



Recreator

Summer 2025



**MAKE A
SPLASH**
this Summer with Aquatics



**RECREATOR
UPDATES!**
SEE PAGE 2



Your Hometown Baseball Club Since 1961!

Recreational Baseball games begin: May 19

Intermediate Baseball games begin: May 5

Competitive Baseball games begin: March 29

- Recreational Registration closes at the end of March – a few roster spots might be available after that time. *Please contact the FCBC Office to inquire.*
- Intermediate Baseball Tryout/Draft took place in early March. Rosters are complete.
- 8u Advanced Tryout/Draft took place in mid March. Rosters are complete.
- Competitive Baseball rosters are complete. Email director@fcbcmail.org (Thad) for information about Fall 2025 and Spring/Summer 2026 teams and tryouts.
- Fall Ball 2025 will run in September-October. Registration will open in mid-July 2025.
- Indoor Ball is back! Sessions in Nov-Dec 2025 and Jan-Feb 2026.

Right-priced Lessons and Clinics available.

- Email baseball@fcbcmail.org (Zack) for information.

Thanks to the talented crews and staff of the City of Fort Collins Parks Department and PSD's Facilities Department for working hard to provide beautiful parks where our kids can play ball/make memories.

Enjoy the 2025 Season. Play Ball!

www.FortCollinsBaseballClub.org

970.484.3368 | office@fcbcmail.org (Liz)



JAX OUTDOOR GEAR FARM & RANCH



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RECSUM25

Columbia KÜHL patagonia carhartt Wrangler ARIAT

Family & Employee Owned | Est. 1955
Fort Collins CO | Loveland CO | Lafayette CO | Broomfield CO | jaxgoods.com

REGISTRATION DATES & TIMES

Review the registration dates below and mark your calendars!

REGISTRATION FOR
ARO, ADULT & 60+ PROGRAMS

APRIL
8
AT 7:00 A.M.

REGISTRATION FOR
YOUTH & FAMILY PROGRAMS

APRIL
10
AT 7:00 A.M.

ATTENTION, RECREATORS -

This will be the final edition of The Recreator delivered directly to your mailbox!

As part of our ongoing efforts to support sustainable and responsible business practices, future editions of The Recreator will be available online. You'll still be able to enjoy the same publication you know and love - just in a more eco-friendly, digital format.

Note: A reduced amount of print copies will be made available at select Recreation facilities as we continue to phase out print and improve the digital experience.

STAY CONNECTED:

Sign up for the Parks & Rec e-newsletter at fcgov.com/recreation to have updates delivered straight to your inbox.

LEARN MORE:

Visit fcgov.com/recreator to access the latest edition of the Recreator and explore additional resources.

HOW TO REGISTER FOR PROGRAMS:

*For the fastest service, **online** registration is highly recommended.*

ONLINE

Visit fcgov.com/recreator

Click on "**Register Online**"

New users: Click "Login" and select "Create an Account" then follow the prompts.

Existing users: Click "Login" and enter your username/household ID number and password.



IN PERSON

All Recreation facilities are able to assist with registering for programs.

See page 6 for information on open hours.



OVER THE PHONE

Call **970.221.6655**.

Due to limited staff availability, phone calls may not be answered on registration day. Voicemails will be returned within 24 hours.



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Credits

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Rachel Booth

Contact Us

970.221.6655
recreation@fcgov.com

Interested in advertising in the Recreator or sponsoring a recreation event? Contact recreator@fcgov.com.

Follow us @ParksandRecFC



RECREATION PASSES & ADMISSION INFORMATION

PASSHOLDER BENEFITS

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

Active passholders, reduced fee participants, SilverSneakers, and Renew Active members receive a 70% discount on aqua and land fitness classes. 25 Admission Pass holders are not eligible for this discount.

PASS DEFINITIONS

Youth: 2-17 years of age | **Adult:** 18-59 years of age | **60+:** 60 years and older

Family/Couple: Two adults and up to two children under 18 years old from the same household. Additional children can be added to a pass at the following rates: monthly, \$7 per child; 6 months, \$30 per child; annually, \$60 per child.

RECREATION PASSES

Monthly and annual passes offer unlimited entries to all facilities for the duration of the pass. 25 Admission Passes are not available for use at City Park Pool, Club Tico, Pottery Studio, or Racquet Complex and expire one year from date of purchase.

| | 25 Admission Pass | 1 Month Pass | 6 Month Pass | Annual Pass | Senior Social Pass | Platinum Pass |
|---------------|-------------------|--------------|--------------|-------------|--------------------|---------------|
| Youth | \$100 | \$28 | \$140 | \$252 | - | - |
| Adult | \$120 | \$39 | \$195 | \$350 | - | - |
| 60+ | \$100 | \$28 | \$140 | \$252 | \$35 | - |
| Family/Couple | - | \$67 | \$335 | \$600 | - | - |
| 85+ | - | - | - | - | - | FREE |

DAILY ADMISSION PASS

One-time drop-in rate for one facility

| | |
|-------|------|
| Youth | \$6* |
| Adult | \$7 |
| 60+ | \$6 |

*\$1 at Northside Aztlan Community Center & Foothills Activity Center

SPECIALIZED PROGRAM/FACILITY FEES

THE FARM ADMISSION RATES

| | Daily Fee |
|---------------------|-----------|
| Under 2 Years | Free |
| 2 Years & Older | \$5 |
| Barnyard Buddy Pass | \$95 |

CITY PARK POOL RATES

| | Daily Drop-in | Twilight Drop-in Rates (every day from 4:30 p.m. to close) |
|-------|---------------|---|
| Youth | \$7 | \$5 |
| Adult | \$8 | \$5 |
| 60+ | \$7 | \$5 |

ICE SKATING RATES & RENTALS

| Public Skate Admission | |
|-----------------------------|-----|
| Youth | \$6 |
| Adult | \$7 |
| 60+ | \$6 |
| Other Drop-in Activities | |
| Skate Rental per Drop-in | \$3 |
| Fitness Skate Drop-in | \$8 |
| Drop-in Hockey/Stick & Puck | \$8 |

GROUP RATES

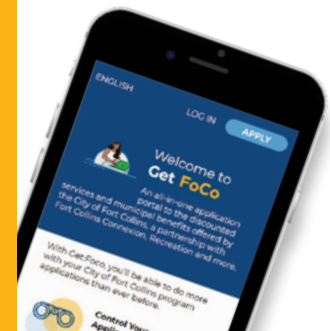
Reduced facility admission is available for groups at EPIC, Mulberry Pool, and City Park Pool. To receive these rates, groups of 10 or more must schedule a reservation at least 14 days in advance. Groups greater than 100 must schedule a reservation 30 days in advance. Reservations requested outside the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

REDUCED FEES

Reduced fees are available to participants with limited incomes. Those with a demonstrated financial need who are full-time residents of Fort Collins, or reside within the surrounding growth management area, are invited to apply at GetFoCo.fcgov.com. Interested persons must apply online, be approved, and purchase a fitness pass prior to registering for programs. Retroactive discounts will not be given.

Get FoCo is a single City of Fort Collins application granting access to discounted Recreation passes, plus reduced Connexion internet, the annual Grocery Tax Rebate, reduced SPIN passes, and more!

SCAN TO VISIT
GetFoCo.fcgov.com





CLASS & PROGRAM INFORMATION

EACH PROGRAM OR CLASS WILL BE LISTED IN THE FORMAT DETAILED BELOW.

(Please note: the class below is an example and is NOT an actual course offered in the Recreator.)

COURSE TITLE

The course title lists the name of the class or program.

COURSE DESCRIPTION

The course description shares a brief introduction or summary of the program.

LOCATION

Name of the recreation facility or location where the program will take place.

DATE, DAY, TIME

The information immediately following the location shows the date(s), day(s) of the week and time of the class or program.

Happy Little Trees - Painting Cohort

Paint along with the great Bob Ross! This multi-week class will follow Bob Ross's series with an in-person instructor for real time guidance. Bring your own paintbrushes if preferred. All other supplies provided.

Location: Foothills Activity Center

4/24-5/29 Th 6:00-7:00 PM \$120 205671-31

PRICING

The pricing for each program is listed and includes everything needed for the class unless otherwise noted.

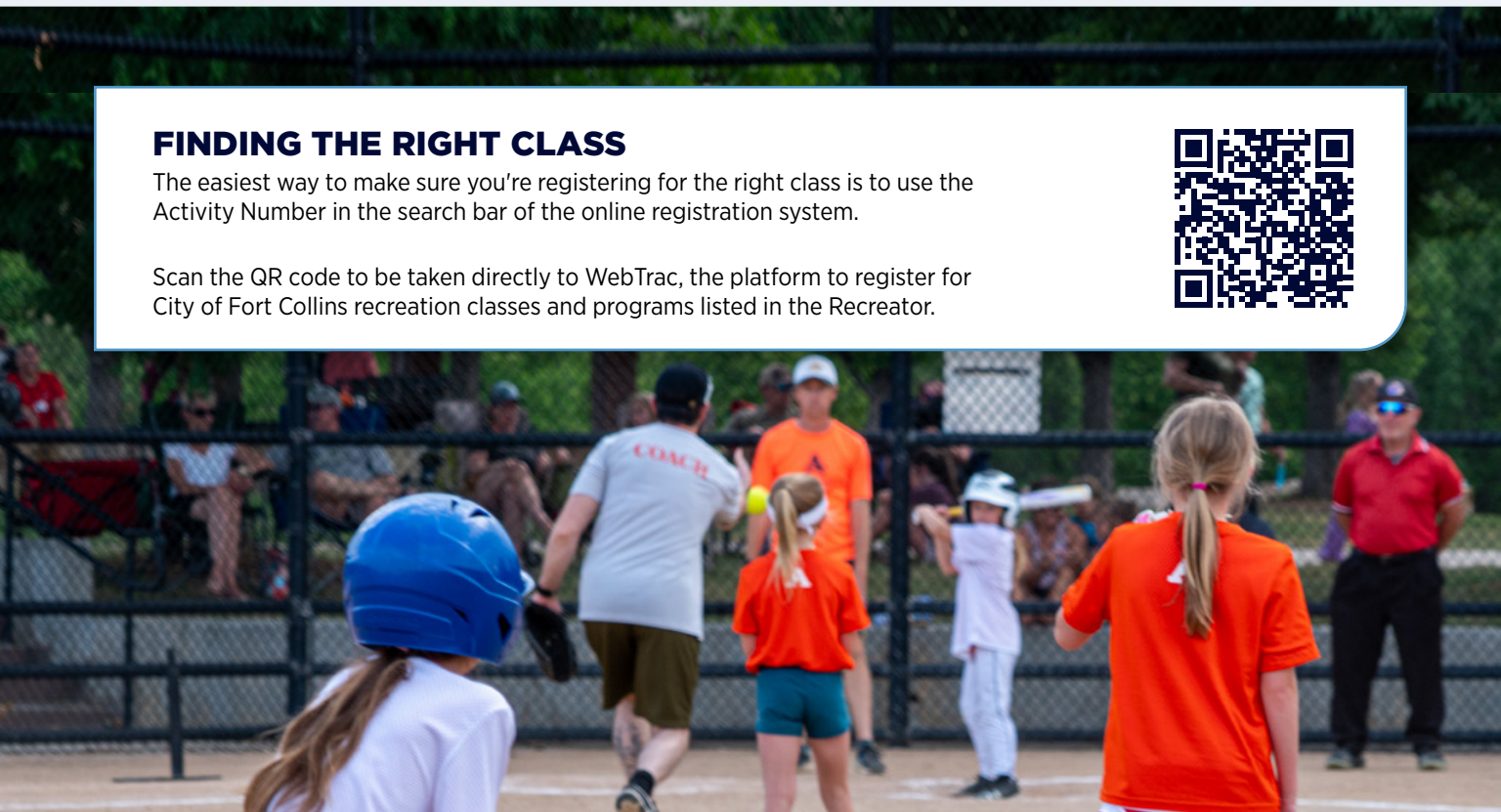
ACTIVITY NUMBER

The activity number is a unique registration code. This code should be referenced when registering.

FINDING THE RIGHT CLASS

The easiest way to make sure you're registering for the right class is to use the Activity Number in the search bar of the online registration system.

Scan the QR code to be taken directly to WebTrac, the platform to register for City of Fort Collins recreation classes and programs listed in the Recreator.



RECREATION FACILITY HOURS & MAP

CITY PARK POOL

1597 City Park Dr. • 970.221.6658

May 26-August 14

M, W, F, Sa, Su 11 AM - 6 PM

Tu, Th 11 - 7 PM

August 15-September 7

M-F 9:30 AM - 1 PM (no slides)

Tu, Th 4:30 - 7 PM

Sa, Su 11 AM - 6 PM

*Hours vary on Poudre School District in session days and holidays. For more information please see fcgov.com/recreation/facility-hours.

CLUB TICO

1599 City Park Dr. • 970.224.6113

Reservations required.

EDORA POOL ICE CENTER (EPIC)

1801 Riverside Ave. • 970.221.6683

M-F 5:30 AM - 8 PM

Sa, Su 8 AM - 5 PM

Lap lanes and ice rink availability varies. View the updated schedule online at fcgov.com/epic.

THE FARM

600 Sherwood St. • 970.221.6665

November 1-March 31

W-Sa 10 AM - 4 PM

Su Noon - 4 PM

April 1-October 31

W-Sa 10 AM - 5 PM

Su Noon - 5 PM

June 1-August 31

Also open on Tuesday from 10 AM - 5 PM

FOOTHILLS ACTIVITY CENTER

(Programs available for all ages, with primary focus on youth)

241 E. Foothills Pkwy. • 970.416.4280

M-F 6 AM - 8 PM

Sa 8 AM - 6 PM

Su 8 AM - 5 PM

FORT COLLINS SENIOR CENTER

(Programs available for 18 years and older, with primary focus on retirement aged individuals.)

1200 Raintree Dr. • 970.221.6644

M-F 6 AM - 9 PM

Sa, Su 8 AM - 5 PM

Lap lanes and pool availability varies. View the updated schedule online at fcgov.com/seniorcenter.

Please note that the following spaces will be closed during the HVAC renovation from December 16, 2024 to early March 2025: The Goldenrod Room (Billiards Room), Prairie Sage Rooms (1, 2, 3, and Stage), and the Kitchen.

MULBERRY POOL

424 Mulberry St. • 970.221.6657

M, W, F 5:30 AM - 8 PM

Tu, Th 5:30 AM - 4:30 PM

Sa 12:30 - 5:30 PM

Su Noon - 3 PM

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256

M-F 6 AM - 9 PM

Sa, Su 8 AM - 5 PM

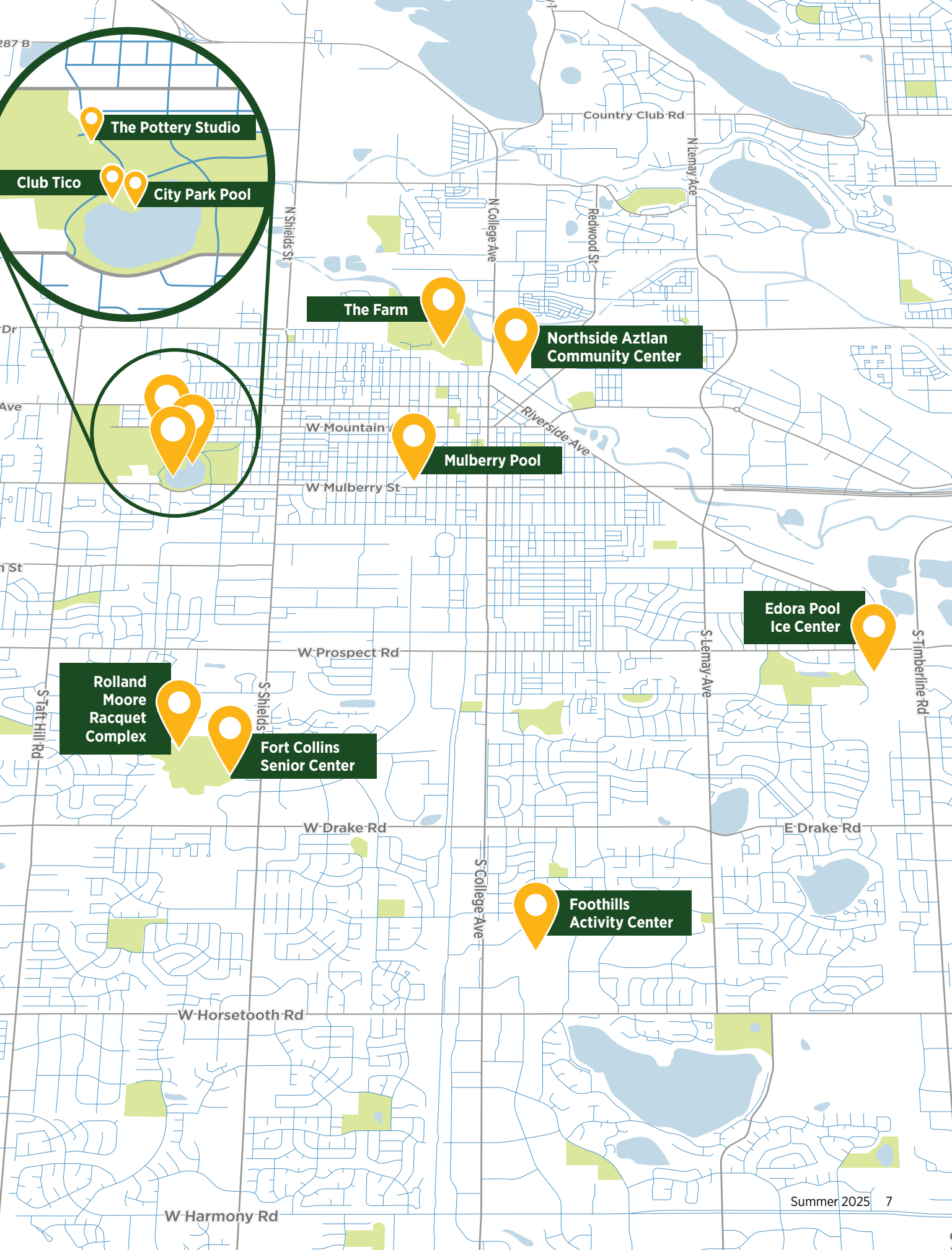
THE POTTERY STUDIO

1541 Oak St. • 970.221.6644

ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000

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



The Pottery Studio

Club Tico

City Park Pool

The Farm

**Northside Aztlan
Community Center**

Mulberry Pool

**Edora Pool
Ice Center**

**Rolland
Moore
Racquet
Complex**

**Fort Collins
Senior Center**

**Foothills
Activity Center**

SPECIAL EVENTS SUMMER 2025

JUNE
16



Wellness & Retirement Expo

Tour community resources and opportunities that enrich personal health and wellness including retirement options and related resources. For organizations interested in applying to be a vendor, please contact Betsy Emond at bemond@fcgov.com. Details for interested vendors will be emailed in April.

6/16 M 10:00 AM-2:00 PM No Fee

JULY
1



Ink & Imagination Festival

Join in the fun for a celebration of books! Visit Evie the mobile library to check in or check out books from Poudre Libraries. Make book art, learn about famous literary characters, bring books from home and trade them for new ones at a book swap. Join CU Presents as they celebrate the works of William Shakespeare with a presentation and guided discussion around Shakespeare's, Richard II. Purchase tickets at the front desk of the Fort Collins Senior Center. Note: Book craft project available until supplies run out; all supplies provided.

Age: 18 years & up

7/1 Tu 10:00 AM-4:00 PM \$10

JULY
4



Independence Day Community Celebration

Celebrate Independence Day with a community celebration in Fort Collins. Learn about celebratory events and activities online at fcgov.com/july4th.

7/4 F All Day No Fee

JULY
25



Kids in the Park

Encourage kids to get outside and play! Learn about new and exciting recreation programs, play in the park, dance to live music, enjoy sweet and savory snacks from food trucks, and fingers crossed, fly kites! Learn more at fcgov.com/kidsinthepark

Location: Twin Silo Park

7/25 F 4:00-7:00 PM No Fee

SEPT
10



Paralympic Program & Equipment Expo

Test out adaptive equipment and participate in Paralympic sports. Experience a GRIT Freedom Chair (for hiking), adaptive cycles (including handcycles), Wheelchair Rugby, Paralympic Boccia, Wheelchair Tennis, Adaptive Pickleball, and more. If you are an organization that supports the adaptive community and would like to learn more about how to get involved with this event, please contact Sarah Olear at solar@fcgov.com.

Age: All

Location: Fort Collins Senior Center

9/10 W 4:30-6:30 PM No Fee 402561-01

SEPT
13



Farm 40th Anniversary Celebration - Save the date!

Celebrate The Farm's 40th anniversary with a special day out at The Farm. Enjoy barnyard games, learn history of the farm, and visit with the animals.

Age: All

Location: The Farm

9/13 Sa 10:00 AM-5:00 PM No Fee

PARKS & REC MONTH

Join in the fun and celebrate National Parks & Rec Month this July. City of Fort Collins Parks and Recreation Departments will be hosting family-fun events all month long. For more information on celebratory events see pages 10 & 11.

A New Path for Cyclists, Hikers, and Pokémon Trainers

By Josh Durand, Parks and Recreation Advisory Board Member

The City of Fort Collins is celebrating a major milestone with the completion of the final connection to the Poudre River Trail, creating a continuous, scenic path for cyclists, hikers, and outdoor enthusiasts alike. This new section of the trail is set to enhance access to natural areas, wildlife viewing spots, and local parks while also providing more opportunities for people to enjoy the beauty of the Cache la Poudre River.

THE FINAL CONNECTION: A SEAMLESS LINK TO THE POUDRE RIVER TRAIL

The Poudre River Trail, a cherished 21-mile recreational corridor, now boasts a seamless, uninterrupted route from the edge of the city to the foothills. The City has worked diligently for four decades to build and improve this trail, which serves as an essential link for both commuters and outdoor adventurers. The completion of the final segment further strengthens Fort Collins' commitment to providing high-quality, sustainable recreational spaces that are accessible to all residents.

CONNECTING NATURE, COMMUNITY, AND RECREATION

This new trail connection provides direct access to several key parks and natural areas, including Arapaho Bend Natural Area. The addition enhances connectivity to the area's beautiful wetlands, riverbanks, and expansive wildlife habitats, offering outdoor enthusiasts a chance to explore even more of the city's rich natural beauty. Cyclists and walkers can now enjoy uninterrupted access to these peaceful spaces, with the sound of the river and the sights of local wildlife accompanying them along the way.

Arapaho Bend Natural Area, known for its serene trails and tranquil environment, has long been a popular spot for locals looking to immerse themselves in nature. The newly completed section of the Poudre River Trail makes it easier than ever to enjoy all the natural wonders this area has to offer. And for Pokémon fans, there's an added bonus: the PokéStop at Arapahoe Bend Natural Area is a favorite spot for trainers in the community. Whether you're on a quest to catch 'em all or just enjoying a leisurely stroll, you can take a break at the PokéStop, spin the disc, and maybe even encounter some special Pokémon along the way.

A MULTI-USE TRAIL FOR ALL

The newly completed trail section is designed to accommodate a variety of outdoor activities. Whether you're cycling, jogging, or simply taking a leisurely walk, the Poudre River Trail offers something for everyone. The path is also accessible for wheelchairs, strollers, and other mobility devices, ensuring that all members of the community can enjoy the trail's scenic views and the calming presence of the Poudre River.

