communicate better in various environments.

Instructor: Natalie Phillips

Location: Senior Center

Note: Dr. Natalie Phillips, board certified Doctor of Audiology with Advanced Otolaryngology, P.C., will present information about treating types and degrees of hearing loss.

5/6 F 9:30-11:00 AM No Fee 64472-01

Energy Workshop for Beginners

What is energy? How do we identify it? Understand the energy in our daily lives that effect our emotions, our physical vitality, health, and interactions with others. What do alternative (holistic) practitioner(s) refer to when they use energy to explain their work?

Instructor: Joycebeth Emanuel

Location: Senior Center

3/27 Su 2:30-4:30 PM \$19 64526-01

4/6 W 10:00 AM-Noon \$19 64526-02

Assessment of the Dizzy Patient

Hear information about the importance of case history and symptoms to accurately diagnose ear-related dizziness and balance disorders. Evaluation and assessment will be reviewed along with possible diagnoses and appropriate referrals.

Location: Senior Center

4/15 F 9:30-11:00 AM No Fee 64471-01



Chessmates Chess Club: En passant, Fianchetto, Zugzwang and more!

Tinnitus Treatment

Learn about tinnitus and other symptoms including incidence, documented treatments and how they work from your ear to the brain. Sound therapy treatments including tinnitus retraining therapy (TRT) and Neuromonics will be discussed to understand the current treatments for tinnitus.

Instructor: Natalie Phillips

Location: Senior Center

Note: Dr. Natalie Phillips has over 10 years of clinical experience working with tinnitus patients.

3/11 F 9:30-11:00 AM No Fee 64473-01

Aspen Club Presentations

These presentations are co-sponsored by the City of Fort Collins.

Registration: Call the Aspen Club, 970.495.8560.

Location: Senior Center

I. Your Financial/Legal Records-What to Keep What to Toss

You have shoe boxes and files full of papers. What should you keep, and for how long? Which papers can you toss or recycle? Knowing how to keep important papers safe will also be covered. Being organized and able to find important documents is a part of being in control of your finances and getting you off to a good start in your financial fitness plan. Presenter - Laurel Kubin, Director of the Larimer County / CSU Extension office will provide information and insights that will help you decrease your "paperwork" clutter.

3/30 W 2:00-3:30 PM No Fee

II. Warning Signs You Shouldn't Ignore

Discussing symptoms you have with your doctor is always the first line of defense when dealing with your health. Sometimes though, warning signs arise that are more serious. This program will talk about the nine warning signs you need to take serious and what you should do if you experience them. Taking quick action could save your life!

4/28 Th 9:00-10:30 AM No Fee

III. The Notoriously Wonderful NUT!

Nuts are packed with health-protective phytochemicals, protein, fiber and many other important nutrients. Certain nuts also have unique cancer-fighting properties. Learn more about "wellness in a shell," while tasting unusual and common nut selections.

5/19 Th 2:00-3:30 PM No Fee

Youth & Teen Classes

Active Teen Club

Have fun being active, exploring a variety of recreation activities, trying new things and hanging out with friends! This club includes teens with and without disabilities. We will join together with the CSU TGIF group on the last class.

Age: 12-18 years

Location: Northside Aztlan Center

Note: Class partially discountable. For more information: acope@fcgov.com, (970) 416-2024 #1. Class will not be held on 3/18.

3/4-3/25 F 6:00-8:00 PM \$16 64617-01

Chessmates Chess Club

Want to play the game that has been played through the centuries? CHESS! Come learn and play as Chessmates Chess Club comes to the Northside Aztlan Center. Learn the basics of moving pieces all the way to thinking many moves ahead! Be the master of En passant, Fianchetto and Zugzwang. Check out ChessmatesFC.com.

Age: 8-14 years

Location: Northside Aztlan Center

Note: All supplies provided. Class will not be held on 3/18.

3/4-4/15 F 5:00-6:30 PM \$36 65705-01

4/22-5/27 F 5:00-6:30 PM \$36 65705-02

The Breakfast Club

Come and have Saturday morning breakfast with us. Learn how to make crepes, stuffed french toast, fritatta, cinnamon rolls from scratch, and more. Wear your pjs if you want. We'll watch cartoons while we wait for our food to cook.

Age: 12-17 years

Location: Northside Aztlan Center

3/26-4/16 Sa 9:00-11:00 AM \$38 65712-01

4/30-5/21 Sa 9:00-11:00 AM \$38 65712-02

Little Chefs

Leave your preschooler with us to get creative in the kitchen. These classes are all hands on. An occasional craft will be offered to enhance the learning experience.

Age: 3-4 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

St. Patricks Day

3/10 Th 9:30-11:30 AM \$18 65552-01

Go Healthy

3/24 Th 9:30-11:30 AM \$18 65552-02

All About Desserts

4/7 Th 9:30-11:30 AM \$18 65552-03

Bunny Treats

4/21 Th 9:30-11:30 AM \$18 65552-04

Around the World

5/5 Th 9:30-11:30 AM \$18 65552-05

Summer Snacks

5/19 Th 9:30-11:30 AM \$18 65552-06

“Fun”tastical Fridays

These Friday events will delight your child. Explore, learn, create and play! Activities will be centered around a FUN theme that will include games, arts & crafts, refreshments, and more. Classes are for children only.

Age: 3-6 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

Dr. Suess

3/4 F 1:00-2:30 PM \$16 65599-01

Safari

3/25 F 1:00-2:30 PM \$16 65599-02

Disney Villians

4/1 F 1:00-2:30 PM \$16 65599-03

Woody & Buzz

4/8 F 1:00-2:30 PM \$16 65599-04

Disney Princesses

4/22 F 1:00-2:30 PM \$16 65599-05

Under the Sea

4/29 F 1:00-2:30 PM \$16 65599-06

Beach Party

5/6 F 1:00-2:30 PM \$16 65599-07

Young Authors Workshop

Calling all budding writers! Here's your opportunity to learn how to express your ideas in writing and see them in print! During this workshop you will write a short story or poem, research the market and submit your story to a publisher. Workshop will be taught by a published writer.

Age: 8-12 years

Location: Northside Aztlan Center

Note: Class is partially discountable.

3/14-3/17 M-Th 10:00-11:00 AM \$49 65636-01

Young Illustrators Workshop

Do you love to draw? Would you like to see your masterpiece in print? Come learn from a real artist the proper techniques of illustrating for book and magazine publication. We will use different mediums to create pictures that will be sent in for possible publication. This workshop is a nice compliment to Young Authors.

Age: 5-14 years

Location: Northside Aztlan Center

Note: \$10 supply fee due to instructor on the 1st day of class. Class is partially discountable.

Age: 5-8 years

3/14-3/17 M-Th 11:15 AM-Noon \$49 65637-01

Age: 9-14 years

3/14-3/17 M-Th 1:00-2:00 AM \$49 65637-02



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DMD, MS**

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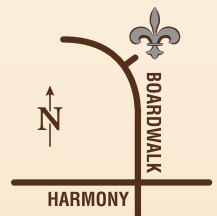


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Lego Crazy Schools Out Day Camp

Lego enthusiasts, spend your schools out day with other Lego fanatics! Along with all day Lego construction, kids will enjoy other fun activities such as arts & crafts, a movie, snacks and swim time!

Grade: 1-6

Location: Edora Pool Ice Center

Note: Class Partially Discountable Please bring a sack lunch, bathing suit and towel.

4/15	F	8:00 AM-5:00 PM	\$41	65580-01
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Magic & Illusion Camp

Come and learn the art of magic and illusion. During this fascinating camp we will study famous magicians, learn a variety of magic tricks and make the props to perform the tricks. Participants will go away with new tricks up their sleeves!

Age: 9-13 years

Location: Northside Aztlan Center

Note: Class is partially discountable. \$10 supply fee due to instructor on the first day of class.

3/14-3/17	M-Th	2:15-3:15 PM	\$49	65639-01
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After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, field trips, and more. Limited transportation is provided from select schools.

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: Must be in correct grade. Register at Northside Aztlan Center.

2/28-3/4	M-F	3:30-6:00 PM	\$20	65820-01
3/7-3/10	M-Th	3:30-6:00 PM	\$20	65820-02
3/21-3/25	M-F	3:30-6:00 PM	\$20	65820-03
3/28-4/1	M-F	3:30-6:00 PM	\$20	65820-04
4/4-4/8	M-F	3:30-6:00 PM	\$20	65820-05
4/11-4/14	M-Th	3:30-6:00 PM	\$20	65820-06
4/19-4/22	Tu-F	3:30-6:00 PM	\$20	65820-07
4/25-4/29	M-F	3:30-6:00 PM	\$20	65820-08
5/2-5/6	M-F	3:30-6:00 PM	\$20	65820-09
5/9-5/12	M-Th	3:30-6:00 PM	\$20	65820-10
5/16-5/20	M-F	3:30-6:00 PM	\$20	65820-11
5/23-5/25	M-W	3:30-6:00 PM	\$20	65820-12

School's Out Days

Join us for games, movies, crafts, sports and more on these days out from school! Lunch will be provided.

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell staff when you register or call NACC at 970.221.6655. Must be in correct grade.

3/11	F	9:00 AM-3:00 PM	\$30	65819-01
4/15	F	9:00 AM-3:00 PM	\$30	65819-02
4/18	M	9:00 AM-3:00 PM	\$30	65819-03
5/13	F	9:00 AM-3:00 PM	\$30	65819-04

Gross Grub

Horrify your family and friends by preparing deliciously disgusting recipes!

Age: 8-15 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell staff when you register or call NACC at 970.221.6655. Class partially discountable.

Age: 8-10 years				
3/19-3/26	Sa	10:00 AM-Noon	\$32	65673-01

Age: 11-15 years				
3/19-3/26	Sa	1:00-3:00 PM	\$32	65673-02

Gross Goodies

Yum! Deliciously disgusting desserts!

Age: 8-15 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register. Class partially discountable.

Age: 8-10 years				
4/16-4/23	Sa	10:00 AM-Noon	\$32	65674-01

Age: 11-15 years				
4/16-4/23	Sa	1:00-3:00 PM	\$32	65674-02

Girls Day Out

Schools out! Spend the day with your girlfriends. Movies, manicures, make your own snacks, and arts and crafts. Pool time included.

Grade: 1-6

Location: Edora Pool Ice Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Bring a sack lunch, bathing suit and towel. Class is partially discountable.

4/18	M	8:00 AM-5:00 PM	\$41	65679-01
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Kids Night In

Kids will enjoy a night in while parents enjoy a well deserved night out! Pizza, movies, gym time, arts and crafts will be part of the fun!

Age: 3-11 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell staff when you register. Parents! Kids Night In dates coincide with DBA's First Friday Gallery Walk.

3/4	F	5:00-9:00 PM	\$21	65694-01
4/1	F	5:00-9:00 PM	\$21	65694-02
5/6	F	5:00-9:00 PM	\$21	65694-03

Babysitting Bootcamp

This American Red Cross course will cover everything from the babysitting basics to a certification in infant and child CPR.

Age: 11-15 years

Location: Northside Aztlan Center

Note: Bring sack lunch and snacks. Class partially discountable.

3/14-3/16	M,W	4:00-8:00 PM	\$75	65850-01
4/15	F	8:30 AM-5:00 PM	\$75	65850-02
5/13	F	8:30 AM-5:00 PM	\$75	65850-03

Kid Bicycle Clinic

Location: Northside Aztlan Center

Age: 18 years & up

Kid I Bicycle Clinic

Designed for parents, instructors explain how to teach a child to ride a bike. Topics covered include how to perform a bicycle safety check, helmet fitting and bike sizing and basic bicycle skills.

4/23	Sa	9:00 AM-Noon	\$7	64544-01
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Grade: 5-6

Kid II Bicycle Clinic

This seven hour class for 5th and 6th graders covers the same topics as Traffic Skills 101, including on-bike skills as well as choosing safe routes for riding.

5/28	Sa	8:00 AM-3:00 PM	\$7	64544-02
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Music & Theater

Teen Guitar, Beginning

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated.

Age: 13-17 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring own guitar (acoustic, classical, or electric guitar).

4/4-4/25	M	5:15-6:30 PM	\$41	65703-01
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5/2-5/23	M	5:15-6:30 PM	\$41	65703-02
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Youth Guitar, Beginning

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Age: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: You must bring your own guitar.

4/4-4/25	M	4:00-5:00 PM	\$41	65701-01
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5/2-5/23	M	4:00-5:00 PM	\$41	65701-02
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Stage Right to Drama Camp

We will costume up and perform Mark Ludy's "The Farmer." Students will learn lines, wear amazing costumes and perform their play at the end of the workshop. Get your tickets now.

Age: 9-13 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

3/14-3/17	M-Th	5:30-7:00 PM	\$58	65610-01
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Fairy Tales Come to Life Drama Camp

We will become our favorite characters in best known fairy tales such as Snow White & the Seven Dwarfs and Little Red Riding Hood! We will make simple costumes or props, learn simple lines, songs and dances to make this a musical theatre extravaganza.

Age: 5-8 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

3/14-3/17	M-Th	4:30-5:15 PM	\$46	65613-01
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Beginning Violin

Students will start from the very beginning. They will learn how to correctly hold and care for their instrument, keep rhythm, and read notes. Please bring your music stand if you have one.

Age: 7-11 years

Location: Northside Aztlan Center

Note: Students must have their own instrument and shoulder rest. No previous experience necessary. Music book included in price.

3/14-3/18	M-F	2:00-3:00 PM	\$114	65615-01
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Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe.

Age: 3-5 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

3/24-4/7	Th	1:00-2:00 PM	\$25	65616-01
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4/28-5/12	Th	1:00-2:00 PM	\$25	65616-02
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Lights! Camera! Action!

In this class we will film the children acting out one of their favorite fairytales. Dependent on the story, the kids will make simple costumes and props for their story. On the last day of class parents, siblings and grandparents are invited to watch our movie.

Age: 3-6 years

Location: Northside Aztlan Center

4/12-5/3	Tu	1:00-2:30 PM	\$32	65623-01
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Get online. Get out of line.



FARM



Adopt An Animal: Adopt an animal this year at The Farm and watch it grow.

The Farm

All classes are located at The Farm unless otherwise noted.

After School Farmers

Experience life on a farm by participating in farm activities such as milking a cow or a goat, making crafts, taking a hayride, and some surprises too!

Age: 6-10 years

3/22-4/12	Tu	4:00-5:30 PM	\$34	65401-01
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Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened in 1985! Your child will learn what life on a farm is like by milking a cow or goat, gathering eggs, and riding the ponies. Learning about baby animals is all part of the fun!

Age: 4-5 years

Note: Parents are asked to lead their child's pony on riding day.

3/22-4/12	Tu	1:30-3:00 PM	\$34	65406-01
3/23-4/13	W	9:30-11:00 AM	\$34	65406-02
3/24-4/14	Th	1:30-3:00 PM	\$34	65406-03
3/25-4/15	F	9:30-11:00 AM	\$34	65406-04
3/25-4/15	F	1:30-3:00 PM	\$34	65406-05
4/19-5/10	Tu	9:30-11:00 AM	\$34	65406-06
4/19-5/10	Tu	1:30-3:00 PM	\$34	65406-07
4/20-5/11	W	9:30-11:00 AM	\$34	65406-08
4/20-5/11	W	1:30-3:00 PM	\$34	65406-09
4/21-5/12	Th	9:30-11:00 AM	\$34	65406-10
4/21-5/12	Th	1:30-3:00 PM	\$34	65406-11
4/22-5/13	F	1:30-3:00 PM	\$34	65406-12

After School Riding Lessons

Giddy-up! Cowboys and cowgirls will get to know our equine friends after school as they learn about safety and horsemanship while grooming, saddling and riding The Farm's ponies.

Age: 8-12 years

4/20-4/29	W,F	4:00-5:30 PM	\$66	65407-01
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Little Peepers

Jeepers, creepers-it's time to bring those "little peepers" to The Farm for stories in the hayloft, milking a cow or goat, and many other farm chores. Parents will leave their child for an hour of farm discovery.

Age: 3 years

3/24-4/7	Th	9:00-10:00 AM	\$24	65410-01
3/24-4/7	Th	10:15-11:15 AM	\$24	65410-02
4/22-5/6	F	9:00-10:00 AM	\$24	65410-03
4/22-5/6	F	10:15-11:15 AM	\$24	65410-04

Spring Break Pony Camp

Spend your Spring Break at The Farm learning to groom, saddle and ride a pony. No horse experience necessary. This is a beginner class, and safety will be stressed at all times.

Age: 8-12 years

Note: Please wear closed toed shoes, equestrian helmets provided.

3/15-3/18	Tu-F	9:30 AM-Noon	\$114	65411-01
3/15-3/18	Tu-F	12:30-3:00 PM	\$114	65411-02

Pony Riding Lessons

Little ones learn about pony safety, grooming, saddling, and riding. An adult must accompany each child and lead his/her pony.

Age: 3-5 years

Note: Parents will lead their child's pony.

3/23-4/13	W	1:30-2:30 PM	\$54	65414-01
4/9-4/30	Sa	9:30-10:30 AM	\$54	65414-02
5/7-5/28	Sa	1:30-2:30 PM	\$54	65414-03

Li'l Dumplin's

Mom, Dad (or any other favorite adult), you and your two-year-old can meet the animals and learn about farm life together in this class. Join us in farm chores that will include gathering eggs, and milking a cow or a goat. After the chores, enjoy a picnic with the animals.

Age: 2 years

Note: Please bring a sack lunch. The Farm will provide dessert. Parents are expected to stay with the child.

3/21-4/4	M	11:00 AM-Noon	\$26	65409-01
3/22-4/5	Tu	11:00 AM-Noon	\$26	65409-02
4/11-4/25	M	11:00 AM-Noon	\$26	65409-03
5/2-5/16	M	11:00 AM-Noon	\$26	65409-04

Li'l Dumplin's & Beyond

This class brings all the favorite "chores" Li'l Dumplin's enjoy with a few added touches. Along with gathering eggs, milking a goat or cow, and riding the ponies, we create a mini-scrapbook using pictures taken during class, and each Dumplin' will receive a souvenir T-shirt.

Age: 2 years

Note: Parents are expected to stay with their child.

3/21-4/4	M	9:30-10:30 AM	\$40	65424-01
3/22-4/5	Tu	9:30-10:30 AM	\$40	65424-02
4/11-4/25	M	9:30-10:30 AM	\$40	65424-03

Pony Experience

This pony class is designed for 6 and 7 year olds to work with a partner as they learn about the ponies. Grooming and saddling will be taught along with beginning riding skills.

Age: 6-7 years

5/3-5/12	Tu,Th	4:00-5:30 PM	\$66	65425-01
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Calling all kids!

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The Farm Daycamps

See pages 45 for details.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its "parent". As an adoptive parent, you are helping to provide for the food and care of "your" animal.

Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (Note: for all practical purposes, some of the animals are sold when they reach maturity.) 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, his/her name listed at The Farm, and a poster as a "thank you", because we do appreciate your support.

Also at The Farm

Pony Club

Calling all pony lovers! Have you ever wanted to spend more time with The Farm's ponies? Join us in Pony Club where you will get exclusive access to Buzz, Gomer, Scout, Ruby and of course the rest of the pony gang during Pony Club hours. You will be on a Pony Club email list keeping you informed about the ponies and upcoming Club activities. A monthly fee of \$15 is charged with additional fees for some activities such as trail rides. If you are interested in joining please call The Farm, 970.221.6665 and leave an email address or email Bridget at bbrownell@fcgov.com.

Birthday Parties

Celebrate your child's birthday with a farm flair! Meeting the animals, riding a pony* or going on a hayride create a very unique party for your 3 to 9 year old. (Pony rides begin April 7.) Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

Fitness

All fitness classes are for ages 18 years and up unless otherwise noted.

General Information

It is recommended that your physician be consulted before beginning any exercise program.

If you are 45 or older, sedentary or exhibit any of the major coronary risk factors, you should have a maximal treadmill test performed by your doctor prior to participation.

Registration Options

For fitness classes, participation options are available:

1. Participants may register for an entire class session.
2. For late registrants, session fees can be prorated for the days remaining in a session (at **\$4.00/class** rounded up to the nearest dollar)
3. Participants may pay a drop-in fee of **\$4.00/class**, except for Aikido, Karate.
4. SuperPass: The 10 and 25 admission SuperPass can also be used to drop in to land and aqua fitness classes except Aikido and karate. The SuperPass is good at all major facilities – Northside Aztlan Community Center, Senior Center, EPIC, Mulberry Pool and The Farm.
5. Reduced fee drop in cards

Personal Training

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do that at the Senior Center or Northside Aztlan Community Center with the guidance of Jimmie Laney, ISSA Certified Personal Fitness Trainer or Roberta Mecklenburg, ACSM & AFAA Certified Personal Fitness Trainer. Either one will help you to develop an exercise program that meets your personal goals and needs.

We now offer small group rates also: (Sessions are approximately one hour) 1 person \$22, 2 people \$40, 3 people \$58, 4 people \$76. Payment must be received in advance for the training at the training facility.

For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk at Northside or the Senior Center. To schedule an appointment call Jimmie at 970.581.9017 or Roberta at 970.222.4417.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym—the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$22 per session and we offer small group rates. Sessions are approximately one hour.

For more information contact Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk of the Senior Center. Or to schedule an appointment call Deborah at 970.493.7377.

Adult Fitness

Golf

See page 74 for details.

Archery

See page 74 for details.

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!

Age: 14 years & up

Instructor: Dianne Doddridge, Alexandra Hung, Maureen Plotnicki

Location: Northside Aztlan Center, Drop-in only/

3/6-5/29	M	9:00-10:00 AM	\$2.00 per class
	W	6:15-7:15 PM	\$2.00 per class
	Th	6:15-7:15 PM	\$2.00 per class
	Su	3:30-4:30 PM	\$2.00 per class

Back & Body Strength

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine.

Instructor: Jan Orecchio

Location: Senior Center

3/2-3/30	M,W,F	9:00-10:00 AM	\$43	64401-01
4/1-4/29	M,W,F	9:00-10:00 AM	\$43	64401-02
5/2-5/27	M,W,F	9:00-10:00 AM	\$40	64401-03

Will Power & Grace

A sweaty, dynamic fusion of the most popular (and most effective) group exercise programs. Think Pilates meets Bootcamp. Equipment free. All you need is your body weight and your bare feet. It is a fusion of dance principles, plyometrics and old-school calistenics, based on a functional training philosophy.

Age: 14 years & up

Instructor: Randi Fuller

Location: Northside Aztlan Center

3/7-3/28	M	1:00-2:00 PM	\$16	64402-01
4/4-4/25	M	1:00-2:00 PM	\$16	64402-02
5/2-5/23	M	1:00-2:00 PM	\$16	64402-03

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment.