Fort Collins Parks Department is committed to fostering an environment where recreation and community come together. The Poudre River Trail provides an essential resource for healthy outdoor living, enhancing both physical and mental well-being. With the addition of this final section, the trail system now offers even greater opportunities for nonmotorized transportation, exercise, connection to nature, and social interaction.

WHAT'S NEXT?

As the trail continues to grow, Fort Collins residents can expect even more improvements and enhancements in the coming years. Plans are already in motion for updating the City's Strategic Trail Plan.

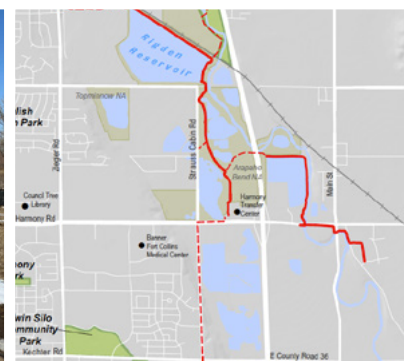
"The updated trails plan identifies 71 miles of new trail connections throughout the Fort Collins community to ensure every neighborhood will eventually have access to the trail system and its benefits therein," says Dave "DK" Kemp, Senior Trails Planner for Park Planning & Development.

In the meantime, outdoor enthusiasts, cyclists, and Pokémon trainers alike can enjoy the benefits of the newly completed Poudre River Trail connection, with its stunning views, accessible routes, and convenient PokéStop at Arapahoe Bend Natural Area.

Whether you're taking a morning jog, cycling along the river, or hunting for Pokémon, the Poudre River Trail provides an essential space for all to connect with nature and with each other.



Learn more about the Poudre River Trail in our region!



CELEBRATE NRPA'S PARKS & REC MONTH

Each July the National Recreation & Park Association (NRPA) celebrates the lasting impact of parks and recreation in communities across the country. This year, Fort Collins is excited to join NRPA and their focus of togetherness with a series of special events.

Together, we're building thriving communities focused on health and well-being.

Together, we're building and maintaining sustainable parks and green spaces for current generations.

Together, we're building high-quality programs and spaces that are accessible and inclusive for all.

Together, we help people play and connect.



CELEBRATE NRPA'S

PARKS & REC MONTH

JULY 4

4TH OF JULY
All Day | City Park

ALL OF JULY

SCAVENGER HUNT AT THE FARM
The Farm at Lee Martinez Park

JULY 19

EPIC TRI-O-THON
Edora Pool Ice Center

JULY 25

KIDS IN THE PARK

JULY 31

MOVIE IN THE PARK
Heritage Park

MORE INFORMATION ONLINE AT [FCGOV.COM/RECREATION](https://www.fcgov.com/recreation)





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ADAPTIVE RECREATION OPPORTUNITIES

Adaptive Recreation Opportunities (ARO) supports quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through two basic service areas: transition services and specialized programs. ARO supports inclusion services for the Recreation Department. ARO services strive to foster independence for the participating individuals within their recreation experiences. To learn more visit fcgov.com/aro.

Adaptive Programs

Open to people of all abilities, these programs are specially adapted for individuals with physical, intellectual, invisible and/or emotional disabilities to empower them in their everyday lives. Programs are goal oriented and provide opportunities to work on social or physical skills, activities of daily living, or leisure goals. Personal care is not provided in these programs, but attendants are welcome. See section below on Attendants.

Transition Support

ARO provides leisure education to groups or individuals relating to recreation and leisure choices. A Therapeutic Recreation Professional discusses recreation opportunities, barriers to leisure goals, and support options. To speak with ARO staff, please complete the support form at fcgov.com/aro or contact Sarah Olear at solear@fcgov.com.

All ARO programs, except youth-specific programs, are open for registration on the adult registration day.

Inclusion Support

Individuals of all abilities and ages are welcome to enroll in general recreation programs. Staff will assess and provide reasonable accommodations to facilitate the fullest participation possible. Recreation offers a spectrum of inclusion services. Request for inclusion support must be submitted at least two weeks prior to the start of a program. Complete an inclusion request form online at fcgov.com/aro. For more information contact Katie Just at kjust@fcgov.com.

Attendants

Individuals who are not independent in activities of daily living may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Attendant forms can be completed in person or over the phone. For questions, contact Sarah Olear at solear@fcgov.com.

Volunteer

Whether assisting with events or being a weekly inclusion support partner, volunteers are always needed to help support individuals in the ARO program. To apply, visit engage.fcgov.com/d/aro or contact Brenda McDowell at bmcowell@fcgov.com.

Contact Information

For additional information about ARO programs, visit fcgov.com/aro or contact ARO Supervisor Sarah Olear, C.T.R.S., at 970-224-6028, solear@fcgov.com.

Transportation

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

| | |
|-----------------------------------|--------------|
| Transfort (Public City Transport) | 970-221-6620 |
| Dial-A-Ride | 970-224-6066 |
| SAINT | 970-223-8645 |
| Heart & Soul Paratransit | 970-690-3338 |
| Ztrip | 970-224-2222 |

AQUATICS

Adaptive Swim Lessons

Specialized swim instruction designed specifically for individuals with disabilities and sensory needs. Adaptive techniques are applied in a 1:1 setting to teach and enhance swimming skills and water safety. The instructor, swimmer, and caregiver(s) work together to establish individualized goals for the swimmer to work on during lessons. The program accepts all ages and skill levels.

If interested in adaptive swim lessons, please fill out the swim interest form on the ARO website at fcgov.com/aro and ARO staff will contact you to schedule and register. Note: Lessons are dependent on instructor availability.

Adaptive Aqua Fitness

Water-based exercise class designed for those with multiple sclerosis, stroke recovery, and neuromuscular disorders. Modified aqua fitness exercises and equipment are used to accommodate varying mobility and fitness levels. The buoyancy of water reduces joint impact, making it safe and supportive. The class focuses on maximizing and maintaining flexibility, balance, and strength while empowering individuals by promoting physical and emotional well-being in an inclusive environment. Note: Class will not be held 9/1.

Age: 16 years & up

Location: Mulberry Pool

| | | | | |
|----------|-----|----------------|------|-----------|
| 6/2-6/25 | M,W | 10:00-11:00 AM | \$61 | 302228-01 |
|----------|-----|----------------|------|-----------|

ARTS & THEATER PROGRAMS

Art & Nature

Let the beautiful outdoors inspire your creativity! Art classes will be held in accessible locations with access to a park or natural area in Fort Collins. Participants' artwork will be displayed at the Old Town Library. Note: Program is a collaboration with the Poudre Libraries. All supplies provided.

Age: 14 years & up

Location: TBA

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/17-7/15 | Tu | 3:30-5:00 PM | \$70 | 302524-01 |
|-----------|----|--------------|------|-----------|

Cartooning for Teens & Tweens

Try your hand at drawing, designing, and creating comics and cartoons. Geared towards tweens and teens of all ability and skill levels. Note: Materials provided, participants may bring their own materials if desired.

Age: 8-19 years

Location: Fort Collins Senior Center

| | | | | |
|----------|---|--------------|------|-----------|
| 6/9-7/14 | M | 4:30-6:30 PM | \$70 | 302993-01 |
|----------|---|--------------|------|-----------|

EDUCATION PROGRAMS

Adaptive Cooking

Start in the garden then learn how to cook tasty foods and gain positive eating habits. Small groups will cook together, set the table, then sit down to sample the finished product.

Age: 16 years & up

Location: Fort Collins Senior Center

Summer Potluck

| | | | | |
|-----|---|--------------|------|-----------|
| 6/4 | W | 4:15-6:30 PM | \$24 | 302401-01 |
|-----|---|--------------|------|-----------|

Surprise

| | | | | |
|------|---|--------------|------|-----------|
| 6/18 | W | 4:15-6:30 PM | \$24 | 302401-02 |
|------|---|--------------|------|-----------|

Hot Off The Grill

| | | | | |
|------|---|--------------|------|-----------|
| 7/16 | W | 4:15-6:30 PM | \$24 | 302401-03 |
|------|---|--------------|------|-----------|

Surprise

| | | | | |
|-----|---|--------------|------|-----------|
| 8/6 | W | 4:15-6:30 PM | \$24 | 302401-04 |
|-----|---|--------------|------|-----------|

Seasonal Ingredients

| | | | | |
|------|---|--------------|------|-----------|
| 8/20 | W | 4:15-6:30 PM | \$24 | 302401-05 |
|------|---|--------------|------|-----------|

ARO Drumming

Share in the joyful and revitalizing energy of making rhythmic music in community with others. Learn poems with a beat and perform easy and relaxed hand and feet rhythms with hand drums and other percussion instruments from around the world. Drumming stimulates brain wave activity, providing benefits of creative thinking, relaxation and blood pressure regulation while also improving coordination and motor skills. Note: Adaptive Drumming is for participants of all abilities. Veteran Drumming is for participants who are military veterans. Class will not be held on 6/30 or 7/1.

Age: 16 years & up

Location: Fort Collins Senior Center

Adaptive Drumming

| | | | | |
|----------|---|--------------|------|-----------|
| 6/9-7/14 | M | 4:00-5:00 PM | \$68 | 302472-01 |
|----------|---|--------------|------|-----------|

| | | | | |
|-----------|---|--------------|------|-----------|
| 7/21-8/25 | M | 4:00-5:00 PM | \$82 | 302472-02 |
|-----------|---|--------------|------|-----------|

Veteran Drumming

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/10-7/15 | Tu | 1:00-2:00 PM | \$68 | 302472-03 |
|-----------|----|--------------|------|-----------|

| | | | | |
|-----------|----|--------------|------|-----------|
| 7/22-8/26 | Tu | 1:00-2:00 PM | \$82 | 302472-04 |
|-----------|----|--------------|------|-----------|

Friends Forum

Learn and practice basic social skills, expand social network, decrease anxious or nervous feelings associated with social engagement and increase social awareness and confidence in a safe and encouraging environment. Class will involve icebreakers, conversation starters activities, and games.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|-----------|---|--------------|------|-----------|
| 7/18-8/22 | F | 4:30-5:30 PM | \$50 | 302471-01 |
|-----------|---|--------------|------|-----------|

Game Night

Meet up once a month to play games with friends. Playing games can improve attention levels, memory, response time, logic skills, and other measures of cognitive function. Different games will be played each month, including but not limited to board games, cards, and collaborative games.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|------|----|--------------|------|-----------|
| 6/24 | Tu | 4:00-5:00 PM | \$12 | 302414-01 |
|------|----|--------------|------|-----------|

| | | | | |
|------|----|--------------|------|-----------|
| 7/22 | Tu | 4:00-5:00 PM | \$12 | 302414-02 |
|------|----|--------------|------|-----------|

| | | | | |
|------|----|--------------|------|-----------|
| 8/26 | Tu | 4:00-5:00 PM | \$12 | 302414-03 |
|------|----|--------------|------|-----------|

ICE PROGRAMS

Adaptive Skate

Learn basic ice skating skills with adaptations made for individuals with disabilities. Class focuses on skill improvement.

Age: 5-15 years

Location: Edora Pool Ice Center

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 5:15-5:45 PM | \$104 | 310356-01 |
|----------|-----|--------------|-------|-----------|

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/30 | M,W | 5:15-5:45 PM | \$104 | 310356-02 |
|----------|-----|--------------|-------|-----------|

LEGEND

AC Classes in which adults are required to attend

NW Denoted no web registration for program

OUTDOOR PROGRAMS

Adaptive Cycling

Join ARO for a scenic ride on the Spring Creek Trail. Experience the freedom of cycling and enjoy the beauty of Fort Collins with an inclusive group of peers, volunteers, and staff. Participants will be educated about bike safety and trail etiquette. Adaptive cycles available or you can bring your own.

Age: 16 years & up

Location: Fort Collins Senior Center

Participant

| | | | | |
|-----------|----|--------------|------|-----------|
| 7/10-8/14 | Th | 5:30-7:30 PM | \$96 | 302410-01 |
|-----------|----|--------------|------|-----------|

Attendant

| | | | | |
|-----------|----|--------------|--------|-----------|
| 7/10-8/14 | Th | 5:30-7:30 PM | No Fee | 302410-1A |
|-----------|----|--------------|--------|-----------|

Adaptive Outdoor Climbing

Adaptive outdoor climbing experience designed for individuals of all abilities, providing specialized equipment and expert instruction to ensure a safe and empowering experience. Whether you're a beginner or an experienced climber, our trained staff will guide you in overcoming challenges, building confidence, and enjoying the great outdoors. Join us for an adventure that promotes strength, independence, and community.

Age: 7 years old & up

Location: Depart From Fort Collins Senior Center

| | | | | |
|------|----|------------------|-------|-----------|
| 6/28 | Sa | 7:30 AM-12:00 PM | \$115 | 302409-01 |
|------|----|------------------|-------|-----------|

Hiking

Embark on a journey to explore the breathtaking landscape of Colorado in this adaptive hiking program. Designed to cater to individuals of all abilities, this unique program offers an inclusive outdoor experience that celebrates the beauty of nature while fostering a sense of empowerment and connection. Program coordinator will communicate hiking location week prior to start date. Adaptive GRIT Freedom chairs available for those that need mobility assistance. Note: Bring a lunch to enjoy on the trail or picnic area.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

| | | | | |
|------|---|-----------------|------|-----------|
| 6/11 | W | 8:00 AM-3:00 PM | \$51 | 302910-01 |
|------|---|-----------------|------|-----------|

| | | | | |
|-----|---|-----------------|------|-----------|
| 7/9 | W | 8:00 AM-3:00 PM | \$51 | 302910-02 |
|-----|---|-----------------|------|-----------|

Attendant

| | | | | |
|------|---|-----------------|--------|-----------|
| 6/11 | W | 8:00 AM-3:00 PM | No Fee | 302910-1A |
|------|---|-----------------|--------|-----------|

| | | | | |
|-----|---|-----------------|--------|-----------|
| 7/9 | W | 8:00 AM-3:00 PM | No Fee | 302910-2A |
|-----|---|-----------------|--------|-----------|

Horsetooth Reservoir Hang Out

Hang out at Horsetooth Reservoir to play games, swim, picnic and socialize with fellow ARO participants and peers. Note: Wear a bathing suit, bring a towel, water and lunch. Lifejackets provided.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

| | | | | |
|------|---|------------------|------|-----------|
| 6/25 | W | 10:00 AM-3:30 PM | \$45 | 302408-01 |
|------|---|------------------|------|-----------|

| | | | | |
|------|---|------------------|------|-----------|
| 7/23 | W | 10:00 AM-3:30 PM | \$45 | 302408-02 |
|------|---|------------------|------|-----------|

Attendant

| | | | | |
|------|---|------------------|--------|-----------|
| 6/25 | W | 10:00 AM-3:30 PM | No Fee | 302408-1A |
|------|---|------------------|--------|-----------|

| | | | | |
|------|---|------------------|--------|-----------|
| 7/23 | W | 10:00 AM-3:30 PM | No Fee | 302408-2A |
|------|---|------------------|--------|-----------|

Nature Exploration

Step into the great outdoors with a Natural Areas volunteer and ARO staff! Explore the beauty of Fort Collins Natural Areas while discovering native plants, wildlife, local history, and more at each unique destination. Great opportunity to unwind, connect with others, and deepen your appreciation for the outdoors.

Age: 11 years old & up

Location: Depart From Fort Collins Senior Center

| | | | | |
|-----------|----|----------------|------|-----------|
| 7/10-7/31 | Tu | 10:00-11:30 AM | \$45 | 302911-01 |
|-----------|----|----------------|------|-----------|

Poudre Raft Trip

Travel down the Poudre River on an impressive, six-mile raft trip with the experienced guides at Rocky Mountain Adventures.

Age: 16 years & up

Location: Rocky Mountain Adventures, 1117 N US Hwy

Participant

| | | | | |
|------|---|------------------|------|-----------|
| 7/18 | F | 8:00 AM-12:30 PM | \$97 | 302938-01 |
|------|---|------------------|------|-----------|

Attendant

| | | | | |
|------|---|------------------|------|-----------|
| 7/18 | F | 8:00 AM-12:30 PM | \$76 | 302938-1A |
|------|---|------------------|------|-----------|

Sylvan Dale Trail Ride

Saddle up and enjoy a picturesque trail ride on horseback in the foothills of Loveland. You will be guided by experienced wranglers at Sylvan Dale Ranch. Note: Bring a lunch or snack. Weight limit of 240lbs.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

| | | | | |
|-----|---|-------------------|-------|-----------|
| 6/6 | F | 10:15 AM-12:45 PM | \$100 | 302908-01 |
|-----|---|-------------------|-------|-----------|

PARALYMPIC SPORTS

Adaptive Boccia

A Paralympic sport for individuals who have physical disabilities. Played indoors on a smooth surface; boccia tests coordination, concentration and ability to strategize. Note: Class will not be held on 6/30.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|----------|---|---------------|------|-----------|
| 6/9-8/18 | M | 10:30 AM-Noon | \$38 | 302464-01 |
|----------|---|---------------|------|-----------|

B-Bold Cardio Boxing

Looking to take your fitness routine to the next level and have fun while doing it? Join us in B-BOLD Cardio Boxing, an exciting series of high-energy boxing workouts designed to torch calories, build strength, and boost endurance. Non-contact class for all skill levels, fitness levels and abilities. Note: Class will not be held on 6/19 or 7/3.

Age: 8 years & up

Location: Fort Collins Senior Center

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/5-7/17 | Th | 4:00-5:00 PM | \$45 | 302468-01 |
| 7/24-8/28 | Th | 4:00-5:00 PM | \$52 | 302468-02 |

NEW! Paralympic Program & Equipment Expo

Spend an evening testing out adaptive equipment and participating in Paralympic sports. Experience a GRIT Freedom Chair (for hiking), adaptive cycles (including handcycles), Wheelchair Rugby, Paralympic Boccia, Wheelchair Tennis, Adaptive Pickleball and more. If you are an organization that supports the adaptive community and would like to learn more about how to get involved with this event, please contact Sarah Olear at solear@fcgov.com.

Age: All ages

Location: Fort Collins Senior Center

| | | | | |
|------|---|--------------|--------|-----------|
| 9/10 | W | 4:30-6:30 PM | No Fee | 402561-01 |
|------|---|--------------|--------|-----------|

Learn more about Wheelchair Tennis on page 78.

TRIPS & TRAVEL

Colorado Railbike Adventure

Peddle alongside friends on a 4-seater sit down railbike along train tracks for 4.2 miles total in Erie, CO. Take your time, pedal at your own pace, and soak in the scenic beauty along the way. Enjoy a picnic lunch after the ride. Note: Bike excursion included. Bring a sack lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

| | | | | |
|------|---|-----------------|------|-----------|
| 7/11 | F | 9:00 AM-2:00 PM | \$75 | 302523-01 |
|------|---|-----------------|------|-----------|

Attendant

| | | | | |
|------|---|-----------------|------|-----------|
| 7/11 | F | 9:00 AM-2:00 PM | \$40 | 302523-1A |
|------|---|-----------------|------|-----------|

Glassblowing

Travel to Ambrosia Glass Art in Longmont to learn about glassblowing and create your very own ornament to take home. In between glassblowing, explore the nearby area to shop and eat lunch. Note: Glass blown ornament included, bring money for shopping and lunch.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

| | | | | |
|------|---|-----------------|-------|-----------|
| 8/22 | F | 9:00 AM-4:00 PM | \$100 | 302316-01 |
|------|---|-----------------|-------|-----------|

Attendant

| | | | | |
|------|---|-----------------|------|-----------|
| 8/22 | F | 9:00 AM-4:00 PM | \$55 | 302316-1A |
|------|---|-----------------|------|-----------|

Rockies Game

Cheer on the Rockies as they take on the Giants at Coors Field. Note: Fee includes ticket. Non-refundable after 5/12. If you are interested in attending more Rockies games, see page 54.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

| | | | | |
|------|----|------------------|------|-----------|
| 6/12 | Th | 10:30 AM-7:00 PM | \$65 | 302727-01 |
|------|----|------------------|------|-----------|



Attendant

| | | | | |
|------|----|------------------|------|-----------|
| 6/12 | Th | 10:30 AM-7:00 PM | \$12 | 302727-02 |
|------|----|------------------|------|-----------|

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

UNIFIED SPORTS

Adult Unified Softball

Co-ed teams are made of individuals with and without disabilities to create a Unified League. Teams will practice the first week then play in officiated games at Twin Silo Park for the remainder of the season. Note: No games 6/30. Game schedules will be shared after start of the program on Team Sideline.

Age: 16 years & up

Location: Twin Silo Park

| | | | | |
|----------|---|---------------|------|-----------|
| 6/2-7/28 | M | 6:00-10:00 PM | \$46 | 202055-01 |
|----------|---|---------------|------|-----------|

Youth Baseball for All

Youth with and without disabilities play alongside each other on a Unified baseball team! Modified techniques and equipment are used to teach the fundamentals of baseball and allow players of all abilities to participate. Players have the chance to participate in scrimmages against other adaptive recreation programs in the area.

Age: 8-15 years

Location: Beattie Park

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/19-7/31 | Th | 6:00-7:00 PM | \$36 | 302956-01 |
|-----------|----|--------------|------|-----------|

Panther Adaptive Cheer & Dance

A great way for individuals with or without disabilities to experience cheering and dancing together as one Unified Team. Performances throughout the community. Note: Class will not be held on 7/8. Additional t-shirt fee is \$20.

Age: 8 years & up

Location: Fort Collins Senior Center

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-7/15 | Tu | 5:50-7:00 PM | \$54 | 302987-01 |
| 7/22-8/26 | Tu | 5:50-7:00 PM | \$54 | 302987-02 |

FITNESS

Adaptive Personal Training

Specialized 1:1 fitness instruction designed specifically for individuals with disabilities. Participants will be assigned a Certified Personal Trainer to exercise with at one of the City's recreation facilities. The trainer and participant will work together to establish individualized fitness goals. Schedules are created amongst the trainer and participant. If interested in adaptive personal training, please fill out the interest form online at fcgov.com/aro. ARO staff will contact you to schedule and register. Note: Personal Trainer assignments dependent on Trainer availability.

Chair Yoga

Includes gentle strength and stretch poses and breath work while seated. Designed for those with SCI, MS, TBI, neuromuscular disorders, other physical disabilities and/or those who would benefit from participating in a seated yoga practice. Note: Class will not be held 7/2.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|-----------|---|--------------|------|-----------|
| 6/18-8/13 | W | 2:15-3:00 PM | \$56 | 302983-01 |
|-----------|---|--------------|------|-----------|

Spectrum Yoga

Moderately paced, gentle flow yoga designed for, but not limited to, individuals with intellectual and developmental disabilities, sensory integration sensitivity, and those on the autism spectrum. Learn modified yoga practices in a supportive environment. Note: Class will not be held 7/4.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|-----------|---|----------------|------|-----------|
| 6/20-8/15 | F | 10:45-11:45 AM | \$56 | 302982-01 |
|-----------|---|----------------|------|-----------|

TRX Circuit Training

A workout that combines strength training and cardiovascular exercises using the TRX suspension trainer. Involves performing various bodyweight exercises that challenge your strength, balance, and core stability in a circuit format. This class is a total body workout! Circuit training allows you to move through a variety of strength and cardio stations. All abilities welcome. Instructor experienced in implementing adaptations for various ability levels. Note: Class will not be held on 7/1.

Age: 14 years & up

Location: Northside Aztlan Community Center

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-7/15 | Tu | 4:00-5:00 PM | \$52 | 302469-01 |
| 7/22-8/26 | Tu | 4:00-5:00 PM | \$52 | 302469-02 |

Adaptive Running Night

This program offers personalized instruction and support to help learn the basics of adaptive running, whether you are new to running or an experienced runner and/or need guide assistance or adaptive equipment. Experienced guides and coaches will help accommodate individual needs and match participants with the proper running chairs and/or equipment, if needed, ensuring a safe, confident, and empowered environment. Note: This is for all adaptive athlete's; ambulatory, non-ambulatory, and blind or visually impaired.

Age: 12 years & up

Location: Altitude Running: 2531 S Shields St. #2N Fort Collins, CO 80526

| | | | | |
|------|---|--------------|--------|-----------|
| 6/23 | M | 6:00-8:00 PM | No Fee | 302473-01 |
| 7/28 | M | 6:00-8:00 PM | No Fee | 302473-02 |
| 8/25 | M | 6:00-8:00 PM | No Fee | 302473-03 |

LEWIS TENNIS

**Year-round Programs
for Juniors & Adults**

- NEW Special Middle School program with weekly tournaments
- High School
- Adult Programs
- Performance training and league coaching
- Private lessons
- Clinics for all levels
- Complete pro shop
- Tournaments
- Round Robins

**For more info call 970-493-7000
or visit lewistennis.com**



SOCIAL PROGRAMS

Rent a Facilitator (Previously Day Program Groups)

Looking to experience various recreation activities? Whether you are a long-term care facility, day program group, veteran group, student group, or other group, ARO can facilitate programming for you. Our team can travel to your location or host at a local recreation facility. One day or multi-week programs are available. For more information on group registration email solear@fcgov.com. Costs are per individual in a group. No cost for group providers/staff. Programming dependent on staff availability.

ARO Bowling

Practice your bowling game with friends! Play two games per week to improve bowling skills or casually bowl for fun. Note: Fee includes two games per person per week and shoe rental.

Age: 16 years & up

Location: Chippers Lane North, 830 N. College Ave.

| | | | | |
|-----------|----|-------------------|------|-----------|
| 7/12-8/16 | Sa | 11:30 AM-12:30 PM | \$70 | 302906-01 |
|-----------|----|-------------------|------|-----------|

Monthly Themed Dances

Dance the night away with friends! Dressing for the theme is highly encouraged.

Age: 18 years & up

Location: Fort Collins Senior Center

Summer Lovin' Dance

| | | | | |
|------|---|--------------|-----|-----------|
| 6/27 | F | 6:00-8:00 PM | \$8 | 302405-01 |
|------|---|--------------|-----|-----------|

Red, White & Blue Dance

| | | | | |
|------|---|--------------|-----|-----------|
| 7/25 | F | 6:00-8:00 PM | \$8 | 302405-02 |
|------|---|--------------|-----|-----------|

Glow Dance

| | | | | |
|------|---|--------------|-----|-----------|
| 8/29 | F | 6:00-8:00 PM | \$8 | 302405-03 |
|------|---|--------------|-----|-----------|

Movie Night

Join friends at the Fort Collins Senior Center to watch and discuss a movie. Snacks available and included with program registration.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|------|---|--------------|------|-----------|
| 6/25 | W | 5:30-8:30 PM | \$20 | 302403-01 |
|------|---|--------------|------|-----------|

| | | | | |
|------|---|--------------|------|-----------|
| 7/23 | W | 5:30-8:30 PM | \$20 | 302403-02 |
|------|---|--------------|------|-----------|

| | | | | |
|------|---|--------------|------|-----------|
| 8/27 | W | 5:30-8:30 PM | \$20 | 302403-03 |
|------|---|--------------|------|-----------|

Restaurant Night

Visit restaurants around town with friends! Staff supports participants in money management and ordering. Note: Bring money for food and a tip.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

| | | | | |
|------|---|--------------|------|-----------|
| 6/11 | W | 5:30-8:30 PM | \$20 | 302406-01 |
|------|---|--------------|------|-----------|

| | | | | |
|-----|---|--------------|------|-----------|
| 7/9 | W | 5:30-8:30 PM | \$20 | 302406-02 |
|-----|---|--------------|------|-----------|

| | | | | |
|------|---|--------------|------|-----------|
| 8/13 | W | 5:30-8:30 PM | \$20 | 302406-03 |
|------|---|--------------|------|-----------|

Summer Social

Celebrate mid-summer with Journey of Hope cyclists as they stop in Fort Collins along their cross-country ride. Play games, bring a dish to pass, and enjoy the ARO community. Main dish provided. Located at the Fort Collins Senior Center.

Age: 16 years & up

Location: Fort Collins Senior Center

| | | | | |
|------|----|--------------|-----|-----------|
| 6/29 | Su | Noon-3:00 PM | \$5 | 302422-01 |
|------|----|--------------|-----|-----------|





ADULT PROGRAMS

All programs are designed for those 18 years & up unless otherwise noted.

AQUA FITNESS

Note: Classes will not be held 6/19, 7/4 & 9/1.

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

Drop-In Policy

Participants may pay a drop-in fee of \$7.50 per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. Participants may also use one admission from a 10-admission drop-in fitness pass (\$67.50). For more information on admission policies and fees see page 4.

Drop-In Water Volleyball

An in-the-water volleyball game that is also a low-impact exercise option. Admission is the daily drop-in rate or one facility admission pass. Note: Comfort in the water and basic swimming skills recommended. Pool depth is 3.5-4.5 feet.

Location: Fort Collins Senior Center

6/2-8/29 M,W,F 10:00-11:00 AMDaily Drop-In Fee

LOW INTENSITY

Twinges

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

Location: Edora Pool Ice Center

| | | | | |
|-----------|-------|--------------|------|-----------|
| 6/2-6/27 | M,W,F | 7:30-8:30 AM | \$62 | 300314-01 |
| 6/30-8/1 | M,W,F | 7:30-8:30 AM | \$72 | 300314-03 |
| 8/11-8/29 | M,W,F | 7:30-8:30 AM | \$47 | 300314-05 |
| 6/2-6/27 | M,W,F | 8:30-9:30 AM | \$62 | 300314-02 |
| 6/30-8/1 | M,W,F | 8:30-9:30 AM | \$72 | 300314-04 |
| 8/11-8/29 | M,W,F | 8:30-9:30 AM | \$47 | 300314-06 |

Twinges Plus

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

Location: Fort Collins Senior Center

| | | | | |
|----------|-------|---------------|------|-----------|
| 6/2-6/27 | M,W,F | 12:15-1:15 PM | \$62 | 300416-01 |
| 6/30-8/1 | M,W,F | 12:15-1:15 PM | \$72 | 300416-03 |
| 8/4-8/29 | M,W,F | 12:15-1:15 PM | \$67 | 300416-05 |
| 6/2-6/27 | M,W,F | 1:15-2:15 PM | \$62 | 300416-02 |
| 6/30-8/1 | M,W,F | 1:15-2:15 PM | \$72 | 300416-04 |
| 8/4-8/29 | M,W,F | 1:15-2:15 PM | \$67 | 300416-06 |

You've Been Served

Water volleyball is a team sport derived from volleyball. Games are played in the water with a beach ball. Have fun, laugh, and enjoy exercising by playing water volleyball. The class is not about competition but the fun and socialization.

Location: Fort Collins Senior Center

| | | | | |
|----------|-------|--------------|------|-----------|
| 6/3-6/26 | Tu,Th | 4:00-5:00 PM | \$37 | 300402-01 |
| 7/1-7/31 | Tu,Th | 4:00-5:00 PM | \$52 | 300402-02 |
| 8/5-8/28 | Tu,Th | 4:00-5:00 PM | \$42 | 300402-03 |

MEDIUM INTENSITY

Classics

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

Location: Fort Collins Senior Center

| | | | | |
|----------|-------|----------------|------|-----------|
| 6/2-6/27 | M,W,F | 6:00-7:00 AM | \$62 | 300422-01 |
| 6/30-8/1 | M,W,F | 6:00-7:00 AM | \$72 | 300422-07 |
| 8/4-8/29 | M,W,F | 6:00-7:00 AM | \$67 | 300422-13 |
| 6/2-6/27 | M,W,F | 5:00-6:00 PM | \$62 | 300422-02 |
| 6/30-8/1 | M,W,F | 5:00-6:00 PM | \$72 | 300422-08 |
| 8/4-8/29 | M,W,F | 5:00-6:00 PM | \$67 | 300422-14 |
| 6/3-6/26 | Tu,Th | 8:00-9:00 AM | \$37 | 300422-03 |
| 7/1-7/31 | Tu,Th | 8:00-9:00 AM | \$52 | 300422-09 |
| 8/5-8/28 | Tu,Th | 8:00-9:00 AM | \$42 | 300422-15 |
| 6/3-6/26 | Tu,Th | 9:00-10:00 AM | \$37 | 300422-04 |
| 7/1-7/31 | Tu,Th | 9:00-10:00 AM | \$52 | 300422-10 |
| 8/5-8/28 | Tu,Th | 9:00-10:00 AM | \$42 | 300422-16 |
| 6/3-6/26 | Tu,Th | 10:00-11:00 AM | \$37 | 300422-05 |
| 7/1-7/31 | Tu,Th | 10:00-11:00 AM | \$52 | 300422-11 |
| 8/5-8/28 | Tu,Th | 10:00-11:00 AM | \$42 | 300422-17 |
| 6/3-6/26 | Tu,Th | 7:00-8:00 PM | \$37 | 300422-06 |
| 7/1-7/31 | Tu,Th | 7:00-8:00 PM | \$52 | 300422-12 |
| 8/5-8/28 | Tu,Th | 7:00-8:00 PM | \$42 | 300422-18 |

Prenatal

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

Location: Fort Collins Senior Center

| | | | | |
|----------|-------|--------------|------|-----------|
| 6/3-6/26 | Tu,Th | 5:00-6:00 PM | \$37 | 300418-01 |
| 7/1-7/31 | Tu,Th | 5:00-6:00 PM | \$52 | 300418-02 |
| 8/5-8/28 | Tu,Th | 5:00-6:00 PM | \$42 | 300418-03 |

Twist & Shout

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

Location: Fort Collins Senior Center

| | | | | |
|----------|-------|--------------|------|-----------|
| 6/2-6/27 | M,W,F | 4:00-5:00 PM | \$62 | 300426-01 |
| 6/30-8/1 | M,W,F | 4:00-5:00 PM | \$72 | 300426-02 |
| 8/4-8/29 | M,W,F | 4:00-5:00 PM | \$67 | 300426-03 |

HIGH INTENSITY

Deep H2O

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

Location: Edora Pool Ice Center

| | | | | |
|-----------|-------|---------------|------|-----------|
| 6/2-6/27 | M,W,F | 12:15-1:15 PM | \$62 | 300330-01 |
| 6/30-8/1 | M,W,F | 12:15-1:15 PM | \$72 | 300330-02 |
| 8/11-8/29 | M,W,F | 12:15-1:15 PM | \$47 | 300330-03 |



Aqua Power Walking

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

Location: City Park Pool

| | | | | |
|-----------|-------|----------------|------|-----------|
| 6/2-7/2 | M,W,F | 9:15-10:00 AM | \$72 | 300132-01 |
| 7/7-8/13 | M,W,F | 9:15-10:00 AM | \$87 | 300132-05 |
| 6/2-7/2 | M,W,F | 10:00-10:45 AM | \$72 | 300132-02 |
| 7/7-8/13 | M,W,F | 10:00-10:45 AM | \$87 | 300132-06 |
| 6/3-7/3 | Tu,Th | 9:30-10:30 AM | \$47 | 300132-03 |
| 7/8-8/12 | Tu,Th | 9:30-10:30 AM | \$57 | 300132-07 |
| 5/31-6/28 | Sa | 9:30-10:30 AM | \$27 | 300132-04 |
| 7/12-8/9 | Sa | 9:30-10:30 AM | \$27 | 300132-08 |
| 8/16-8/30 | Sa | 9:30-10:30 AM | \$17 | 300132-09 |

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

AQUATICS

Open Lap Swimming

Current open lap lane schedules are available online at fcgov.com/recreation. Please see the corresponding facility page for specific schedules. Lap lane schedules are available for EPIC, Mulberry Pool, and Fort Collins Senior Center. Schedules are subject to change. Lane sharing is required during open swim. If three or more swimmers are using a lane, circle swim is required.

ADULT LEARN TO SWIM

See pages 60 & 61 for Learn to Swim schedule and registration information.

Intro to Swimming

This class is designed as an introduction to basic aquatics skills for those who have no swimming experience or are hesitant in the water. This class will focus on developing comfort and safety in the water with skills such as floating, kicking, treading, and stroke introduction.

Stroke Development

This class is designed for the adult who can comfortably swim 25 yards (any stroke) and is looking to refine or learn freestyle, backstroke, and breaststroke (butterfly at swimmer's request). This class incorporates both group work as well as personalized instruction to improve technique. Weekend sessions will run 45 minutes in length.

CREATIVE ARTS

ARTS & CRAFTS

Programs are designed for those 18 years and older and are held at the Fort Collins Senior Center unless otherwise noted.

Art Display

We are looking for artists, crafters, and creators who are interested in showcasing their pieces at the Fort Collins Senior Center. Historical and contemporary artworks by local, regional, national, and international artists are welcome. Previous exhibitions highlighted works by art faculty, students, and patrons as well as emerging and established artists. The shows represent great diversity and change monthly. Interested in showcasing your creations? Contact Zach Ducharme at zducharme@fcgov.com.

Open Studio - Arts & Crafts

Drop-in open studio for those wanting to work on a variety of art projects, including but not limited to watercolors, drawing, acrylic painting or basic crafts. Instructor will be available for art advice and help if needed. Drop-in time is flexible, but if participants don't arrive by 7 p.m., the instructor may no longer be available. Open Studio drop-in fee of \$7 in addition to facility drop-in fee. Studio fees waived for participants currently enrolled in art classes. Must check in at the front desk.

| | | | | |
|------|----|--------------|-----|-----------|
| 6/24 | Tu | 6:30-8:30 PM | \$7 | 303460-01 |
| 7/22 | Tu | 6:30-8:30 PM | \$7 | 303460-02 |
| 8/19 | Tu | 6:30-8:30 PM | \$7 | 303460-03 |

Open Studio - Woodshop

Open shop time with tools available for use with jewelry, stained glass, and woodworking including scroll saws, wood lathes, other wood related tools, and basic tools for mechanical repairs. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. Note: 12 participants max. Open Studio drop-in fee of \$9 in addition to facility drop-in fee. Studio fees waived for participants currently enrolled in woodshop classes. Must check in at the front desk.

| | | | | |
|----------|-------|--------------|-----|-----------|
| 6/3-8/28 | Tu,Th | 9:00 AM-Noon | \$9 | 303497-01 |
|----------|-------|--------------|-----|-----------|

LEGEND

- AC Classes in which adults are required to attend
- NW Denoted no web registration for program

FIBER ARTS

Needle Felting

Needle felting is a centuries-old craft which has gained popularity in recent years. This craft involves using a barbed needle to create 3D shapes, figures, and wool paintings. All materials are provided.

Sea Turtle

| | | | | |
|-----|----|------------------|------|-----------|
| 6/7 | Sa | 10:00 AM-1:00 PM | \$38 | 303404-01 |
|-----|----|------------------|------|-----------|

Felt on Clothing

| | | | | |
|-----|----|------------------|------|-----------|
| 7/5 | Sa | 10:00 AM-1:00 PM | \$38 | 303404-02 |
|-----|----|------------------|------|-----------|

Columbine Flower

| | | | | |
|-----|----|------------------|------|-----------|
| 8/2 | Sa | 10:00 AM-1:00 PM | \$38 | 303404-03 |
|-----|----|------------------|------|-----------|

PAINTING

Acrylic Painting

Learn basic acrylic painting techniques with an instructor-led project. Paintings will be completed during the class to take home. All materials are provided, but bringing an apron is recommended.

Sunflower Fence

| | | | | |
|------|---|--------------|------|-----------|
| 6/27 | F | 1:00-3:00 PM | \$28 | 303411-01 |
|------|---|--------------|------|-----------|

Colorado Flag on Distressed Wood

| | | | | |
|------|---|--------------|------|-----------|
| 7/25 | F | 1:00-3:00 PM | \$28 | 303411-02 |
|------|---|--------------|------|-----------|

Sunset on the Beach

| | | | | |
|------|---|--------------|------|-----------|
| 8/22 | F | 1:00-3:00 PM | \$28 | 303411-03 |
|------|---|--------------|------|-----------|

Alcohol Inks

Learn the techniques and tools needed to create fun and beautiful works of art with alcohol inks. Participants may try multiple projects which include cards, artwork to frame, ceramic pieces (mugs, dishes, tiles) and other non-porous surfaces. All materials provided.

| | | | | |
|------|----|---------------|------|-----------|
| 6/26 | Th | 10:00 AM-Noon | \$28 | 303419-01 |
|------|----|---------------|------|-----------|

| | | | | |
|------|----|---------------|------|-----------|
| 7/24 | Th | 10:00 AM-Noon | \$28 | 303419-02 |
|------|----|---------------|------|-----------|

| | | | | |
|------|----|---------------|------|-----------|
| 8/28 | Th | 10:00 AM-Noon | \$28 | 303419-03 |
|------|----|---------------|------|-----------|

Watercolors, Beginner

Learn how to use and mix colors in order to paint with watercolor. Learn the basics of watercolors with an overview of the materials needed, watercolor techniques, and how to fix mistakes. Class is instructor-led and multiple small paintings will be completed. All materials provided; bring your own if preferred.

| | | | | |
|----------|----|---------------|------|-----------|
| 7/1-7/29 | Tu | 9:00-11:00 AM | \$81 | 303422-01 |
|----------|----|---------------|------|-----------|

Watercolors, Intermediate

Continue to implement skills learned in the beginner class with color and color mixing. Students will learn about composition and how to create depth and interest in their paintings. Class is instructor-led and multiple small paintings will be completed, but at a more complex level. All materials provided; bring your own if preferred.

| | | | | |
|----------|----|------------------|------|-----------|
| 7/1-7/29 | Tu | 11:30 AM-1:30 PM | \$81 | 303423-01 |
|----------|----|------------------|------|-----------|

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All classes are held at the Pottery Studio unless otherwise noted. The Pottery Studio address is 1541 W. Oak Street.

Things to Know

- All clay, glazes, slips, stains, and underglazes are provided or available for purchase at the Pottery Studio. Only clay provided by or purchased from the studio will be fired in the studio's kilns.
- The first 25 lbs. of clay are provided for 10-week class sessions of adult classes. Up to one additional bag of 25 lbs. of clay can be purchased for \$30.
- Shared tools are not available for most sessions. A basic tool kit can be purchased for \$16 at the Pottery Studio or purchased on your own and brought in.
- All work must be accomplished at the Pottery Studio, and only work completed in the Pottery Studio can be fired in the kilns.
- Lab time is included in all 10-week class sessions of adult classes. Students who have completed an adult 10-week class may register as a lab student. Additional drop-in times are unavailable.
- The Pottery Studio offers private lessons and events. Contact Zach Ducharme, zducharme@fcgov.com for more information. Inquiries can also be submitted online at fcgov.com/recreation/pottery-studio.
- Participants are encouraged to wear closed-toe shoes and avoid any loose clothing or dangling jewelry.
- Finished pieces should be picked up on designated dates listed below between 11 a.m.-2 p.m., or Tuesday/Thursday from 7:30-10 p.m. during Pottery Lab. Pieces that are not claimed are kept for one session after a completed program and are then disposed of.
 - 10-week classes pick-up: Monday, September 22, 2025
 - First 5-week classes pick-up: Monday, July 28, 2025
 - Second 5-week classes pick-up: Monday, September 22, 2025

Pottery Lab

Lab is included for adult students who are currently enrolled in a 10-week class, unless otherwise noted, and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as a lab student. Prerequisite: Handbuilding & Wheel Beginner, Beginner Plus, Intermediate Creative Clay Craft, or Handbuilding Expressions. Staff is in attendance, but no formal instruction is provided. Lab fee includes one 25 lbs. bag of clay for a 10-week session. Open lab times are included in all adult classes unless otherwise noted. Lab hours are Monday-Sunday 11 a.m.-2 p.m. and Tuesday & Thursday 7:30-10 p.m. Note: Lab will not be held on 7/4.

Former Students

| | | |
|----------|-------|-----------|
| 6/9-8/17 | \$231 | 304899-01 |
|----------|-------|-----------|

Creative Clay Craft

Combine creativity and inventiveness to create out of the ordinary clay structures. Draw upon inspiration with use of tools like extruders and slab rollers to incorporate various textures for rich surfaces. All skill levels welcome. Note: Class will not be held on 7/4.

| | | | | |
|-----------|---|---------------|-------|-----------|
| 6/13-8/15 | F | 9:00-11:00 AM | \$208 | 304885-01 |
|-----------|---|---------------|-------|-----------|

Exploring Handbuilding

Delve into the wonders of handbuilding with clay using some basic techniques to create pieces from your imagination. Learn while trying something new or expanding on previous skills. All skill levels welcome.

Location: Fort Collins Senior Center

| | | | | |
|-----------|---|------------------|-------|-----------|
| 6/9-7/7 | M | 11:30 AM-1:30 PM | \$101 | 304873-01 |
| 6/11-7/9 | W | 11:30 AM-1:30 PM | \$101 | 304873-02 |
| 7/14-8/11 | M | 11:30 AM-1:30 PM | \$101 | 304873-03 |
| 7/16-8/13 | W | 11:30 AM-1:30 PM | \$101 | 304873-04 |

Handbuilding Expressions

Explore 3D form in clay with handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Add and remove clay to explore design principles like line, form, and shape. All skill levels welcome.

| | | | | |
|-----------|----|---------------|-------|-----------|
| 6/10-8/12 | Tu | 9:00-11:00 AM | \$231 | 304875-01 |
| 6/12-8/14 | Th | 6:00-8:00 PM | \$231 | 304875-02 |

Independent Study: Handbuilding

Independently explore and make projects that interest you by hand. Use low-fire glazes for higher glazing precision. Instructor will be present for support. Prerequisite: previous handbuilding experience.

Location: Fort Collins Senior Center

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/11-8/13 | W | 2:30-4:30 PM | \$231 | 304874-01 |
|-----------|---|--------------|-------|-----------|

Pottery Sampler

Introduction to handbuilding, wheel throwing, and glazing as well as studio operations. Create and learn beginner techniques of clay.

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/10-7/8 | Tu | 2:30-4:30 PM | \$101 | 304870-01 |
| 7/15-8/12 | Tu | 2:30-4:30 PM | \$101 | 304870-02 |

Raku from Creation to Can

Explore the ideas of form over function. American Raku looks at the importance of making a form and how the surface functions through the firing process. Think of the pot or vessel as a way of conveying thought and emotion, food for the spirit and mind, as opposed to food for the belly. Work with the idea of form as literal or as abstract as you wish to explore.