Instructor: Dominick Jones

Location: Northside Aztlan Center

3/2-3/30	M,W	8:30-9:30 AM	\$31	64405-01
4/4-4/27	M,W	8:30-9:30 AM	\$28	64405-02
5/2-5/25	M,W	8:30-9:30 AM	\$28	64405-03
3/1-3/31	Tu,Th	9:15-10:10 AM	\$34	64405-04
4/5-4/28	Tu,Th	9:15-10:10 AM	\$28	64405-05
5/3-5/31	Tu,Th	9:15-10:10 AM	\$31	64405-06

Mindful Running for Beginners

Learn to use running as a mindfulness practice. Each class includes a short (beginner) yoga practice, barefoot exercises to develop a biomechanically efficient stride, short group run. Suitable for beginners and regular runners exploring a new way to approach the sport. Barefoot running encouraged, not required.

Age: 16 years & up

Instructor: Shannon Allstott

Location: Northside Aztlan Center

Note: Yoga mat and blanket, running shoes optional. Class repeats monthly. Beginners encouraged to attend first class of the month.

3/5-3/26	Sa	10:45 AM-12:15 PM	\$32	64408-01
4/2-4/23	Sa	10:45 AM-12:15 PM	\$32	64408-02
5/7-5/28	Sa	10:45 AM-12:15 PM	\$32	64408-03

Lose to Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do something like that, here is your chance.

Instructor: Dominick Jones

Location: Northside Aztlan Center

3/2-3/30	M,W,F	9:30-10:30 AM	\$40	64410-01
4/1-4/29	M,W,F	9:30-10:30 AM	\$40	64410-02
5/2-5/27	M,W,F	9:30-10:30 AM	\$37	64410-03

Strength & Tone

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

Instructor: Walter Lamia

Location: Northside Aztlan Center

3/1-3/31	Tu,Th	12:10-12:55 PM	\$29	64414-01
4/5-4/28	Tu,Th	12:10-12:55 PM	\$24	64414-02
5/3-5/31	Tu,Th	12:10-12:55 PM	\$27	64414-03

M.S. Land Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

Instructor: Jan Orecchio

Location: Senior Center

3/2-3/30	M,W	11:00-11:55 AM	\$31	64436-01
4/4-4/27	M,W	11:00-11:55 AM	\$28	64436-02
5/2-5/25	M,W	11:00-11:55 AM	\$28	64436-03

Spin

Bikes are specifically designed to simulate the feel of the road without bumps and obstacles. Customize to be as challenging as you like.

Age: 14 years & up

Instructor: Liane Emerson

Location: Northside Aztlan Center

3/2-3/30	M,W	12:10-12:55 PM	\$27	64424-01
4/4-4/27	M,W	12:10-12:55 PM	\$24	64424-02
5/2-5/25	M,W	12:10-12:55 PM	\$24	64424-03

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Age: 14 years & up

Instructor: Colleen Townsend & Roberta Mecklenburg

Location: Northside Aztlan Center

3/2-3/30	M,W	5:30-6:30 PM	\$31	64425-01
4/4-4/27	M,W	5:30-6:30 PM	\$28	64425-02
5/2-5/25	M,W	5:30-6:30 PM	\$28	64425-03
3/1-3/31	T,Th	6:15-7:15 PM	\$34	64428-01
4/5-4/28	T,Th	6:15-7:15 PM	\$28	64428-02
5/3-5/31	T,Th	6:15-7:15 PM	\$31	64428-03

Silver, Strength & Balance

Improve your strength, balance, dexterity and coordination. Also will help to prevent injuries particularly to low back.

Age: 18 years & up

Instructor: Maureen Plotnicki

Location: Senior Center

3/1-3/31	Tu,Th	11:00-11:45 AM	\$24	64426-01
4/5-4/28	Tu,Th	11:00-11:45 AM	\$20	64426-02
5/3-5/31	Tu,Th	11:00-11:45 AM	\$22	64426-03

Theraball/Stability Ball

Enjoy gentle, effective low-impact exercises on the Theraball/Fitball. Improve balance, endurance, flexibility, reflexes, and strength in a relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

Instructor: MaryElizabeth Lenahan, OT

Location: Senior Center

3/3-3/31	Th	4:00-5:00 PM	\$19	64438-01
4/7-4/28	Th	4:00-5:00 PM	\$16	64438-02
5/5-5/26	Th	4:00-5:00 PM	\$16	64438-03




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RECREATION NEWS, UPDATES, PROMOTIONS AND MORE.



 Aerobics: Switch up your exercise routine with aerobics.

Zumba for Seniors & Beginners

Do you enjoy dancing and want to get a low impact cardio workout? Are you intimidated to try new classes? This zumba class will explain each move and break down the exercise routines and we will learn the moves together.

Instructor: Kathy Jones

Location: Senior Center

Note: Class will not be held on 4/20.

3/2-3/30	M,W	5:30-6:20 PM	\$27	64440-01
4/4-4/27	M,W	5:30-6:20 PM	\$22	64440-02
5/2-5/25	M,W	5:30-6:20 PM	\$24	64440-03

Nia

A non-impact, aerobic fusion of dance, healing and martial arts. Discover joy and have fun while you improve your health and well-being. It's the ultimate body-mind-spirit workout. Classic Nia is for Every Body. Great for all fitness levels. Come be invigorated, refreshed and inspired!

Age: 14 years & up

Instructor: Jana Knezovich

Location: Club Tico

3/7-3/28	M	5:30-6:30 PM	\$12	64443-01
4/4-4/25	M	5:30-6:30 PM	\$12	64443-02
5/2-5/23	M	5:30-6:30 PM	\$12	64443-03

Location: Northside Aztlan Center

3/2-3/30	W	7:30-8:30 PM	\$14	64443-04
4/6-4/27	W	7:30-8:30 PM	\$12	64443-05
5/4-5/25	W	7:30-8:30 PM	\$12	64443-06

Summit Cancer Exercise

A six-month exercise program designed for adult cancer survivors to aid in recovery and general fitness during and after treatment. Program includes flexibility, cardiovascular and strength training. A pre and post fitness assessment and unlimited facility access included.

Instructor: Roberta Mecklenburg

Location: Northside Aztlan Center

Note: Attend any combination of the four classes offered weekly.

3/2-3/30	M,W	11:45 AM-12:50 PM	\$60	64463-01
4/4-4/27	M,W	11:45 AM-12:50 PM	\$60	64463-02
5/2-5/25	M,W	11:45 AM-12:50 PM	\$60	64463-03

Aerobics

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for previously sedentary persons.

Instructor: Marsha Portelance

Location: Senior Center

3/1-3/31	Tu,Th	9:00-10:00 AM	\$34	64411-01
4/5-4/28	Tu,Th	9:00-10:00 AM	\$28	64411-02
5/3-5/31	Tu,Th	9:00-10:00 AM	\$31	64411-03

Step Aerobics

Stepping is a high energy aerobic workout using a low bench. This class will introduce basic steps and combine them into fun, upbeat choreographed routines. This class is suitable for beginning and experienced steppers.

Age: 16 years & up

Instructor: Walter Lamia

Location: Northside Aztlan Center

3/2-3/30	W,F	7:30-8:30 AM	\$22	64421-01
4/1-4/29	W,F	7:30-8:30 AM	\$22	64421-02
5/4-5/27	W,F	7:30-8:30 AM	\$20	64421-03

Your Choice Aerobics

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Instructor: Janet Meine

Location: Senior Center

3/1-3/31	Tu,Th	5:30-6:25 PM	\$34	64413-01
4/5-4/28	Tu,Th	5:30-6:25 PM	\$28	64413-02
5/3-5/31	Tu,Th	5:30-6:25 PM	\$31	64413-03

Pilates

Tri-Planar Method Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

Instructor: Matthew Deal

Location: Northside Aztlan Center

3/1-3/31	Tu,Th	1:00-2:00 PM	\$34	64406-01
4/5-4/28	Tu,Th	1:00-2:00 PM	\$28	64406-02
5/3-5/31	Tu,Th	1:00-2:00 PM	\$31	64406-03

Pilates

Strengthen and tone your abs, hips and thighs. The original, authentic Pilates method is gentle enough to aid in rehabilitating injuries and effective enough to improve top athlete's performance.

Instructor: Cassie Nevitt

Location: Senior Center

3/1-3/31	Tu,Th	7:00-8:00 AM	\$34	64465-01
4/5-4/28	Tu,Th	7:00-8:00 AM	\$28	64465-02
5/3-5/31	Tu,Th	7:00-8:00 AM	\$31	64465-03

Martial Arts

Aikido

Traditional martial art in which the essence of all Aikido techniques is spherical motion around a stable, energized center. Increased stamina, flexibility and muscle development occur naturally, but the techniques themselves do not depend on strength for effectiveness.

Instructor: Victor Hung

Location: Northside Aztlan Center

Note: www.aikidoofco.com

3/2-3/30	M,W	6:30-8:30 PM	\$40	64437-01
4/4-4/27	M,W	6:30-8:30 PM	\$36	64437-02
5/2-5/25	M,W	6:30-8:30 PM	\$36	64437-03

Qi Gong

Qi Gong

Literally meaning "energy work," Qi Gong will focus on low-impact, bodily-circuit training movements and developing a feeling of connection and rootedness to the earth. This will be presented in small sequences of "forms" that each train specific internal energetic concepts.

Instructor: Taylor Reid

Location: Senior Center

3/5-3/26	Sa	3:15-4:15 PM	\$16	64442-01
4/2-4/30	Sa	3:15-4:15 PM	\$19	64442-02
5/7-5/28	Sa	3:15-4:15 PM	\$16	64442-03

Tai Chi

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class will present the four "Mother Forms" of the art which are low-impact, meditative repeating movements and provide some insight into internal movement and training.

Instructor: Taylor Reid

Location: Senior Center

3/5-3/26	Sa	2:00-3:00 PM	\$16	64423-01
4/2-4/30	Sa	2:00-3:00 PM	\$19	64423-02
5/7-5/28	Sa	2:00-3:00 PM	\$16	64423-03

Tai Chi, Continuing

Additional Tai Chi concepts and training. This class is recommended after taking the Beginning Tai Chi class to further your development and understanding and it will cover a small Yang style form sequence called Grasp Sparrow's Tail.

Instructor: Taylor Reid

Location: Senior Center

3/5-3/26	Sa	12:45-1:45 PM	\$16	64441-01
4/2-4/30	Sa	12:45-1:45 PM	\$19	64441-02
5/7-5/28	Sa	12:45-1:45 PM	\$16	64441-03

Shotokan Karate

Karate Beginners

An introduction to Shotokan Karate. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. Class gets students ready for yellow belt level.

Age: 6 years & up

Instructor: Dennis Bower

Location: Club Tico

Note: Class on 3/26 at Senior Center. Class will not be held on 3/12.

3/5-3/26	Sa	9:30-10:30 AM	\$15	64433-01
4/2-4/30	Sa	9:30-10:30 AM	\$22	64433-02
5/7-5/28	Sa	9:30-10:30 AM	\$18	64433-03

Karate Color Belts

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School

Note: Saturday classes will be held at Club Tico. Class on 3/26 will be held at the Senior Center. Class will not be held on 3/12, 3/14, 3/16.

3/2-3/30	M,W	6:15-7:15 PM	\$37	64429-01
4/4-4/27	M,W	6:15-7:15 PM	\$42	64429-02
5/2-5/25	M,W	6:15-7:15 PM	\$42	64429-03
3/2-3/30	M,W	6:15-7:15 PM	\$52	64431-01
3/2-3/30	Sa	8:30-9:30 AM		
4/2-4/30	M,W	6:15-7:15 PM	\$66	64431-02
4/2-4/30	Sa	8:30-9:30 AM		
5/2-5/28	M,W	6:15-7:15 PM	\$61	64431-03
5/2-5/28	Sa	8:30-9:30 AM		

Karate, Brown Black

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School

Note: Saturday classes will be held at Club Tico. Class on 3/26 will be held at the Senior Center. Class will not be held on 3/12, 3/14, 3/16.

3/2-3/30	M,W	7:15-8:15 PM	\$37	64430-01
4/4-4/27	M,W	7:15-8:15 PM	\$42	64430-02
5/2-5/25	M,W	7:15-8:15 PM	\$42	64430-03
3/2-3/30	M,W	7:15-8:15 PM	\$52	64432-01
3/2-3/30	Sa	8:30-9:30 AM		
4/2-4/30	M,W	7:15-8:15 PM	\$66	64432-02
4/2-4/30	Sa	8:30-9:30 AM		
5/2-5/28	M,W	7:15-8:15 PM	\$61	64432-03
5/2-5/28	Sa	8:30-9:30 AM		

Stretching

Strictly Stretching

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Instructor: Jan Orecchio

Location: Senior Center

3/2-3/30	M,W,F	10:00-10:55 AM	\$30	64417-01
4/1-4/29	M,W,F	10:00-10:55 AM	\$30	64417-02
5/2-5/27	M,W,F	10:00-10:55 AM	\$28	64417-03
3/2-3/30	M,W	10:00-10:55 AM	\$22	64417-04
4/4-4/27	M,W	10:00-10:55 AM	\$20	64417-05
5/2-5/25	M,W	10:00-10:55 AM	\$20	64417-06
3/4-3/28	M,F	10:00-10:55 AM	\$20	64417-07
4/1-4/29	M,F	10:00-10:55 AM	\$22	64417-08
5/2-5/27	M,F	10:00-10:55 AM	\$20	64417-09

Yoga

Yoga in Spanish

First of its kind in Fort Collins. For beginners of all ages. Ideal for Spanish speakers and students of Spanish that want to practice yoga and learn Spanish at the same time.

Age: 13 years & up

Instructor: Maura Velazquez-Castillo

Location: Northside Aztlan Center

Note: Priority attendance will be given to those enrolled.

3/2-3/30	W	5:00-6:00 PM	\$14	64412-01
4/6-4/27	W	5:00-6:00 PM	\$12	64412-02
5/4-5/25	W	5:00-6:00 PM	\$12	64412-03

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive session that will help improve balance, strength and flexibility. Poses will be linked together and done slowly, with attention to breath. Philosophy & stress management techniques will be touched on. Advanced beginner level, but modifications will be offered.

Instructor: Nina Kunze

Location: Northside Aztlan Center

Note: Class will not be held on 3/14, 3/16.

3/2-3/30	M,W	4:00-5:00 PM	\$25	64415-01
4/4-4/27	M,W	4:00-5:00 PM	\$28	64415-02
5/2-5/28	M,W	4:00-5:00 PM	\$31	64415-03

Gentle Yoga for All ~~AGE~~

Learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is for people of all physical abilities and to help you incorporate Yoga into everyday life.

Age: 18 years & up

Instructor: Faith Brandt

Location: Northside Aztlan Center

Note: For more information, contact Alison Cope at 970.416.2024 #1 or acope@fcgov.com. Drop in rate is \$8. Class not discountable. Class will not be held on 3/18.

3/4-4/1	F	8:45-10:00 AM	\$28	64620-01
4/8-4/29	F	8:45-10:00 AM	\$28	64620-02
5/6-5/27	F	8:45-10:00 AM	\$28	64620-03

Yoga, Beginning

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina.

Age: 14 years & up

Instructor: Mareye Bullock, Mansing Li, Norma Glad, Chetana White

Age: 14 years & up				
Location: Northside Aztlan Center				
3/5-3/26	Sa	9:30-10:30 AM	\$16	64403-13
4/2-4/30	Sa	9:30-10:30 AM	\$19	64403-14
5/7-5/28	Sa	9:30-10:30 AM	\$16	64403-15

Age: 18 years & up

Location: Senior Center

3/1-3/31	Tu,Th	2:45-3:45 PM	\$34	64403-01
4/5-4/28	Tu,Th	2:45-3:45 PM	\$28	64403-02
5/3-5/31	Tu,Th	2:45-3:45 PM	\$31	64403-03
3/1-3/31	Tu,Th	4:00-5:00 PM	\$34	64403-04
4/5-4/28	Tu,Th	4:00-5:00 PM	\$28	64403-05
5/3-5/31	Tu,Th	4:00-5:00 PM	\$31	64403-06
3/1-3/31	Tu,Th	5:15-6:15 PM	\$34	64403-07
4/5-4/28	Tu,Th	5:15-6:15 PM	\$28	64403-08
5/3-5/31	Tu,Th	5:15-6:15 PM	\$31	64403-09
3/1-3/29	Tu	6:30-7:30 PM	\$19	64403-10
4/5-4/26	Tu	6:30-7:30 PM	\$16	64403-11
5/3-5/31	Tu	6:30-7:30 PM	\$19	64403-12
3/5-3/26	Sa	11:00 AM-12:30 PM	\$24	64403-16
4/2-4/30	Sa	11:00 AM-12:30 PM	\$29	64403-17
5/7-5/28	Sa	11:00 AM-12:30 PM	\$24	64403-18

Youth & Teen Fitness

Yoga Stories

Come laugh, be silly and practice yoga through acting, story telling and playing games.

Age: 6-12 years

Instructor: Staci Schmidt

Location: Edora Pool Ice Center

Note: Please wear comfortable clothing.

4/6-4/27	W	5:00-6:00 PM	\$30	65566-01
5/4-5/25	W	5:00-6:00 PM	\$30	65566-02



JUMP N ROPE
NORTHSIDE AZTLAN CENTER EXPO 2011
 2.26.11
 6:30 TO 10:00 PM
 \$2 AT THE DOOR

DEMOS
 PERFORMANCES
 TEACHING
 TEAMS COMPETITIONS
 LIVE STREET ART
 FOOD AND MORE

MORE INFO?
 221.6655

Calming Kids Yoga

CK YOGA empowers youth to manage bullies, obesity, and stress. Concepts include Hatha Yoga, body-mind awareness, compassion and communication in classes. By incorporating strength, flexibility and flowing postures, students aerobically work the muscles and mind.

Age: 11-16 years

Location: Edora Pool Ice Center

Note: Class will not be held on 3/17.

3/3-3/31	Th	4:30-5:30 PM	\$26	65722-01
4/7-4/28	Th	4:30-5:30 PM	\$26	65722-02
5/5-5/19	Th	4:30-5:30 PM	\$20	65722-03

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination, and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness. Please bring yoga mat if you have one.

Age: 3 years & up

Instructor: Staci Schmidt

Location: Edora Pool Ice Center

Note: Price is flat rate for up to 4 immediate family members; only one member is charged. Please list all family members names and ages by calling 221-6655 and adding names to roster notes.

4/6-4/27	W	6:30-7:30 PM	\$40	65568-01
5/4-5/25	W	6:30-7:30 PM	\$40	65568-02

Jump N Rope

Join other jumpers in this exciting jump rope class taught by world renowned and certified jump rope coaches. You will learn the fundamentals of jump rope, including single rope skills, double dutch, and Chinese wheel. Visit www.jumpNrope.com.

Age: 7-16 years

Location: Northside Aztlan Center

Note: Class will not be held on 3/17.

3/3-3/31	Th	4:00-5:00 PM	\$36	65714-01
4/7-4/28	Th	4:00-5:00 PM	\$36	65714-02
5/5-5/26	Th	4:00-5:00 PM	\$36	65714-03

Jump N Rope Mini Camp

This mini-camp will focus on breaking down the areas of jump rope including single rope freestyles, speed and power, double dutch freestyles, performance based travelers, group routines, chinese wheels and long rope. Free jump rope with registration.

Age: 7-16 years

Location: Northside Aztlan Center

Note: Please wear tennis shoes and bring a water bottle and snacks.

3/16	W	1:00-4:00 PM	\$25	65723-01
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Fitness, Wellness & Retirement Expo

April 20 from 3-7p.m. Senior Center
 Free for all ages

City of Fort Collins

fcgov.com/recreation 970.221.6644

Gardens on Spring Creek

Discounts are available to members of the Gardens, discount can not be redeemed through online registration.

Classes held at the Gardens on Spring Creek unless otherwise noted.

Adult Programs

Adult programs for age 18 years & up unless otherwise noted.

The Art of Grafting

Are you curious about the mysteries of grafting? Learn the basics of the art of grafting by making two grafts of different conifers.

Instructor: Kirk Fieseler

3/5 Sa 10:00 AM-Noon \$25 69801-01

DIY: Build Your Own Butterfly House

Plant your garden with butterfly attracting plants, add this charming butterfly house, then watch the butterflies all summer long!

Instructor: Teresia Spencer

3/12 Sa 10:00 AM-2:00 PM \$45 69802-01

Natural Soap Making & French Milling

Learn basic soap making skills, including mixing and molding, while making your own pioneer and French-milled soaps.

Instructor: Liz Moncrief

4/2 Sa 1:00-5:00 PM \$38 69803-01

From Dirt to Garden: The Evolution of A Home Landscape

See how the instructor took her yard from construction dirt to a flourishing garden featured on the 2009 Junior League Garden Tour. You'll learn how she worked with experts to develop and execute a plan that included hardscape, irrigation, garden beds, and plant selection.

Instructor: Khursheed Mama

3/19 Sa 10:00-11:30 AM \$15 69804-01

Soil Secrets Your Plants Wish to Know

Soils are the most fundamental component of a healthy landscape but we usually know little about them. You'll learn soil concepts to help you build and maintain healthy soil to grow robust, flourishing plants. Follow up this class with classes on Composting (69806) and Soil Test Results (69807).

Instructor: Jean Reeder, Kathy Corwin-Doesken

3/5 Sa 1:00-4:00 PM \$25 69805-01

Composting? Yes You Can!

Lower your carbon footprint while building healthy soil in your own backyard. This hands-on class is guaranteed to calm your fears about composting all of your organic residues. Bring your gloves, questions, and an open mind. Yes you can!

Instructor: Jean Reeder, Kathy Corwin-Doesken

4/9 Sa 1:00-3:00 PM \$18 69806-01

Interpreting & Using Soil Test Results

A soil test is the best way to check the growing potential of your soil. But what do all those numbers mean? Learn how to interpret soil test results and incorporate the information into your management plan for maintaining a healthy soil and happy plants.

Instructor: Jean Reeder, Kathy Corwin-Doesken

4/16 Sa 1:00-3:00 PM \$18 69807-01

Sprouts to Salads:

A Season of Growing & Cooking with the Family

Spend the gardening season gardening with other families, reaping the harvest, and preparing healthy dishes with a chef. Twice-a-month classes will be dedicated to garden education, cooking and working the garden plots with a staff member. This series runs from April through September. Limited to 6 families.

4/2-9/17 Sa 10:00 AM-Noon \$240 69808-01

4/2 Sa 10:00 AM – Noon: Education Day

4/16 Sa 9:00 – 11:00 AM: Work Day

5/7 Sa 10:00 AM – Noon: Education Day

5/21 Sa 9:00 – 11:00 AM: Work Day

6/4 Sa 10:00 AM – Noon: Education Day

6/18 Sa 9:00 – 11:00 AM: Work Day

7/2 Sa 10:00 AM – Noon: Education Day

7/16 Sa 9:00 – 11:00 AM: Work Day

8/6 Sa 10:00 AM – Noon: Education Day

8/20 Sa 9:00 – 11:00 AM: Work Day

9/3 Sa 10:00 AM – Noon: Education Day

9/17 Sa 9:00 – 11:00 AM: Work Day

Grow Your Own Veggies!