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/12-7/10 | Th | 2:00-4:00 PM | \$101 | 304826-01 |
| 7/17-8/14 | Th | 2:00-4:00 PM | \$101 | 304826-02 |

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques, and principles involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. Note: Class will not be held on 7/4.*

| | | | | |
|-----------|----|---------------|-------|------------|
| 6/9-8/11 | M | 9:00-11:00 AM | \$231 | 304850-01 |
| 6/9-8/11 | M | 5:45-7:45 PM | \$231 | 304850-02 |
| 6/14-8/16 | Sa | 9:00-11:00 AM | \$231 | 304850-03 |
| 6/11-8/13 | W | 8:00-10:00 PM | \$231 | 304850-04 |
| 6/13-8/15 | F | 5:30-7:30 PM | \$208 | 304850-05* |

Wheel & Handbuilding, Beginner Plus

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

| | | | | |
|-----------|----|---------------|-------|-----------|
| 6/9-8/11 | M | 8:00-10:00 PM | \$231 | 304855-01 |
| 6/12-8/14 | Th | 9:00-11:00 AM | \$231 | 304855-02 |
| 6/11-8/13 | W | 5:45-7:45 PM | \$231 | 304855-03 |
| 6/14-8/16 | Sa | 2:30-4:30 PM | \$231 | 304855-04 |

Wheel & Handbuilding, Intermediate

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

| | | | | |
|-----------|----|---------------|-------|-----------|
| 6/11-8/13 | W | 9:00-11:00 AM | \$231 | 304860-01 |
| 6/10-8/12 | Tu | 5:30-7:30 PM | \$231 | 304860-02 |

Wheel & Handbuilding, Advanced

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

| | | | | |
|-----------|----|---------------|-------|-----------|
| 6/10-8/12 | Tu | 9:00-11:00 AM | \$231 | 304865-01 |
|-----------|----|---------------|-------|-----------|

STAINED GLASS

Designing Wearable Mosaic Art Jewelry

Learn how to create one-of-a-kind wearable jewelry art to wear or give as a gift. Design a pendant and earring set using materials such as beads, vintage jewelry, broken dishes, small stones, shells, mirrors, pearls, and more! All materials provided; participants are encouraged to bring items from home to incorporate into their pieces.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite 11

6/6 F 9:30 AM-Noon \$77 303915-01

Mosaic Glass Table

Learn to mosaic a piece of furniture of your choice with pieces of stained glass. Participants provide a small piece of furniture like a glass bistro table, end table, piano bench, etc. All other materials provided.

7/9-7/23 W 1:00-3:00 PM \$100 303452-01

TECH-ENABLED ARTS

Laser Cutting & Etching, Beginner

Focus on creating a 2D design and applying the correct settings to successfully cut and/or engrave it with the laser. Learn the proper use of lasers and Lightburn software to laser cut or engrave a project to take home. Creativity and fun are key requirements. Note: Class fee includes one-month membership to Fort Collins Creator Hub.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite 11

6/7-6/21 Sa 1:30-3:30 PM \$152 303913-01

WOODWORKING

Epoxy Charcuterie Board

Make your own unique epoxy charcuterie board. Learn the entire process from purchasing wood, creating mold, and the different types of epoxy. Participants pour their own epoxy and learn to demold, shape, and sand to a finished product. Note: Class fee includes one-month membership to Fort Collins Creator Hub.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite 11

6/21-6/28 Sa 9:00-11:00 AM \$207 303912-01

Scroll Saw, Beginner

Scroll saws can be used to make a variety of projects. Participants select their own project and learn techniques of the scroll saw. All skill levels welcome. Note: Must attend first class. Tools and wood provided for the first week. Supply list available on the first day of class; approximate cost is \$25-40. Class will not be held on 7/2.

6/18-7/30 W 3:00-5:00 PM \$170 303492-01

Woodcarving, Beginner

An introduction to woodcarving; basic knives, tools, and safety. Wood and knives will be provided the first week, participants choose their project the second week. Note: Must attend first class. Supply list available on the first day of class; approximate cost is \$20-\$60. Class will not be held on 7/4.

6/20-8/1 F 3:00-5:00 PM \$127 303493-01

Woodworking: Picture Frame

Learn how to safely operate both power and hand tools in the wood shop to construct a picture frame suitable for an 8"x10" picture or an 8.5"x11" document. Power tools include table saw, miter saw, router, and sanders. All materials and safety equipment provided. Note: Class fee includes one-month membership to Fort Collins Creator Hub.

Location: Fort Collins Creator Hub, 1304 Duff Dr. Suite 11

7/6-7/20 Su 2:00-4:00 PM \$152 303914-01

DANCE & MOVEMENT

Programs are designed for ages 18 years and older. Ages 13-17 years welcome in Adult Dance & Movement programs with instructor approval.

BALLET

TAUGHT BY SARAH MANNO

Ballet, Beginner

An introduction to classical barre, positions, and steps.

Location: Empire Grange, 2306 W. Mulberry St.

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 5:30-6:30 PM | \$42 | 306102-01 |
| 7/8-7/29 | Tu | 5:30-6:30 PM | \$42 | 306102-02 |

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers. Based on Cecchetti Technique.

Location: Empire Grange, 2306 W. Mulberry St.

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/23 | M | 5:30-6:30 PM | \$42 | 306103-01 |
| 7/7-7/28 | M | 5:30-6:30 PM | \$42 | 306103-02 |

BELLY DANCE

TAUGHT BY HEATHER LONGINO

Belly Dance, Beginner

Improvisational group style belly dance is a dance performed in a lead-and-follow format based on a shared vocabulary of movements and cues. Learn basic fast and slow movements, combos, and improvisational dance while improving balance, core strength, and flexibility. Attire: Wear yoga/exercise clothing and bring a scarf/sash for your hips. Bare feet recommended.

Location: Fort Collins Senior Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 7:00-8:00 PM | \$42 | 306426-01 |
| 7/8-7/29 | Tu | 7:00-8:00 PM | \$42 | 306426-02 |
| 8/5-8/26 | Tu | 7:00-8:00 PM | \$42 | 306426-03 |

Belly Dance, Continued

Focus on group improvisation and expand your vocabulary with more complex movements and formations. Use of props, Zambra Mora, and Bollywood-influenced movements will be explored. Attire: Wear yoga/exercise clothing and bring a scarf/sash for your hips. Bare feet recommended. Prerequisite: Two sessions of Belly Dance, Beginner.

Location: Fort Collins Senior Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 8:00-9:00 PM | \$42 | 306427-01 |
| 7/8-7/29 | Tu | 8:00-9:00 PM | \$42 | 306427-02 |
| 8/5-8/26 | Tu | 8:00-9:00 PM | \$42 | 306427-03 |

MODERN DANCE

TAUGHT BY SARAH MANNO

Modern Dance

Earthy, sometimes jazzy, or lyrical movements follow a stretching toning warm-up, which leads to release of stress and interactive enjoyment.

Location: Empire Grange, 2306 W. Mulberry St.

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/23 | M | 6:50-7:50 PM | \$42 | 306156-01 |
| 7/7-7/28 | M | 6:50-7:50 PM | \$42 | 306156-02 |

LINE DANCE

Introduction to Line Dance (Level 1)

Have you heard about Line Dance but have no idea where to start? This is the class for you! Learn basic line dance steps and very easy line dance sequences. Instructor: Stacy Leadingham

Location: Fort Collins Senior Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 3:05-4:05 PM | \$42 | 306435-01 |
| 7/1-7/29 | Tu | 3:05-4:05 PM | \$52 | 306435-02 |
| 8/5-8/26 | Tu | 3:05-4:05 PM | \$42 | 306435-03 |

Line Dance, Absolute Beginner (Level 2)

This class is ideal for those who have completed the Introduction to Line Dance (Level 1) but worry the Beginner class may be too challenging. If you feel confident with basic line dance steps, dances in this class are easy and fun. Instructor: Katy Piotrowski

Location: Foothills Activity Center

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/30 | M | 2:00-3:00 PM | \$52 | 306739-01 |
| 7/7-7/28 | M | 2:00-3:00 PM | \$42 | 306739-02 |
| 8/4-8/25 | M | 2:00-3:00 PM | \$42 | 306739-03 |

Line Dance, Beginner (Level 3)

For line dancers who have mastered basic steps and sequences and are ready to tackle beginning dances. Class moves at a moderate pace with several dances per session. Instructor: Marcella Wells

Location: Fort Collins Senior Center

| | | | | |
|----------|----|---------------|------|-----------|
| 6/3-6/24 | Tu | 12:30-1:30 PM | \$42 | 306436-01 |
| 7/1-7/29 | Tu | 12:30-1:30 PM | \$52 | 306436-02 |
| 8/5-8/26 | Tu | 12:30-1:30 PM | \$42 | 306436-03 |

Line Dance, Beginner (Level 3)

For line dancers who have mastered basic steps and sequences and are ready to tackle beginning line dances. Class moves at a moderate pace with several dances per session. Instructor: Katy Piotrowski

Location: Foothills Activity Center

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/30 | M | 5:30-6:30 PM | \$52 | 306736-01 |
| 7/7-7/28 | M | 5:30-6:30 PM | \$42 | 306736-02 |
| 8/4-8/25 | M | 5:30-6:30 PM | \$42 | 306736-03 |

Line Dance, High Beginner (Level 4)

For line dancers who are comfortable with more complex beginner-level dances and are ready to take on more. Class moves at a faster pace with multiple dances per session. Instructor: Stacy Leadingham

Location: Northside Aztlan Community Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/5-6/26 | Th | 6:15-7:15 PM | \$42 | 306537-01 |
| 7/3-7/31 | Th | 6:15-7:15 PM | \$52 | 306537-02 |
| 8/7-8/28 | Th | 6:15-7:15 PM | \$42 | 306537-03 |

Line Dance, Improver (Level 5)

Designed for the more experienced line dancer who thrives on more complex, fast-paced dance steps, sequences, and rhythms. Instructor: Marcella Wells

Location: Fort Collins Senior Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 2:00-3:00 PM | \$42 | 306438-01 |
| 7/1-7/29 | Tu | 2:00-3:00 PM | \$52 | 306438-02 |
| 8/5-8/26 | Tu | 2:00-3:00 PM | \$42 | 306438-03 |

Line Dance, Improver (Level 5)

Designed for the more experienced line dance, this class is for those who thrive on more complex, fast-paced dance steps, sequences, and rhythms. Instructor: Katy Piotrowski

Location: Foothills Activity Center

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/30 | M | 6:30-7:30 PM | \$52 | 306738-01 |
| 7/7-7/28 | M | 6:30-7:30 PM | \$42 | 306738-02 |
| 8/4-8/25 | M | 6:30-7:30 PM | \$42 | 306738-03 |

EDUCATION

BICYCLE PROGRAMS

(b)e-Bike Savvy

Discover all things about the e-bike, including the different types of e-bikes and their parts, where you can ride where you can't, the differences between riding an e-bike and a traditional bike, and the benefits of riding an e-bike. Also learn information about available rebate programs.

| | | | | |
|-----|----|--------------|--------|-----------|
| 7/1 | Tu | 3:00-4:30 PM | No Fee | 307416-01 |
|-----|----|--------------|--------|-----------|

Bicycle Friendly Driver

Learn the best and safest ways to share the road with all road users. Discuss traffic safety laws and responsibilities, how to avoid crashes or conflicts, and the Colorado Safety Stop Bill.

| | | | | |
|------|----|--------------|--------|-----------|
| 7/29 | Tu | 4:30-5:30 PM | No Fee | 307484-01 |
|------|----|--------------|--------|-----------|

E-Bike Fix a Flat Workshop

Learn how to fix a flat on your electric bike. Learn the tools you need and the process of fixing a flat on all types of bikes. Participants are encouraged to bring their own bike.

| | | | | |
|------|----|--------------|--------|-----------|
| 6/17 | Tu | 6:00-7:00 PM | No Fee | 307911-01 |
| 7/15 | Tu | 1:00-2:00 PM | No Fee | 307911-02 |
| 8/12 | Tu | 3:00-4:00 PM | No Fee | 307911-03 |

Everyday Cycling



Learn how to get rolling and incorporate bicycling into your everyday life! Discover tips for riding safely and legally on the streets and trails and discuss bicycling infrastructure and how to navigate it.

| | | | | |
|------|----|--------------|--------|-----------|
| 6/10 | Tu | 6:00-7:30 PM | No Fee | 330901-01 |
| 7/22 | Tu | 1:00-2:30 PM | No Fee | 330901-02 |
| 8/19 | Tu | 3:00-4:30 PM | No Fee | 330901-03 |

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

COOKING PROGRAMS

20-Minute Summer Bowls

These plant-based bowls are an easy way to cover all your nutritional bases in one dish. Tap into your creativity and customize any bowl to your exact specifications. Plus, eating out of a bowl is so much more fun than using a plate! Menu: Breakfast Bowl, Red Pepper Pasta Bowl, Indian Bowl, and Tofu Bulgogi.

| | | | | |
|------|----|--------------|------|-----------|
| 7/24 | Th | 6:00-8:30 PM | \$62 | 307426-01 |
|------|----|--------------|------|-----------|

Coconut 'Cuckoo' Curries

Discover a couple of modern spins on traditional coconut curry. Coconut has a magic all its own in mutating even the most average curry into a very flavorful dish to savor. These variations on curries are delicious, vegetarian, and healthy. Gluten-free Menu: Coconut Stew, Beets with Coconut, Spicy Pineapple Curry, and Coconut Balls.

| | | | | |
|------|----|--------------|------|-----------|
| 8/12 | Tu | 6:00-8:30 PM | \$62 | 307428-01 |
|------|----|--------------|------|-----------|

Falafel Fiesta

Learn how to make healthier, tastier falafels. Use them to make yummy pita pockets or wholesome falafel bowls. Menu: Baked Falafel Crumbles, Tzatziki, Tahini Sauce, Harissa Chili Sauce, and Tabbouleh.

| | | | | |
|------|---|--------------|------|-----------|
| 6/16 | M | 6:00-8:30 PM | \$62 | 307421-01 |
|------|---|--------------|------|-----------|

Instant Pot Curries

Learn how to use an instant pot to make some delicious curries. Gluten-free Menu: Jackfruit Coconut Curry, Aloo Gobhi, Kale and Spinach Saag, and Carrot Pudding.

| | | | | |
|------|---|--------------|------|-----------|
| 8/25 | M | 6:00-8:30 PM | \$62 | 307429-01 |
|------|---|--------------|------|-----------|

Magical Mystery Kebabs

Kebabs are a great food for any occasion! Explore endless possibilities of vegetarian kebabs and sliders. Gluten-free Menu: Tandoori Tikka Kababs, Vegetable Seekh Kebabs with Mint chutney, Mung Beans Sprouts & Zucchini Sliders with Tandoori Chutney.

| | | | | |
|------|----|--------------|------|-----------|
| 7/10 | Th | 6:00-8:30 PM | \$62 | 307425-01 |
|------|----|--------------|------|-----------|

Plant-Based Cheese & Yogurt

Whether you are lactose intolerant, fighting high cholesterol or just looking for some healthy plant-based alternative to cheese and yogurt, learn how to make homemade dairy-free cheese and yogurt from scratch. Gluten-free Menu: Almond Feta, Parmesan, Cream Cheese, Nacho Cheese, and Cashew Yogurt (Mango) Lassi.

| | | | | |
|------|---|--------------|------|-----------|
| 7/14 | M | 6:00-8:30 PM | \$62 | 307424-01 |
|------|---|--------------|------|-----------|

Samosa Many Ways

Samosas are quintessential Indian snacks, which are traditionally deep fried. Learn how to satisfy your cravings without using any oil and enjoy your guilt-free snack with a cup of chai. Menu: Samosa Burgers, Samosa Collard Wraps, Samosa Pockets with Tamarind Chutney, Cilantro Chutney, and Cardamon Chai.

| | | | | |
|------|---|--------------|------|-----------|
| 7/28 | M | 6:00-8:30 PM | \$62 | 307422-01 |
|------|---|--------------|------|-----------|

Savory Chutneys

A chutney is a sauce or dip, made fresh for a burst of flavor. Learn favorite recipes to enhance your meals. Menu: Peanut Chutney, Beet Chutney, Tomato Chutney, Red Pepper Chutney, Carrot Chutney, and Lentil Pancakes.

| | | | | |
|------|----|--------------|------|-----------|
| 8/21 | Th | 6:00-8:30 PM | \$62 | 307420-01 |
|------|----|--------------|------|-----------|

Seed to Stomach - Sprouting 101

Sprouts are extremely bio-available which means your body can easily absorb them. They are also rich in fiber, vitamins, minerals, proteins, and phytochemicals. Learn how to sprout seeds, legumes and grains at home in a mason jar and to use these wonderful creations in some quick and easy recipes.

| | | | | |
|------|----|--------------|------|-----------|
| 6/24 | Tu | 6:00-8:30 PM | \$62 | 307438-01 |
|------|----|--------------|------|-----------|

Street Food of India

All it takes for the great masters of street food is a tiny stove, elementary tools, and an immersion into the soul of the food. Experience culture right off the streets of India without any of the airplane fares.

| | | | | |
|------|----|--------------|------|-----------|
| 6/12 | Th | 6:00-8:30 PM | \$62 | 307437-01 |
|------|----|--------------|------|-----------|

Super Summer Bowls

It's all about big flavors with minimal effort! These vegetarian bowls are great for summer as they can cover all your nutritional bases in one epic dish. Typically, they consist of grains, greens, vegetables, protein, and a yummy sauce. Gluten-free Menu: a Mediterranean Bowl, an Indian Buddha Bowl, and a Mexican Bowl.

| | | | | |
|-----|----|--------------|------|-----------|
| 6/3 | Tu | 6:00-8:30 PM | \$62 | 307423-01 |
|-----|----|--------------|------|-----------|

The Greens of India

A nutritional powerhouse, greens are delicious sautéed and pair beautifully with a multitude of spices, grains, beans, and proteins from all corners of the planet. Gluten-free Menu: Sautéed Mixed Greens, Lentils Curry with Swiss Chard, Kale with Potatoes, Green Raita (yogurt sauce), and Sweet (green) Treat.

| | | | | |
|-----|----|--------------|------|-----------|
| 8/5 | Tu | 6:00-8:30 PM | \$62 | 307427-01 |
|-----|----|--------------|------|-----------|

DOG TRAINING PROGRAMS

Teen Pups in the Park

During their “teen months” (6-18 months) pups seem to forget all that they know and start exerting their free will. Focus can be a real problem! Through exercises in impulse control combined with positive reinforcement these puppies and young dogs learn to focus on their handlers while working on basic obedience cues: Sit, Down, Stay, Come, and Walk on a Leash. Note: Instructor will share meeting location and additional details one week prior to the first class.

Location: Parks around Fort Collins

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/24-7/22 | Tu | 5:30-6:30 PM | \$102 | 307449-01 |
|-----------|----|--------------|-------|-----------|

FAMILY PROGRAMS

Beginning Genealogy

Explore personal family genealogy by using FamilySearch. Learn how to set up an account, enter known family history, connect to existing genealogies, and learn how to research using FamilySearch.com. Large, touch screen computers available for use or bring a personal device.

Location: 600 E. Swallow St. Use north-most entrance on the west side of building.

| | | | | |
|----------|----|--------------|-----|-----------|
| 8/7-8/28 | Th | 4:30-5:30 PM | \$7 | 307413-01 |
|----------|----|--------------|-----|-----------|

FASHION PROGRAMS

The Colors of You: Transform Your Look with Color Analysis

Color is an extremely powerful tool to tell your story. The colors you wear communicate ideas, emotion, and energy. Join as color enthusiast, Megan Haynes, shares her knowledge on color theory, color analysis and tips on how the 12 Seasonal Tones can help you look and feel your best, simply, and naturally.

| | | | | |
|------|---|--------------|------|-----------|
| 7/23 | W | 6:00-7:30 PM | \$42 | 307412-01 |
|------|---|--------------|------|-----------|

MUSIC PROGRAMS

Guitar, Beginner

Introduction to chord strumming and note reading/melody playing for students new to guitar or those who would like a review of the basics. Learn to play songs such as “This Land is Your Land,” “Eleanor Rigby,” and “Rock Around the Clock.” Note: Must bring a six-string guitar and “Essential Elements for Guitar, Guitar Book 1” by Will Schmid and Bob Morris. No prior guitar experience is needed.

| | | | | |
|---------|----|-------------------|------|-----------|
| 6/3-7/8 | Tu | 11:30 AM-12:30 PM | \$91 | 307466-01 |
|---------|----|-------------------|------|-----------|

Guitar, Continued

An advanced beginner/early intermediate class building on material taught in Guitar, Beginner. Learn more advanced chords and continue building skills in note reading/melody playing. Song selection features songs like “Let it Be,” “Hey Jude,” “Stand By Me,” and “Time is On My Side.” Note: Must bring a six-string guitar and “Essential Elements for Guitar, Guitar Book 1,” by Will Schmid and Bob Morris.

| | | | | |
|---------|----|--------------|------|-----------|
| 6/3-7/8 | Tu | 1:00-2:00 PM | \$91 | 307465-01 |
|---------|----|--------------|------|-----------|

TRANSPORTATION PROGRAMS

All Transfort Programs begin and end at the South Transit Center (4915 Fossil Blvd.). Free Parking is available.

CSU Annual Flower Trial Gardens Travel Training

Stop to smell the flowers with us! Take a bus trip to the beautiful CSU Annual Flower Trial Gardens. Information to navigate riding Transfort provided. Don't forget to bring your walking shoes!

| | | | | |
|------|---|---------------|--------|-----------|
| 8/20 | W | 10:00 AM-Noon | No Fee | 307917-01 |
|------|---|---------------|--------|-----------|

MAX Travel Training

Have you ever wanted to ride the MAX? Ride the route from the South Transit Center to the Downtown Transit Center and learn fun facts on the way! Workshop includes an informational classroom presentation.

| | | | | |
|-----|---|---------------|--------|-----------|
| 6/4 | W | 10:00 AM-Noon | No Fee | 307483-01 |
|-----|---|---------------|--------|-----------|

Multi-Modal Travel Training

Are you interested in using your bike and the bus together? Join this free Multi-Modal Travel Training workshop! Learn how to navigate the Transfort website, plan a bus trip, and read and understand bus schedules. After this program you will be able to safely walk, scoot, bike, and ride the bus independently and with confidence.

| | | | | |
|------|---|---------------|--------|-----------|
| 7/16 | W | 10:00 AM-Noon | No Fee | 307984-01 |
|------|---|---------------|--------|-----------|

Mugs at CSU Travel Training

Feeling thirsty? Take a bus trip to Mugs at CSU. Enjoy a \$5 gift card to Mugs, while learning about Transfort and how to ride the MAX.

| | | | | |
|------|---|---------------|--------|-----------|
| 6/18 | W | 10:00 AM-Noon | No Fee | 307912-01 |
|------|---|---------------|--------|-----------|

FREE TRAVEL TRAINING

- ▶ Individual or Group Training Available
- ▶ In person, ride along, or online
- ▶ Build confidence in using Transfort
- ▶ Understand schedules, the website, and the app

SIGN UP TODAY!

Contact Customer Support at Transfortinfo@fcgov.com
Or call 970-221-6620



CAPACITACIÓN GRATUITA PARA VIAJAR EN TRANSFORT

- ▶ Hay disponibilidad de capacitación individual o en grupo
- ▶ En persona, abordando el autobús o en línea
- ▶ Desarrolle confianza para utilizar los autobuses de Transfort
- ▶ Entienda los horarios, el sitio web y la App

¡APÚNTESE HOY!

Envíe un correo a servicios de apoyo al cliente en Transfortinfo@fcgov.com
o llame al tel. 970-221-6620

TRANSFORT





A migraine clinical trial for children & teens

By participating in this migraine trial your child can help doctors and scientists learn if a study medicine, called rimegepant, can prevent migraine attacks in children and teens.

Participants in this trial will receive care from a team of dedicated medical professionals.

Ready to learn more?

Contact the trial team:

Advanced Neurology of Colorado

Research Team: 970-237-9141

We are enrolling children and teenagers 6-17 years of age who*:



Have been diagnosed with migraine for at least 6 months by a healthcare provider



Experience migraine on 6 or more days per month



Have migraine attacks that last for 4 to 72 hours, on average, when they are not treated



Participation in the initial phase of the trial will last for about 6 months. Participants may also have the opportunity to receive the study medicine for an additional 12 months

*Further eligibility criteria will apply. Some ages may not be currently enrolling. Please contact the trial team to see what ages are currently enrolling.





FITNESS

Join certified trainers and instructors at City of Fort Collins Recreation Facilities for engaging workouts. Fitness classes are offered in two registration models – Enroll by Day and Session Based. See pages 34-39 for more information. Enroll by day classes allow participants to register for individual days at \$7 per class. Active pass holders receive a 70% discount on the price per class (25 punch pass excluded). Register ahead of class to reserve a spot or drop-in day of class if there is room. A \$2 administrative fee will be added to the total price per transaction no matter the number of days selected.

PERSONAL TRAINING

Nationally certified personal trainers are available to provide one-on-one guidance to help you achieve your health and fitness goals. Personal training is available at Foothills Activity Center, Northside Aztlan Community Center, and Fort Collins Senior Center. Personal training is available for those 13 years and older. For more information, including personal trainer bios and to submit a trainer interest form, visit fcgov.com/fitness.

30 Minute Session Packages

| | | |
|-------------|----|-------|
| PT Single | 1 | \$40 |
| PT Bronze | 4 | \$155 |
| PT Silver | 8 | \$300 |
| PT Gold | 12 | \$420 |
| PT Platinum | 20 | \$650 |

1 Hour Session Packages

| | | |
|-------------|----|-------|
| PT Single | 1 | \$55 |
| PT Bronze | 4 | \$215 |
| PT Silver | 8 | \$420 |
| PT Gold | 12 | \$600 |
| PT Platinum | 20 | \$900 |

Small Group Training Packages (2-4 people, 1-hour sessions)

| | | |
|--------------|---|------------------|
| Group Single | 1 | \$40 per person |
| Group Bronze | 4 | \$140 per person |
| Group Silver | 8 | \$240 per person |

The Recreation Department has an

ONLINE FITNESS SCHEDULE

that's regularly updated with new classes, cancellations, and rescheduled programs.

CHECK IT OUT AND SIGN UP FOR YOUR NEXT FITNESS CLASS TODAY!

fcgov.com/fitness

FITNESS SCHEDULE

FACILITIES/ LOCATIONS

FORT COLLINS SENIOR CENTER
1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER
241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER
112 E. Willow Street

CLUB TICO
1599 City Park Drive

THE FARM AT LEE MARTINEZ PARK
600 N. Sherwood

WARREN PARK
1101 E. Horsetooth Road

CITY PARK
1500 W. Mulberry Street

FITNESS CLASS SCHEDULE KEY

Title of Class
Start & End Time | Activity #

S Session-based class. Not available for drop-in as classes build from one class to the next. See page 36 for dates & prices.

Fitness classes for the Summer Recreator are offered from June 1 to August 31. Classes will not be held on 7/4.

Classes at the Northside Aztlan Community Center will not be held the week of 8/18.

The fitness schedule is updated regularly with new classes, changes, and cancellations. Visit fcgov.com/fitness to view the online fitness schedule for the most up to date classes.

Monday

FORT COLLINS SENIOR CENTER

Circuit SilverSneakers
10-10:45 AM | 309424-01

Chair Pilates
11 AM-12 PM | 309403-01

Boomer Cardio & Strength
2-3 PM | 309420-01

Yoga, Advanced Beginner
3:15-4:15 PM | 309413-01

Yoga, Advanced Beginner
4:30-5:30 PM | 309413-02

Zumba
5:30-6:30 PM | 309404-01

FOOTHILLS ACTIVITY CENTER

Zumba Gold
10-11 AM | 309705-01

Hatha Flow Yoga
2:30-3:30 PM | 309707-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness
6:15-7:15 AM | 309501-01

Yoga For Beginners **S**
9-9:50 AM | 309516

Pilates Fusion
10:30-11:30 AM | 309505-02

Restorative Yoga
12-1 PM | 309523-01

Strength & Cardio Fitness
12-1 PM | 309501-02

Slow Flow Hatha Yoga
4-5 PM | 309520-01

Vinyasa Flow Yoga
5:15-6:15 PM | 309521-01

Evening Spin
5:30-6:15 PM | 309503-01

CLUB TICO

Zumba
9-10 AM | 309112-01

WARREN PARK
Intro to Yoga in the Park **S**
8:30-9:30 AM | 309065

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Functional Fitness
8-9 AM | 309401-01

Boomer Functional Fitness
9:15-10:15 AM | 309401-02

Classic SilverSneakers
10:30-11:15 AM | 309423-01

Yoga SilverSneakers
11:30am-12:15 PM | 309427-01

Slow Flow Hatha Yoga
12-1 PM | 309418-01

T'ai Chi Chih Beginner I **S**
12:30-1:45 PM | 309431

T'ai Chi Chih Beginner II **S**
2-3:15 PM | 309431

Yoga, Beginner
2:45-3:45 PM | 309412-01

Pilates Basic Mat
4:15-5 PM | 309402-01

Yoga, Beginner
5:15-6:15 PM | 309412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion
9-10 AM | 309702-01

Slow Flow Hatha Yoga
12-1 PM | 309708-01

Oula
5:30-6:30 PM | 309704-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga For Beginners **S**
8-8:50 AM | 309516

Yoga & Meditation
9-10 AM | 309522-01

Strength & Stretch **S**
10:30-11:30 AM | 309504

Pilates Fusion
12-1 PM | 309505-01

Slow Flow Hatha Yoga
5-6 PM | 309520-02

Total Body Training
5:30-6:30 PM | 309511-01

THE FARM AT LEE MARTINEZ PARK

Strength & Cardio at the Farm
6:30-7:15 AM | 309600-01

CITY PARK
Intro to Yoga in the Park **S**

8:30-9:30 AM | 309065

Zumba Dance Party **S**
6-7 PM | 309066

Wednesday

FORT COLLINS SENIOR CENTER

Men - Loosen Up!
8-8:45 AM | 309405-01

Zumba Gold
9-9:45 AM | 309430-01

Men - Loosen Up!
9-9:45 AM | 309405-02

Chair Yoga
9:50-10:35 AM | 309410-01

Circuit SilverSneakers
10-10:45 AM | 309424-01

T'ai Chi Chih Advanced
10-11:15 AM | 309433-01

Chair Yoga
11-11:45 AM | 309410-02

T'ai Chi Chih Intermediate
11:30 AM-12:45 PM | 309432-01

Yoga, Beginner
12-1 PM | 309412-03

Chair Pilates
1:30-2:30 PM | 309403-02

Pilates Intermediate Mat
3-4 PM | 309402-02

Yoga, Advanced Beginner
3:15-4:15 PM | 309413-01

Yoga, Advanced Beginner
4:30-5:30 PM | 309413-02

Zumba
5:30-6:30 PM | 309404-01

FOOTHILLS ACTIVITY CENTER

Zumba Gold-Toning
10-11 AM | 309703-01

Hatha Flow Yoga
2:30-3:30 PM | 309707-01

Wednesday Continued

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness

6:15-7:15 AM | 309501-01

Yoga For Beginners S

9-9:50 AM | 309516

Pilates Fusion

10:30-11:30 AM | 309505-02

Restorative Yoga

12-1 PM | 309523-01

Strength & Cardio Fitness

12-1 PM | 309501-02

Yin Yoga

2:30-3:30 PM | 309515-01

Slow Flow Hatha Yoga

4-5 PM | 309520-01

Evening Spin

5:30-6:15 PM | 309503-01

Zumba

5:30-6:30 PM | 309512-01

CLUB TICO

Zumba

9-10 AM | 309112-01

WARREN PARK

Intro to Yoga in the Park S

8:30-9:30 AM | 309065

Thursday

FORT COLLINS SENIOR CENTER

Boomer Functional Fitness

8-9 AM | 309401-01

Men - Loosen Up!

8-8:45 AM | 309405-01

Boomer Functional Fitness

9:15-10:15 AM | 309401-02

Classic SilverSneakers

10:30-11:15 AM | 309423-01

Yoga SilverSneakers

11:30am-12:15 PM | 309427-01

Coordination, Balance, & Strength

12:30-1:15 PM | 309407-01

Focus on Balance

1:30-2:30 PM | 309415-01

Yoga, Beginner

2:45-3:45 PM | 309412-01

Swiss Theraball

3-4 PM | 309416-01

Restorative Yoga & Meditation

4-5 PM | 309409-01

Yoga, Beginner

5:15-6:15 PM | 309412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion

9-10 AM | 309702-01

Barre Gold

10:15-11:15 AM | 309709-01

Zumba

12-1pm | 309706-01

Slow Flow Hatha Yoga

5:30-6:30 PM | 309708-02

NORTHSIDE AZTLAN COMMUNITY CENTER

Yoga & Meditation

9-10 AM | 309522-01

Strength & Stretch S

10:30-11:30 AM | 309504

Pilates Fusion

12-1 PM | 309505-01

Slow Flow Hatha Yoga

5-6 PM | 309520-02

Total Body Training

5:30-6:30 PM | 309511-01

THE FARM AT LEE MARTINEZ PARK

Strength & Cardio at the Farm

6:30-7:15 AM | 309600-01

Friday

FORT COLLINS SENIOR CENTER

Men - Loosen Up!

8-8:45 AM | 309405-01

Zumba Gold

9-9:45 AM | 309430-01

Men - Loosen Up!

9-9:45 AM | 309405-02

Chair Yoga

9:50-10:35 AM | 309410-01

Barre Gold

10-10:45 AM | 309406-01

Chair Yoga

11-11:45 AM | 309410-02

Restorative Yoga

12-1 PM | 309411-01

Parkinson's Mobility, Agility, & Strength

1:30-2:30 PM | 309414-01

CardioFit SilverSneakers

2-2:50 PM | 309425-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness

6:15-7:15 AM | 309501-01

Pilates Fusion

10:30-11:30 AM | 309505-02

Coordination, Balance, & Strength

11:45am- 12:45 PM | 309507-01

Strength & Cardio Fitness

12-1 PM | 309501-02

CLUB TICO

Zumba

9-10 AM | 309112-01

Saturday

FORT COLLINS SENIOR CENTER

Zumba

10:30-11:30 AM | 309404-02

FOOTHILLS ACTIVITY CENTER

Oula

9-10 AM | 309704-02

Tai Chi & Qigong S

11am-12 PM | 309710

NORTHSIDE AZTLAN COMMUNITY CENTER

All Levels Yoga Flow

8:15-9:15 AM | 309524-01

Zumba Toning

9:30-10:30 AM | 309513-01

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga

10-11 AM | 309518-01

Meditation

11:15am-12:15 PM | 309519-01

SESSION BASED FITNESS CLASSES

Session based classes build from one class to the next and are scheduled for a set number of classes. Drop-ins are not available for these classes.

Looking for alternative fitness programs? New fitness programs on and off the ice are available at EPIC! Check them out on page 71. ARO is also hosting new TRX Circuit Training and Cardio Boxing classes this season. Learn more on page 17 & 19.

Intro to Yoga in the Park

Learn the basics of yoga practice, from poses, breath and meditation to guiding principles, language and styles. Each class will have practice time to learn the foundational poses of yoga, as well as the flowing sequences common in everyday practice. A brief overview of yoga history and philosophy is incorporated, along with information on the different forms of yoga practice, use of props in class and more. Suitable for individuals with no yoga experience as well as those wanting to expand their yoga practice.

Location: Warren Park

| | | | | |
|-----------|-----|--------------|------|-----------|
| 6/16-6/25 | M,W | 8:30-9:30 AM | \$26 | 309065-01 |
|-----------|-----|--------------|------|-----------|

Location: City Park

| | | | | |
|----------|----|--------------|------|-----------|
| 7/15-8/5 | Tu | 8:30-9:30 AM | \$26 | 309065-02 |
|----------|----|--------------|------|-----------|

Strength & Stretch

A dynamic full body stretch workout that delivers the perfect balance of strength and flexibility for a resilient, agile body.

Location: Northside Aztlan Community Center

| | | | | |
|----------|-------|----------------|------|-----------|
| 6/3-6/26 | Tu,Th | 10:30-11:30 AM | \$50 | 309504-01 |
|----------|-------|----------------|------|-----------|

| | | | | |
|----------|-------|----------------|------|-----------|
| 7/8-7/31 | Tu,Th | 10:30-11:30 AM | \$50 | 309504-02 |
|----------|-------|----------------|------|-----------|

T'ai Chi Chih Beginner

A moving meditation that circulates and balances the internal energy of the body also known as Chi. Gain better balance, improved health and well-being, increased flexibility and strength, inner peace, and joy. The movements can be done by anyone regardless of age or physical condition.

T'ai Chi Chih Beginner I

An introduction to the first half of the movements.

Location: Fort Collins Senior Center

| | | | | |
|----------|----|---------------|------|-----------|
| 6/3-6/24 | Tu | 12:30-1:45 PM | \$30 | 309431-01 |
|----------|----|---------------|------|-----------|

| | | | | |
|----------|----|---------------|------|-----------|
| 7/8-7/29 | Tu | 12:30-1:45 PM | \$30 | 309431-02 |
|----------|----|---------------|------|-----------|

| | | | | |
|----------|----|---------------|------|-----------|
| 8/5-8/26 | Tu | 12:30-1:45 PM | \$30 | 309431-03 |
|----------|----|---------------|------|-----------|

T'ai Chi Chih, Beginner II

An introduction to the second half of the movements (Must Complete Beginner I).

Location: Fort Collins Senior Center

| | | | | |
|----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 2:00-3:15 PM | \$30 | 309431-04 |
|----------|----|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 7/8-7/29 | Tu | 2:00-3:15 PM | \$30 | 309431-05 |
|----------|----|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 8/5-8/26 | Tu | 2:00-3:15 PM | \$30 | 309431-06 |
|----------|----|--------------|------|-----------|

Tai Chi & Qigong

Introduction to the art of Tai Chi Chuan with health cultivation exercises that make up the basis of the long Yang style form.

Location: Foothills Activity Center

| | | | | |
|----------|----|---------------|------|-----------|
| 6/7-6/28 | Sa | 11:00 AM-Noon | \$26 | 309710-01 |
|----------|----|---------------|------|-----------|

| | | | | |
|----------|----|---------------|------|-----------|
| 7/12-8/2 | Sa | 11:00 AM-Noon | \$26 | 309710-02 |
|----------|----|---------------|------|-----------|

| | | | | |
|----------|----|---------------|------|-----------|
| 8/9-8/30 | Sa | 11:00 AM-Noon | \$26 | 309710-03 |
|----------|----|---------------|------|-----------|

Yoga For Beginners I

A 4-week introductory course to yoga. Students will learn about the mind, body, and spirit connection that is offered through yoga. The course will include an introduction to philosophy, breathwork, and slow-moving foundational asanas (poses).

Location: Northside Aztlan Community Center

| | | | | |
|----------|-----|--------------|------|-----------|
| 6/2-6/11 | M,W | 9:00-9:50 AM | \$26 | 309516-01 |
|----------|-----|--------------|------|-----------|

Yoga For Beginners II

A 4-week continuation of Beginner I. In addition to building on yoga philosophy and breathwork, students will begin connecting asanas to create a "flow".

Location: Northside Aztlan Community Center

| | | | | |
|-----------|-----|--------------|------|-----------|
| 6/16-6/25 | M,W | 9:00-9:50 AM | \$26 | 309516-02 |
|-----------|-----|--------------|------|-----------|

Zumba Dance Party

Get ready to move, groove, and break a sweat, where each class is a new adventure! Offered every 2nd Tuesday of month this summer, this Zumba party will have a different music theme each class. You'll dance to high-energy rhythms from around the world, all while burning calories, boosting your mood, and having a blast. No two classes are the same, so every workout feels fresh and exciting!

Location: City Park

Oldies Remix

| | | | | |
|------|----|--------------|-----|-----------|
| 6/10 | Tu | 6:00-7:00 PM | \$9 | 309066-01 |
|------|----|--------------|-----|-----------|

Country

| | | | | |
|-----|----|--------------|-----|-----------|
| 7/8 | Tu | 6:00-7:00 PM | \$9 | 309066-02 |
|-----|----|--------------|-----|-----------|

Songs from Movies

| | | | | |
|------|----|--------------|-----|-----------|
| 8/12 | Tu | 6:00-7:00 PM | \$9 | 309066-03 |
|------|----|--------------|-----|-----------|

ENROLL BY DAY FITNESS CLASS DESCRIPTIONS

All Levels Yoga Flow

A welcoming and inclusive yoga class designed for all levels, from beginners to seasoned yogis. Discover different yoga styles, deepen your understanding of poses, and cultivate a mindful connection with your body. Modifications and variations will be offered to meet individual needs and experience levels.

Barre Gold

A low-impact training mix of ballet, yoga, and Pilates. Increase your strength, balance, and flexibility, all while being gentle on the joints. A combination of body weight, light hand weights, and floor mat exercises. No dance experience is necessary. Socks with grips on the bottom are recommended for this class.

Boomer Cardio & Strength

An hour-long class split into two 30-minute workouts. Start with Cardio, a dance workout for all levels of experience and fitness, designed for older adults that combines easy-to-follow movement patterns with a variety of upbeat music. Finish with Strength, intended to help build muscular strength & endurance and cardiovascular endurance. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Boomer Functional Fitness

A full body workout to improve strength, flexibility, balance & agility and uses hand weights, resistance bands and body exercises. Class is choreographed to music to include some low impact cardio. Must be able to get on the floor and back up.

Chair Pilates

Learn Pilates basics performing exercises and stretches sitting and standing. Create a stable and flexible spine while working core muscles to build strength, improve posture and balance, and acquire body awareness. Multiple props are used including hand weights, stretch bands, exercise balls, and resistance rings. Mindfulness and proper form and technique are encouraged. Modifications are offered as needed.

Chair Yoga

Safe and gentle exercises will tone and strengthen muscles, loosen joints, lower stress, relieve tension, and help you relax. No experience necessary.

Coordination, Balance, & Strength

Strengthen your core and joint stabilizing muscles using resistance bands, balls, and body weight exercises. Focus on building proprioception – the sense of body position – which is key for strengthening and maintaining balance, coordination, and agility. All fitness levels are welcome, though participants should expect to be up and moving to music for the whole class. Chairs are available if needed.

Evening Spin

End your day with a cardio burst that focuses on the foundations of Spinning. An energetic workout centered around strength, toning, and endurance.

Focus on Balance

Work on exercises, tips, and techniques to enhance equilibrium, posture, strength, and coordination that improve stability.

Hatha Flow Yoga

A beginner-intermediate hatha flow. Includes Sun Salutations, balance, hips, twists, hamstrings, and relaxation.

Meditation

Join a supportive setting for regular meditation practice. Learn and experience the benefits of various techniques that can be adapted to individual challenges and needs. Time available for questions, discussion, and sharing.

Men – Loosen Up!

An all-men's stretching series will integrate moves to improve flexibility and range of motion. Gain more energy, decrease potential risk for injury and maybe even help your golf game.

Mindfulness Yoga

Integrate the practice of mindfulness with yoga poses. All levels welcome. Based on the book, Mindfulness Yoga, by Frank Jude Boccio.

Oula

A high-intensity cardio dance with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity -all to an energetic pop soundtrack. Every class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

Parkinson's Mobility, Agility, & Strength

Stand tall and move with confidence and strength! Work on agility and stability using resistance bands, balls and body weight exercises and moving to music. Particularly helpful for those living with Parkinson's disease or other conditions affecting gait and posture.

Pilates Fusion

A mix of exercises combining mat Pilates, core conditioning, and body weight training to improve strength, flexibility, and balance. Modifications are given to tailor the exercises to your own fitness level.

Pilates Basic Mat

Deliberate and steady paced class with a focus on foundational movements and basic mat exercises. Improve focus, flexibility, and coordination while building core strength and overall muscle control and endurance. Proper form, technique, and breath pattern are encouraged. Appropriate for beginners and those with experience. Modifications are offered as needed.

Pilates Intermediate Mat

Moderate paced class of beginner and intermediate mat exercises for a comprehensive workout that builds strength, flexibility, and endurance. Flow through exercises while maintaining control, precision, and incorporating breath. Experience with Pilates Basic Mat is recommended.

Restorative Yoga

A pleasant way to relax and create balance in life. Use bolsters, blocks, and blankets to experience the benefits of a passive practice. Allows release of effort that encourages calmness, tranquility, and connecting with self-healing.

Restorative Yoga & Meditation

Prepare the body for meditation through prop supported stretches and learn ways to calm the mind through movement, breath, and focusing techniques. Great for anybody and everyone no matter your fitness level.

Slow Flow Hatha Yoga

Nurturing, fun, and non-competitive. Improve balance, strength, and flexibility. Poses are linked together slowly with attention to breath. Philosophy and stress management techniques are touched on. Designed for beginner and intermediate levels.

Strength & Cardio Fitness (including at the Farm)

Whether first thing in the morning or a mid-day break, make the most of it with this fun and energetic class. Work at your own pace as the instructor takes you through both strength training and cardio full-body movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished each workout. Every class is different, so you'll never get bored.

Swiss Theraball

Enjoy gentle, effective, low-impact exercise on a Theraball. Improve balance, endurance, flexibility, and strength with this relaxing routine. Theraballs provided.

T'ai Chi Chih

A moving meditation that circulates and balances the internal energy of the body also known as Chi. Gain better balance, improve health and well-being, increase flexibility, strength, inner peace, and joy. The movements can be done by anyone regardless of age or physical condition.

Intermediate – Deepening into the movements with a guided practice (Must complete Beginner I & II)

Advanced – Deepening into the movements with a silent full practice (Must complete Beginner I & II)

Total Body Training

Each class incorporates TRX suspension strength training combined with dynamic body-weight exercises, dumbbells, and kettlebells to strengthen, tone, and shred.

Vinyasa Flow Yoga

A fun and fast-paced flow which links breath with movement. Learn the fundamental postures and principles to create a strong yoga practice and build core strength to support more advanced poses.

Yin Yoga

Focus on stretching, strengthening and relaxing the deep connective tissues of the body, including ligaments, joints, bones and fascial networks. Poses are floor-based, rather than standing, and held for longer periods of time, typically 3-5 minutes. Yin can improve flexibility and range of motion and improve joint mobility. Suitable for all levels.