Create your own food-producing gardens at home. Get tips on garden size, container possibilities, selection of seeds and transplants as well as the how and when of planting, tending and harvesting in your own yard!

Instructor: Mary Miller

3/3 Th 6:00-8:00 PM \$18 69809-01

Take It Outside!

Transplanting, Bed Preparation & Seeding in the Garden

Vegetable gardeners - learn about bed preparation, seeding spring crops, transplanting starts, and early season crop protection. Class will also cover soil amendments, plant spacing, optimizing your area, and more. A hands-on exercise will be included, weather permitting.

Instructor: Michelle Provaznik

3/26 Sa 1:00-3:00 PM \$18 69810-01

Plants That Rock

In this series of classes, rock garden enthusiasts will gain in-depth knowledge about the botany, growing cultures, and propagation of rock garden plants. This session will cover Primroses and Cyclamens for the rock garden.

3/2 W 5:30-6:30 PM \$15 69814-01

Plants That Rock

In this series of classes, rock garden enthusiasts will gain in-depth knowledge about the botany, growing cultures, and propagation of rock garden plants. This session will cover Columbines and Clematis for the rock garden.

3/9 W 5:30-6:30 PM \$15 69815-01

Great Rock Gardens

This class will examine the European roots of rock gardens and some of the greatest public rock gardens in the U.S., Canada, and Western Europe, and local gardens in Colorado.

3/30 W 5:30-6:30 PM \$15 69816-01

Youth Programs**Read & Seed**

Story time plus an educational and fun hands-on activity. An excellent preparation for pre-school! Parents are asked to participate.

Age: 2-4 years

Note: Class not discountable.

Ongoing	M	10:00-10:45 AM	\$3 at the door
Ongoing	Tu	10:00-10:45 AM	\$3 at the door
Ongoing	Th	11:00-11:45 AM	\$3 at the door

Ready! Set! Grow!

Introduce your child to nature, gardening, and the four seasons with hands-on projects, crafts, and books. Parents need not attend. See fcgov.com/gardens for weekly activities.

Age: 4-5 years

Note: Discount available with a family membership to The Gardens. Dress for the weather. Class will not be held on 3/18.

March

3/4-3/25	F	9:30-11:00 AM	\$30	69811-01
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April

4/1-4/29	F	9:30-11:00 AM	\$40	69811-02
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May

5/6-5/27	F	9:30-11:00 AM	\$40	69811-03
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Spring Break Garden Camp

Plan your very own veggie garden! In this hands-on class, kids will learn what to plant, how to plant, and how to care for their garden. They'll practice in a plot in the Children's Garden and also make a garden art project for their own home garden.

Grade: 2-5

Note: Discount available with a family membership to The Gardens. Please bring a sack lunch, water bottle, and sunscreen.

3/14-3/18	M-F	9:00 AM-2:00 PM	\$135	69812-01
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Youth Day Camps**Summer Garden Camp 2011**

Age: 6-11 years

Note: Discount available with a family membership to The Gardens. Please bring a snack, water bottle, and sunscreen. Dress for the weather.

Plant-O-Rama

6/6-6/10	M-F	9:00 AM-Noon	\$125	69813-01
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Art in the Garden

6/13-6/17	M-F	9:00 AM-Noon	\$125	69813-02
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Interesting Insects

6/20-6/24	M-F	9:00 AM-Noon	\$125	69813-03
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Gardeners and Chefs

6/27-7/1	M-F	9:00 AM-Noon	\$125	69813-04
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Feathered Friends

7/11-7/15	M-F	9:00 AM-Noon	\$125	69813-05
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Buzz about Bees

7/18-7/22	M-F	9:00 AM-Noon	\$125	69813-06
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Kid-ologist

7/25-7/29	M-F	9:00 AM-Noon	\$125	69813-07
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Nature Detectives

8/1-8/5	M-F	9:00 AM-Noon	\$125	69813-08
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Special Events**Annual Spring Plant Sale**

Shoppers can select from a wide variety of bedding plants, vegetable starts, Plant Select plants, and Best of Winners from the Annual Flower Trial Gardens. Plants are grown by the Gardens on Spring Creek and the students of Front Range Community College and Colorado State University.

5/7	Sa	9:00 AM-4:00 PM
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Get online. Get out of line.



Ice Skating

All Ice Skating classes are held at Edora Pool Ice Center unless otherwise stated.

Welcome to the City of Fort Collins ice skating program!

Please take a few moments to read over these guidelines. Our purpose is to serve you better and make your experience with the City safe and enjoyable. Thank you for participating in our ice skating program.

- Parents may observe lessons from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate, and it also creates an obstruction for skaters that are entering or exiting the ice.
- Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15-minute practice time; rental skates are available free of charge.
- Our Instructor-to-student ratio is 1:10 students. Any classes with more than 10 students will include an assistant. Minimum for all classes based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)
- Skating lessons are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling. The Instructors have this time in between classes to talk to parents and address their concerns. Free Skate classes are 45 minutes.
- Please be aware that some levels will 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, the Instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the Instructor may discuss the best course of action with the parent. Students will be 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, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

- Bicycle helmet (Tot 1 & 2 required)
- Gloves (thin – not ski mittens)
- Fleece or lightweight jacket
- Skating dresses, tights/leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended

Thank you for taking the time to read these guidelines.

Freestyle

Interested in know 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. Program not discountable.

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey and Power. Fees vary depending on Instructor. Ice time and skate rental is not included in Instructor fee. Program not discountable.

Ice Skating Organization Contacts

Adult Hockey

Ft. Collins Adult Hockey Assoc.
fcaha.org

Youth Hockey

Northern Co. Youth Hockey
ncyh.org

Fort Collins Figure Skating Club

Ice Skating Club of Fort Collins
iscfc.org

Womens Hockey

Flames/Phoenix/Comets
wachockey.org

College Hockey

Colorado State University
csuramhockey.org

High School Hockey

High Plains Hockey
highplainshockey.com

Drop-in Ice Skating Activities

Senior Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: 60 years & up

Note: May 25

Ongoing W 9:00-11:45 AM Regular fees apply

Drop-In Hockey

This open practice session in for hockey players who want to sharpen their skating and shooting skills. Sign up at the front desk beginning at 6:00 AM. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players. Session not discountable.

Age: 16 years & up

Note: Full equipment required. Skate rental applies (\$2.50). 10- or 30-admission punch passes may be purchased at the \$4.00/punch rate. No session 4/1, 5/24, 5/26, 5/30.

Ongoing M-F 11:15 AM-12:45 PM \$4.00 per session

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable.

Age: 16+

Note: Skate rental applies (\$2.50). 10- or 30-admission punch passes may be purchased at the \$5.50/punch rate. No session March 3/31, 4/1, 4/22, 5/23, 5/25, 5/27, 5/30.

Ongoing M-F 11:15 AM-1:00 PM \$5.50 per session

Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. Session not discountable.

Note: Skate rental applies (\$2.50). No session will be held 4/2.

Ongoing Sa 2:00-3:00 PM \$4.00 per session

Youth Ice Skating

Tot 1

At completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, forward marching in place, standing swizzle, introduced to rocking horse, dip in place, marching forward 8 steps, forward marching with two-foot glide, and introduced to backward wiggles.

Age: 4-5 years

Location: Edora Pool Ice Center

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area.

3/22-4/14	Tu,Th	4:45-5:15 PM	\$52	63010-01
3/24-4/14	Th	9:30-10:00 AM	\$28	63010-02
4/9-5/7	Sa	10:30-11:00 AM	\$28	63010-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$52	63010-04
4/21-5/12	Th	9:30-10:00 AM	\$28	63010-05

Tot 2

Participants must have successfully completed Tot 1. At the completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles.

Age: 4-5 years

Location: Edora Pool Ice Center

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area.

3/22-4/14	Tu,Th	4:45-5:15 PM	\$52	63020-01
3/24-4/14	Th	9:30-10:00 AM	\$28	63020-02
4/9-5/7	Sa	10:30-11:00 AM	\$28	63020-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$52	63020-04
4/21-5/12	Th	9:30-10:00 AM	\$28	63020-05

Basic 1

For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop on spot, backward wiggles, and introduction to forward one-foot glide.

Age: 5-9 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	4:45-5:15 PM	\$56	63030-01
3/24-4/14	Th	10:00-10:30 AM	\$30	63030-02
4/9-5/7	Sa	10:30-11:00 AM	\$30	63030-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$56	63030-04
4/21-5/12	Th	10:00-10:30 AM	\$30	63030-05

Basic 2

Participants must have successfully completed Basic 1 or be between the ages of 10-15 and never skated. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one-foot glides, forward pumping on a circle, continuous forward slalom, backward two-foot swizzles, backward two-foot glide, two-foot turn, moving snowplow stop, and T-position.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	4:45-5:15 PM	\$56	63040-01
3/24-4/14	Th	10:00-10:30 AM	\$30	63040-02
4/9-5/7	Sa	10:30-11:00 AM	\$30	63040-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$56	63040-04
4/21-5/12	Th	10:00-10:30 AM	\$30	63040-05

Basic 3

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	4:45-5:15 PM	\$56	63050-01
3/24-4/14	Th	10:30-11:00 AM	\$30	63050-02
4/9-5/7	Sa	11:15-11:45 AM	\$30	63050-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$56	63050-04
4/21-5/12	Th	10:30-11:00 AM	\$30	63050-05

Basic 4

Participants must have successfully completed Basic 3. At the completion of this level participants will be able to satisfactorily perform the following skills: forward stroking with power, backward one-foot glide, forward inside edge on an axis, forward outside edge on an axis, forward crossovers, forward outside three turn right and left, and moving backward snowplow stop.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	4:45-5:15 PM	\$56	63060-01
3/24-4/14	Th	10:30-11:00 AM	\$30	63060-02
4/9-5/7	Sa	10:30-11:00 AM	\$30	63060-03
4/19-5/12	Tu,Th	4:45-5:15 PM	\$56	63060-04
4/21-5/12	Th	10:30-11:00 AM	\$30	63060-05

Basic 5

Participants must have successfully completed Basic 4. At the completion of this level participants will be able to satisfactorily perform the following skills: forward crossovers, hold outside edge on a circle, hold inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:30-6:00 PM	\$56	63070-01
4/9-5/7	Sa	11:15-11:45 AM	\$30	63070-02
4/19-5/12	Tu,Th	5:30-6:00 PM	\$56	63070-03

Basic 6

Participants must have successfully completed Basic 5. At the completion of this level participants will be able to satisfactorily perform the following skills: backward crossovers, forward inside three-turn, moving backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:30-6:00 PM	\$56	63080-01
4/9-5/7	Sa	11:15-11:45 AM	\$30	63080-02
4/19-5/12	Tu,Th	5:30-6:00 PM	\$56	63080-03

Basic 7

Participants must have successfully completed Basic 6. At the completion of this level participants will be able to satisfactorily perform the following skills: moving backward to forward two-foot turn, forward inside open and closed mohawk, backward outside edge to forward outside edge, ballet jump, backward crossovers to a backward outside edge landing position, one-foot spin, and inside forward three turn.

Age: 5-15 years

Location: Edora Pool Ice Center

4/9-5/7	Sa	11:15-11:45 AM	\$30	63090-01
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Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:30-6:00 PM	\$56	63095-01
4/19-5/12	Tu,Th	5:30-6:00 PM	\$56	63095-02

Basic 8

Participants must have successfully completed Basic 7. At the completion of this level participants will be able to satisfactorily perform the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 5-15 years

Location: Edora Pool Ice Center

4/9-5/7	Sa	11:15-11:45 AM	\$30	63100-01
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Field Moves

Participants will learn Pre-preliminary/ Preliminary Moves in the Field. At the completion of this level participants will be able to satisfactorily perform the following skills: stroking with power and full extension, crossovers with power and extension, forward and backward outside consecutive edges, forward and backward inside consecutive edges, waltz eight with power, control, and quickness, straight line spiral, figure eight forward and backward crossovers, right and left power 3 turns, outside and inside consecutive spirals, alternating outside and inside 3 turns.

Age: 5-15 years

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63110-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63110-02

Beginning Free Skate 1 & 2

Participants must successfully complete Basic 8. At completion, participants will be able to perform the following skills: advanced forward stroking, forward outside consecutive edges, forward inside consecutive edges, scratch spin, waltz jump, half flip jump, backward outside three turn, and waltz threes. Consecutive backward outside and inside edges, waltz jump- side toe hop - waltz jump sequence, forward outside and forward inside spirals, toe-loop jump, beginning back spin, continuous forward progressive chasse sequence, backward outside three-turn, and scratch spin.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:15-6:00 PM	\$88	63120-01
4/9-5/7	Sa	9:30-10:15 AM	\$46	63120-02

Intermediate Free Skate 3 & 4

Participants must successfully complete Free Skate 2. At completion, participants will be able to perform the following skills: backward outside three-turn, forward and backward figure eight crossovers, salchow jump, forward consecutive swing rolls, half lutz jump, waltz jump/ toe-loop jump combination, salchow jump /toe-loop jump combination, backward inside three turn, back spin, and waltz eight. Waltz jump/ falling leaf/ toe loop, loop jump, waltz jump/loop jump combination, sit spin, spiral sequence, forward power three turns.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:15-6:00 PM	\$88	63130-01
4/9-5/7	Sa	9:30-10:15 AM	\$46	63130-02
4/19-5/12	Tu,Th	5:15-6:00 PM	\$88	63130-03

Advanced Free Skate 5 & 6

Participants must successfully complete Free Skate 4. At completion, participants will be able to perform the following skills: flip jump, loop/loop jump combination, camel spin, forward upright spin to back upright spin, footwork sequence, spiral sequence, and forward outside slide chasse swing roll sequence. Split jump and stag jump, lutz jump, waltz jump/ half-loop/ salchow, camel /sit spin combination, alternating backward crossovers to backward outside edge, alternating five-step mohawk, and a short program consisting of 3 spins and 4 jumps.

Age: 5-15 years

Location: Edora Pool Ice Center

3/22-4/14	Tu,Th	5:15-6:00 PM	\$88	63140-01
4/9-5/7	Sa	9:30-10:15 AM	\$46	63140-02
4/19-5/12	Tu,Th	5:15-6:00 PM	\$88	63140-03

Adult Beginner

For the person with little or no previous experience. See Basic 1 & 2.

Age: 16 years & up

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63210-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63210-02

Adult Intermediate

Strengthen basic skills. See Basic 3 & 4.

Age: 16 years & up

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63220-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63220-02

Adult Advanced Skate

Learn new skills. See Basic 5 & 6.

Age: 16 years & up

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63230-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63230-02

Adult Freestyle

Half jumps and basic spin positions will be taught.

Age: 16 years & up

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63240-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63240-02

Adaptive Skating 

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

Age: 8 years & up

Location: Edora Pool Ice Center

Note: Please bring an attendant if you need assistance off the ice

4/9-5/7	Sa	9:45-10:15 AM	\$46	63260-01
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Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena.

Age: 9-17 years

Location: Edora Pool Ice Center

Note: Full hockey gear required.

3/25-5/20	F	4:30-5:15 PM	\$88	63270-01
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Introduction to Speed Skating

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique for all types of skating. Come prepared wearing warm-up pants, long-sleeved shirt, and speed skates. Program developed and instructed by speed skater, Jondon Trevena.

Age: 7 years & up

Location: Edora Pool Ice Center

3/23-5/18	W	4:45-5:30 PM	\$99	63280-01
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Intermediate-Advanced Speed Skating

This class is for the more advanced skater focusing on corners, cornering, passing, racing, drills, rules, and etiquette of speed skating. Class is designed for individuals who wish to learn the competitive track of speed skating. Must have own skates.

Age: 7 years & up

Location: Edora Pool Ice Center

3/23-5/18	W	5:45-6:45 PM	\$130	63290-01
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Hockey

Sled Hockey 

Learn skills in the exciting adapted sport of sled hockey. Offered to people with physical disabilities only. Sled hockey equipment and coaching provided through Colorado Sled Hockey Association.

Age: 8 years & up

Location: Edora Pool Ice Center

Note: Arrive at 8:45 AM for equipment prep. For more information contact 970.224.6027, rlee@fcgov.com.

3/6	Su	9:15-10:15 AM	\$5	64604-01
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Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

A 45-minute practice will be held on Mondays where the focus will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Wednesdays. Full equipment can be checked out with a \$150 deposit (deposit check is not cashed unless missing equipment needs to be replaced). Rental skates are included; participants will need to purchase a hockey stick (a junior straight stick is available for purchase at equipment check-out. Equipment check-in immediately following last game of session. This class will help prepare youngs

Age: 4-8 years

Location: Edora Pool Ice Center

Note: The equipment handout is Wednesday, March 23 from 5:30-7:00 PM.

3/28-5/18	M	5:00-5:45 PM	\$169	63330-01
	W	5:30-6:15 PM		

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two foot swizzles, two foot snowplow stop, two foot Hop On spot, backward wiggles, and introduce forward one foot glide.

Age: 5-9 years

Location: Edora Pool Ice Center

4/9-5/7	Sa	11:15-11:45 AM	\$30	63035-01
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Basic 2 Hockey Skate

Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10-15 and never skated. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one foot glides, forward pumping on a circle, continuous forward slalom, backward two foot swizzles, backward two foot glide, Two foot turn, moving snowplow stop, and T-position.

Age: 5-15 years

Location: Edora Pool Ice Center

4/9-5/7	Sa	10:30-11:00 AM	\$30	63045-01
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Synchronized Skating

Synchronized Introduction

Prerequisite: Basic 7

Learn unison team skating in formations.

Age: 6-12 years

Location: Edora Pool Ice Center

3/24-4/14	Th	6:15-6:45 PM	\$32	63150-01
4/21-5/12	Th	6:15-6:45 PM	\$32	63150-02

Outdoor Recreation

Adult

All classes are for those 18 years & up unless otherwise noted.

Cancellation Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/transportation or activity.

Adaptive Cycling

Cycling on a Spring day can't be beat. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail.

Age: 12 years & up

Location: Lee Martinez Park

Note: Bring water bottle. Class partially discountable. For more information, contact Renee Lee, 970.224.6027, rlee@fcgov.com
4/28-5/12 Th 5:00-6:30 PM \$15 64618-01

Keystone Adaptive Ski Trip

Breckenridge Outdoor Education Center is now offering services at Keystone Ski area! This ski trip is offered to people with physical disabilities or visual impairments only. Individual volunteer instructors and adapted equipment are provided for stand up or sit ski.

Age: 14 years & up

Location: Senior Center

Note: Door to door pick up service is available for an additional \$2 per person, must be requested one week in advance. Attendants welcome at no charge. For more information, call 970.224.6027, rlee@fcgov.com. Class partially discountable.

3/5 Sa 6:00 AM-7:30 PM \$90 64633-01

Introductory Golf

The basic fundamentals of grip, stance, posture, aim, swing, basic rules and etiquette will be taught in this introductory class with an on-course playing session. Range balls and golf clubs are provided! Classes taught by certified PGA/ LPGA instructors.

Location: Collindale Golf Course

Note: No makeup classes will be offered. Classes will be re-scheduled for inclement weather only. Please call the Golf Academy at 970.266.8552 if the weather is questionable. Class not discountable.

3/19-3/27 Sa,Su 1:00-2:00 PM \$100 64912-01

4/20-4/29 W,F 4:00-5:00 PM \$100 64912-02

Downhill Skiing

Motorcoach trips are made to various Colorado ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket and lunch. Cancellation must be made by 10:00 AM Monday prior to the trip for a refund or credit.

Location: Depart from Rolland Moore Park

Date	Day	Location	Time	Non-member	Member	Activity #
3/2	W	Winter Park	7:00 AM- 7:00 PM	\$39	\$35	64904-01
3/9	W	Copper Mtn.	7:00 AM- 7:00 PM	\$39	\$35	64904-02
3/16	W	Breckenridge	7:00 AM- 7:00 PM	\$39	\$35	64904-03
3/23	W	Winter Park	7:00 AM- 7:00 PM	\$39	\$35	64904-04
3/30	W	Copper Mtn.	7:00 AM- 7:00 PM	\$39	\$35	64904-05
4/6	W	A-Basin	7:00 AM- 7:00 PM	\$39	\$35	64904-06
4/13	W	Breckenridge	7:00 AM- 7:00 PM	\$39	\$35	64904-07

Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit. Class not discountable.

Community Gardens

If you enjoy gardening but do not have access to land, or simply prefer to tend a garden in a social setting, community gardening might be what you need. Gardeners will have individual plots at the Senior Center to plant, tend and harvest as they wish.

Location: Senior Center

Note: Orientation meeting on Saturday April 9, 9:00-10:00 AM. Senior Center members only. Fee includes \$40 refundable clean-up deposit for ground plots and \$20 refundable clean-up deposit for raised beds. Class not discountable.

4/9-10/15 In-Ground Plots (10) \$69 64908-01

4/9-10/15 Raised beds (5) \$38 64908-02

Archery, Introduction

Participants will learn archery safety, differences between the three styles of bows, warm-up techniques, basic-intermediate shooting form, skills and drills.

Instructor: Brian Ficker

Location: Rocky Mtn. Archery

Note: No experience is required and all equipment is provided. Bring water. Class not discountable.

4/14-4/15 Th,F 6:00-7:00 PM \$25 64901-01

Ski Social – Skiers & Snowshoers

Join us for a post-season gathering with refreshments, giveaways, and visit with other cross country and downhill skiers and snowshoers.

Location: Senior Center

Note: Please RSVP to Jennifer Mayan at 970.416.2267.

4/7 Th 4:00-6:00 PM No fee

Ice Fishing

Join us as we start our day at Vern's for breakfast and discuss the fundamentals of ice fishing. We will then depart to our destination for the day. All equipment is provided. Dress warmly and in layers. Breakfast cost is on your own.

Location: Senior Center

Note: Fishing licenses are free for those 64 and older but you are required to actually have a license. They are available at the Division of Wildlife office at 317 W. Prospect. This trip is not discountable.

3/9 W 7:45 AM-4:00 PM \$29 64919-01

Hikes

These hikes will provide an opportunity to enjoy the great outdoors. Please keep in mind that hikes can be easy or difficult, depending on what you want to get out of them. Even difficult trails can be taken slowly. The most important thing is to get out and enjoy the Colorado mountains! Participants should be in good health and capable of moderate levels of physical activity. Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit.

Location: Senior Center

Note: Bring a daypack with water, lunch and rain gear.

Date	Day	Time	Location	This Trail is Best For...	Difficulty	Activity #	Price
4/6	W	9:00 AM-1:00 PM	Devil's Backbone	3½ mile loop	Easy-Mod	64918-01	\$14
4/12	Tu	9:00 AM-2:00 PM	Eagle's Nest	Explore Livermore	Easy-Mod	64918-02	\$14
4/19	Tu	9:00 AM-2:00 PM	Bobcat Ridge Natural Area	4 mile valley loop	Easy-Mod	64918-03	\$14
4/27	W	8:00 AM-4:00 PM	Roxborough State Park	Amazing views, rock formations	Easy-Mod	64918-04	\$18
5/2	M	8:30 AM-3:00 PM	Red Mountain Open Space	Open space and the "Big Hole"	Moderate	64918-05	\$18
5/4	W	8:30 AM-12:00 PM	Lory State Park	Explore our closest State Park	Moderate	64918-06	\$14
5/10	Tu	8:30 AM-2:30 PM	Rabbit Mountain Open Space	3 mile hike outside of Longmont	Moderate	64918-07	\$18
5/12	Th	8:00 AM-3:00 PM	Hall Ranch Open Space	Boulder County Open Space	Moderate	64918-08	\$18
5/17	Tu	7:30 AM-4:00 PM	Pawnee National Grasslands	Explore the Pawnee Buttes	Mod-difficult	64918-09	\$18
5/18	W	8:00 AM-2:00 PM	Horsetooth Mountain Park	Views of Fort Collins	Mod-difficult	64918-10	\$14
5/23	M	8:00 AM-4:00 PM	South Mesa Trail	Views of the Boulder flatirons	Moderate	64918-11	\$18
5/25	W	8:00 AM-4:00 PM	Betasso Preserve	3.3 mile Canyon Loop trail	Moderate	64918-12	\$18

Difficulty levels as follows:

- Easy Distance of less than 4 miles, with little or no elevation gain.
- Moderate Distance of less than 5½ miles with elevation reaching 9,000 feet.
- Difficult Distance of greater than 5½ miles with elevation of over 10,000 feet possible.

Backcountry Trips

Participants enjoy the company of other cross-country and snowshoers without formal instruction. Some trips are in the backcountry without an available Nordic Center. Cancellations must be made by 10:00 AM two (2) days prior to trip for refund or credit.

Location: Senior Center

Note: Participants should be in good health and capable of moderate levels of physical activity. Bring your own equipment, water and food. Trips to RMNP will require a Park Pass or \$20 for entrance. Cost includes transportation and escort.

Date	Day	Time	Location	This Trail is Best For...	Difficulty	Activity #	Price
3/1	T	8:00 AM-5:30 PM	Frisco Nordic Center *	Groomed trails, various lengths	Easy-moderate	64903-01	\$30
3/11	F	8:00 AM-4:00 PM	Blue Lake	Forested trail in the Poudre Canyon	Moderate	64903-02	\$25
3/15	T	8:00 AM-3:00 PM	Glacier Gorge (RMNP)	Dramatic Rocky Mountain scenery	Moderate	64903-03	\$25
3/24	Th	8:00 AM-3:00 PM	Bierstadt Lake (RMNP)	Dramatic Rocky Mountain scenery	Moderate-difficult	64903-04	\$25
3/29	T	8:00 AM-4:00 PM	Michigan Ditch	Views of the Nokhu Crags	Moderate	64903-05	\$25

**Appropriate for both cross-country skiing and snowshoeing*

Difficulty level as follows:

- Easy** Distance of less than 4 miles, with little or no elevation gain.
- Moderate** Distance of less than 5½ miles with elevation reaching 9,000 feet.
- Difficult** Distance of greater than 5½ miles with elevation of over 10,000 feet possible.

OUTDOOR RECREATION / ADULT

Hunter Education

Gain the skills and information to hunt without accidents. CO Division of Wildlife certificates issued to those successfully completing course. Final class involves reviewing class material, written and live fire testing.

Age: 12 years & up

Instructor: Jan Manning

Location: The Farm

Note: Attendance at all classes is mandatory (total of 19 hours). All firearms provided, do not bring them to class. Class not discountable.

3/15-3/24 Tu,Th 7:00-10:00 PM \$10 64905-01

3/26 Sa 8:00 AM-3:00 PM

Bicycle Classes

See page 52 for details.

Youth & Teen

Backpacking Demo

This class is perfect for individuals who are new to backpacking. The one day demo will teach participants how to pack their backpack, pick and set up a campsite, use a stove, and filter water without having to camp overnight. We will hike up to Grey Rock to practice these skills, all while adhering to leave no trace principles.

Age: 13-17 years

Location: Northside Aztlan Center

Note: Please bring warm layers, a water bottle, a sack lunch and snack, and good hiking shoes. Please remember to wear sunscreen.

5/21 Sa 9:00 AM-5:00 PM \$19 65715-01

Mountain Biking Trips

Grab your bike for a Sunday full of riding single track. We'll ride on beginner to intermediate level trails with minimal rocks and obstacles. Teens will get a great workout among the gorgeous mountain valleys and will return calm, yet energized, for the school week ahead.

Age: 12-17 years

Location: Northside Aztlan Center

Note: Please bring your own water bottle, bike, and helmet.

Hewlett Gulch

5/8 Su Noon-4:00 PM \$10 65717-01

Blue Sky Trail

5/15 Su Noon-4:00 PM \$10 65717-02

Ski/Snowboard Trips

Grade: 7-12

Location: Northside Aztlan Center

Note: This trip is to Winter Park. Participants will get an additional liability waiver to sign and bring the day of Winter Park. Participants cannot get on the bus without the waiver signed by parent or guardian. You are required to sign up with someone with whom you will stay throughout the day. Discount \$30 if your child

3/14 M 6:00 AM-7:00 PM \$68 65811-01

3/16 W 6:00 AM-7:00 PM \$68 65811-02

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MORE INFO? 221.6644

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FELT SO
YOUNG.

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DO YOU?

Expanding the existing Fort Collins Senior Center facility is an essential step in maintaining Fort Collins' reputation as an ideal community for citizens to live, age, and embrace a better quality of life. Please join us in our effort to build a stronger senior by building a stronger Fort Collins Senior Center.

**DONATE
TODAY!** PLEASE CALL
970.224.6026



FORT COLLINS SENIOR CENTER EXPANSION INITIATIVE
P.O. BOX 1217 ~ FORT COLLINS, CO 80522-1217 ~ 970.224.6026





Fort Collins Senior Center

The Fort Collins Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families.

Senior Center Volunteers

Those who donate their time, energy and talents play a vital role in the Senior Center operation. There are opportunities for people with strong customer service, clerical, organizational and leadership skills to contribute to an important community resource. Please contact Pat Moore at 970.224.6033 or by email at pmoore@fcgov.com for more information. Volunteers are needed for the arts and crafts show, special events, hikes, clerical help, library and driving.

Senior Center Membership Information and Benefits

Many services and activities at the Senior Center are limited to members only, so join today. Don't miss your opportunity to access all we have to offer. **Memberships are good for a 12-month period and can be purchased at any time.**

Age 18-49: Minimum donation of \$49 per year

- One guest pass for select fitness and social programs monthly (upon request)
- Use of pool/snooker, art studio/shop, library/media center
- Opportunity to rent a community garden plot
- Discounted fees on select services, classes and drop in
- Two day advance registration for classes

Age 50+: Minimum donation of \$25 per year

- **Everything to the left plus:**
- Recreator magazine mailed to your home
- Opportunity to join "member" only clubs
- Join Senior Sports Club and have the opportunity to purchase the Senior Sports Club pass
- Opportunity to purchase discounted Walk/Jog pass
- Member only activities like bingo, cards, and celebrations
- Free notary service
- Brief health chat with Health District nurse and blood pressure check
- Free limited legal counseling
- Opportunity to purchase discounted duplicate bridge pass

Throughout the Recreator Fort Collins Senior Center member only programs are denoted with a **MO** & member specials are denoted with a **MS**.

Scholarships are available. Contact a Recreation registration staff member for information.



Since 1995, the Fort Collins Senior Center has served as a vital gathering space for Fort Collins' adult community, including individuals with special needs. Facing a growing need due to an increasing population, a citizen-led expansion committee is working to raise funds so that the existing Fort Collins Senior Center facility may expand and continue to bring our community together.

Annual Meeting Recap – Supporters, donors, and Board congregated on December 15 for the Annual Meeting of the FCSC BOB Expansion Committee. We were grateful to have the opportunity to thank all those who have helped bring the movement this far. Guests were treated to a variety of holiday treats. The evening featured the introduction of the 2011 Board and recognition of the Breakfast Optimist Club for working cooperatively to raise funds at the All American Picnic. Also recognized was the Sundance Festival Committee (Mike Poppenwimer, Tracy Walker, Lyman Wilkinson, Kay Rios, and Jeff Matson) for 20 years of support for the Senior Center.

Presentations

Thousands of people visit and use the existing Senior Center every year, but few seem to know the plans for the expansion. Schedule a presentation for your group so that you not only have the information, but can be part of the planning process. Contact John Pfeiffenberger at **970.224.6030** or **jpfeiffenberger@fcgov.com** to get on the schedule.

Tours

Enjoy a personalized opportunity to find out all about the Fort Collins Senior Center and the plan for the expansion. Tours are individually scheduled. Contact Katie Stieber at **970.224.6029** or **kstieber@fcgov.com**

Support Expansion - experience SPACE, see below for details.

2011 Board of Directors

Rick Allnutt	Eric Biedermann	Linda Hopkins	Mary Shultz
Nina Azari	Brenda Carns	Peggy McGough	Stan Ulrich
Jim Barnett	Lizbeth Case Denkers	Robert W. Phillips	Steve Vessey

Senior Center Staff Liaisons:

Barbara Schoenberger and Katie Stieber

Visit us at www.seniorcenterexpansion.org



Our AMAZING Sundance Committee (all volunteers). Pictured (left to right): Mike and Mimi Poppenwimer, Susan and Tracy Walker (back) Kay Rios and Jeff Matson. Not pictured Lyman Wilkinson.

SPACE! A Gala Concert & Party

Sunday, April 10, 2011 the Fort Collins Senior Center will host the Ethos West Orchestra for a Gala Concert featuring SPACE music from Haydn to 20th Century Jazz. The event is a fundraiser benefiting the Ethos West Orchestra and the Senior Center Expansion Initiative. Drinks and space snacks will be available for sale. The doors open at 3:00 PM for patrons to investigate and begin bidding on the unique silent auction items. Fly away with us when the concert begins at 4:00 PM.

Tickets are \$20 per person, \$35 for two and are available from City of Fort Collins Recreational Facility or at the door. For more information visit www.ethoswest.org or www.seniorcenterexpansion.org.





Index of Programs

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Members Register Early, February 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **February 15** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.


What do the icons or symbols mean?

-  Senior Center members only
-  Program/activity has member special pricing
-  Online registration not available for program
-  Adaptive Recreation Opportunity program.

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 1:30 PM. The first 20 minutes of each meeting is devoted to public participation.

Organizations assisting Senior Center staff


Senior Center Council 
 The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 PM. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Greeter's Desk.

Clubs & Organizations


Adventure Travel Club
 This club meets the second Thursday of each month at 2:30 PM and features IMAX films or other travel films or speakers on travel. There is no fee. We can't print the video titles here, but they are available in the brown brochure rack in the Senior Center lobby.


"AOA" Badminton Players
 If you enjoy the energetic, fast-paced game of badminton, join the group of Active Older Adults that play up to five times a week! All abilities are welcome; however it is recommended that individuals who are new to badminton begin participation at the Senior Center and advance to the Northside Aztlan Community Center. Ongoing. Drop-in fees apply.

Northside Aztlan Center	Tu/Th	8:00-10:00 AM
Senior Center	M/W/F	8:00-10:00 AM
	T/Th	6:30-9:00 PM


C.H.A.T. (Crafts Hobbies Arts Time) 
 Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie of other artisans.

Location: Senior Center
 Ongoing W 1:00-3:00 PM

Fort Collins Senior Sports Club 
 Senior Sports Club is an active group of seniors 50 and older who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are \$5. As a member, you will qualify to participate in the Senior Games and availability of purchasing fitness passes at a reduced rate.

Senior Sports Club Fitness Passes 
 Senior Sports Club fitness passes are available for \$50 for 25 visits, which saves you \$22.50, and can be used during the following times:

Badminton	M, W, F	8:00-10:00 AM	Senior Center
Badminton	T, Th	6:30-8:30 PM	Senior Center
Badminton	T, Th	8:00-10:00 AM	NACC
Basketball	M, W, F	8:00-10:00 AM	NACC
Pickle Ball	T	6:30-9:00 PM	Senior Center
Everyone	Th	6:30-9:00 PM	Senior Center
Advanced	Su	12:30-3:15 PM	Senior Center
Table Tennis	T, Th, Sa	3:00-5:00 PM	Senior Center
Tennis	M-F	9:30 AM	Rolland Moore Park
Ice Skating	W	9:00-11:00 AM	EPIC
Swimming	T, F	10:00-11:30 AM	EPIC

Senior Sports Club Meetings 
 Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 PM at the Senior Center. Each meeting features helpful information on living a healthy and active life. Information is shared about events and activities. All members are asked to bring their own dinnerware and a dish to share. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison. Board meetings are held every 2nd Monday of the even months at 9:30 AM at the Senior Center.

Current list of sport contacts:

Swimming	Kathy Garwood	482-5162
Badminton	Doris Taylor	221-3335
Bicycling	Robert Manbeck	226-3477
Bowling	Rob Seagraves	282-9204
Table Tennis	Clarence Elbert	221-0269
Basketball	Fritz Kitowski	282-1626
Tennis	Fritz Kitowski	282-1626
Golf	Open	
Track	Jim Frances	225-2902
Pickle Ball	Clarence Elbert	221-0269

Front Range Forum**MO**

The Front Range Forum is an organization designed to promote life-long learning. It is meant to be challenging and innovative, and to foster open discussion and social interaction among its members. The Forum depends entirely upon the talents and expertise of its members for administration and instruction. Participants electing to take a course prepare and make assigned presentations in keeping with the topic. Membership for Front Range Forum is \$15 per year. For class information see the In-Former newsletter. You can pick up a copy at the Senior Center or view it online at www.fcgov.com/recreation/frf-index.php. For more information call Katie Stieber at 970.224.6029. Senior Center members 50+ only.

Harmonettes**MO**

This singing band has been together for over 30 years performing at schools, long-term care residences, and special events. No experience is necessary. Senior Center members 50+ only.

Location: Senior Center

Practice Mondays, 8:30-11:00 AM (except 3rd Monday)

Men's Tennis Group

All male enthusiasts 3.0 and above are welcome to participate in an open walk-on each morning, seven days a week. Play begins about 8:00 AM and lasts until the final warriors are exhausted. Summer play is at Lee Martinez Park and fall and winter play at Rolland Moore Park. For further information call Fritz Kitowski at 970.282.1626 or email at fkito@msn.com.

Older Gay Lesbian Bisexual Transgender (OGLBT)

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Contact Katie Stieber on her private phone line at 970.224.6029 or kstieber@fcgov.com.

SOAP Troupe (Slightly Older Adult Players)**MO**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are \$10 annually. SOAP meets at 3:00 PM on the fourth Tuesday of each month on the stage of the Senior Center. Contact Katie Stieber at 970.224.6029 for membership information.

The Writers Group**MO**

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. No registration necessary; new participants are always welcome. Senior Center members 50+ only.

Location: Senior Center

Ongoing T 10:00 AM-Noon



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Members Register Early, February 15!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **February 15** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Health & Wellness

Recreation Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Arthritis Support Group

This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

Age: 50 years & up

Location: Senior Center

3/14, 4/11, 5/9 M 11:30 AM-1:00 PM No Fee

Balance Screens

Free balance screenings will be conducted by Hannah Lamitie, MSPT, Physical Therapist with Alpine Balance and Rehabilitation Center. Hannah has been a P.T. for 16 years and specializes in the rehabilitation of balance and dizziness disorders. Anyone with concerns about declining balance may benefit from this service. You will be provided with written objective information regarding your specific problems and actual risk of falls. You will also receive some suggestions about what might be done to reduce your risk of falling.

Age: 50 years & up

Location: Senior Center

4/11 M 9:00-10:30 AM No Fee

Blood Pressure Checks

This is an opportunity for seniors to sit down with a registered nurse on a one-to-one basis to get blood pressures taken and ask any health-related questions.

Age: 50 years & up

Care Provider: Health District Nurse

Location: Senior Center

3/21, 4/18, 5/16 M 10:00 AM-Noon No Fee

Cholesterol Testing & Blood Pressure

Blood pressure, cholesterol and glucose screenings, along with counseling and recommendations from registered nurses are provided within 15 minutes. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District at 970.224.5209.

Age: 50 years & up

Care Provider: Health District Nurse

Location: Senior Center

3/1, 4/5, 5/3	Tu	8:30-10:30 AM	Sliding Fee
3/17, 4/21, 5/19	Th	8:30-10:30 AM	Sliding Fee

Foot Care Clinics

The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

Location: Senior Center

Care Provider: Erin Sunshine Keefe

Note: Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00 AM-4:00 PM \$28 member
\$34 non-member

Legal Services

Free half-hour sessions every first Thursday of the month provided by Elaine Proctor. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

Location: Senior Center

3/3 Th 1:00-5:00 PM No Fee
4/7, 5/5

Massage Therapy

Swedish, integrative and deep tissue massage.

Therapist: Mareye Bullock, 970.224.4082

Location: Senior Center

Note: Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing M 12:30-6:30 PM \$45 member
\$50 non-member

Half Hour

Ongoing M 12:30-6:30 PM \$23 member
\$26 non-member

Chair

Ongoing M 9:00 AM-Noon \$8 (10 minutes)
\$15 (20 minutes)

Los Ancianos Unidos

This program is held for seniors. Join them for arts and crafts, quilting, educational programs, field trips and more. For more information call Elaine at 970.221.6723.

Location: Northside Aztlan Center

VOA Senior Nutrition Program

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at Noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at Noon. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information.

Mindfulness Meditation**MO**

Learn how to meditate according to the Foundation of Mindfulness. Meditation will teach you how to achieve tranquility and to increase your power of concentration. It will also teach you how to deal with anger, cravings, and other negative emotions. This class is an extension of the Front Range Forum.

Instructor: Bob McCartney

Location: Senior Center

Ongoing F 10:00-11:00 AM \$2 fee per visit

Events

Visual Arts & Crafts Show

Public and artist reception is Sunday, May 1 from 4:00-6:00 PM.

The Spin Cycle

This heart-warming three-person comedy pivots upon the return of a baby boomer daughter to her childhood home in Pottstown, Pennsylvania, in which her mother is still trying to do the live-in adult son's laundry. As the sibling rivals squabble, and all three attempt to "spin" their shared history and tell the story from their individual points of view, they slowly confront one another's limits, strengths, and the mother's mortality. Through the hilarious twists and turns of THE SPIN CYCLE, the trials of the baby boomer generation are exposed and brought home to us in shared recognition. THE SPIN CYCLE, by David Rambo, is produced by BAS BLEU READERS' THEATRE, directed by Amy Scholl, and features Frances Burns, L. Michael Scovel and Deb Note-Farwell.

Location: Senior Center

3/20, 3/27	Sa	2:00 PM	\$8 adults
			\$5 senior (65+)
			\$5 students

Mother's Day Spa & Craft Shoppe

All things meant for a woman – artisan jewelry, handcrafted lotions and soaps, fine clothing and spa services. Shop for yourself or for someone you love.

Location: Senior Center

4/23 Sa 10:00 AM-4:00 PM \$1

"Twist & Shout" – Tribute to the Beatles

Due to popular demand the Fab 4 is coming back to the Fort Collins Senior Center. Although a Denver based band, The Fab 4 has treated audience all over the U.S. with their exceptional Beatles music. Relive 50 years of extraordinary music. Cash bar and snacks available throughout the entire concert.

Location: Senior Center

Note: Tickets at the Senior Center. Doors open at 6:00 PM.

3/26 W 7:00-9:00 PM \$15

SOAP Troupe Spring Show

SOAP (Slightly Oder Adult Players) Troupe will present their annual spring show! Watch for details at the senior center.

Location: Senior Center

Note: Tickets are available in advance at the front desk of the senior center or at show times. For further information, contact Katie Stieber, kstieber@fcgov.com or 970.224.6029.

5/6 F 1:30 PM & 7:00 PM \$5

5/7 F 2:00 PM \$5

Patty's Pub Night**MS**

Immerse yourself in the culture of the Irish with a unique "pub house" experience for our guests with the fun, friendly and exuberant atmosphere of the pubs of Ireland. The Irish pub is a warm, welcoming place for socializing, singing, relaxing, and telling stories. Eat hearty traditional Irish pub fare provided by Mulligan's, voted best in pub food in Fort Collins, four years in a row. After food The McTaggart Irish Dancers will open the evenings' entertainment. Relax with a pint of Guinness and enjoy the band, Juice O'The Barley, which is considered Colorado's #1 Irish pub band.

Location: Senior Center

Note: Tickets at the Senior Center, Free door-to-door transportation available.

3/9 W 6:00-9:00 PM \$15 member

\$20 non-member

Irish Culture**MS**

Dr. Henry Weisser taught Irish history at CSU for decades. He lived and taught in both Dublin and Belfast and has written two books about Ireland. Join us for an illustrated talk about Irish history, culture, geography, the early Irish and St. Patrick.

3/3 Th 11:30 AM-1:30 PM \$16 member 64520-01

\$20 non-member

Irish Mythology**MS**

Stories of old Ireland are in the air! Jim McCauley with Spellbinders of Fort Collins will entertain you with Irish stories, singing and music. Escape into the world of leprechauns, banshees and old Ireland with an Irish lunch and entertainment.

3/28 M 11:30 AM-1:30 PM \$16 member 64520-02

\$20 non-member

Riverdance**MS** 

See page 86 for details.

Colcannon

See page 87 for details.

Irish Displays at the Senior Center

Visit the Senior Center during the month of March and view the displays of Irish art and collectables from local collections.

Irish Movies

Come to the Senior Center to take in an Irish movie! See New Movie Releases in the next column. Call 970.221.6644 for titles.

Social Opportunities

Moonlight Melody Dances

Social dance to live music. Refreshments served.

Location: Senior Center

3/7	C.C. Collier	M	7:00-10:00 PM	\$4
3/21	Darrell Sullivan	M	7:00-10:00 PM	\$4
4/4	Jim Ehrlich	M	7:00-10:00 PM	\$4
4/18	Colorado Sunshine Band	M	7:00-10:00 PM	\$4
5/2	C.C. Collier	M	7:00-10:00 PM	\$4
5/16	Brad Lindsey	M	7:00-10:00 PM	\$4
5/30	Darrell Sullivan	M	7:00-10:00 PM	\$4

Member Only Activities

Members are expected to show their membership card at the following activities.

New Release Movies

MO

Join us for new movie releases! Call 970.224.6644 for titles.

3/4, 3/18, 4/1	F	1:00 PM	No fee
4/15, 5/6, 5/20			

Donut Make You Wonder?

MO

Topical discussions with donuts and coffee.

Ongoing	F	10:00 AM	No fee
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Cards & Games

Bridge Mentoring

MO

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you work through the play of the hands.

3/14, 3/28, 4/11	M	6:30-8:30 PM	No fee
4/25, 5/9, 5/23			

Cards & Games

MO

Cards and board games including canasta, mahjong, scrabble, and cribbage

Ongoing	M	9:00 AM	No fee
Ongoing	W	1:00 PM	No fee

Come blast off with us!

SPACE!



GALA CONCERT & PARTY!