Yoga & Meditation

Learn to quiet the mind and find inner balance. Begin with meditation and move into a gentle flow of yoga asanas. This is a calm approach to being present, rejuvenated, and healthier.

Yoga, Beginner

Practice yoga breath work and physical exercises to gain strength, tone, flexibility, and stamina. Also experience a sense of inner calm.

Yoga, Advanced Beginner

Previous yoga experience expected, with modifications offered for varying levels. Release stress and improve balance, flexibility, and strength with some difficult poses. Mindfulness and breath techniques offered.

Zumba

Zumba fuses hypnotic Latin rhythms and easy-to-follow movements to create a dynamic fitness program. Routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat.

Zumba Gold

A modified Zumba class that recreates the same dance moves at a lower intensity. Focus on balance, range of motion, coordination, and having fun. No dance experience necessary.

Zumba Gold-Toning

Blends the Zumba party you love at a slower pace with a redefining total body workout using Zumba Toning Sticks or light weights. Tailored for active older adults, who want to focus on muscle conditioning and light weight activity targeting muscle groups, including arms, core, and lower body.

Zumba Toning

Combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party. Learn how to use lightweight, maraca-like Toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

SILVERSNEAKERS

SilverSneakers branded classes are free to SilverSneakers members and offered at the Fort Collins Senior Center. Note: SilverSneakers non-members may attend these classes by enrolling by day.

CardioFit SilverSneakers

An advanced low-impact cardiovascular exercise class designed for active adults. This high-energy class to music uses easy-to-follow movements to increase cardiovascular and muscular endurance. Strength training options are offered as well. Sufficient strength and endurance to stand unsupported for at least 30 minutes.

Circuit SilverSneakers

Move through a series of exercises in a circuit format to improve cardiovascular endurance as well as muscular strength and endurance.

Classic SilverSneakers

Move to music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a small ball are offered for resistance. A chair is used for seated or standing support.

Yoga SilverSneakers

Focus on poses and postures to improve joint range of movement, muscular strength, endurance, and balance. Static and dynamic movements are presented with a chair for seated and standing support.

LEGEND

AC Classes in which adults are required to attend

NW Denoted no web registration for program

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

ICE SKATING

Public Skate

Lace up and get on the ice! Rinks are open for Public Skate on various dates and times throughout the week. Visit fcgov.com/epic for a current schedule and admission and skate rental fees.

Freestyle

Interested in learning more about competitive or recreational figure skating programs? Contact Ashley Ruffer at aruffer@fcgov.com.

Private Skating Instruction

Private ice skating instruction available for all abilities in figure skating, dance, edges, style, choreography, hockey, and power. Fees vary. Ice time and skate rental not included. For more information, call 970-221-6683 or fill out a private lesson request at the front desk.

Skate Sharpening Services

EPIC offers skate sharpening services for figure and hockey skates (Blackstone Flat Bottom V or standard hollow). Drop-off service available.

TEAM & CLUB CONTACTS

Adult Hockey

Fort Collins Hockey League, fchl.org

College Hockey

Colorado State University, csuhockey.com

High School Hockey

High Plains Hockey, highplainshockey.com

Women's Hockey

Flames/Hot Flashes, wachockey.sportngin.com

Youth Hockey

Northern Colorado Youth Hockey, ncyh.org.app.crossbar.org

Figure Skating Club

Fort Collins Figure Skating Club, fortcollinsfsc.org

HOCKEY

For additional hockey programs for a variety of ages see page 69.

Drop-In Hockey

Pick-up hockey game for adults. To view schedule, visit fcgov.com/recreation/epic. Note: Full equipment required. Goalies must call the front desk at 970-221-6683 to reserve a spot.

Age: 16 years & up

Cost: \$8

LEARN TO SKATE

Adult Beginner Skate 1 & 2

Designed for those with little or no previous experience on ice. Focus on falling and recovery on ice, forward marching, glides, swizzles and stopping. Backward skills will be introduced. Note: Helmets are strongly recommended for beginners.

Age: 16 years & up

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 5:15-5:45 PM | \$61 | 310349-01 |
| 6/5-6/26 | Th | 5:15-5:45 PM | \$61 | 310349-02 |
| 7/8-7/29 | Tu | 5:15-5:45 PM | \$61 | 310349-03 |
| 7/10-7/31 | Th | 5:15-5:45 PM | \$61 | 310349-04 |

Adult Intermediate Skate 3 & 4

Designed for experienced skaters ready to learn new skills. Proper blade use, pumping on a circle, turning forward to backward and edge work will be taught.

Age: 16 years & up

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 5:15-5:45 PM | \$61 | 310350-01 |
| 6/5-6/26 | Th | 5:15-5:45 PM | \$61 | 310350-02 |
| 7/8-7/29 | Tu | 5:15-5:45 PM | \$61 | 310350-03 |
| 7/10-7/31 | Th | 5:15-5:45 PM | \$61 | 310350-04 |

Adult Advanced Skate 5 & 6

Designed for the advanced skater. Learn backward crossovers, outside and inside three-turns, two-foot and one-foot spins and power pulls.

Age: 16 years & up

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 5:15-5:45 PM | \$61 | 310351-01 |
| 6/5-6/26 | Th | 5:15-5:45 PM | \$61 | 310351-02 |
| 7/8-7/29 | Tu | 5:15-5:45 PM | \$61 | 310351-03 |
| 7/10-7/31 | Th | 5:15-5:45 PM | \$61 | 310351-04 |

Adult Advanced Free Skate

Designed for the advanced skater. Learn forward inside open and closed mohawk, ballet jump, backwards crossovers to backward outside edge, one-foot spins, waltz jump, mazurka, and combination moves. Prerequisite: Successful completion of Adult Skate 5 & 6.

Age: 16 years & up

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-6/24 | Tu | 5:15-5:45 PM | \$61 | 310352-01 |
| 6/5-6/26 | Th | 5:15-5:45 PM | \$61 | 310352-02 |
| 7/8-7/29 | Tu | 5:15-5:45 PM | \$61 | 310352-03 |
| 7/10-7/31 | Th | 5:15-5:45 PM | \$61 | 310352-04 |

OUTDOOR EDUCATION & RECREATION



All Outdoor Education & Recreation programs are designed for adults 18 years and older unless otherwise noted.

Things to Know

- All programs are led by an experienced guide. Guides carry inReach GPS positioning in case of emergencies and are Wilderness First Aid certified when programming occurs outside cell service. All participants must follow guide instructions while on the trail.
- All fees include necessary permits.
- Participants are required to provide their own equipment, water, and food.
- All participants are encouraged to use trekking poles which can be provided upon request.
- Participants must be in good health and capable of moderate physical activity and meet the distance and elevation requirement associated with each outing.
- Each participant is required to provide an emergency contact.

B.O.O.T.S. PROGRAM

Building on Outdoor Trail Stewardship (B.O.O.T.S.) is a club to get out there, get dirty, be active, and have fun. Experience new social opportunities outdoors and dip your toe into the great outdoors with a local B.O.O.T.S. instructor to guide you. B.O.O.T.S. members meet guides at the trailhead. Attend the quarterly kickoff meeting to learn more about club membership and activities.

B.O.O.T.S. Quarterly Kick off Meeting

Learn about B.O.O.T.S. membership, schedule and registration process as well as associated benefits in this informational meeting. Previous B.O.O.T.S. members need not attend.

Location:

| | | | | |
|------|---|--------------|--------|-----------|
| 6/18 | W | 2:00-2:45 PM | No Fee | 311931-01 |
|------|---|--------------|--------|-----------|

B.O.O.T.S. Quarterly Membership

Once registered as a member, participants choose hikes, stewardship, and educational events to attend. New participants should plan to attend the B.O.O.T.S. Quarterly Kickoff Meeting as well.

| | | | | |
|-----------|---|---------------|------|-----------|
| 6/23-8/18 | M | 8:00-10:00 AM | \$65 | 311930-01 |
|-----------|---|---------------|------|-----------|

B.O.O.T.S. Education

Scheduled activity will be shared by the kickoff meeting. Quarterly B.O.O.T.S. membership required.

| | | | | |
|------|---|---------------|--------|-----------|
| 7/14 | M | 8:00-10:00 AM | No Fee | 311933-01 |
|------|---|---------------|--------|-----------|

B.O.O.T.S. Hikes

On B.O.O.T.S. hikes, learn the importance of Leave No Trace Principles, watch for wildlife, and learn to identify native flora. Hike details emailed the Wednesday prior to each hike. A guide will meet hikers at the trailhead. Starred* hikes have a user fee associated. Quarterly B.O.O.T.S. membership required.

SUMMER B.O.O.T.S. HIKES

Cathy Fromme

| | | | | |
|-----------------------------------|---|---------------|--------|-----------|
| 6/23 | M | 8:00-10:00 AM | No Fee | 311932-09 |
| Pine Ridge | | | | |
| 6/30 | M | 8:00-10:00 AM | No Fee | 311932-10 |
| Windsor Waterways | | | | |
| 7/7 | M | 8:00-10:00 AM | No Fee | 311932-11 |
| Ponds-McMurray Stewardship | | | | |
| 7/21 | M | 8:00-10:00 AM | No Fee | 311932-12 |
| Prairie Ridge | | | | |
| 7/28 | M | 8:00-10:00 AM | No Fee | 311932-13 |
| Trail To Be Determined | | | | |
| 8/4 | M | 8:00-10:00 AM | No Fee | 311932-14 |
| Devil's Backbone* | | | | |
| 8/11 | M | 8:00-10:00 AM | No Fee | 311932-15 |
| Make Up Hike/Social Brunch | | | | |
| 8/18 | M | 8:00-10:00 AM | No Fee | 311932-16 |

FORT COLLINS AREA SWIM TEAM

A TEAM FOR

- ✔ All Ages
- ✔ All Skill Levels

Year Round Competitive Swim Program

Pre-competitive Program

Experienced, professional coaching staff

Masters Group

JOIN US

970.281.KICK

www.fortcollinsareaswimteam.org

OUTDOOR EDUCATION

Feather & Flight Fridays

Learn about birds, their behaviors, distinguishing characteristics, bird songs, and more. Meet at the Fort Collins Senior Center and walk around Rolland Moore Park with a Colorado Audubon Society enthusiast to discover the fascinating world of birds.

Nesting

Learn important facts about bird nests, nestlings vs fledglings, and tips on how to keep them safe.

| | | | | |
|------|---|---------------|------|-----------|
| 6/20 | F | 9:00-11:00 AM | \$23 | 311980-02 |
|------|---|---------------|------|-----------|

Corvids

Get to know the crow family with lots of fun stories and ID tips.

| | | | | |
|------|---|---------------|------|-----------|
| 7/18 | F | 9:00-11:00 AM | \$23 | 311980-04 |
|------|---|---------------|------|-----------|

Bird Walk

Scout out beautiful birds during a walk.

| | | | | |
|------|---|---------------|------|-----------|
| 8/22 | F | 9:00-11:00 AM | \$23 | 311980-06 |
|------|---|---------------|------|-----------|

Make Your Own Watercolor Paints

Learn to make your own paint from foraged cherry sap, water, and pigments from your home. All materials provided. Wear clothes that can get dirty or bring an apron. Optional: Bring a teaspoon or two of a brightly colored spice or dried flowers.

Location:

| | | | | |
|-----|---|--------------|------|-----------|
| 6/4 | W | 4:30-7:00 PM | \$29 | 311966-01 |
|-----|---|--------------|------|-----------|

Sunrise Forest Bathing

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of the practice of bathing the senses in nature. Take a quiet, contemplative sunrise walk that integrates gratitude, reflection, and creativity. Note: Directions will be emailed prior to class.

Location: River Bluff Parking Area, Windsor

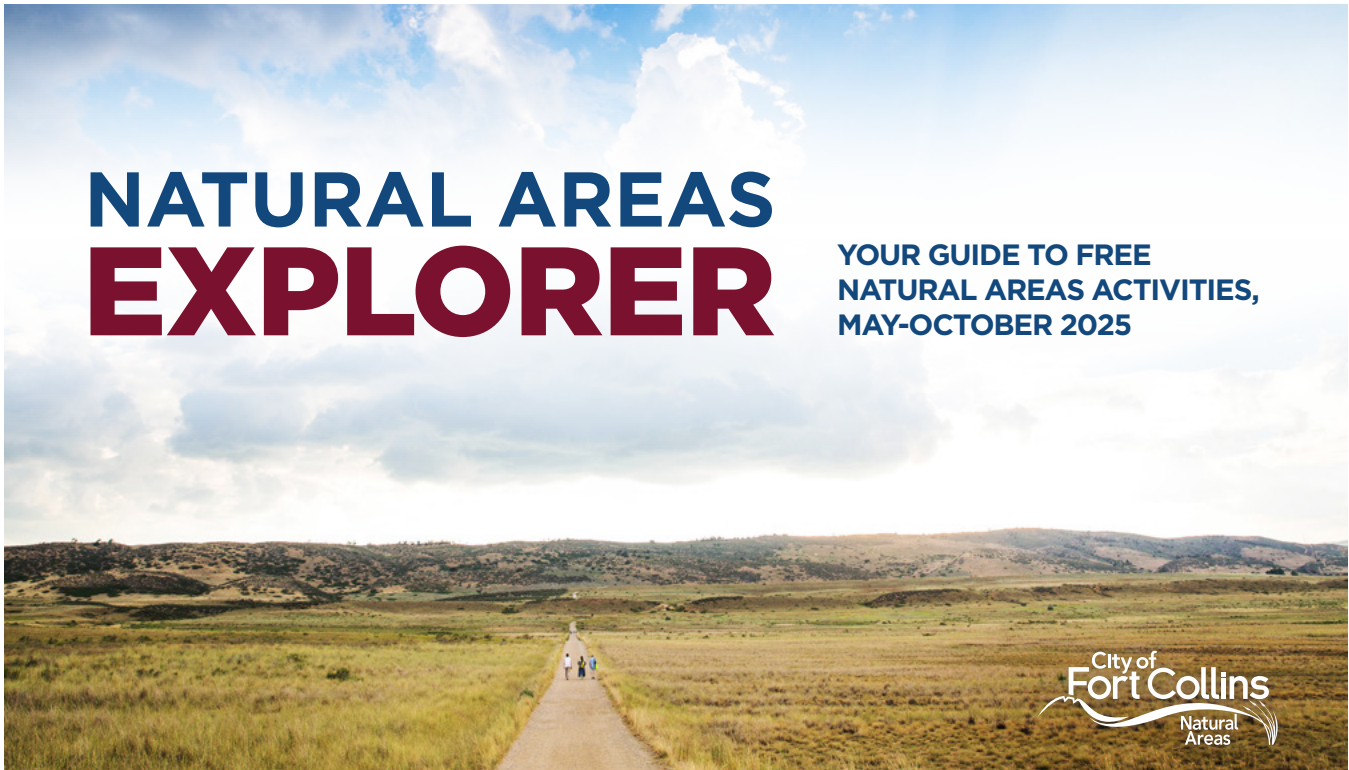
| | | | | |
|-----|----|--------------|------|-----------|
| 7/1 | Tu | 6:00-8:00 AM | \$23 | 311970-02 |
|-----|----|--------------|------|-----------|

Weave a Tiny Basket

Learn to make a miniature basket from locally harvested leaves and discuss how to find basketry materials in your yard or neighborhood. Wear clothes that can get dirty or bring an apron. Note: This class is not recommended for anyone with hand pain as the techniques can be hard on the hands.

Location:

| | | | | |
|------|---|--------------|------|-----------|
| 6/25 | W | 4:30-7:00 PM | \$29 | 311990-01 |
|------|---|--------------|------|-----------|



**NATURAL AREAS
EXPLORER**

**YOUR GUIDE TO FREE
NATURAL AREAS ACTIVITIES,
MAY-OCTOBER 2025**



LOOK FOR THE NEXT ISSUE IN MAY!

fcgov.com/naturalareas

OUTDOOR RECREATION

Transportation





Outdoor trips depart from the Fort Collins Senior Center unless otherwise noted. We recommend you arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for other participants, we do not wait for late arrivals; trips leave promptly at the posted time.

Return Times

All return times are approximate. Please do not schedule appointments close to return times in case delays occur. Return times are impacted by turnaround times followed by instructors. Turnaround times are the times at which a group must turn around whether they have reached their destination or not. Turnaround times consider the pace of the group, departure time, estimated return time, safety and elevation.

OUTDOOR RECREATION ACTIVITY CLASSIFICATION

Please carefully read through our new outing descriptions and contact outdoor@fcgov.com with any questions.

-  Class A: Outings with 0-500 ft. in elevation change.
-  Class B: Outings with 500-1,000 ft. in elevation change.
-  Class C: Outings with 1,000-2,000 ft. in elevation change.
-  Class D: Outings over 2,000 ft. in elevation change.

Level 1 activities are those where participants are dropped off and picked up at the location of the activity and they may include any amount of mileage.

Level 2 activity durations are up to 5 miles.

Level 3 activity durations exceed 5 miles.

CLIMBING PROGRAMS

Gym to Crag Climbing Clinic

Dive into the sport of rock climbing with a two-day program geared towards education and experience. Participants work on indoor climbing techniques and top rope belaying, then experience outdoor climbing firsthand. Learn the basics of movement, techniques, and rope management skills. Note: Detailed directions will be emailed prior to the start of the program.

| | | | | |
|-----------|-------|------------------|-------|-----------|
| 6/7-6/8 | Sa,Su | 10:00 AM-4:00 PM | \$281 | 311952-01 |
| 7/19-7/20 | Sa,Su | 10:00 AM-4:00 PM | \$281 | 311952-02 |
| 8/16-8/17 | Sa,Su | 10:00 AM-4:00 PM | \$281 | 311952-03 |

Beginning Rock Climbing

Designed for the new climber looking to try a locally based new and exciting outdoor experience. Learn basic techniques and gain climbing experience with a professional instructor. All gear provided. Note: Detailed directions will be emailed prior to start of program.

| | | | | |
|------|----|---------------|------|-----------|
| 6/22 | Su | 9:00-11:30 AM | \$78 | 311957-01 |
| 7/26 | Sa | 9:00-11:30 AM | \$78 | 311957-02 |

LEVEL 2 ACTIVITIES

These activities are up to 5 miles in duration.

Nomad-Sawmill-Stout-Towers

Pack some snacks to fuel exploration on some of the lesser traveled paths in Horsetooth Mountain Open Space. Mileage: 4-5 miles, 900 ft. elevation gain.

| | | | | |
|-----|---|------------------|------|-----------|
| 6/9 | M | 8:30 AM-12:30 PM | \$45 | 311902-08 |
|-----|---|------------------|------|-----------|

Kruger Rock Trail

Experience an approximate 1,000-foot elevation gain on this 4-mile trail just outside of Estes Park, CO, accessed through Hermit Park. Hike across fields and meadows, then around forested mountains to reach the summit and enjoy stunning views. Light snacks provided.

| | | | | |
|------|----|-----------------|------|-----------|
| 8/26 | Tu | 8:00 AM-1:45 PM | \$63 | 311902-10 |
|------|----|-----------------|------|-----------|

Lonely Backpacker Series

Want to go backpacking but none of your friends want to go? Want to meet new outdoorsy people? Want to try backpacking but might need help? Join a professional guide and others who just want to get out for a night under the stars without having to go it alone. Note: No gear or meals provided. Moderate fitness required. Mileage: 6 miles, 1,300 ft. elevation gain.

| | | | | |
|-----------|----|-----------------|------|-----------|
| 7/19-7/20 | Sa | 5:00 PM-Su Noon | \$82 | 311916-01 |
|-----------|----|-----------------|------|-----------|

LEVEL 3 ACTIVITIES

These activities exceed 5 miles in duration.

Backpacking 202

Already know how to backpack but you want to step it up and go further or for longer trips? Work with a professional guide and other class participants to evaluate your setup and methods to improve comfort, efficiency, and overall enjoyment of backpacking. After the consultation, participate in an optional two-night trip to test new skills with a professional guide. Note: Trip details will be shared in the class and via email. Moderate to high fitness required.

Backpacking 202: Class

| | | | | |
|------|----|--------------|------|-----------|
| 6/12 | Th | 7:00-9:00 PM | \$23 | 311915-01 |
|------|----|--------------|------|-----------|

Backpacking 202: SFSP Hidden Valley Trip 

Mileage: 18 miles, 3,500 ft. elevation gain

| | | | | |
|----------|---|--------------------|-------|-----------|
| 8/8-8/10 | F | 8:00 AM-Su 6:00 PM | \$275 | 311915-02 |
|----------|---|--------------------|-------|-----------|

Beginner Bikepacking

Load your frame bags or hook up your bike trailer and join in the exciting sport of Bikepacking. Follow a professional bike mechanic guide on fire roads and easy singletrack to camp in a way you may have never considered! Note: No gear or meals provided. Trips details will be shared in the class and via email. High level of fitness required. Bike must pass safety check. Moderate to high fitness required. Transportation not provided.

Beginner Bikepacking: Class

| | | | | |
|-----|----|--------------|------|-----------|
| 6/3 | Tu | 6:00-8:00 PM | \$23 | 311925-01 |
|-----|----|--------------|------|-----------|

Beginner Bikepacking: Pingree Park Trip 

Mileage: 20 miles, 1,300 ft. elevation gain

| | | | | |
|-----------|----|--------------|-------|-----------|
| 7/26-7/27 | Sa | Noon-Su Noon | \$175 | 311925-02 |
|-----------|----|--------------|-------|-----------|

Beginner Bikepacking: Cherokee Park Trip 

Mileage: 23 miles, 2,422 ft. elevation gain

| | | | | |
|-----------|----|--------------|-------|-----------|
| 8/16-8/17 | Sa | Noon-Su Noon | \$175 | 311925-03 |
|-----------|----|--------------|-------|-----------|

Overnight Experience

For an exciting overnight experience that includes ziplining and a trip to the Garden of The Gods see page 55 in the Retirement Age Programs section of the Recreator!

SAVE THE DATE!

THE FARM'S 40TH ANNIVERSARY CELEBRATION



**SATURDAY,
SEPTEMBER 13**

FCGOV.COM/THEFARM



SPORTS



Things to Know

- Programs are for ages 16 years and older unless otherwise noted.
- Adult sports team leagues and tournaments for which individuals do not register, but instead register as a team, are not applicable in the Reduced Fee Program.
- All adult rosters are unlimited.
- Teams sign up for their level preference on a first come, first served basis.
- Mixed leagues were formally “coed” and require a gender ratio during competition – check specific sport rules for each sport’s requirements.
- Open Leagues mean teams can be made up of any combination of players and is not specifically Men’s, Women’s, or Mixed.

Online Sports Schedules & League Rules

Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancelations, and weather updates.

Inclusion

The City of Fort Collins is committed to creating a welcoming and inclusive sport environment. We invite individuals to participate in accordance with their asserted gender identity.