TO HELP SUPPORT THE SENIOR CENTER EXPANSION & ETHOS WEST ORCHESTRA

The Senior Center Expansion project and Ethos West Orchestra are teaming up for this fundraiser with a "Space" theme (since of course the Senior Center needs more space). Ethos West, one of the region's best – and most fun – orchestras, will play selections from Haydn to 20th-century jazz for an audience seated at tables in a party-like setting. Besides the great music, there will be drinks and snacks for sale, a silent auction, and surprise guests. A Space party!

Fort Collins Senior Center • Sunday, April 10, 2011

Doors open at 3:00 pm for silent auction, concert starts at 4:00 pm

Tickets \$20 per person, \$35 for two – for sale at any Ft. Collins Recreational Facility or at the door

www.EthosWest.org

www.SeniorCenterExpansion.org



Pinochle: Learn how to play and make new friends.

Duplicate Bridge
 Beginning and intermediate level players invited.
 Ongoing F 11:30 AM-4:00 PM \$2.80 member
 \$3.50 non-member

Party Bridge & Pinochle
 Ongoing Tu 1:00-4:00 PM No fee
 Ongoing Th 6:00-9:00 PM No fee

Bingo
 The Senior Center members compete against each other and play for prizes.
 2nd Monday 1:00 PM No fee

Trips & Travel

Trips are for those 50 years & up and begin at the Senior Center unless otherwise noted.

March

Sunday Out to Lunch
 Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's half the fun. It's a mystery.
Note: Fee includes transportation and escort.
 3/6 Su Noon-4:00 PM \$8 64802-01

Out to Lunch
 Andreas Homestead Cafe in Lyons offers good continental and German food for your tastes at reasonable prices- \$8 to \$15 for lunch. Meal costs are on your own. An 18% gratuity may be added.
Note: Fee includes van transportation and escort. Trip fee is not discountable.
 3/8 Tu 11:00 AM-2:00 PM \$11 64803-01

Kirkland Art Museum
 You will receive a guided tour of the Kirkland Museum and then enjoy the displays on your own. The museum features 20th century decorative arts. There are more than 3,300 works representing Art Nouveau, Glasgow Style, Wiener Werkstatte and much more. Afterwards, we will have lunch downtown.
Note: Fee includes van transportation, museum tour, lunch and escort. This trip is not discountable.
 3/10 Th 9:00 AM-2:00 PM \$34 64801-01

Real Pirates
 Experience the classical age of piracy come to life at the Denver Museum of Nature & Science in the exhibition Real Pirates: The Untold Story of the Whydah from Slave Ship to Pirate Ship. You'll discover the perils and privileges of pirate life as you explore more than 200 artifacts recovered from the wreck of the Whydah--the first fully authenticated pirate ship ever to be discovered in U.S. waters. See and touch real pirate treasure. You will also see an IMAX film "Under the Sea 3D" and have lunch on your own at the museum cafe.
Note: Fee includes van transportation, show, IMAX film and escort. This trip is not discountable.
 3/14 M 8:30 AM-3:00 PM \$39 64804-01

Monty Python's Spamalot
 Monty Python's Spamalot is an irreverent tale of King Arthur and his Knights of the Round Table as they search for the Holy Grail along with flying cows, killer rabbits and taunting Frenchman. You won't want to miss this side splitting musical at Greeley's Union Colony Civic Center.
Note: May contain adult material. Fee includes van transportation, concert and escort. This trip is not discountable.
 3/17 Th 5:45-10:30 PM \$49 64805-01

Quartets & Octets
 The Colorado Chamber Players and the Veronica Quartet from Pueblo will perform a Mendelssohn Octet and works by Shostakovich for Double String Quartet. The groups have worked together before, but this is their first official collaboration at this Longmont Senior Center concert. We will stop for lunch in Longmont prior to the concert with meal costs on you own.
Note: Fee includes van transportation, ticket and escort. Trip fee is not discountable.
 3/18 F 11:00 AM-6:00 PM \$26 64806-01

'Swing' at the Boulder Dinner Theatre
 This production is "two thirds rhythm and one third soul." That's how Fats Waller defined the uniquely American form of popular music and dance known as "swing." Requiring only joyful enthusiasm and a ready partner, swing exploded out of pre-war Harlem's hotbed of youth culture and swept the world. It shattered ethnic and cultural barriers, generating specialty styles such as Jive, Swing, Lindy Hop, West Coast Swing and Hip-hop Swing. SWING! celebrates this remarkable diversity to the beat of the most exhilarating songs of the period.
Note: Fee includes transportation, meal and drink, show and escort. Dessert and gratuity are extra. This trip is not discountable.
 3/20 Su 11:15 AM-6:00 PM \$60 64807-01

Members only	Member special	No online registration	Adaptive Recreation Opportunity
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Phoenix Arizona Trip



Travel to Phoenix, AZ, to watch the Colorado Rockies baseball team in its new spring training facility. Also includes a ride on the Verde Canyon Railroad, visit to the Out of Africa wild animal park, a tour of Sedona and the Grand Canyon and more. See flyer at Senior Center for more details.

Note: Fee includes motorcoach transportation, seven nights accommodations, seven breakfasts, six lunches, four dinners and escort. This trip is not discountable.

3/21-3/28 Th 8:00 AM-5:00 PM 64841-01
 \$999 double occupancy perperson
 \$1390 single occupancy

Riverdance



The sensational and original Riverdance returns to Colorado at Greeley's Union Colony Civic Center. The Irish song and dance revolution has thrilled millions on the world's stages. Discover why nothing in the world compares to the original international phenomenon. Whether it's your first time or your fifth, you won't want to miss this event.

Note: Fee includes van transportation, concert and escort. This trip is not discountable.

3/24 Th 5:45-10:30 PM \$49 member 64808-01
 \$54 non-member

Jim Brickman & Friends



Jim Brickman and Friends features Jim, vocalists and other musicians in an all new show. Brickman has revolutionized the sound of the piano with his pop-style instrumentals and star-studded vocal collaborations. His signature style of playing and songwriting has also brought him six Gold and Platinum selling albums. Performance at Greeley's Union Colony Civic Theatre.

Note: Fee includes van transportation, concert and escort. This trip is not discountable.

3/26 Sa 6:15-10:30 PM \$39 64809-01

Traveling Gourmet



The Baca Restaurant in Englewood is an unparalleled dining experience featuring contemporary Colorado cuisine prepared with a Spanish flair. Named after one of the state's most influential families, Baca's menu features a tempting array of regional favorites conceived by Baca Chef Griff Sickendick who brings his unique interpretation to the dishes by exploring the history and Castilian origins of Colorado cuisine. Pricy but good.

Note: Fee includes van transportation and escort. Meal costs on your own. Trip fee is not discountable.

3/30 W 3:30-8:00 PM \$15 64810-01

Lady Luck Casino



Enjoy a beautiful drive into the foothills and then try your luck at Lady Luck Casino in Black Hawk.

Location: Rolland Moore Park

Note: Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

3/31 Th 8:00 AM-5:00 PM \$12 64811-01

EXTENDED TRAVEL OPPORTUNITIES

REGISTER NOW FOR THESE GREAT TRIPS:

Phoenix Arizona & the Rockies, March 21-28

See the new Colorado Rockies spring training facility, watch a game; enjoy a trip on the Verde Canyon Railroad, the Out of Africa Wild Animal Park, the beautiful red rocks of Sedona and the Grand Canyon. Cost: \$999 / person double occupancy or \$1,390 for single occupancy.

Sandhill Cranes of Nebraska, March 31-April 2

See the amazing migration of tens of thousands of these great birds. Also included will be Fort Kearney, the Archway Monument, Pioneer Village, Cabelas and more. Cost: \$583 / person double occupancy or \$683 for single occupancy.

REGISTRATION BEGINS FEBRUARY 15 FOR MEMBERS:

Wolf Sanctuary & Fossils, May 19-20

Visit the Colorado Wolf and Wildlife Center west of Colorado Springs. Tour the Florissant Fossil Beds Monument and visit Cripple Creek. Cost: \$125 / person double occupancy or \$149 single occupancy.

Land of Enchantment, June 13-17

Visit the historic Acoma Pueblo, a hilltop village that has been occupied by Native Americans for 900 continuous years. Also visit Santa Fe, St. Francis Cathedral, Old Town Albuquerque, an enclosed tramway up Sandia Peak. Cost: \$469 / person double occupancy.

For more information contact
 John at 970.224.6030
 or jpfeiffenberger@fcgov.com



ADVENTURE » CINEMA

at the Fort Collins Senior Center
(moved from the Lincoln Center)



Sunday, March 20, 7:00 PM

"Beneath the Jungle and Beyond
 Central America, A Tropical Paradise"
 with Dale Johnson

Tickets are \$8 per person.

Show includes a reception with refreshments at 6:00 PM.
 Tickets available at the Senior Center, 1200 Raintree Drive.





↓ Sandhill Cranes Trip: Experience the migration of these amazing birds.

Sandhill Cranes Trip



Experience the incredible migration of the Sandhill Cranes through central Nebraska. Visit the observation blind to view the cranes once in the evening and twice in the morning. Plus see Pioneer Village, Fort Kearney, the Archway Monument and more.

Note: Fee includes transportation, two nights accommodations, two breakfasts, three lunches, two dinners and escort. This trip is not discountable.

3/31-4/2 Th-Sa 8:00 AM-5:00 PM 64812-01

\$583 / person double occupancy

\$683 single occupancy

April

Sunday Out to Lunch



Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's half the fun. It's a mystery.

Note: Fee includes transportation and escort.

4/3 Su Noon-4:00 PM \$8 64813-01

Out to Lunch



The Brighton Depot Restaurant is located in an historic train depot. The depot has been remodeled into a nice restaurant with good food reasonably priced. Meal costs are on your own. An 18% group gratuity will be added.

Note: Fee includes van transportation and escort. Trip fee is not discountable.

4/5 Tu 10:30 AM-2:00 PM \$9 64814-01

Model Railroad Display



Don't miss this fabulous model railroad display at the Greeley Freight Station Museum. Volunteers spent several years building this HO model railroad scene with 140 locomotives, 21 scale miles of track, 23,000 handmade trees and several spectacular trestles. This has been called "the ultimate mountain layout" by "Model Railroader" Magazine. We will get a behind the scenes personal tour then have lunch.

Note: Fee includes van transportation, museum entrance, lunch and escort. This trip is not discountable.

4/7 Th 9:00 AM-2:00 PM \$35 64815-01

Colorado Symphony



Spanish conductor Juanjo Mena has chosen to pair two great impressionistic works which conjure dreamy images of the Andeluz region. They are Turina's Danzas fantasticas and Falla's Nights in the Gardens of Spain. Mexican Pianist Jorge Federico Osorio also performs solo works of Grandos and Albeniz before the program with Ravel's sensual ballet Daphnis and Chloe at the Denver's Boettcher Auditorium.

Note: Fee includes van transportation, ticket and escort. Trip fee is not discountable.

4/10 Su Noon-6:00 PM \$60 member 64819-01
\$65 non-member

Fiddler on the Roof



All the great songs and music such as "If I Were a Rich Man" and "Sunrise, Sunset" are included in this classic musical at Greeley's Union Colony Civic Theatre. No other musical has so magically woven music, dance, poignancy and laughter into such an electrifying and unforgettable experience.

Note: Fee includes van transportation, concert and escort. This trip is not discountable.

4/13 W 5:45-10:30 PM \$49 member 64820-01
\$55 non-member

Colcannon



The final Longmont Senior Center Friday concert of the season will feature Colcannon, the beloved band that has performed the best of Irish music across the country. The band leader Mick Bolger wins over all crowds with his charm and tall tales. We will stop for lunch in Longmont before the concert with meal costs on your own.

Note: We have only 13 tickets available for this very popular concert. Fee includes van transportation, ticket and escort. Trip fee is not discountable.

4/15 F 11:00 AM-6:00 PM \$26 64821-01

High Tea at St. Julien's Hotel in Boulder



High tea will be something you will tell your friends about. The tea features pianist Ralph Sharon, six-time Grammy award winner. They keep afternoon tea seasonal featuring iced teas and bellinis during spring and summer. They highlight herbs from their garden, local farmers and feature teas by Tea Forte. Dress up and have a great afternoon.

Note: Fee includes van transportation, tea and escort. This trip is not discountable.

4/16 Sa 11:00 AM-3:30 PM \$35 64838-01

Rockies vs. Giants



The Colorado Rockies play hosts to World Series champs from last year, the San Francisco Giants. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort.

4/20 W 11:15 AM-6:00 PM \$33 64822-01

Traveling Gourmet



The oldest restaurant in Colorado is our destination this month. The Buckhorn Exchange in Denver's in an historic building in one of Denver's oldest neighborhoods is expensive. Yes, steaks start at \$32. Pot roast is \$22. Buffalo is always on the menu and sometimes yak and ostrich are available. But if you haven't been there it's a great experience. Meal costs are on your own.

Note: Fee includes van transportation and escort. Trip fee is not discountable.

4/27 W 3:30-8:00 PM \$15 64823-01

Lady Luck Casino



Enjoy a beautiful drive into the foothills and then try your luck at Lady Luck Casino in Black Hawk.

Location: Rolland Moore Park

Note: Fee includes transportation, casino package and escort. Trip fee is not discountable.

4/28 Th 8:00 AM-5:00 PM \$15 64840-01

May

'The King & I' at the Candlelight



"Getting to Know You" and "Shall We Dance" are only a few of the great songs from this classic musical. East meets West when the king of Siam brings in Anna, a British widow, to mentor his children. They grow to respect each other in this unique love story. Production at Candlelight Dinner Playhouse.

Note: Fee includes transportation, meal and drink, show, gratuity and escort. Dessert and alcohol are extra. This trip is not discountable.

5/1 Su 11:45 AM-6:00 PM \$60 member 64837-01
\$65 non-member

Scoop on the Poop



You'll get the real scoop on the poop with this tour of the South Fort Collins Sanitation District sewage treatment plant. It's not pleasant but it's a fascinating tour for those who really want to be in the know. We will get a behind the scenes personal tour then have lunch -- if you're hungry.

Note: Fee includes van transportation, plant tour, lunch and escort. This trip is not discountable.

5/3 Tu 10:00 AM-2:00 PM \$21 64824-01

Cherokee Castle & Lunch



The beautiful Cherokee Castle was built in 1924 near Sedalia. The castle's unique architecture combines aspects of the Western United States and a Scottish-style castle and is a museum that is home to historic collections of fine art, furnishings and memorabilia from around the world. The castle's breathtaking views of the Rocky Mountains make it an unforgettable destination for events and cultural discovery.

Note: Fee includes van transportation, castle tour, lunch and escort. This trip is not discountable.

5/5 Th 8:00 AM-3:30 PM \$42 64825-01

"9 to 5: The Musical"



"9 to 5: The Musical" is a hilarious story of friendship and revenge in the Rolodex era. This new musical comedy, direct from Broadway, is based on the hit movie and features Dolly Parton's original hit title song along with her new Tony Award and Grammy-nominated score. This production is at Denver's Buell Theatre.

Note: Fee includes van transportation, show and escort. This trip is not discountable.

5/7 Sa Noon-6:00 PM \$79 member 64826-01
\$84 non-member

Fortune Valley Casino



Enjoy a beautiful drive into the foothills and then try your luck at Fortune Valley Casino in Central City.

Location: Rolland Moore Park

Note: Casino Trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

5/10 Tu 8:00 AM-5:00 PM \$12 64827-01

Bill Engvall



Bill Engvall brings his great blue collar humor back to Greeley's Union Colony Civic Theatre. Engvall rocketed to stardom when he hooked up with Jeff Foxworthy, Ron White and Larry the Cable Guy. He's one of the funniest comics on tour today.

Note: May contain adult material, but not x-rated. Fee includes van transportation, comedy show and escort. This trip is not discountable.

5/14 Sa 5:15-9:30 PM \$52 member 64839-01
\$57 non-member

Rockies vs. Padres



The Colorado Rockies play host to divisional foes San Diego Padres. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort.

5/15 Su 11:15 AM-6:00 PM \$30 64828-01

Out to Lunch



Poppys Restaurant in Estes Park is our destination this month. The menu is quite varied and prices are modest. Meal costs are on your own.

Note: Fee includes van transportation and escort. Trip fee is not discountable.

5/17 Tu 10:30 AM-2:00 PM \$11 64829-01

Wolf Sanctuary & More



On this two-day trip, you will tour the Colorado Wolf and Wildlife Center west of Colorado Springs, the Florissant Fossil Beds National Monument and Cripple Creek, historic mining town. You will see dozens of wolves, coyotes and foxes on a one-hour walk through the wolf sanctuary. Florissant Fossil Beds is one of the richest fossil deposits in the world and Cripple Creek is a historic town with casinos.

Note: Fee includes van transportation, one night's lodging, all meals, tours and escort. Trip fee is not discountable.

5/19-5/20 Th-F 8:00 AM-6:00 PM 64831-01

\$129 per person double occupancy

\$149 single occupancy

Colorado Symphony

Traditional favorites - Copland's Appalachian Spring and Gershwin's An American in Paris - frame an all-American program. Also featured are new classics by Kenji Bunch (Piano Concerto, a U.S. premiere) and Edgar Meyer's Triple concerto. This concert by Colorado Symphony at the Denver's Boettcher Auditorium concludes the season.

Note: Fee includes van transportation, ticket and escort. Trip fee is not discountable.

5/22 Su Noon-6:00 PM \$60 member 64832-01
\$65 non-member

Denver Zoo

The best time to view the Denver Zoo is the spring when there are lots of babies to enjoy. It's also a lot cooler. You will have at least four hours to wander the zoo and have lunch before we return to Fort Collins. Lunch costs on your own.

Note: Fee includes van transportation, zoo entrance and escort. This trip is not discountable.

5/24 Tu 9:00 AM-4:00 PM \$25 64833-01

Traveling Gourmet

The White Fence Farm in Lakewood is always a great location for a nice meal and evening. The best chicken dinner is served family style with all the fixings. Then enjoy the gift shop and a walk about the "farm" viewing the animals. Meal costs are covered on this trip.

Note: Fee includes van transportation, meal and escort. Trip fee is not discountable.

5/25 W 3:30-8:00 PM \$40 64830-01

Lady Luck Casino

Enjoy a beautiful drive into the foothills and then try your luck at Lady Luck Casino in Black Hawk.

Location: Rolland Moore Park

Note: Casino Trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

5/26 Th 8:00 AM-5:00 PM \$12 64834-01

"Billy Elliot: The Musical"

"Billy Elliot: The Musical" comes to Denver's Buell Theatre with the heart, humor and passion to be named Broadway's Tony-winning Best Musical and TIME Magazine's "Best Musical of the Decade!" Set in a small town, the story follows Billy as he stumbles out of the boxing ring and into a ballet class, discovering a surprising talent that inspires his family and his whole community, and changes his life forever. Based on the hit film, Billy Elliot is brought to life by a phenomenal cast of 50. The music by Elton John has been called by the New York Post "his best score yet!"

Note: Fee includes van transportation, show and escort. This trip is not discountable.

5/28 Sa Noon-6:00 PM \$95 64835-01

Sunday Out to Lunch

Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's half the fun. It's a mystery.

Note: Fee includes transportation and escort.

5/29 Su Noon-4:00 PM \$8 64836-01

Thank you to our 2010 Senior Center donors. We appreciate your support!

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See page 74.

"AOA" Badminton Players

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings!

Age: 18 years & up**Location:** Northside Aztlan Center

Ongoing Tu,Th 8:00-10:00 AM Drop-in Fees

"AOA" Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings!

Age: 18 years & up**Location:** Northside Aztlan Center

Ongoing M,W,F 8:00-11:00 AM Drop-in Fees

Lunchtime Basketball

If you're looking for a lunch time workout and want to have fun doing it come at noon and run ball with the "nooners." These group of 18+ year old men run every afternoon at noon.

Age: 18 years & up

Ongoing M-F Noon-2:00 PM Drop-in Fees

Women's Drop-In Basketball

Come join our women's groups who have been running ball for years strong! This recreational night is designated just for you to lace them up and get your run in for the night!

Age: 18 years & up

Ongoing Th 4:00-6:00 PM Drop-in Fees

Handball Courts

Come try our new outdoor courts! Handball is a sport in which players hit a small rubber ball against one or more walls. For more information call 970.221.6655

Location: Northside Aztlan Community Center

Adult Sports

Coed Dodgeball

Play an American classic - dodgeball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational; 7 games scheduled, 7 games guaranteed, 6 on the court at all times. Games last 30 minutes. Registration begins 11/18, ends 12/17 or when leagues fill (whichever comes first). League begins the week of 1/14.

Age: 16 years & up**Location:** Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. 3 Men and 3 Women on the court at all times! Games last 30 mins. Substitutes are recommended.

4/1-5/13 F 6:00-10:00 PM \$234 65885-01

Spring Coed Kickball

Play an American Classic - Kickball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational. Registration begins 2/21, ends 3/4 or when league fills. League begins 3/25, 6 games scheduled.

Age: 16 years & up**Location:** Rolland Moore Park

Note: Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

3/25-4/29 F 6:00-10:00 PM \$184 66144-01

Spring Adult Volleyball

Coed and women's leagues will be offered for 6 person and 4 person indoor leagues. Teams will sign up for their level/playing night preference on a first come basis. Level A - Competitive, BB - Intermediate, B - Recreational.

Registration: Begins 2/21, ends 3/4 or when leagues fill.**League Start:** Week of 3/21, 8 games scheduled.**Fee:** \$274 / 6-person team, \$174 / 4-person team**Age:** 16 years & up**Location:** Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Coed

Mon. BB 66145-01 Tuesday A 66145-03

Mon. B 66145-02 Tuesday BB 66145-04

Women's

Wednesday A 66145-05 Wednesday BB 66145-06

Coed 4's

Friday A/BB 4's 66145-07

Spring Softball

Teams will have the opportunity to get the rust off before the summer leagues begin!

Registration: Begins 2/21, ends 3/4 or when leagues fill.**League Start:** Week of 3/20, 6 games scheduled.**Fee:** \$329**Age:** 16 years & up**Location:** Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Men's

Sunday IV 66146-01 Wednesday III 66149-01

Monday IV 66147-01 Wednesday IV 66149-02

Tuesday III 66148-01 Thursday III 66150-01

Tuesday IV 66148-02 Friday III 66151-01

Women's

Thursday III 66152-01

Coed

Sunday Rec 66153-01 Wednesday Rec 66155-01

Tuesday Rec 66154-01 Wednesday Comp 66155-02

Summer Softball

Scheduled City League softball games will be played at Fossil Creek Park, Lee Martinez Park, and Rolland Moore Park. Awards will be given for league winners. Optic Yellow balls will be used. The City is offering adult coed softball leagues. Coed leagues will play with men hitting the 12" softballs and women hitting the 11" softballs.

Registration: Begins 4/4, ends 4/15 or when leagues fill.

League Start: Week of 5/8

Fee: \$569

Age: 16 years & up

Location: Tba

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Leagues not discountable. Class will not be held on 5/27, 5/29, 5/30, 7/1, 7/3, 7/4.