BASKETBALL

Summer Adult Basketball

Cost: \$550

Season begins: Week of 6/9

Number of games: 8

Location: Northside Aztlan Community Center & Fort Collins Senior Center

Friday Open Recreational

313501-01

Fall Adult Basketball

Cost: \$550

Season begins: week of 10/13

Number of games: 8

Location: Northside Aztlan Community Center & Fort Collins Senior Center

Monday Open Recreational

413501-01

KICKBALL

Summer Adult Kickball

Cost: \$500

Season begins: Week of 5/26

Number of games: 10

Location: Rolland Moore Park, Fossil Creek Park & Lee Martinez Park

Friday Mixed Recreational

313025-01

Fall Adult Kickball

Cost: \$400

Season begins: week of 9/1

Number of games: 8

Location: Rolland Moore Park, Fossil Creek Park & Lee Martinez Park

Friday Mixed Recreational

413025-01



JOIN

NORTHERN CO SPORTS OFFICIALS




Looking for:

- Youth 14+ seeking fun part-time employment
- Adults seeking additional income
- Active Seniors

To get started fill out a new official application on our website. Sports officiating is an amazing way to earn money being around the sport(s) you love.

Email
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Benefits

- Opportunities for all levels ✓
- Fast Pay ✓
- Flexible Schedule ✓
- Stay active ✓
- Engage with our community ✓

For More Information
goncso.com

970-460-NC SO
(6276)

SOFTBALL

Levels of Play:

2HR+ - 2 Up Homerun Rule
 (B) 1HR - 1 Homerun Only
 (Leisure) - HR Ends Inning, Limited Flight Softball

Note: Levels of play and updated rules are posted on the "Rules & Park Maps" page of teamsideline.com/FortCollins. League Coordinator may move a team's level of play based on previous record.

Summer Adult Softball

Cost: \$700
 Registration ends: 5/18 or when filled
 Season begins: Week of 5/26
 Number of games: 10
 Games will not be held 6/25-7/6. **Indicates limited spots. Double header games may not be scheduled back-to-back.

Location: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park & Twin Silo Park

Men's

| | |
|--------------------|-----------|
| **Sunday (A) 2HR+ | 313021-01 |
| **Sunday (B) 1HR | 313021-02 |
| **Monday (A) 2HR+ | 313021-03 |
| **Monday (B) 1HR | 313021-04 |
| Tuesday (A) 2HR+ | 313021-05 |
| Tuesday (B) 1HR | 313021-06 |
| Wednesday (A) 2HR+ | 313021-07 |
| Wednesday (B) 1HR | 313021-08 |
| Thursday (A) 2HR+ | 313021-09 |
| Thursday (B) 1HR | 313021-10 |

Women's

| | |
|------------------|-----------|
| **Monday (B) 1HR | 313022-01 |
|------------------|-----------|

Mixed

| | |
|--------------------|-----------|
| **Sunday (A) 2HR+ | 313023-01 |
| **Sunday (B) 1HR | 313023-02 |
| Tuesday (A) 2HR+ | 313023-03 |
| Tuesday (B) 1HR | 313023-04 |
| Wednesday (A) 2HR+ | 313023-05 |
| Wednesday (B) 1HR | 313023-06 |
| Thursday (A) 2HR+ | 313023-07 |
| Thursday (B) 1HR | 313023-08 |

Leisure

| | |
|---------------------------|-----------|
| Friday Men's 40 + Leisure | 313021-11 |
| Friday Mixed Leisure | 313023-09 |

Fall Adult Softball

Cost: \$560
 Registration ends: 8/24 or when filled
 Season begins: Week of 9/1
 Number of games: 8

Location: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park & Twin Silo Park

Men's

| | |
|--------------------|-----------|
| Sunday (A) 2HR+ | 413021-01 |
| Sunday (B) 1HR | 413021-02 |
| Monday (A) 2HR+ | 413021-03 |
| Monday (B) 1HR | 413021-04 |
| Tuesday (A) 2HR+ | 413021-05 |
| Tuesday (B) 1HR | 413021-06 |
| Wednesday (A) 2HR+ | 413021-07 |
| Wednesday (B) 1HR | 413021-08 |
| Thursday (A) 2HR+ | 413021-09 |
| Thursday (B) 1HR | 413021-10 |

Women's

| | |
|----------------|-----------|
| Monday (B) 1HR | 413022-01 |
|----------------|-----------|

Mixed

| | |
|--------------------|-----------|
| Sunday (A) 2HR+ | 413023-01 |
| Sunday (B) 1HR | 413023-02 |
| Tuesday (A) 2HR+ | 413023-03 |
| Tuesday (B) 1HR | 413023-04 |
| Wednesday (A) 2HR+ | 413023-05 |
| Wednesday (B) 1HR | 413023-06 |
| Thursday (A) 2HR+ | 413023-07 |
| Thursday (B) 1HR | 413023-08 |

Leisure

| | |
|---------------------|-----------|
| Friday Men's 40yrs+ | 413021-11 |
| Friday Mixed | 413023-09 |

VOLLEYBALL

Teams sign up for their level of play and night preference on a first come basis.

Levels of Play:

A - Competitive
 BB - Intermediate
 B - Recreational

Summer Outdoor Adult Grass Volleyball

Self-officiated outdoor grass league with three matches per night. The season is approximately seven weeks long.

Cost: \$70-\$140
 Season begins: Week of 6/9
Location: Spring Canyon Park

Men's

| | |
|---------------------|-----------|
| Thursday BB Doubles | 313041-01 |
|---------------------|-----------|

Women's

| | |
|--------------------|-----------|
| Tuesday BB Doubles | 313042-01 |
| Tuesday A Doubles | 313042-02 |

Coed

| | |
|--------------------|-----------|
| Monday A Doubles | 313043-01 |
| Monday BB Doubles | 313043-02 |
| Wednesday A Fours | 313043-03 |
| Wednesday BB Fours | 313043-04 |
| Thursday B Fours | 313043-05 |

TENNIS

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 55 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

Rolland Moore Pro Shop

Visit the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Summer hours are 8 a.m.-6 p.m. Monday-Friday and 10 a.m.-4 p.m. on Saturday.

Reserve tennis and pickleball courts at lewistennis.com.

Sign up before May 15 and receive a 10% discount!

Beginner

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.

| Location: Rolland Moore | | Drop-In | | |
|-------------------------|-----|--------------|------------|-----------|
| 6/2-6/11 | M,W | 6:00-7:30 PM | \$116 \$33 | 323005-01 |
| 6/16-6/25 | M,W | 6:00-7:30 PM | \$116 \$33 | 323005-02 |
| 6/30-7/9 | M,W | 6:00-7:30 PM | \$116 \$33 | 323005-03 |
| 7/14-7/23 | M,W | 6:00-7:30 PM | \$116 \$33 | 323005-04 |
| 7/28-8/6 | M,W | 6:00-7:30 PM | \$116 \$33 | 323005-05 |

| Location: Fossil Creek Park | | Drop-In | | |
|-----------------------------|----|--------------|------------|-----------|
| 5/31-6/21 | Sa | 1:00-2:30 PM | \$116 \$33 | 323000-01 |
| 6/28-7/19 | Sa | 1:00-2:30 PM | \$116 \$33 | 323000-02 |
| 7/26-8/16 | Sa | 1:00-2:30 PM | \$116 \$33 | 323000-03 |

Intermediate

Learn the "Modern Game" of tennis and refine your skills by experiencing techniques that are used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

| Location: Rolland Moore | | Drop-In | | |
|-------------------------|-------|--------------|------------|-----------|
| 6/3-6/12 | Tu,Th | 6:00-7:30 PM | \$116 \$33 | 323006-01 |
| 6/17-6/26 | Tu,Th | 6:00-7:30 PM | \$116 \$33 | 323006-02 |
| 7/1-7/10 | Tu,Th | 6:00-7:30 PM | \$116 \$33 | 323006-03 |
| 7/15-7/24 | Tu,Th | 6:00-7:30 PM | \$116 \$33 | 323006-04 |
| 7/29-8/7 | Tu,Th | 6:00-7:30 PM | \$116 \$33 | 323006-05 |

| Location: Fossil Creek Park | | Drop-In | | |
|-----------------------------|----|--------------|------------|-----------|
| 5/31-6/21 | Sa | 2:30-4:00 PM | \$116 \$33 | 323001-01 |
| 6/28-7/19 | Sa | 2:30-4:00 PM | \$116 \$33 | 323001-02 |
| 7/26-8/16 | Sa | 2:30-4:00 PM | \$116 \$33 | 323001-03 |

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- CAMPS
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RETIREMENT AGE PROGRAMS

60+ ACTIVE PASS PROGRAMS

All programs are designed for those 60 years and older and held at the Fort Collins Senior Center unless otherwise noted.

All active passholders may attend the programs in this section free of charge! This includes Senior Social Pass, Multi-Facility Admission Pass, SilverSneakers, Renew Active, Reduced Fee Program participants, and those who paid the daily drop-in facility fee.

Senior Social Pass

The Senior Social Pass allows access to unlimited use of the library, billiards room, and lobby at the Fort Collins Senior Center during open facility hours. It also grants access to the 60+ Active Pass programs listed below. For more information visit the Fort Collins Senior Center front desk or call 970-221-6644.

Annual Pass \$35

RESOURCES

Library/Media Center

The Library/Media Center offers a quiet location to read, reflect, relax, or use one of the computers. The book library includes large print, hardcover, and paperback books as well as books by local writers. Volunteer Library Attendants are available to assist members during portions of the day. Book donations are accepted as space allows.

NEW! Conversation Corner

Feeling lonely or looking to connect with new people but not sure where to begin? Drop by our Conversation Corner! It's a great place to meet others, chat, and discover programs or resources that might match your interests.

Location: Fort Collins Senior Center Lobby

Every Wednesday starting 6/4 10:00 AM-Noon

Pool & Billiards Room

The pool room has four 8-ball tables and one snooker table. Users are asked to contribute to the donation box located in the room to help support facility maintenance.

SOCIAL PROGRAMS

Bingo

Compete in bingo for prizes. Registration required one week prior.

| | | | |
|------|---|--------------|-----------|
| 7/21 | M | 1:30-2:30 PM | 312401-02 |
| 8/18 | M | 1:30-2:30 PM | 312401-03 |

Cards & Games

Join in the fun and play a variety of games with friends at the Fort Collins Senior Center! Any game can be played during any session listed below; however, specific games are played on certain days for participants to play with like-minded enthusiasts. Note: Games will not be held on 7/3, 7/4 & 8/15.

Cards & Games & Canasta

| | | | |
|----------|---|--------------|-----------|
| 6/2-8/25 | M | 1:00-4:00 PM | 312400-01 |
|----------|---|--------------|-----------|

All Games & Canasta

| | | | |
|----------|---|--------------|-----------|
| 6/4-8/27 | W | 1:00-4:00 PM | 312400-02 |
|----------|---|--------------|-----------|

Bridge & Party Bridge

| | | | |
|----------|----|--------------|-----------|
| 6/3-8/26 | Tu | 1:00-4:00 PM | 312400-03 |
|----------|----|--------------|-----------|

Mahjong

| | | | |
|----------|----|--------------|-----------|
| 6/5-8/28 | Th | 1:00-4:00 PM | 312400-04 |
|----------|----|--------------|-----------|

Pinochle

| | | | |
|----------|---|--------------|-----------|
| 6/6-8/29 | F | 1:00-4:00 PM | 312400-05 |
|----------|---|--------------|-----------|

Creative Art & Ink

Participants gather for drawing, sketching, basket weaving, and other creative arts. Meet weekly to work on personal projects and share ideas and techniques. Note: No instructor or supplies provided. Class will not be held on 7/4 & 8/15.

| | | | |
|----------|---|---------------|-----------|
| 6/6-8/29 | F | 9:30-11:30 AM | 312405-01 |
|----------|---|---------------|-----------|

Donut Make You Wonder

Discuss current subjects and related personal experiences. Matters related to religion and politics avoided to ensure comradery. Meetings end with a few shared jokes. Note: Class will not be held on 7/4, 7/11, 7/18 & 7/25.

| | | | |
|----------|---|----------------|-----------|
| 6/6-8/29 | F | 10:00-11:00 AM | 312412-01 |
|----------|---|----------------|-----------|

Rainbow Club

Join this social group of networking LGBTQ+ members in the senior community for monthly meetings, outings, and events. Program details will be emailed out to registered participants and to the Rainbow Club email list. For more information or to be added to the list, contact Zach Ducharme at zducharme@fcgov.com.

6/1-8/31 No Fee 312419-02

Sing Along/Jam Session

Guitar, banjo, uke players and singers meet for fun, enjoyment, and education. Songs, song sheets and basic chord and strumming suggestions provided. All levels welcome.

6/19 Th 3:00-5:00 PM 312444-01

7/17 Th 3:00-5:00 PM 312444-02

8/21 Th 3:00-5:00 PM 312444-03

The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome.

6/3-8/26 Tu 9:30-11:30 AM 312415-01

WELLNESS PROGRAMS

Aging Gracefully with Occupational Therapy: Building Resilience

Explore how occupational therapy can support graceful aging. Delve into adaptive equipment and home safety tips to help maintain independence and safety in daily life. Learn mindfulness techniques to enhance emotional well-being and reduce stress. Taught by Kristina Kramer, UCHealth O.T./ Inpatient Rehabilitation Service.

6/16 M 1:00-2:00 PM 325420-01

Bossy Bladder

Do you have a bossy bladder or bowel? Join Covell Care for a lecture on understanding your bladder or bowel issues, and what a healthy bladder or bowel looks like. Walk away with tools for the next steps to help you take back control.

7/16 W 10:00-11:00 AM 325411-01

Exercise at Home

Learn what exercises you can do at home, safely, to keep you active, strong, and mobile. Covell Care's interactive presentation provides take-home, simple exercises you can implement right away.

8/20 W 10:00-11:00 AM 325413-01

Healthy Eating for One or Two

Gain practical skills to make delicious food for one or two people. Discuss smart ways to reduce food waste, meal plan, budget, and grocery shop. Amber Webb, Larimer County CSU Extension Agent will help you understand important nutrition basics for older adults and leave with new skills.

6/12 Th 10:00-11:00 AM 325421-01

Healthy Living for Your Brain and Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to promote healthy aging and decrease your risk for dementia.

6/24 Tu 11:00 AM-Noon 325419-01

Home Safety/Fall Prevention

More than one-third of the senior population falls each year, and you do not want to be part of that statistic. Covell Care will teach you how to keep yourself or a loved one safe at home and in the community.

6/18 W 10:00-11:00 AM 325412-02

Inflammation, Cardiovascular Disease & Hypertension

Learn how to empower yourself through lifestyle choices and impact your health outcomes. Get practical tips to support your body and brain to better health with anti-inflammatory choices. Facilitated by Deanna O'Connell, UCHealth registered dietician and mindfulness practitioner.

6/26 Th 10:00-11:30 AM 325439-01

Resilience: A Steadying Inner Resource

Be supported in turning toward a positive direction in your life. Engage in several practices to build resilience - the ability to have inner strength, optimism and flexibility in the face of adversity and disappointment. Facilitated by Deanna O'Connell, UCHealth registered dietician and mindfulness practitioner.

8/21 Th 9:00-11:30 AM 325414-01

The Conversation Project

92% of Americans feel it is important to talk about their wishes for end-of-life care; however, only 32% have done so. Gain tools and knowledge to identify and share your values and preferences in this interactive program developed by Ellen Goodman.

6/3 Tu 2:00-3:30 PM 325445-01

RETIREMENT AGE PROGRAMS - OPEN TO ALL

All programs are designed for retirement age individuals, but adults 18 years and older are welcome to attend unless otherwise noted. Programs take place at the Fort Collins Senior Center unless otherwise noted.

Fort Collins Senior Center Orientations

Interested in learning more about the Fort Collins Senior Center? Join us for a tour!

| | |
|------------------------------|---------|
| First Monday of each month | 4:30 PM |
| Third Thursday of each month | 9:00 AM |

CLUBS & ORGANIZATIONS

Front Range Forum

Front Range Forum is an educational and social membership organization associated with the Fort Collins Senior Center. Included in the membership fee is access to classes offered in literature, history, music, art, science, current events, and popular culture as well activities that include film programs, lunch-time lectures, off-site excursions, monthly social luncheons, and special interest groups. Front Range Forum has something for everyone interested in expanding their world and forming new friendships. For more information, please visit us at frontrangeforum.org. Note: Front Range Forum membership fees are paid through the Fort Collins Senior Center and class registrations are made on the Front Range Forum website, frontrangeforum.org.

Spring/Summer Membership Fee

| | | | | |
|----------|-----|-----------------|------|-----------|
| 4/1-8/31 | M-F | 9:00 AM-4:00 PM | \$49 | 207410-01 |
|----------|-----|-----------------|------|-----------|

ARTS & CRAFTS

Reflections in Art

Caregivers and individuals experiencing dementia-like symptoms follow instructor prompts to create a piece of art together. Art piece can act as a conversation prompt at home. Note: Caregivers must be present. All supplies provided.

Age: 50 years & up

| | | | | |
|------|---|----------------|------|-----------|
| 6/20 | F | 10:30-11:30 AM | \$15 | 312448-01 |
| 7/18 | F | 10:30-11:30 AM | \$15 | 312448-02 |
| 8/15 | F | 10:30-11:30 AM | \$15 | 312448-03 |

EDUCATION

Bridge Intro

Curious about Bridge? Join us to see if you might like playing the popular card game. Play some hands and learn some of the basic rules using something called MiniBridge. Participants receive a free booklet with guidelines, a way to play on the computer, and help from an instructor.

| | | | | |
|-----|---|--------------|------|-----------|
| 7/9 | W | 1:00-3:00 PM | \$16 | 312461-01 |
|-----|---|--------------|------|-----------|

Detecting & Preventing Scams & Frauds

Designed for older adults and caretakers of older adults to detect and identify scams and fraud and to raise awareness to help prevent victimization. Based on the AARP podcast, The Perfect Scam, class format will consist of discussion, listening to specific cases, and a question-and-answer period. Instructor will provide assistance on how to listen to the AARP podcast.

Identifying & Preventing All Scams & Frauds

| | | | | |
|------|----|----------------|------|-----------|
| 6/12 | Th | 10:00-11:00 AM | \$22 | 307405-01 |
|------|----|----------------|------|-----------|

Protecting a Friend or Relative

| | | | | |
|------|----|----------------|------|-----------|
| 7/10 | Th | 10:00-11:00 AM | \$22 | 307405-02 |
|------|----|----------------|------|-----------|

Computer & Smart Phone Scams Explained

| | | | | |
|------|----|----------------|------|-----------|
| 8/14 | Th | 10:00-11:00 AM | \$22 | 307405-03 |
|------|----|----------------|------|-----------|

SOCIAL PROGRAMS

And Then It Is Winter

Together we'll bring joy, laughter, and understanding about the lives we live, how we got here, and growing older. Occasional guests will guide discussion and provide entertainment. Note: Class will be held on the first and third Mondays of each month.

Age: 70 years & up

| | | | | |
|----------|---|----------------|------|-----------|
| 6/2-8/18 | M | 10:30-11:30 AM | \$10 | 312411-01 |
|----------|---|----------------|------|-----------|

Indoor Boccia

Played indoors on a smooth surface, boccia tests coordination, concentration, and ability to strategize. Note: Class will not be held on 6/30.

Age: 16 years & up

| | | | | |
|----------|---|---------------|------|-----------|
| 6/9-8/18 | M | 8:30-10:00 AM | \$38 | 302464-03 |
|----------|---|---------------|------|-----------|

Senior Serenaders

The Senior Serenaders practice and perform seasonal themed music from years' past for local assisted living facilities and special events. No choral experience required, but ability to read music is helpful. Note: Class will not be held on 6/16, 7/14, 7/21 & 8/18.

| | | | | |
|----------|---|---------------|------|-----------|
| 6/2-8/25 | M | 9:30-11:00 AM | \$16 | 312413-01 |
|----------|---|---------------|------|-----------|

S.O.A.P. Troupe Acting

S.O.A.P. (Slightly Older Adult Players) Troupe writes and performs two shows per year, performed in May and December, which feature a variety of acting, comedy, skits, dance, and song. Join this zany, fun-loving group of seniors who have discovered their inner ham. Are you uncomfortable on the stage? No problem! S.O.A.P. has many ways you can help make the shows a success. Monthly meetings occur on the fourth Tuesday of each month in addition to weekly rehearsals and activities. This program is held in the Fall and Spring. Please look for registration information in the next Recreator. For questions, email bebond@fcgov.com.

Social Dancing at the Fort Collins Senior Center

Grab a loved one or a friend and join in the fun for a night of dancing, live music, and a delicious potluck prepared by attendees. Dances occur on the first and third Mondays of the month, and some dances are themed. Note: Dances will not be held in May.

| | | | |
|-----|---|--------------|------|
| 6/2 | M | 6:30-9:00 PM | \$11 |
|-----|---|--------------|------|

Western Dance (Picnic Food Theme)

| | | | |
|------|---|--------------|------|
| 6/16 | M | 6:30-9:00 PM | \$11 |
|------|---|--------------|------|

USA Birthday (Wear red, white & blue)

| | | | |
|-----|---|--------------|------|
| 7/7 | M | 6:30-9:00 PM | \$11 |
|-----|---|--------------|------|

Hawaiian Dance

| | | | |
|------|---|--------------|------|
| 7/21 | M | 6:30-9:00 PM | \$11 |
|------|---|--------------|------|

| | | | |
|-----|---|--------------|------|
| 8/4 | M | 6:30-9:00 PM | \$11 |
|-----|---|--------------|------|

Swinging Safari Dance (Wear wild colors)

| | | | |
|------|---|--------------|------|
| 8/18 | M | 6:30-9:00 PM | \$11 |
|------|---|--------------|------|

FRIDAY MOVIES

Active pass required or payment of the daily drop-in rate.

Enjoy a Friday movie at the Fort Collins Senior Center.

Bee Season (2005) 1hr 44min

Wife and mother, Miriam begins a downward emotional spiral as her husband avoids their collapsing marriage by immersing himself in his 11-year-old daughter's quest to become a spelling-bee champion. Starring: Richard Gere, Juliette Binoche, Flora Cross, Max Minghella. Rated Pg-13.

| | | | |
|------|---|--------------|--------|
| 6/20 | F | 1:00-4:00 PM | No Fee |
|------|---|--------------|--------|

My Penguin Friend (2024) 1hr 37min

Inspired by a true story; an enchanting adventure about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman. They soon become unlikely friends, so bonded that even the vast ocean cannot divide them. Starring: Jean Reno, Adriana Barraza, Alexia Moyano. Rated PG.

| | | | |
|------|---|--------------|--------|
| 7/18 | F | 1:00-4:00 PM | No Fee |
|------|---|--------------|--------|

August Rush (2007) 1hr 54min

A musically gifted orphan, Evan, runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater. Starring: Freddie Highmore, Keri Russell, Jonathan Rhys Meyers, Robin Williams. Rated PG.

| | | | |
|------|---|--------------|--------|
| 8/22 | F | 1:00-4:00 PM | No Fee |
|------|---|--------------|--------|

RESOURCES

NEW! Evie the Mobile Book Library

Evie carries about 1,500 books and audiobooks. She serves as a library card sign-up location and a place to check out/return materials. She also focuses on technology and offers printing, Wi-Fi hotspots, and more. Utilize her resources when she visits the Fort Collins Senior Center the first Tuesday of every month.

| | |
|----------------|---------------|
| 6/3, 7/1 & 8/5 | 10:00 AM-Noon |
|----------------|---------------|

VOA Smiling Spoon Senior Lunch

Volunteers of America and the City of Fort Collins Recreation Department host the Senior Nutrition Program to provide hot lunch at the Fort Collins Senior Center. In person dining and meal pick-up with Volunteers of America available by reservation only. Call 970-472-9630 x1 by 1:30 p.m. one business day prior to reserve your meal.

| | | |
|-----------|-------------------|------------------------|
| M,Tu,Th,F | 11:45 AM-12:15 PM | \$3 suggested donation |
|-----------|-------------------|------------------------|

Life After Stroke

Designed for stroke survivors and their caregivers to unite with others. Find positive solutions to create meaningful and fulfilling lives after experiencing a stroke. For more information, contact Jamie Baker at 970-624-2109.

| | | |
|------|----|---------------|
| 6/12 | Th | 12:30-2:00 PM |
| 7/10 | Th | 12:30-2:00 PM |
| 8/14 | Th | 12:30-2:00 PM |

VOLUNTEERS

We strive to provide trained volunteers quality opportunities that meet their expectations, align with their skills and needs, and capitalize on the many talents they possess. Volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, learn new things about themselves, set and achieve personal goals, and make a positive difference in the lives of others. Volunteers may choose from one-time special events to longer term commitments in a variety of areas. To apply as a volunteer, [visit engage.fcgov.com/d/sc/app/general](http://visit.engage.fcgov.com/d/sc/app/general).