Men's

Sun. III	76172-01	Wednesday II	76175-01
Sun. IV	76172-02	Wednesday III	76175-02
Monday III	76173-01	Wednesday IV	76175-03
Monday IV	76173-02	Thursday III	76176-01
Tuesday II	76174-01	Thursday IV	76176-02
Tuesday III	76174-02	Thursday FP	76177-01
Tuesday IV	76174-03	Friday III	76178-01
		Friday IV	76178-02

Women's

Tues IV	76179-01	Thurs IV	76181-02
Wed IV	76180-01	Thur Leisure	76181-03
Thurs III	76181-01		

Coed

Sun Recreation	76182-01	Wed Competitive	76184-01
Tue Competitive	76183-01	Wed Recreation	76184-02
Tue Recreation	76183-02	Thurs Recreation	76188-01

Softball Tournament (1-Day)

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9:00 AM and continues until 10:00 PM (depending on number of entries). Registration begins 5/16, ends 6/3, or when divisions fill. Two games guaranteed.

Registration: Begins 5/16, ends 6/3 or when divisions fill.

Tournament Date: June 11

Fee: \$254

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Men's		Coed	
II	76185-01	Competitive	76185-04
III	76185-02	Recreation	76185-05
IV	76185-03		

Softball Tournament (2-Day)

Games will be played at Rolland Moore Park and other community parks if needed. Play begins 9:00 AM and continues until 10:00 PM (depending on number of entries). Registration begins 7/11, ends 8/5, or when divisions fill. Two games guaranteed.

Registration: Begins 7/11, ends 8/5 or when divisions fill.

Tournament Date: August 13 & 14

Fee: \$254

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited. (Participants 16 & 17 need parent signature on roster prior to participation). Tournament fee not discountable.

Men's		Coed	
II	76186-01	Competitive	76186-04
III	76186-02	Recreation	76186-05
IV	76186-03		

Adult Tennis**Spring Adult Classes**

Please check www.Lewistennis.com for days and times or to check the availability of city courts.

Beginner Lessons

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons

Refine your skills. Learn the "Modern Game". Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching Programs

Get your team ready for the USA Tennis Leagues. Professional coaching will improve your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

All Spring Sessions run for four weeks

Session 1 Feb 28-March 27

Session 2 March 28-April 24

Session 3 April 25-May 22

Spring Events & Tournaments

3/5: Little Champions

3/12: March Madness Satellite

5/28: Extravaganza, Noon-2:00 PM at Rolland Moore

Outdoor Volleyball

This is a self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long. Individual awards will be given for all league winners.

Registration: Begins 5/16, ends 6/3 or when leagues fill.

League Start: Week of 6/13

Fee: \$44/doubles, \$84/fours

Age: 16 years & up

Location: Spring Canyon Park, 2626 W. Horsetooth Road

Note: Rosters are unlimited (Participants 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 7/4.

Coed Doubles

Mon. A Doubles 76187-01

Mon BB - Double 76187-02

Coed Fours

Wed A 76187-05

Wed BB 76187-06

Thurs B 76187-08

Women Doubles

Tue BB - Doubles 76187-03

Tue B - Doubles 76187-04

Mens Doubles

Thur BB 76187-07

Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 1/31, ends 2/18 or when league fills. League begins the week of 3/1, 6 games scheduled.

Age: 16 years & up

Location: The Edge

Note: League schedules will be mailed to managers. Schedules will be mailed 1 week before the league begins. If you have not received it by this time, please call the adult sports office at 221-6356. Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

3/1-4/21 Tu,Th 6:00-10:00 PM \$439 56130-01

Summer Basketball League

Escape the heat and join the fun! Gather up your co-workers and friends to come and play in this Friday night basketball league. Teams will sign up for their level/playing preference on a first come-first serve basis.

Registration: Begins 4/25, ends 5/20 or when leagues fill

League Start: Week of 6/3, 8 games scheduled.

Fee: \$369

Age: 16 years & up

Location: Northside Aztlan Center

Note: League schedules will be mailed to managers a week before the league begins. If not received it by this time, call 970.221.6356. Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Friday Competitive 76189-01 Friday Recreational 76189-02

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available.

Age: 14 years & up

Location: Northside Aztlan Center

Note: Contact Renee Lee for more information, 970.224.6027. Class partially discountable.

3/22-5/10 Tu 6:30-8:00 PM \$12 64606-01

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Goalball 

Goalball is a fast paced sport, played by people with blindness or visual impairments. Sighted players can join in the fun, using vision adaptations. It has become a favorite Para Olympic sport!

Age: 12 years & up

Location: Youth Activity Center

Note: Participants of all levels are welcome. For more information or to volunteer, contact Jenna at 970.224.6125 or jvanfossan@fcgov.com. Class partially discountable.

4/9-5/14	Sa	9:30-11:30 AM	\$24	64612-01
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Unified Sports 

Unified sports bring players with and without disabilities together to play as teammates against other integrated teams. Unified teams play games and scrimmages and have the opportunity to compete in Special Olympics Unified area tournament.

Adult Softball 

Age: 16 years & up

Location: Beattie Elementary

Note: Registration deadline: April 1, 2011 Teams will have practice/game for 1 hour. Game schedule will be distributed at the first practice. For more information, contact Renee, 970.224.6027 or rlee@fcgov.com. Class partially discountable. Class will not be held on 5/30, 7/4.

5/16-8/15	M	5:00-8:00 PM	\$23	64605-01
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Adult Soccer 

Age: 16 years & up

Location: Troutman Park

Note: Attendants welcome at no fee. For information or to volunteer, call Jenna Van Fossan at 970.224.6125. Class partially discountable.

4/6-5/11	W	5:30-6:45 PM	\$21	64613-01
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Junior Soccer 

Age: 8-21 years

Location: Troutman Park

Junior Child

4/4-5/9	M	5:00-6:15 PM	\$21	64615-01
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Family

4/4-5/9	M	5:00-6:15 PM	\$30	64615-02
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Fencing**Youth Fencing**

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense.

Age: 10-12 years

Location: Northside Aztlan Center

Note: Equipment provided. Wear athletic shoes, T-shirt and long loose pants.

3/25-5/20	F	4:30-6:00 PM	\$64	65870-01
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3/26-5/14	Sa	9:00-10:30 AM	\$64	65870-02
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Teen/Adult Beginning Fencing

Build on the skills learned in the previous class.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Wear athletic shoes, T-shirt, and long loose pants. Equipment provided. Class will not be held on 4/18, 4/23.

3/21-5/16	M	5:30-7:00 PM	\$64	65871-01
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3/26-5/21	Sa	11:00 AM-12:30 PM	\$64	65871-02
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Teen/Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

3/11-4/1	F	6:15-8:15 PM	\$32	65872-01
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4/8-4/29	F	6:15-8:15 PM	\$32	65872-02
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5/6-5/27	F	6:15-8:15 PM	\$32	65872-03
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Youth Sports**Baton Twirling is Catching**

Here's your opportunity to perform in parades/shows! National twirl instructor Yvonne Pedersen is known for bringing out full potential while making learning fun. Build self-esteem, self-discipline, & teamwork skills, and enhance your coordination, rhythm, poise, & grace. Classes focus on twirling, dance, and drilling.

Age: 5-14 years

Note: Class Partially Discountable Professional ABC baton required and available for purchase from instructor for additional \$25. Intro Level I is for first-time twirlers. Levels II+ are for more advanced twirlers who opt to participate in select performances; admitted to class by instructor assignment/invitation only. Additional costs for performances (optional).

Location: Shepardson Elementary School

Level II

4/13-5/18	W	5:00-6:00 PM	\$68	65620-03
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Level III

4/13-5/18	W	6:00-7:00 PM	\$68	65620-04
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Location: Youth Activity Center

Intro Level I

4/15-5/20	F	4:30-5:30 PM	\$68	65620-01
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4/17-5/22	Su	2:00-3:00 PM	\$68	65620-02
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Level IV

4/15-5/20	F	5:30-6:30 PM	\$68	65620-05
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Boxing

Our USA Boxing certified instructors are here to train and condition you or your child for recreation or competition. No experience needed.

Age: 8-18 years

Location: Northside Aztlan Center

2/28-3/23	M,W	6:30-7:30 PM	\$48	65880-01
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4/4-4/27	M,W	6:30-7:30 PM	\$48	65880-02
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5/2-5/25	M,W	6:30-7:30 PM	\$48	65880-03
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Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Learn the basic techniques and how to be safe.

Age: 8-16 years

Location: Rocky Mtn. Archery, 4518 Innovation Drive

Note: Equipment is provided.

4/14-4/15	Th,F	4:15-5:30 PM	\$30	65875-01
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CARA Track

The basic techniques of track will be taught, and participants will be able to compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday mornings. Participants are responsible for their own transportation to practices and meets.

Age: 5-16 years

Location: Fort Collins High School

Note: Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets.

Age: 5-10 years

6/6-7/23	M,W,F	9:00-10:15 AM	\$80	76350-01
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Age: 11-16 years

6/6-7/23	M,W,F	9:00-11:45 AM	\$80	76350-02
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Amazing Athletes

Come try this class which will allow your child to thoroughly explore all 9 Amazing Athlete sports! Learn basic skills, scoring and terminology for basketball, baseball, soccer, volleyball, football, lacrosse, hockey, tennis and golf. The curriculum is specifically designed for children ages 6 and under to keep them engaged & having FUN, which is the most effective way to get your child hooked on sports!

Age: 2½-4 years

Location: Youth Activity Center

Note: Class will not be held on 3/14, 3/17.

Age 2½-3

2/28-4/11	M	9:00-9:30 AM	\$45	56386-05
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3/3-4/14	Th	9:00-9:30 AM	\$45	56386-07
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4/18-5/16	M	9:00-9:30 AM	\$35	66386-01
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4/21-5/19	Th	9:00-9:30 AM	\$35	66386-02
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Age 3½-5 years

2/28-4/11	M	9:45-10:30 AM	\$45	56386-06
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3/3-4/14	Th	9:45-10:30 AM	\$45	56386-08
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4/18-5/19	M	9:45-10:30 AM	\$39	66386-03
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4/21-5/19	Th	9:45-10:30 AM	\$39	66386-04
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Challenger British Soccer Camps

To register for Challenger British Soccer camps visit www.challengersports.com

British Soccer Camps provide young players with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of Fort Collins. Each British Soccer Camp provides players of all ages and abilities the appropriate program and level of curriculum and a wonderful cultural and educational camp experience!

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Equally important, the Challenger coaching staff provides your child with lessons in self-discipline, good sportsmanship and respect for others and for the game. Campers will enjoy a daily program of Camp break activities and an end of camp graduation party! Camps include T-shirt and ball!

Challenger Camps will run July 25-July 29 at City Park.

First Kicks

Age: 3 – 11:00 AM–Noon \$91

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. Parents are encouraged to join in and help guide their child through this fun learning experience.

Mini Soccer

Age: 4-5 – 9:00-10:30 AM \$108

Fun games, competitions and skill building activities are designed to enlighten and develop budding players.

Half Day

Age: 6-14 – 9:00 AM-Noon \$145

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program.

Golden Goal Camp

Age: 6-14 – 1:00-3:00 PM \$51

Special bonus for Half-Day campers includes fun competitions and scrimmages. To receive a free \$40 jersey register before 6/11 at Challengersports.com. To register for Challenger British Soccer camps visit www.challengersports.com

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Skyhawks Sports Camps

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport.

Age: 4-14 years

Note: All participants receive a T-shirt and merit award. The participant-to-coach ratio is no more than 14:1. Participants should bring appropriate clothing, a lunch and snack (for programs over four hours) or two snacks (for programs four hours or less), a water bottle, running shoes and sunscreen.

Basketball

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding.

Location: Youth Activity Center

Age: 6-10 years

6/27-7/1	M-F	9:00 AM-Noon	\$118	76335-07
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Age: 7-12 years

7/25-7/29	M-F	1:00-4:00 PM	\$118	76335-15
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Baseball

Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new skills along with vital life lessons.

Note: Participants should also bring a baseball glove.

Age: 6-12 years

Location: Spring Canyon Park

7/18-7/22	M-F	9:00 AM-Noon	\$118	76335-13
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Beginning Golf

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is designed for the entry-level player; SNAG simplifies instruction so that players can make an easy and effective transition onto the golf course. All equipment provided.

Age: 5-8 years

Location: Spring Canyon Park

7/18-7/22	M-F	9:00 AM-Noon	\$133	76335-14
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Cheerleading

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the team! There is no stunting in this program, just a focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. Concludes with a choreographed performance.

Age: 5-9 years

Location: Youth Activity Center

6/6-6/10	M-F	9:00 AM-Noon	\$118	76335-02
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Flag Football

Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl!

Age: 6-12 years

Location: Fossil Creek Park

6/13-6/17	M-F	9:00 AM-Noon	\$118	76335-04
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Lacrosse

Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast-paced, high-scoring game. Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment.

Note: Participants should bring a mouthpiece, protective gloves, a helmet with full mask (or goggles for girls lacrosse), a lacrosse stick in addition to the above. *Limited lacrosse kits available for online rental. Kits include helmet with full mask, lacrosse stick, and protective gloves. Call 800-804-3509 or visit www.skyhawks.com to reserve your kit.

Age: 6-12 years

Location: Spring Canyon Park

7/11-7/15	M-F	9:00 AM-Noon	\$118	76335-11
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Mini Hawk

This multi-sport program was developed to give 4 to 6 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

Age: 4-7 years

Location: City Park

5/31-6/3	Tu-F	9:00 AM-Noon	\$94	76335-01
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6/13-6/17	M-F	9:00 AM-Noon	\$118	76335-06
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8/8-8/12	M-F	9:00 AM-Noon	\$118	76335-18
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Location: Fossil Creek Park

7/5-7/8	Tu-F	9:00 AM-Noon	\$94	76335-09
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7/25-7/29	M-F	9:00 AM-Noon	\$118	76335-16
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Multi Sport – Soccer & Flag Football

Our multi-sport camp is designed to introduce athletes to a variety of different sports in one setting. For this program we combine soccer and flag football into one fun-filled week. Athletes will learn the rules and essential skills of each sport along with vital life lessons.

Note: Participants should also bring a baseball glove.

Age: 6-10 years

Location: City Park

6/6-6/10	M-F	1:00-3:00 PM	\$80	76335-03
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Age: 6-12 years

Location: City Park

7/11-7/15	M-F	1:00-3:00 PM	\$80	76335-12
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Location: Fossil Creek Park

8/1-8/5	M-F	9:00 AM-Noon	\$80	76335-17
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Soccer

This is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Your athlete will gain the technical skills and sport knowledge required for that next step into soccer.

Note: Participants should bring shin guards in addition to the above.

Age: 6-12 years

Location: Fossil Creek Park

6/27-7/1	M-F	9:00 AM-Noon	\$80	76335-08
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Volleyball

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed, outdoor program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

Note: Participants should bring knee pads in addition to the above.

Age: 7-14 years

Location: Youth Activity Center

7/11-7/15	M-F	9:00 AM-Noon	\$118	76335-10
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Spring Break Basketball Camp

Skyhawks basketball breaks this sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on fundamentals. Having fun and improving skills is the goal. Athletes will put their skills to test in an end-of-the-week tournament!

Age: 6-10 years

Location: Youth Activity Center

Note: Includes T-Shirt and Merit award. Class partially discountable.

3/14-3/18 M-F 1:00-4:00 PM \$118 66398-01

Spring Break Minihawk Camp

An introductory program for young children; Mini-Hawks helps children explore the basics of soccer, baseball & basketball while instilling confidence. Our Mini-Hawk coaching staff is trained to meet the needs of children and help them get started on the right foot.

Age: 4-6 years

Location: Youth Activity Center

Note: Includes T-Shirt and Merit award. Class partially discountable.

3/14-3/18 M-F 9:00 AM-Noon \$118 66399-01

Spring Football Camp

Put on the pads for Spring Drills! This camp works on fundamentals of tackle football. Players have 5 practices with a "spring game."

Grade: 4-7

Location: City Park

4th/5th Grade Camp

5/9-5/25 M,W 5:00-6:30 PM \$40 66375-01

6th/7th Grade Camp

5/10-5/26 Tu,Th 5:00-6:30 PM \$40 66375-02

Rookie Rugby

This non-contact Rugby League will introduce youth to one of the most popular sports in the world! All players will receive a rugby ball! Players must have the Recreation Green and Gold Reversible Jersey.

Ages: 8-12

Location: Spring Canyon Park

Note: Green and Gold Reversible Jersey needed for this program

Age: 8-10

4/4-5/7 M,W 5:00-6:15 PM \$39 66300-01

Age: 11-12

4/4-5/7 M,W 5:00-6:15 PM \$39 66300-02

Sporties for Shorties

Let's explore the world of balls, bats, and baskets in this fun-filled class. We will work on large and small motor skills as they relate to throwing, kicking, and catching. Come play ball with us! Each session will highlight different skills and different sports along with team work!

Age: 3½-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

2/1-2/15 Tu 10:00-10:45 AM \$25 56310-03

2/2-2/16 W 9:00-9:45 AM \$25 56310-04

2/22-3/8 Tu 9:00-9:45 AM \$25 56310-05

2/23-3/9 W 10:00-10:45 AM \$25 56310-06



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Specialty Sports for Shorties

Let's explore football! We will work on large and small motor skills as they relate to throwing, kicking, and catching. Come play ball with us! Learn the football basics in this fun and exciting class!

Age: 3½-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

Football

2/2-2/16	W	10:00-10:45 AM	\$25	56311-04
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Baseball

2/22-3/8	Tu	10:00-10:45 AM	\$25	56311-05
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2/23-3/9	W	9:00-9:45 AM	\$25	56311-06
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Girls 4x4 Outdoor Volleyball League

This is a self-officiated outdoor 4 x 4 girl's grass league with three matches per night. The season is approximately six weeks long with an end of season tournament. Individual awards will be given for all league winners. Register as a team and compete in an organized league. Matches will be played on Thursday nights.

League Start: Week of 6/16

Fee: \$50

Grade: 6-12 (based on the 2010/2011 school year)

Location: Spring Canyon Park, 2626 W. Horsetooth Road

Grade: 6-8

Thurs MS	76394-01
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Grade: 9-12

Thurs HS	76394-02
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Youth Team Sports**3rd, 4th, 5th, 6th, 7th & 8th Grade Volleyball**

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings. Practices days and times vary.

Registration Deadline: 3/18

League Start: Week of 3/28

Fee: \$59 (plus \$15 green and gold reversible jersey, if needed).

3rd, 4th & 5th Grade

Northside Aztlan Center	66301-10
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Youth Activity Center	66301-01
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6th Grade

Blevins	66302-01	Lincoln	66302-10
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Boltz	66302-02	Preston	66302-12
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CLP	66302-04	Tba (Ridgeview)	66302-17
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Kinard	66302-06	Webber	66302-14
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Leshner	66302-08	Wellington	66302-16
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7th & 8th Grade

Blevins	66303-01	Lincoln	66303-11
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Boltz	66303-03	Preston	66303-13
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CLP	66303-05	Ridgeview	66303-19
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Kinard	66303-07	Webber	66303-15
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Leshner	66303-09	Wellington	66303-17
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Celebrating 50 Years of Fun!
Fort Collins Baseball Club

Recreation Leagues

Boys and Girls Current Grade

2010-2011 Pre-K (5 by 9/15/11) to 11th Grade

Travel Team information located at:

www.fortcollinsbaseballclub.org

**REGISTRATION CONTINUES
THROUGH MARCH 31ST**

For On-Line Registration & Forms visit:
www.fortcollinsbaseballclub.org

970-484-3368



Fort Collins Baseball Club

211 S. Bryan Ave.

(by City Park) • P.O. box 1031

Fort Collins • 80522

Director@fcbcmail.com

Ultimate Football

Introduce your 1st or 2nd grader to the concepts of football by enrolling them in Ultimate Football where every player can be quarterback! This non-contact football program consists of the fundamentals of football while combining the rules of soccer, hockey, ultimate Frisbee, basketball, and of course football! League features one practice per week and games on Saturday mornings.

Registration Deadline: 3/19 or when teams fill, whichever comes first

League Start: Week of 3/29

Fee: \$49 (plus \$15 jersey, if needed)

Grade: 1-2

Note: Participants register by practice location, not by school. 6 games scheduled.

Ault	66305-11	Rolland Moore	66305-06
City Park	66305-01	Spring Canyon	66305-07
Edora Park	66305-02	Troutman Park	66305-08
Fossil Creek Park	66305-03	Warren Park	66305-09
Harmony Park	66305-05	Windsor	66305-10

3rd, 4th, 5th & 6th Grade Flag Football

The City of Fort Collins Flag Football program teaches the basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

Registration Deadline: 3/18 or when teams fill, whichever comes first

League Start: Week of 3/28

Fee: \$49 (plus \$15 jersey, if needed)

Grade: 3-6

Note: Players register by practice location, not by school. 6 games scheduled.

3rd & 4th Grade

Ault, Co	66306-21	Harmony Park	66306-12
Beattie Park	66306-01	Miramont Park	66306-14
Blevins Middle	66306-02	Ridgeview Park	66306-15
Case Park	66306-03	Rolland Moore	66306-16
City Park	66306-04	Spring Canyon	66306-17
Edora Park	66306-06	Spring Park	66306-18
English Ranch	66306-07	Troutman Park	66306-19
Fossil Creek	66306-09	Warren Park	66306-20
Greenbriar Park	66306-11	Windsor	66306-22

5th & 6th Grade

Ault	66307-17	Harmony Park	66307-09
Blevins Park	66307-01	Rolland Moore	66307-11
City Park	66307-02	Rosborough	66307-12
English Ranch	66307-03	Spring Canyon	66307-13
Fossil Creek Park	66307-05	Spring Park	66307-14
Golden Meadows	66307-07	Troutman Park	66307-15
Greenbriar Park	66307-08	Warren Park	66307-16
Windsor	66307-18		

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7th & 8th Flag Football

Represent your Middle School in the spring flag football season! This season will teach basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

League Start: Week of 3/28

Fee: \$49 (plus \$15 jersey, if needed)

Grade: 7-8

Ault	66308-10	Lincoln	66308-06
Blevins	66308-01	Preston	66308-07
Boltz	66308-02	Webber	66308-08
CLP	66308-03	Wellington	66308-09
Kinard	66308-04	Windsor	66308-11
Leshar	66308-05		

Girls' Softball 1st-8th

Spend some time this summer learning and improving your slow pitch softball skills and enjoying team competition. One-two practices are held per week (days and times to be announced). Based on 2010/2011 school year. Games played Monday or Wednesday nights.

League Start: Week of 5/30

Fee: \$50 (plus \$15 jersey, if needed)

Grade: 1-8

1st, 2nd & 3rd Grade

City Park	76377-01	Rolland Moore	76377-05
Fossil Creek	76377-03	Spring Canyon	76377-07

4th & 5th Grade

City Park	76378-01	Rolland Moore	76378-05
Fossil Creek	76378-03	Spring Canyon	76378-07

6th, 7th & 8th Grade

Blevins	76379-01	Lincoln	76379-11
Boltz	76379-03	Preston	76379-13
CLP	76379-05	Webber	76379-15
Kinard	76379-07	Wellington	76379-17
Leshar	76379-09		

Summer 2nd & 3rd Grade Boys & Girls Basketball

Formation of teams including a coach that passes a background check, 6 scheduled games, NBA/WNBA reversible replica jerseys, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected.

Fee: \$59

Grade: 2-3 (based on 2010/2011 school year)

Boys

City Park	76381-11	Spring Canyon	76381-09
Fossil Creek	76381-01	Troutman Park	76381-07
Lee Martinez	76381-13	Warren Park	76381-03
Rolland Moore	76381-05		

Girls

City Park	76382-11	Spring Canyon	76382-09
Fossil Creek	76382-01	Troutman Park	76382-07
Lee Martinez	76382-13	Warren Park	76382-03
Rolland Moore	76382-05		

Summer 4th & 5th Grade Boys & Girls Basketball

Formation of teams including a coach that passes a background check, 6 scheduled games on Monday Nights, NBA/WNBA reversible replica jerseys, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected.

Fee: \$59

Grade: 4-5 (Based on 2010/2011 school year)

Boys

City Park	76383-11	Spring Canyon	76383-09
Fossil Creek Park	76383-01	Troutman Park	76383-07
Lee Martinez	76383-13	Warren Park	76383-03
Rolland Moore	76383-05		

Girls

City Park	76384-11	Spring Canyon	76384-09
Fossil Creek Park	76384-01	Troutman Park	76384-07
Lee Martinez	76384-13	Warren Park	76384-03
Rolland Moore	76384-05		



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Summer 6th, 7th, 8th Grade Boys & Girls Basketball

Formation of teams including a coach that passes a background check, 6 scheduled games on Monday Nights, NBA/WNBA reversible replica jerseys, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected.

League Start: Week of 5/30

Fee: \$59

Grade: 6-8 (based on 2010/2011 school year)

6th Grade Boys

City Park	76385-11	Spring Canyon	76385-09
Fossil Creek	76385-01	Troutman Park	76385-07
Lee Martinez	76385-13	Warren Park	76385-03
Rolland Moore	76385-05		

6th Grade Girls

City Park	76386-11	Spring Canyon	76386-09
Fossil Creek Park	76386-01	Troutman Park	76386-07
Lee Martinez	76386-13	Warren Park	76386-03
Rolland Moore	76386-05		

7th & 8th Grade Boys

City Park	76387-11	Spring Canyon	76387-09
Fossil Creek Park	76387-01	Troutman Park	76387-07
Lee Martinez Park	76387-13	Warren Park	76387-03
Rolland Moore	76387-05		

7th & 8th Grade Girls

City Park	76388-11	Spring Canyon	76388-09
Fossil Creek Park	76388-01	Troutman Park	76388-07
Lee Martinez	76388-13	Warren Park	76388-03
Rolland Moore	76388-05		

Summer High School Basketball

Formation of teams including a coach that passes a background check, scheduled games, NBA/WNBA reversible replica jerseys, six games, one official minimum for games, and a tournament at the end will be provided for this league. Coaches will have the option to hold one or two practices per week. Teams will be randomly selected. Based on 2010/2011 School Year. Grades 9-11 only

League Start: Week of 5/24

Fee: \$59

Grade: 9-11

Location: Northside Aztlan Center

Boys	76391-01	Girls	76391-02
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Basketball Middle School 6th-8th Grade Team

This league is set up for pre-formed teams that wish to compete. Season will consist of 6 games plus a single elimination tournament. Teams must provide a qualified coach to be on the bench during the games, and teams must wear same colored jerseys with an identifiable number on the back. Based on 2010/2011 School Year. Tuesday night games.

Fee: \$454

Start Date: Week of 6/7

Grade: 6-8

Location: Northside Aztlan Center

Boys	76392-01	Girls	76392-02
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Basketball High School 9th-12th Grade Team

This league is set up for pre-formed teams that wish to compete. Season will consist of 6 games plus a single elimination tournament. Teams must provide a qualified coach to be on the bench during the games, and teams must wear same colored jerseys with an identifiable number on the back. Thursday night games.

Fee: \$454

Start Date: Week of 6/9

Grade: 9-12 (based on 2010/2011 school year)

Location: Northside Aztlan Center

Boys	76393-01	Girls	76393-02
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0-12 months		Shake, Rattle, Roll	50	Diving	24	Imagination Station	48
Tot Gym	46	Specialty Sports for Shorties	97	EPIC Adventures	48	It's Raining Cats & Dogs!	49
Baby Gym	46	Sporties for Shorties	96	EPIC Adventures Mini Camp Spring Break	43	Karate	65
		Story Station	36	EPIC Mini Camp Summer Fun!	43	Kids Night In	58
6-12 months		Storybook Theater	59	Expressive Art	35	Kites in the Park	15
Mommy, Daddy & Me Sign Language	51	Those Amazing Dinosaurs	48	Fairy Tales Come to Life Drama Camp	59	Learn to Swim	21
Learn to Swim	21	Tool Time	47	Family Yoga	67	Lego Crazy Schools Out Day Camp	58
		Tot Gym	46	Funtastical Fridays	57	Lights! Camera! Action!	59
9-12 months		Trucks, Trains, Airplanes	48	Funtime Pre-K	46	Little Monsters	49
Snuggle Bugs	51	Ultimate Fort Making	49	Giant Friends Club Special Event 440	15	Marvelous Mondays	47
Learn to Swim	21			Hockey	73	Mini Day Camp	45
		4 years old		I Want to Be A Scientist	49	Not-So-Mini Day Camp	45
12-18 months		Alphabet Soup	47	Ice Skating	70	Petite Ballerinas	42
Splish Splash Playgroup	50	Amazing Athletes	94	Imagination Station	48	Pony Experience	60
Baby Gym	46	Art Discovery	50	Invisible Garden	36	Pottery	37
		Bugs!	49	It's Raining Cats & Dogs!	49	Pre-Engineering Camp	43
12-24 months		Challenger British Soccer Camps	94	Kids Night In	58	School's Out Days	58
Mommy, Daddy & Me Sign Language	51	Dancin' Dumplins Recital	41	Kites in the Park	15	Skyhawks Sports Camps	95
Shake, Rattle, Roll	50	EPIC Adventures	48	Learn to Swim	21	Spring Break Basketball Camp	96
Tot Gym	46	EPIC Adventures Mini Camp Spring Break	43	Lights! Camera! Action!	59	Spring Break Minihawk Camp	96
		EPIC Mini Camp Summer Fun!	43	Little Monsters	49	Summer Garden Camp	44
15-24 months		Expressive Art	35	Marvelous Mondays	47	Synchronized Skating	73
I Can Do It Myself	50	Family Yoga	67	Pee Wee Farmers	60	Tool Time	47
		Funtastical Fridays	57	Petite Ballerinas	42	Trucks, Trains, Airplanes	48
18-24 months		Funtime for Preschoolers	46	Pony Riding Lessons	60	Tumble Bumbles	41
Eggshell Garden	49	Funtime Pre-K	46	Pottery	37	Ultimate Football	98
Learn to Swim	21	Giant Friends Club Special Event 440	15	Pre-Engineering Camp	43	Ultimate Fort Making	49
Mini Explorers	51	Hockey	73	Ready to Read	48	Yoga Stories	66
Toddlers Playhouse	49	I Want to Be A Scientist	49	Ready! Set! Grow!	69	Young Illustrators Workshop	57
		Ice Skating	70	School's Out Days	58		
2 years old		Imagination Station	48	Skyhawks Sports Camps	95	7 years old	
Amazing Athletes	94	Invisible Garden	36	Specialty Sports for Shorties	97	2-Dimensional Media	36
Art Discovery	50	It's Raining Cats & Dogs!	49	Sporties for Shorties	96	Adaptive Swim Lessons	21
Cookin' & Crafts With Kids	51	Kids Night In	58	Spring Break Minihawk Camp	96	After School Farmers	60
Curious Two's	48	Learn to Swim	21	Story Station	36	After-School Enrichment	58
Funtime for Preschoolers	46	Lights! Camera! Action!	59	Storybook Theater	59	Art Studio	35
I Can Do It Too	50	Little Chefs	56	Tappin' Dumplins Recital	41	Artist Café	36
Li'l Dumplin's	60	Little Monsters	49	Those Amazing Dinosaurs	48	Ballet & Modern	41
Li'l Dumplin's & Beyond	60	Marvelous Mondays	47	Tool Time	47	Baton Twirling is Catching	93
Little Explorers	50	Monet's Garden	36	Tot Gym	46	Boys & Girls Basketball	99
Marvelous Mondays	47	Munchkin Math	48	Trucks, Trains, Airplanes	48	CARA Track	94
Outdoor Explorers	51	Outdoor Explorers	51	Tumble Bumbles	41	Challenger British Soccer Camps	94
Read & Seed	69	Pee Wee Farmers	60	Ultimate Fort Making	49	Cinco de Mayo Celebration	15
Roly Polys	50	Petite Ballerinas	42	Young Illustrators Workshop	57	Dancin' Dumplins Recital	41
		Pony Riding Lessons	60			Diving	24
3 years old		Pottery	37			Doodle Drawing	35
Alphabet Soup	47	Read & Seed	69	6 years old		Engineering FUNDamentals Camp	43
Amazing Athletes	94	Ready to Read	48	2-Dimensional Media	36	EPIC Adventures Mini Camp Spring Break	43
Art Discovery	50	Ready! Set! Grow!	69	Adaptive Swim Lessons	21	EPIC Mini Camp Summer Fun!	43
Bugs!	49	Skyhawks Sports Camps	95	After School Farmers	60	Fairy Tales Come to Life Drama Camp	59
Challenger British Soccer Camps	94	Specialty Sports for Shorties	97	After-School Enrichment	58	Family Yoga	67
Dancin' Dumplins	41	Sporties for Shorties	96	Art Studio	35	Giant Friends Club Special Event 440	15
Eggshell Garden	49	Spring Break Minihawk Camp	96	Artist Café	36	Girls Day Out	58
Expressive Art	35	Story Station	36	Ballet & Modern	41	Girls Softball	99
Family Yoga	67	Storybook Theater	59	Baton Twirling is Catching	93	Hip Hop Dance	42
Funtastical Fridays	57	Tappin' Dumplins Recital	41	Bugs!	49	Hip Hop Workshop	42
Funtime for Preschoolers	46	Those Amazing Dinosaurs	48	CARA Track	94	Hockey	73
I Want to Be A Scientist	49	Tool Time	47	Challenger British Soccer Camps	94	Ice Skating	70
Imagination Station	48	Tot Gym	46	Cinco de Mayo Celebration	15	Jump N Rope	67
Invisible Garden	36	Trucks, Trains, Airplanes	48	Dancin' Dumplins Recital	41	Jump N Rope Mini Camp	67
It's Raining Cats & Dogs!	49	Tumble Bumbles	41	Diving	24	Just Tumbling	41
Kids Night In	58	Ultimate Fort Making	49	Doodle Drawing	35	Karate	65
Learn to Swim	21			EPIC Adventures	48	Kids Night In	58
Lights! Camera! Action!	59	5 years old		EPIC Adventures Mini Camp Spring Break	43	Kites in the Park	15
Little Chefs	56	2-Dimensional Media	36	EPIC Mini Camp Summer Fun!	43	Learn to Swim	21
Little Monsters	49	Adaptive Swim Lessons	21	Fairy Tales Come to Life Drama Camp	59	Lego Crazy Schools Out Day Camp	58
Little Peepers	60	After-School Enrichment	58	Family Yoga	67	Mini Day Camp	45
Marvelous Mondays	47	Alphabet Soup	47	Funtastical Fridays	57	Not-So-Mini Day Camp	45
Monet's Garden	36	Ballet & Modern	41	Giant Friends Club Special Event 440	15	Pony Experience	60
Munchkin Math	48	Baton Twirling is Catching	93	Girls Day Out	58	Pottery	37
Outdoor Explorers	51	Bugs!	49	Girls Softball	99	Pre-Engineering Camp	43
Petite Ballerinas	42	CARA Track	94	Hockey	73	School's Out Days	58
Pony Riding Lessons	60	Challenger British Soccer Camps	94	I Want to Be A Scientist	49	Skyhawks Sports Camps	95
Pottery	37	Cinco de Mayo Celebration	15	Ice Skating	70	Speed Skating	71
Read & Seed	69	Dancin' Dumplins Recital	41				
Roly Polys	50						

Spring Break Adventures	43	Yoga Stories	66	After-School Enrichment	58	Barnbuster Blowout Day Camp	45
Spring Break Basketball Camp	96	Young Authors Workshop	57	After-School Riding Lessons	60	Basketball	100
Spring Break Garden Camp	69	Young Illustrators Workshop	57	Archery	93	Baton Twirling is Catching	93
Summer Adventure	44			Art Studio	35	Boxing	93
Summer Garden Camp	44	9 years old		Artist Café	36	Boys & Girls Basketball	99
Synchronized Skating	73	Adaptive Swim Lessons	21	Barnbuster Blowout Day Camp	45	Calming Kids Yoga	67
Tumble Bumbles	41	After School Farmers	60	Baton Twirling is Catching	93	CARA Track	94
Ultimate Football	98	After-School Enrichment	58	Boxing	93	Challenger British Soccer Camps	94
Violin	59	After-School Riding Lessons	60	Boys & Girls Basketball	99	Chessmates Chess Club	56
Yoga Stories	41	Archery	93	CARA Track	94	Children's Jazz Recital	42
Yoga Stories	66	Art Studio	35	Challenger British Soccer Camps	94	Cinco de Mayo Celebration	15
Young Illustrators Workshop	57	Artist Café	36	Chessmates Chess Club	56	Diving	24
		Barnbuster Blowout Day Camp	45	Children's Jazz Recital	42	Engineering FUNdamentals Camp	43
8 years old		Baton Twirling is Catching	93	Cinco de Mayo Celebration	15	Family Yoga	67
2-Dimensional Media	36	Boxing	93	Diving	24	Farm Day Camp	45
Adaptive Swim Lessons	21	Boys & Girls Basketball	99	Doodle Drawing	35	Fencing	93
After School Farmers	60	CARA Track	94	Engineering FUNdamentals Camp	43	Flag Football	98
After-School Enrichment	58	Challenger British Soccer Camps	94	Family Yoga	67	Flip Book Cartoon Drawing	35
After-School Riding Lessons	60	Chessmates Chess Club	56	Farm Day Camp	45	Freestyle Nights	15
Archery	93	Children's Jazz Recital	42	Fencing	93	Giant Friends Club Special Event ARRD	15
Art Studio	35	Cinco de Mayo Celebration	15	Flag Football	98	Girls 4x4 Outdoor Volleyball League	97
Artist Café	36	Diving	24	Flip Book Cartoon Drawing	35	Girls Day Out	58
Barnbuster Blowout Day Camp	45	Doodle Drawing	35	Giant Friends Club Special Event ARRD	15	Girls Softball	99
Baton Twirling is Catching	93	Engineering FUNdamentals Camp	43	Girls Day Out	58	Go Kart Camp	43
Boxing	93	Family Yoga	67	Girls Softball	99	Gross Goodies	58
Boys & Girls Basketball	99	Farm Day Camp	45	Go Kart Camp	43	Gross Grub	58
CARA Track	94	Flag Football	98	Gross Goodies	58	Guitar	59
Challenger British Soccer Camps	94	Flip Book Cartoon Drawing	35	Gross Grub	58	Hip Hop Dance	42
Chessmates Chess Club	56	Giant Friends Club Special Event ARRD	15	Guitar	59	Hip Hop Expo	12
Children's Jazz Recital	42	Girls Day Out	58	Hip Hop Dance	42	Hip Hop Workshop	42
Cinco de Mayo Celebration	15	Girls Softball	99	Hip Hop Workshop	42	Hockey	73
Diving	24	Go Kart Camp	43	Hockey	73	Ice Skating	70
Doodle Drawing	35	Gross Goodies	58	Ice Skating	70	Intro to Fashion Design	36
Engineering FUNdamentals Camp	43	Gross Grub	58	Jump N Rope	67	Jump N Rope	67
Fairy Tales Come to Life Drama Camp	59	Guitar	59	Jump N Rope Mini Camp	67	Jump N Rope Mini Camp	67
Family Yoga	67	Hip Hop Dance	42	Karate	65	Karate	65
Farm Day Camp	45	Hip Hop Workshop	42	Kid Bicycle Clinic	59	Kid Bicycle Clinic	59
Flag Football	98	Hockey	73	Kids Night In	58	Kids Night In	58
Flip Book Cartoon Drawing	35	Ice Skating	70	Kites in the Park	15	Kites in the Park	15
Giant Friends Club Special Event ARRD	15	Jump N Rope	67	Learn to Swim	21	Learn to Swim	21
Girls Day Out	58	Jump N Rope Mini Camp	67	Lego Crazy Schools Out Day Camp	58	Lego Crazy Schools Out Day Camp	58
Girls Softball	99	Karate	65	Magic & Illusions Camp	58	Magic & Illusions Camp	58
Go Kart Camp	43	Kids Night In	58	Origami	36	Origami	36
Gross Goodies	58	Kites in the Park	15	Pony Camp	45	Pony Camp	45
Gross Grub	58	Learn to Swim	21	Pottery	37	Pottery	37
Hip Hop Dance	42	Lego Crazy Schools Out Day Camp	58	Rookie Rugby	96	Rookie Rugby	96
Hip Hop Workshop	42	Magic & Illusions Camp	58	School's Out Days	58	School's Out Days	58
Hockey	73	Origami	36	Skyhawks Sports Camps	95	Skyhawks Sports Camps	95
Ice Skating	70	Pony Camp	45	Sled Hockey ARRD	73	Sled Hockey ARRD	73
Jump N Rope	67	Pottery	37	Speed Skating	71	Speed Skating	71
Jump N Rope Mini Camp	67	Rookie Rugby	96	Spring Break Adventures	43	Spring Break Adventures	43
Just Tumbling	41	School's Out Days	58	Spring Break Basketball Camp	96	Spring Break Garden Camp	69
Karate	65	Skyhawks Sports Camps	95	Spring Break Garden Camp	69	Spring Break Pony Camp	60
Kids Night In	58	Sled Hockey ARRD	73	Spring Break Pony Camp	60	Spring Football Camp	96
Kites in the Park	15	Speed Skating	71	Spring Football Camp	96	Stage Right to Drama Camp	59
Learn to Swim	21	Spring Break Adventures	43	Stage Right to Drama Camp	59	Summer Adventure	44
Lego Crazy Schools Out Day Camp	58	Spring Break Basketball Camp	96	Summer Adventure	44	Summer Garden Camp	44
Pony Camp	45	Spring Break Garden Camp	69	Summer Garden Camp	44	Survival in the Woods	44
Pottery	37	Spring Break Pony Camp	60	Survival in the Woods	44	Synchronized Skating	73
Rookie Rugby	96	Spring Football Camp	96	Synchronized Skating	73	Teen Supercamp Series	44
School's Out Days	58	Stage Right to Drama Camp	59	Violin	59	Violin	59
Skyhawks Sports Camps	95	Summer Adventure	44	Volleyball	97	Volleyball	97
Sled Hockey ARRD	73	Summer Garden Camp	44	Yoga Stories	41	Yoga Stories	41
Speed Skating	71	Survival in the Woods	44	Yoga Stories	66	Yoga Stories	66
Spring Break Adventures	43	Synchronized Skating	73	Young Authors Workshop	57	Young Authors Workshop	57
Spring Break Basketball Camp	96	Violin	59	Young Illustrators Workshop	57	Young Illustrators Workshop	57
Spring Break Garden Camp	69	Volleyball	97				
Spring Break Pony Camp	60	Yoga Stories	41	11 years old		12 years old	
Summer Adventure	44	Yoga Stories	66	Adaptive Swim Lessons	21	Active Teen Club ARRD	56
Summer Garden Camp	44	Young Authors Workshop	57	Adopt An Animal	61	Adaptive Cycling ARRD	74
Survival in the Woods	44	Young Illustrators Workshop	57	After-School Enrichment	58	Adaptive Swim Lessons	21
Synchronized Skating	73			After-School Riding Lessons	60	Adopt An Animal	61
Ultimate Football	98	10 years old		Archery	93	After-School Riding Lessons	60
Violin	59	Adaptive Swim Lessons	21	Art Studio	35	Archery	93
Volleyball	97	Adopt An Animal	61	Artist Café	36	Art Studio	35
Yoga Stories	41	After School Farmers	60	Babysitting Bootcamp	58	Artist Café	36

Babysitting Bootcamp	58	Backpacking Demo	76	Diving	24	Horsemanship I	45
Bambuster Blowout Day Camp	45	Basketball	100	Family Yoga	67	Horsemanship II	45
Basketball	100	Baton Twirling is Catching	93	Fencing	93	Hunter Education	76
Baton Twirling is Catching	93	Boxing	93	Flag Football	99	Ice Skating	70
Boxing	93	Boys & Girls Basketball	100	Flashlight Egg Hunt	15	Intro to Fashion Design	36
Boys & Girls Basketball	100	Calming Kids Yoga	67	Giant Friends Club Special Event ARO	15	Jitterbug & East Coast Swing	40
Calming Kids Yoga	67	CARA Track	94	Girls 4x4 Outdoor Volleyball League	97	Jump N Rope	67
CARA Track	94	Challenger British Soccer Camps	94	Girls Softball	99	Jump N Rope Mini Camp	67
Challenger British Soccer Camps	94	Chessmates Chess Club	56	Goalball ARO	93	Karate	65
Chessmates Chess Club	56	Cinco de Mayo Celebration	15	Gross Goodies	58	Keystone Adaptive Ski Trip ARO	74
Cinco de Mayo Celebration	15	Dancing with Don	39	Gross Grub	58	Kites in the Park	15
Diving	24	Diving	24	Guitar	59	Learn to Swim	21
Family Yoga	67	Family Yoga	67	High School Basketball	100	Lifeguarding and Water Safety Training	25
Farm Day Camp	45	Fencing	93	High School Basketball	100	Mountain Biking Trips	76
Fencing	93	Flag Football	99	Hockey	73	Nia	64
Flag Football	98	Flashlight Egg Hunt	15	Horsemanship I	45	Pottery	37
Flashlight Egg Hunt	15	Freestyle Nights	15	Horsemanship II	45	Salsa	40
Flip Book Cartoon Drawing	35	Giant Friends Club Special Event ARO	15	Hunter Education	76	Ski/Snowboard Trips	76
Freestyle Nights	15	Girls 4x4 Outdoor Volleyball League	97	Ice Skating	70	Sled Hockey ARO	73
Giant Friends Club Special Event ARO	15	Girls Softball	99	Intro to Fashion Design	36	Speed Skating	71
Girls 4x4 Outdoor Volleyball League	97	Goalball ARO	93	Jitterbug & East Coast Swing	40	Spin	63
Girls Day Out	58	Gross Goodies	58	Jump N Rope	67	Street Art	36
Girls Softball	99	Gross Grub	58	Jump N Rope Mini Camp	67	Teen Staycation Camp	45
Go Kart Camp	43	Guitar	59	Karate	65	Teen Supercamp Series	44
Goalball ARO	93	Hip Hop Expo	12	Keystone Adaptive Ski Trip ARO	74	The Breakfast Club	56
Gross Goodies	58	Hockey	73	Kites in the Park	15	Twist & Shout: Beatles Tribute	15
Gross Grub	58	Horsemanship I	45	Learn to Swim	21	Wheelchair Rugby ARO	92
Guitar	59	Horsemanship II	45	Mountain Biking Trips	76	Will Power & Grace	62
Hip Hop Expo	12	Hunter Education	76	Nia	64	Yoga	66
Hockey	73	Ice Skating	70	Pottery	37	Yoga in Spanish	66
Horsemanship I	45	Intro to Fashion Design	36	Salsa	40	Youth Night	15
Horsemanship II	45	Jitterbug & East Coast Swing	40	Ski/Snowboard Trips	76	Zumba	62
Hunter Education	76	Jump N Rope	67	Skyhawks Sports Camps	95		
Ice Skating	70	Jump N Rope Mini Camp	67	Sled Hockey ARO	73	16 years old	
Intro to Fashion Design	36	Karate	65	Speed Skating	71	Active Teen Club ARO	56
Jump N Rope	67	Kites in the Park	15	Spin	63	Adaptive Cycling ARO	74
Jump N Rope Mini Camp	67	Learn to Swim	21	Street Art	36	Adaptive Swim Lessons	21
Karate	65	Magic & Illusions Camp	58	Teen Staycation Camp	45	Adopt An Animal	61
Kid Bicycle Clinic	59	Mountain Biking Trips	76	Teen Supercamp Series	44	Adult Swim	24
Kites in the Park	15	Pottery	37	The Breakfast Club	56	Aerobics	64
Learn to Swim	21	Ski/Snowboard Trips	76	Volleyball	97	Archery	93
Lego Crazy Schools Out Day Camp	58	Skyhawks Sports Camps	95	Wheelchair Rugby ARO	92	Backpacking Demo	76
Magic & Illusions Camp	58	Sled Hockey ARO	73	Will Power & Grace	62	Basket for Newspapers & Magazines	29
Mountain Biking Trips	76	Speed Skating	71	Yoga	66	Basket for Wine	29
Origami	36	Spring Football Camp	96	Yoga in Spanish	66	Basketball	100
Pony Camp	45	Stage Right to Drama Camp	59	Young Illustrators Workshop	57	Boxing	93
Pottery	37	Street Art	36	Youth Night	15	Calming Kids Yoga	67
Rookie Rugby	96	Teen Staycation Camp	45	Zumba	62	CARA Track	94
Ski/Snowboard Trips	76	Teen Supercamp Series	44			Cinco de Mayo Celebration	15
Skyhawks Sports Camps	95	The Breakfast Club	56	15 years old		Clogging	39
Sled Hockey ARO	73	Volleyball	97	Active Teen Club ARO	56	Coed Dodgeball	90
Speed Skating	71	Yoga in Spanish	66	Adaptive Cycling ARO	74	Dancing with Don	39
Spring Break Adventures	43	Young Illustrators Workshop	57	Adaptive Swim Lessons	21	Diving	24
Spring Break Pony Camp	60	Youth Night	15	Adopt An Animal	61	Family Yoga	67
Spring Football Camp	96			Archery	93	Fencing	93
Stage Right to Drama Camp	59	14 years old		Babysitting Bootcamp	58	Flashlight Egg Hunt	15
Summer Adventure	44	Active Teen Club ARO	56	Backpacking Demo	76	Giant Friends Club Special Event ARO	15
Survival in the Woods	44	Adaptive Cycling ARO	74	Boxing	93	Girls 4x4 Outdoor Volleyball League	97
Synchronized Skating	73	Adaptive Swim Lessons	21	Calming Kids Yoga	67	Goalball ARO	93
Teen Staycation Camp	45	Adopt An Animal	61	CARA Track	94	Guitar	59
Teen Supercamp Series	44	Archery	93	Cinco de Mayo Celebration	15	High School Basketball	100
The Breakfast Club	56	Babysitting Bootcamp	58	Clogging	39	Horsemanship I	45
Volleyball	97	Backpacking Demo	76	Dancing with Don	39	Horsemanship II	45
Yoga Stories	41	Basketball	100	Diving	24	Hunter Education	76
Yoga Stories	66	Basketball	100	Family Yoga	67	Ice Skating	70
Young Authors Workshop	57	Baton Twirling is Catching	93	Fencing	93	Indoor Ultimate Frisbee	92
Young Illustrators Workshop	57	Boxing	93	Flashlight Egg Hunt	15	Intro to Fashion Design	36
Youth Night	15	Boys & Girls Basketball	100	Giant Friends Club Special Event ARO	15	Jitterbug & East Coast Swing	40
		Calming Kids Yoga	67	Girls 4x4 Outdoor Volleyball League	97	Jump N Rope	67
13 years old		CARA Track	94	Goalball ARO	93	Jump N Rope Mini Camp	67
Active Teen Club ARO	56	Challenger British Soccer Camps	94	Gross Goodies	58	Karate	65
Adaptive Cycling ARO	74	Chessmates Chess Club	56	Gross Grub	58	Keystone Adaptive Ski Trip ARO	74
Adaptive Swim Lessons	21	Cinco de Mayo Celebration	15	Guitar	59	Kites in the Park	15
Adopt An Animal	61	Clogging	39	High School Basketball	100	Learn to Swim	21
Archery	93	Clogging	39	Hockey	73	Lifeguarding and Water Safety Training	25
Babysitting Bootcamp	58	Dancing with Don	39				

Mexican Cooking	53	Outdoor Volleyball	92	Dancing with Don	39	Plants that Rock	68
Mindful Running for Beginners	63	Photography, Beginning	33	Deep H2O Plus	28	Porcelain Painting, Advanced	32
Mountain Biking Trips	76	Pottery	37	Deep H2O Workout	28	Porcelain Painting, Beginning	32
Nia	64	Private Dance Instruction	38	Denver Aquarium	19	Porcelain Painting, Intermediate	32
Outdoor Volleyball	92	Salsa	40	Digital Publishing	52	Pottery	33-34
Photography, Beginning	33	Season End Potluck	19	Diving	24	Private Dance Instruction	38
Pottery	37	Ski/Snowboard Trips	76	Downhill Skiing	74	Qi Gong	65
Salsa	40	Sled Hockey <ARO>	73	Drawing, Animals	30	Quicken	53
Season End Potluck	19	Softball Tournament	91	Energy Workshop for Beginners	55	Quilting Quorum	29
Ski/Snowboard Trips	76	Speed Skating	71	Excel	52	Restaurant Night	18
Sled Hockey <ARO>	73	Spin	63	Family Yoga	67	Salsa	40
Softball Tournament	91	Spring Adult Volleyball	90	Feltmaking Purse	30	Season End Potluck	19
Speed Skating	71	Spring Coed Kickball	90	Fencing	93	Silver, Strength & Balance	63
Spin	63	Spring Softball	90	Financial Fitness	54	Simply Knit Socks	30
Spring Adult Volleyball	90	Summer Basketball League	92	Fitness & Fun	27	Ski Social	74
Spring Coed Kickball	90	Summer Softball	91	Fly Cheap, Stay Cheap, Travel Cheap	55	Ski/Snowboard Trips	76
Spring Softball	90	Tennis	91	Gental Yoga for All <ARO>	66	Sled Hockey <ARO>	73
Street Art	36	The Breakfast Club	56	Getting Started with Social Media	52	Slow Flow Hatha Yoga	66
Summer Basketball League	92	Twist & Shout: Beatles Tribute	15	Giant Friends Club Special Event <ARO>	15	SOAP Troupe Performance	15
Summer Softball	91	Unified Sports <ARO>	93	Girls 4x4 Outdoor Volleyball League	97	Social Media for Business	52
Teen Staycation Camp	45	Wheelchair Rugby <ARO>	92	Goalball <ARO>	93	Softball Tournament	91
Teen Supercamp Series	44	Will Power & Grace	62	Grow Your Own Veggies	68	Soil Secrets	68
Tennis	91	Yoga	66	Guitar	55	Soil Test Results	68
The Breakfast Club	56	Yoga in Spanish	66	Hand Spinning Yarns, Beginning	31	Speed Skating	71
Twist & Shout: Beatles Tribute	15	Youth Night	15	High School Basketball	100	Spin	63
Unified Sports <ARO>	93	Zumba	62	Hikes	75	Spring Adult Volleyball	90
Wheelchair Rugby <ARO>	92			Hiking Trip	18	Spring Coed Kickball	90
Will Power & Grace	62	18 years old		Horsemanship I	45	Spring Softball	90
Yoga	66	Active Teen Club <ARO>	56	Horsemanship II	45	Sprouts to Salads	68
Yoga in Spanish	66	Adaptive Cycling <ARO>	74	How To Be A Travel Writer	55	Stained Glass Stepping Stone	31
Youth Night	15	Adaptive Swim Lessons	21	Hunter Education	76	Stay Healthy by Volunteering	55
Zumba	62	Adopt An Animal	61	Ice Fishing	74	Strength & Tone	63
		Adult Swim	24	Ice Skating	70	Strength Training	62
17 years old		Advanced Bridge	52	Indian Cooking	53	Stretch & Tone	26
Active Teen Club <ARO>	56	Aerobics	64	Indian Spices 101	54	Strictly Stretching	66
Adaptive Cycling <ARO>	74	Aikido	65	Indoor Ultimate Frisbee	92	Summer Basketball League	92
Adaptive Swim Lessons	21	American Sign Language	55	Inherit A Pitchfork?	55	Summer Softball	91
Adopt An Animal	61	Annual Spring Plant Sale	15	Internet E-Mail	53	Summit Cancer Exercise	64
Adult Swim	24	Aqua Box	28	Internet, Advanced	53	Tai Chi	65
Aerobics	64	Aqua Natal	27	Internet, Introduction	53	Take It Outside!	68
Archery	93	Archery	74	Introductory Golf	74	Tap, Advanced/Intermediate	38
Backpacking Demo	76	Archery	93	Irish Culture	15	Tennis	91
Basket for Newspapers & Magazines	29	Art of Grafting	68	Irish Mythology	15	Thai Cooking	53
Basket for Wine	29	Artistic Abilities 3-D Art <ARO>	31	Jewelry Casting	31	The Spin Cycle	15
Basketball	100	Aspen Club Presentations	56	Jewelry, Beginning	31	Theraball/Stability Ball	63
Boxing	93	Assessment of the Dizzy Patient	55	Jitterbug & East Coast Swing	40	Tinnitus Treatment	56
Cinco de Mayo Celebration	15	Back & Body Strength	62	Karate	65	Traffic Skills 101 for Cyclists	52
Clogging	39	Backcountry Trips	75	Keystone Adaptive Ski Trip <ARO>	74	Trail Mix	19
Coed Dodgeball	90	Ballet	38	Kid Bicycle Clinic	59	Treating Hearing Loss	55
Dancing with Don	39	Basic H2O Workout	27	Kites in the Park	15	Twinges	27
Diving	24	Basket for Newspapers & Magazines	29	Knitting, Beginning	30	Twinges Plus	27
Family Yoga	67	Basket for Wine	29	Laughter Yoga	55	Twist & Shout: Beatles Tribute	15
Fencing	93	Basketball	100	Learn to Swim	21	Unified Sports <ARO>	93
Flashlight Egg Hunt	15	Belly Dancing	38	Lifeguarding and Water Safety Training	25	Watercolor Drawing	30
Giant Friends Club Special Event <ARO>	15	Beyond Beginning Bridge	52	Line Dance	40	Watercolor, Beginning	32
Girls 4x4 Outdoor Volleyball League	97	Blogging for Passion or Profit	52	Liquid Soap Making	31	Watercolor, Intermediate	32
Goalball <ARO>	93	Bob Ross Painting	32	Lose To Win	63	Weave A Scarf for Springtime	31
Guitar	59	Boulder Dinner Theatre	19	Lotions & Potions, Total Body Care	31	Wheelchair Rugby <ARO>	92
High School Basketball	100	Bowling	19	Lunchtime Basketball	90	Where's My Stuff?	54
Horsemanship I	45	Boxing	93	Mexican Cooking	53	Wilderness First Aid	54
Horsemanship II	45	Build Your Own Butterfly House	68	Microsoft Word, Beginning	53	Will Power & Grace	62
Hunter Education	76	C.H.A.T.	29	Microsoft Word, Beyond the Basics	53	Windows, Advanced	53
Ice Skating	70	Calligraphy, Continuing	31	Mindful Running for Beginners	63	Women's Drop-In Basketball	90
Indoor Ultimate Frisbee	92	Chinese Brush Painting	32	Modern Dance	40	Woodworking	33
Intro to Fashion Design	36	Cinco de Mayo Celebration	15	Monthly Themed Dances	19	Yoga	66
Jitterbug & East Coast Swing	40	Classics	28	Mother's Day Spa & Craft Shoppe	15	Yoga in Spanish	66
Karate	65	Clogging	39	Movie Night	18	Youth Night	15
Keystone Adaptive Ski Trip <ARO>	74	Coed Dodgeball	90	MS Aqua Exercise <ARO>	26	Zumba	62
Kites in the Park	15	Community Gardens	74	MS Land Exercise	63	Zumba for Seniors & Beginners	64
Learn to Swim	21	Composting	68	Natural Soap Making & French Milling	68		
Lifeguarding and Water Safety Training	25	Computer Basics	52	Nia	64	Adult Classes	
Mexican Cooking	53	Cooking	18	Open Shop	29	Adaptive Recreation Opportunities	
Mindful Running for Beginners	63	CPR & First Aid	54	Outdoor Volleyball	92	Boulder Dinner Theatre	19
Mountain Biking Trips	76	CPR Professional	54	Photography, Beginning	33	Bowling	19
Nia	64	Crafts	18	Photography, Intermediate & Advanced	33	Cooking	18
		Cyber Friend or Cyber Thief?	54	Pilates	64	Crafts	18

Denver Aquarium	19	Cyber Friend or Cyber Theif?	54	Adaptive Cycling <ARO>	74	Irish Culture	83
Hiking Trip	18	Digital Publishing	52	Archery	74	Irish Displays	84
Monthly Themed Dances	19	Energy Workshop for Beginners	55	Backcountry Trips	75	Irish Movies	84
Movie Night	18	Excel	52	Community Gardens	74	Irish Mythology	83
Restaurant Night	18	Financial Fitness	54	Downhill Skiing	74	Mother's Day Spa & Craft Shoppe	83
Season End Potluck	19	Fly Cheap, Stay Cheap, Travel Cheap	55	Hikes	75	Patty's Pub Night	16
Trail Mix	19	Getting Started with Social Media	52	Hunter Education	76	SOAP Troupe Spring Show	83
Aqua Fitness		Guitar	55	Ice Fishing	74	The Spin Cycle	83
Aqua Box	28	How To Be A Travel Writer	55	Introductory Golf	74	Visual Arts & Crafts Show	83
Aqua Natal	27	Indian Cooking	53	Keystone Adaptive Ski Trip <ARO>	74		
Classics	28	Indian Spices 102	54	Ski Social	74		
Deep H2O Plus	28	Inherit A Pitchfork?	55	Special Events			
Deep H2O Workout	28	Internet E-Mail	53	Annual Spring Plant Sale	15	Health & Wellness	
Fitness & Fun	27	Internet, Advanced	53	Cinco de Mayo Celebration	15	Arthritis Support Group	82
MS Aqua Exercise <ARO>	26	Internet, Introduction	53	Irish Culture	15	Balance Screens	82
Stretch & Tone	26	Kid Bicycle Clinic	59	Irish Mythology	15	Blood Pressure Checks	82
Twinges	27	Laughter Yoga	55	Mother's Day Spa & Craft Shoppe	15	Cholesterol Testing & Blood Pressure	82
Twinges Plus	27	Mexican Cooking	53	SOAP Troupe Performance	15	Foot Care Clinics	82
Aquatics		Microsoft Word, Beginning	53	The Spin Cycle	15	Legal Services	82
Adaptive Swim Lessons	21	Microsoft Word, Beyond the Basics	53	Twist & Shout: Beatles Tribute	15	Los Ancianos Unidos	83
Adult Swim	24	Quicken	53	Sports		Massage Therapy	82
Diving	24	Social Media for Business	52	Archery	93	Mindfulness Meditation	83
Learn to Swim	21	Stay Healthy by Volunteering	55	Boxing	93	VOA Senior Nutrition Program	83
Lifeguarding and Water Safety Training	25	Thai Cooking	53	Coed Dodgeball	90		
Arts & Crafts		Tinnitus Treatment	56	Fencing	93		
Artistic Abilities 3-D Art <ARO>	31	Traffic Skills 101 for Cyclists	52	Goalball <ARO>	93		
Basket for Newspapers & Magazines	29	Treating Hearing Loss	55	Indoor Ultimate Frisbee	92	Member Only Activities	
Basket for Wine	29	Where's My Stuff?	54	Lunchtime Basketball	90	Donut Make You Wonder?	84
Bob Ross Painting	32	Wilderness First Aid	54	Outdoor Volleyball	92	New Release Movies	84
C.H.A.T.	29	Windows, Advanced	53	Softball Tournament	91		
Calligraphy, Continuing	31	Farm		Spring Adult Volleyball	90		
Chinese Brush Painting	32	Adopt An Animal	61	Spring Coed Kickball	90		
Drawing, Animals	30	Fitness		Spring Softball	90	Social Opportunities	
Feltmaking Purse	30	Aerobics	64	Summer Basketball League	92	Moonlight Melody Dances	84
Hand Spinning Yarns, Beginning	31	Aikido	65	Summer Softball	91		
Jewelry Casting	31	Back & Body Strength	62	Tennis	91		
Jewelry, Beginning	31	Family Yoga	67	Unified Sports <ARO>	93	Sports	
Knitting, Beginning	30	Gental Yoga for All <ARO>	66	Wheelchair Rugby <ARO>	92	AOA Basketball	90
Liquid Soap Making	31	Karate	65	Women's Drop-In Basketball	90		
Lotions & Potions, Total Body Care	31	Lose To Win	63			Trips & Travel	
Open Shop	29	Mindful Running for Beginners	63			9 to 5: The Musical	88
Photography, Beginning	33	MS Land Exercise	63			Bill Engvall	88
Photography, Intermediate & Advanced	33	Nia	64	50 years and up		Billy Elliot: The Musical	89
Porcelain Painting, Advanced	32	Pilates	64	All classes in Adult (19 & up)		Cherokee Castle & Lunch	88
Porcelain Painting, Beginning	32	Qi Gong	65	Cards & Games		Colcannon	87
Porcelain Painting, Intermediate	32	Silver, Strength & Balance	63	Bingo	85	Colorado Symphony	87
Pottery	33-34	Slow Flow Hatha Yoga	66	Bridge Mentoring	84	Denver Zoo	89
Quilting Quorum	29	Spin	63	Cards & Games	84	Fiddler on the Roof	87
Simply Knit Socks	30	Strength & Tone	63	Duplicate Bridge	85	Fortune Valley Casino	88
Stained Glass Stepping Stone	31	Strength Training	62	Party Bridge & Pinochle	85	High Tea at St. Julien's Hotel in Boulder	87
Watercolor Drawing	30	Strictly Stretching	66			Jim Brickman & Friends	86
Watercolor, Beginning	32	Summit Cancer Exercise	64	Clubs & Organizations		Kirkland Art Museum	85
Watercolor, Intermediate	32	Tai Chi	65	Adventure Travel Club	80	Lady Luck Casino	86
Weave A Scarf for Springtime	31	Theraball/Stability Ball	63	AOA Badminton Players	80	Model Railroad Display	87
Woodworking	33	Will Power & Grace	62	C.H.A.T.	80	Monty Python's Spamalot	85
Dance & Movement		Yoga	66	Fort Collins Senior Sports Club	80	Out to Lunch	87
Ballet	38	Yoga in Spanish	66	Front Range Forum	81	Phoenix Arizona Trip	86
Belly Dancing	38	Zumba	62	Harmonettes	81	Quartests & Octets	85
Clogging	39	Zumba for Seniors & Beginners	64	Men's Tennis Group	81	Real Pirates	85
Dancing with Don	39	Gardens on Spring Creek		Older Gay Lesbian Bisexual Transgender	81	Riverdance	86
Jitterbug & East Coast Swing	40	Art of Grafting	68	Senior Advisory Board	80	Rockies vs. Giants	88
Line Dance	40	Build Your Own Butterfly House	68	Senior Center Council	80	Rockies vs. Padres	88
Modern Dance	40	Composting	68	SOAP Troupe	81	Sandhill Cranes Trip	87
Private Dance Instruction	38	Great Rock Gardens	69	The Writers Group	81	Scoop on the Poop	88
Salsa	40	Grow Your Own Veggies	68			Sunday Out to Lunch	85
Tap, Advanced/Intermediate	38	Natural Soap Making & French Milling	68	Education		Swing at the Boulder Dinner Theatre	85
Education		Plants that Rock	68	Back on A Bike	52	The King & I at the Candlelight	88
Advanced Bridge	52	Soil Secrets	68	Intermediate Senior Social Cycling	52	Traveling Gourmet	86
American Sign Language	55	Soil Test Results	68			Wolf Sanctuary & More	88
Aspen Club Presentations	56	Sprouts to Salads	68	Events			
Assessment of the Dizzy Patient	55	Take It Outside!	68	"Twist & Shout"	83		
Beyond Beginning Bridge	52	Ice Skating		Tribute to the Beatles			
Bloggng for Passion or Profit	52	Ice Skating	70				
Computer Basics	52	Sled Hockey <ARO>	73				
CPR & First Aid	54	Speed Skating	71				
CPR Professional	54	Outdoor Recreation					

Real Parents. Real Patients.



"My husband Barry and I have been patients of the Youth Clinic since our childhood years. We didn't think twice about who our primary caregiver would be when we were expecting Wyatt, our son. We had heard great things about Dr. Guenther and so we chose him for our kids. Chauna Scanga is our preferred PA and has become part of the family."

"Our daughter Rylee, was born with a heart condition called SVT (Super Ventricular Tachycardia) and WPW (Wolf-Parkinson-White Syndrome) and was immediately referred to one of the monthly "Heart Clinics" held at the Youth Clinic at 1 week of age. The Cardiologist and Dr. Guenther worked hand in hand on her care until she was old enough for corrective surgery at the age of 5. We are happy to say that she has made a complete recovery, and is an active 6 year old, thanks to the Youth Clinic and their comprehensive resources."

Nicole, Barry, Wyatt and Rylee Habel

"We couldn't be more grateful for the outstanding care The Youth Clinic provided and for the convenience of their monthly cardiology outreach clinics."

When it comes to your child's health, trust the Dr.'s and Physician Assistants of the Youth Clinic.



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