TRIPS & TRAVEL

All programs are designed for active, retirement age individuals, but all adults 18 years and older are welcome, unless otherwise noted. Programs depart from the Senior Center unless otherwise noted.

Registration

Pre-registration is required for all trips. Some ticketed events have an early registration deadline. See specific trip details for more information.

Departure & Return Times

All trips leave from the Fort Collins Senior Center unless otherwise noted. Please arrive at least 15 minutes prior to departure to check in with the driver. Out of respect for all participants, trips leave promptly at the posted trip time.

All return times are approximate. Please do not schedule appointments close to return times in case delays occur.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after listed trip time frames. Pick-up time will be confirmed via phone the day prior to the trip. The cost for these services is \$6.50 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Accommodations

Individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodations needed. When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability. There is no transportation fee for the personal care attendant aiding a participant, but they must pay for ticket and meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting to ensure that we provide necessary seating, meals, tickets, etc.

If a meal is included in the price, allergy or dietary requests must be made at the time of registration otherwise we cannot guarantee accommodation.

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. A rating of ● indicates a low walking level for the trip, while a ▲ indicates a high level of walking. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating. Distances are approximate.

- = Walk short distances. May include some stairs. Mostly sitting. Handicap accessibility available. Example: To program location from parking lot. Distance: Less than 20 yards.
- = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.
- ◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.
- ▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You are on your feet for most of the outing. Distance: 1-5 miles.

Casino Trips Casino Trips ■

Enjoy a day in the mountains at Blackhawk. Note: Meet the bus at Rolland Moore Parking lot.

| | | | | |
|------|----|-----------------|---------|-----------|
| 6/17 | Tu | 8:30 AM-6:00 PM | \$47.50 | 305910-01 |
| 8/19 | Tu | 8:30 AM-6:00 PM | \$47.50 | 305910-02 |

Rockies Game ■

Enjoy a game at Denver’s Coors Field. Note: Fee includes ticket. Non-refundable starting four weeks prior to game date.

vs. New York Giants

| | | | | |
|------|----|------------------|---------|-----------|
| 6/12 | Th | 10:30 AM-7:00 PM | \$75.50 | 305901-01 |
|------|----|------------------|---------|-----------|

vs. Chicago White Sox

| | | | | |
|-----|----|------------------|---------|-----------|
| 7/6 | Su | 10:30 AM-7:00 PM | \$75.50 | 305901-02 |
|-----|----|------------------|---------|-----------|

vs. LA Dodgers

| | | | | |
|------|----|------------------|---------|-----------|
| 8/21 | Th | 10:30 AM-7:00 PM | \$75.50 | 305901-03 |
|------|----|------------------|---------|-----------|

OUT TO LUNCH

Individuals are responsible for purchasing their own meals unless otherwise noted.

Chautauqua, Boulder ●

This dining hall is known for its spectacular Flatiron views from the wraparound porch, plus its classic fresh Colorado-bistro.

| | | | | |
|------|---|------------------|------|-----------|
| 8/15 | F | 11:00 AM-3:00 PM | \$36 | 305930-07 |
|------|---|------------------|------|-----------|

The Sand Bar, Windsor ●

This casual restaurant at The Water Valley Company in Windsor serves burgers, pizza, and other comfort food, plus cocktails.

| | | | | |
|------|----|------------------|---------|-----------|
| 7/17 | Th | 11:15 AM-2:15 PM | \$27.50 | 305930-06 |
|------|----|------------------|---------|-----------|

Vern’s, Laporte ●

Serving country fried steak, cinnamon buns, and other American comfort foods, this long-running diner has something for everyone.

| | | | | |
|------|----|------------------|---------|-----------|
| 6/24 | Tu | 11:15 AM-2:15 PM | \$27.50 | 305930-05 |
|------|----|------------------|---------|-----------|

SPECIALTY TRIPS

Individuals are responsible for purchasing their own meals unless otherwise noted.

Anastasia - Candlelight Dinner Theater ●

Travel from the twilight of the Russian Empire to Paris in the 1920s as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing con man and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find her home, love, and family. Note: Fee includes ticket, dinner, and gratuity. Dessert cost on your own. Tickets non-refundable after 6/17.

| | | | | |
|------|----|---------------|-------|-----------|
| 8/28 | Th | 4:30-10:30 PM | \$141 | 305927-02 |
|------|----|---------------|-------|-----------|

Bright Star - Candlelight Dinner Theater ●

Inspired by a true story, this sweeping tale of love and redemption is set in the American South in the 1920s and ‘40s. When literary editor Alice Murphy meets a young soldier just home from World War II, he awakens her longing for the child she once lost. Alice sets out on a journey to understand her past. An uplifting theatrical journey that holds you tightly in its grasp. Note: Fee includes ticket, dinner, and gratuity. Dessert cost on your own. Tickets are non-refundable after 4/10.

| | | | | |
|-----|----|------------------|-------|-----------|
| 6/7 | Sa | 10:30 AM-4:00 PM | \$141 | 305927-01 |
|-----|----|------------------|-------|-----------|

Burgers & Betrayal: Richard II ■

Enjoy a delicious burger before heading to the theater for a live performance of Shakespeare’s Richard II at CU Boulder’s Colorado Shakespeare Festival. Explore themes of power, betrayal, and downfall as you watch the tragic story of King Richard unfold. It’s the perfect night of great food and unforgettable drama! Note: Non-refundable after 7/14.

| | | | | |
|------|---|---------------|------|-----------|
| 7/30 | W | 3:30-10:00 PM | \$90 | 305928-01 |
|------|---|---------------|------|-----------|

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

- AC Classes in which adults are required to attend
- NW Denoted no web registration for program

TOUR & FEAST

Individuals are responsible for purchasing their own meals, unless otherwise noted.

Denver Firefighter’s Museum ◆

Enjoy a guided tour of this 11,000-square-foot non-profit museum housing four galleries that explore the history of firefighting in Denver. Note: Climbing stairs required to access the second floor. Lunch follows on the 16th Street Mall.

| | | | | |
|-----|---|-----------------|------|-----------|
| 7/9 | W | 9:00 AM-3:30 PM | \$69 | 305933-05 |
|-----|---|-----------------|------|-----------|

Wild Animal Sanctuary ▲

On this guided tour, from an elevated walkway, view rescued lions, tigers, bears, cheetahs, jaguars, wolves, mountain lions and other animal species roaming freely below across numerous habitats. Enjoy lunch or an ice cream onsite following the tour. Note: Requires ability to walk 1.5 miles.

| | | | | |
|------|---|-----------------|-------|-----------|
| 6/13 | F | 7:00 AM-3:30 PM | \$170 | 305933-04 |
|------|---|-----------------|-------|-----------|

OVERNIGHT TRIPS

Adventure in the Springs ▲

Explore the beauty of Manitou Springs as you speed over scenic canyons on the zip line adventure tour of a lifetime! Spend a restful evening with friends over dinner and shopping then enjoy the scenic Garden of the Gods. Must be able to walk a minimum of two miles on dirt and paved pathways. Note: Fee includes zip line tour, Garden of the Gods tour, hotel, and transportation. Individuals will be responsible for purchasing their own meals. For more information, contact bemond@fcgov.com. Non-refundable after 7/14.

Single Occupancy

| | | | | |
|---------|------|-----------------|-------|-----------|
| 8/7-8/8 | Th,F | 9:00 AM-4:00 PM | \$699 | 305999-01 |
|---------|------|-----------------|-------|-----------|

Double Occupancy

| | | | | |
|---------|------|-----------------|-------|-----------|
| 8/7-8/8 | Th,F | 9:00 AM-4:00 PM | \$624 | 305999-02 |
|---------|------|-----------------|-------|-----------|



P.A.S.S. Camp at Kennedy Mountain Campus

3-Day Summer Adventure Camp

RED FEATHER LAKES, CO
40.755676, -105.451314

Ages 9-15
\$600 per session

 Learn more & enter to win a free session!

Use code **KMCREC** for 10% off through 4/30. Questions? Email camp director Monica.Mccallum@du.edu

 **James C. Kennedy Mountain Campus**
UNIVERSITY OF DENVER

For 60 years as a physician-owned independent health care provider, we have been empowered to make our own, independent decisions and we **BELIEVE** women should too.

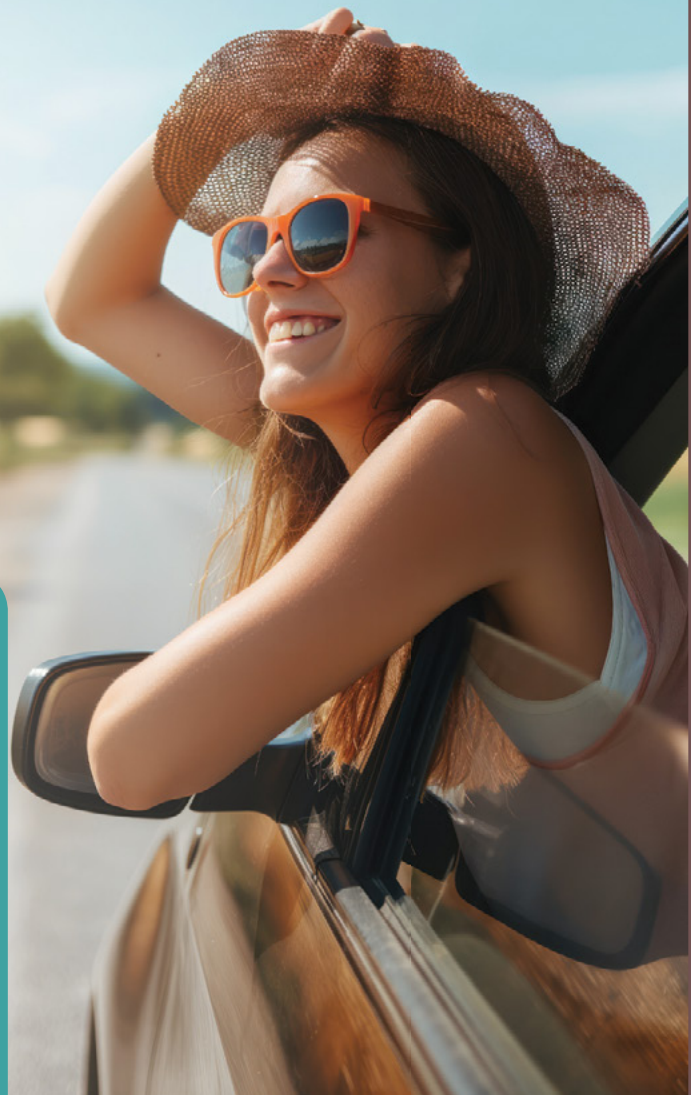


📍 1107 South Lemay Ave
Suite 300, Fort Collins
CO 80524

📍 2500 Rocky Mountain Ave
Suite 150, Loveland
CO 80538

🌐 womensclinicnoco.com

📞 970-680-1077





YOUTH & FAMILY

AQUATICS

FAMILY PROGRAMS

Family programs are held at Edora Pool Ice Center unless otherwise noted.

Discover Scuba Diving

Under the direct supervision of a PADI professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world. Note: Prior to class start call CSDA at 970-286-0072 to complete required additional paperwork.

Age: 10 years & up

| | | | | |
|------|----|----------------|------|-----------|
| 6/14 | Sa | 11:00-12:30 PM | \$39 | 301352-01 |
| 7/19 | Sa | 11:00-12:30 PM | \$39 | 301352-02 |
| 8/16 | Sa | 11:00-12:30 PM | \$39 | 301352-03 |

Discover Snorkeling

Learn tips and the proper technique for snorkeling. Registration includes use of mask, fins, snorkel, booties, and wetsuit, or personal gear may be worn. Must be able to swim at least 25 yards using the front crawl. Note: Children under 8 years of age should be accompanied by a parent or guardian. Prior to class start call CSDA 970-286-0072 to complete required additional paperwork.

Age: 5 years & up

| | | | | |
|------|----|----------------|------|-----------|
| 6/14 | Sa | 11:00-12:30 PM | \$35 | 301353-01 |
| 7/19 | Sa | 11:00-12:30 PM | \$35 | 301353-02 |
| 8/16 | Sa | 11:00-12:30 PM | \$35 | 301353-03 |

Scuba Challenge

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

Age: 10 years & up

Location: Edora Pool Ice Center

| | | | | |
|------|---|--------------|------|-----------|
| 6/11 | W | 5:30-8:00 PM | \$28 | 301356-01 |
| 6/25 | W | 5:30-8:00 PM | \$28 | 301356-02 |
| 7/9 | W | 5:30-8:00 PM | \$28 | 301356-03 |
| 7/23 | W | 5:30-8:00 PM | \$28 | 301356-04 |
| 8/20 | W | 5:30-8:00 PM | \$28 | 301356-05 |

Location: Mulberry Pool

| | | | | |
|-----|---|--------------|------|-----------|
| 8/6 | W | 5:30-8:00 PM | \$28 | 301256-01 |
|-----|---|--------------|------|-----------|

CENTENNIAL CHILDREN'S CHORUS
City of Fort Collins
Fort Fund

Come Sing With Us!

2025-2026 Season starts in August.

Auditions are always welcome!



LEARN MORE
ccchome.org

LIFEGUARD TRAINING PROGRAMS

Lifeguard programs are held at Edora Pool Ice Center unless otherwise noted.

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Learn skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. Online class content is seven hours and must be complete prior to the first day of class. Class fees will be waived for the people who successfully pass the City of Fort Collins lifeguard class and work at the City of Fort Collins as a lifeguard for 90 consecutive days. For more information contact Kelli Slaughter at 970-224-6185, kslaughter@fcgov.com. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Pocket mask and certification fee included.

Age: 15 years (by the last day of class) & up

| | | | | |
|----------|------|------------------|-------|-----------|
| 6/2-6/5 | Tu-F | 10:00 AM-4:00 PM | \$328 | 301340-01 |
| 7/7-7/10 | Tu-F | 10:00 AM-4:00 PM | \$328 | 301340-02 |

Lifeguard Recertification

Opportunity to review the course content within a formal course setting. Individuals with a current American Red Cross lifeguarding/first aid/CPR/AED certificate may participate in a recertification course. Online class content is seven hours and must be complete prior to first day of class. Note: Must attend all classes. Skill test on first day; continuation depends on passing. Certification fee included.

Age: 16 years & up

| | | | | |
|------|----|-----------------|-------|-----------|
| 7/20 | Su | 9:00 AM-7:00 PM | \$133 | 301341-01 |
|------|----|-----------------|-------|-----------|

OPEN SWIM GENERAL INFO

Children under the age of 8 years must be accompanied by a parent/guardian at least 15 years of age. The parents, guardians, leaders, or chaperons of the group must pay admission, be wearing a swimsuit, and actively participating in the water with the child.



LEARN TO SWIM

LEARN TO SWIM POLICIES

- Waitlist Policy: You will be notified via email if you are moved off the waitlist and enrolled. If there are no changes refunds to waitlisted swimmers will be processed within the week following the date of the second class.
- At the discretion of the head instructor, if it is evident that a child is not water ready before the second lesson and we are unable to fit them in the appropriate class, the head instructor will contact a parent for dismissal. A full refund is issued for the class.
- Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is 4 participants.
- Make-up lessons are not available.
- Progress cards that are not picked up on the last day of class are held for one week at the lesson facility.
- To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching. Please email aquatics@fcgov.com for more information.

LEARN TO SWIM LEVELS

Baby & Me

Age: 6 month-3 years

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

Preschool Levels

Age: 3-6 years

Preschool 1

Students are oriented to the aquatic environment and taught basic skills to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support. No previous experience is necessary.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The introduction of arm and leg actions on the front and back will help in the development of future stroke work. Designed for the child who can go underwater without hesitation and is comfortable floating on front and back with support.

Youth Levels

Age: 5-12 years

Level 1

This class will begin to build basic stroke skills on front and back. Designed for the child who is comfortable going underwater, floating on their front and back with support, and jumping into shallow water. No previous experience is necessary.

Level 2

This class will continue to develop freestyle and backstroke swimming and introduce breaststroke kick, rotary breathing, and treading water. Designed for those who can comfortably glide on their front and back for five seconds with arm action, and flutter kick on front and back using a kickboard.

Level 3

This class will continue to improve upon previous skills and introduce breaststroke, dolphin kick, and diving. Designed for the child who can swim 10-15 yards (any stroke), jump into deep water and move to the side comfortably, and is familiar with rotary breathing and breaststroke kick.

Level 4

This class will continue to improve upon previous skills and endurance and introduce butterfly, turns, and standing dives. Class designed for those who can swim a full 25 yards of freestyle and/or backstroke and is familiar with breaststroke.

Level 5

This class will continue to perfect all 4 strokes and may introduce more competitive swimming aspects such as flip turns and starts. Designed for those who can swim efficiently 50 yards freestyle, tread water continuously for at least 30 seconds, and is comfortable with backstroke, breaststroke, and dolphin kick.

Teen Swim Instruction

Age: 13-17 years

Designed for all levels of swimmer to gain basic skills, stroke, and technique.

LEARN TO SWIM CLASS SCHEDULE

CITY PARK POOL

| MONDAY-THURSDAY MORNINGS | | Session 1 | Session 2 | Session 3 | Session 4 |
|--------------------------|----------|------------|------------|------------|------------|
| | | 6/16-6/26* | 6/30-7/10 | 7/14-7/24 | 7/28-8/7 |
| Class | Fee: | \$72.00 | \$82.00 | \$82.00 | \$82.00 |
| Baby & Me | 10:10 AM | 301110.51A | 301110.52A | 301110.53A | 301110.54A |
| Preschool 1 | 9:35 AM | 301116.51A | 301116.52A | 301116.53A | 301116.54A |
| | 10:10 AM | 301116.51B | 301116.52B | 301116.53B | 301116.54B |
| Preschool 2 | 9:00 AM | 301118.51A | 301118.52A | 301118.53A | 301118.54A |
| | 9:35 AM | 301118.51B | 301118.52B | 301118.53B | 301118.54B |
| Level 1 | 9:00 AM | 301122.51A | 301122.52A | 301122.53A | 301122.54A |
| | 9:35 AM | 301122.51B | 301122.52B | 301122.53B | 301122.54B |
| Level 2 | 9:00 AM | 301124.51A | 301124.52A | 301124.53A | 301124.54A |
| | 10:10 AM | 301124.51B | 301124.52B | 301124.53B | 301124.54B |

*No class 6/19

EPIC

| MONDAY/WEDNESDAY MORNING | | Session 1 | Session 2 | MONDAY/WEDNESDAY EVENING | | Session 1 | Session 2 |
|--------------------------|----------|------------|------------|--------------------------|---------|------------|------------|
| | | 6/2-6/25 | 7/7-7/30 | | | 6/2-6/25 | 7/7-7/30 |
| Class | Fee: | \$82.00 | \$82.00 | Class | Fee: | \$82.00 | \$82.00 |
| Baby & Me | 9:50 AM | 301310.11A | 301310.12A | Baby & Me | 4:45 PM | 301310.11C | 301310.12C |
| | 10:25 AM | 301310.11B | 301310.12B | | 5:20 PM | 301310.11D | 301310.12D |
| Preschool 1 | 9:50 AM | 301316.11A | 301316.12A | Preschool 1 | 4:45 PM | 301316.11C | N/A |
| | 11:00 AM | 301316.11B | 301316.12B | | 5:20 PM | 301316.11D | 301316.12C |
| Preschool 2 | 9:15 AM | 301318.11A | 301318.12A | Preschool 2 | 5:55 PM | 301316.11E | 301316.12D |
| | 11:00 AM | 301318.11B | 301318.12B | | 4:45 PM | N/A | 301318.12C |
| Level 1 | 9:15 AM | 301322.11A | 301322.12A | Level 1 | 5:55 PM | 301318.11C | 301318.12D |
| | 10:25 AM | 301322.11B | 301322.12B | | 6:30 PM | 301318.11D | 301318.12E |
| Level 2 | 10:25 AM | 301324.11A | 301324.12A | Level 2 | 4:45 PM | 301322.11C | 301322.12C |
| Level 3 | 9:50 AM | 301326.11A | 301326.12A | Level 3 | 6:30 PM | 301324.11B | 301324.12B |
| Level 4 | 11:00 AM | 301328.11A | 301328.12A | Level 4 | 5:20 PM | 301326.11B | 301326.12B |
| Level 5 | 9:15 AM | 301330.11A | 301330.12A | Level 5 | 5:55 PM | 301328.11B | 301328.12B |
| | | | | | 6:30 PM | 301330.11B | 301330.12B |

SENIOR CENTER

| SUNDAY MORNING | | Session 1 | Session 2 |
|--------------------------|----------|------------|------------|
| | | 6/1-6/29 | 7/13-8/10 |
| Class | Fee: | \$52.00 | \$52.00 |
| Baby & Me | 9:30 AM | 301410.41A | 301410.42A |
| | 10:05 AM | 301410.41B | 301410.42B |
| | 10:40 AM | 301410.41C | 301410.42C |
| | 11:15 AM | 301410.41D | 301410.42D |
| Level 1 | 9:30 AM | 301422.41A | 301422.42A |
| | 10:05 AM | 301422.41B | 301422.42B |
| | 11:15 AM | 301422.41C | 301422.42C |
| Level 2 | 9:30 AM | 301424.41A | 301424.42A |
| | 10:05 AM | 301424.41B | 301424.42B |
| | 10:40 AM | 301424.41C | 301424.42C |
| Level 3 | 9:30 AM | 301426.41A | 301426.42A |
| | 10:05 AM | 301426.41B | 301426.42B |
| | 10:40 AM | 301426.41C | 301426.42C |
| Adult Intro | 10:40 AM | 301438.41A | 301438.42A |
| Adult Stroke (45 min) | 11:15 AM | 301439.41A | 301439.42A |

MULBERRY POOL

| TUESDAY/THURSDAY EVENING | | Session 1 | Session 2 |
|--------------------------|---------|------------|------------|
| | | 6/3-7/1* | 7/8-7/31 |
| Class | Fee: | \$82.00 | \$82.00 |
| Preschool 1 | 4:45 PM | 301216.21A | 301216.22A |
| | 5:55 PM | 301216.21B | 301216.22B |
| | 6:30 PM | 301216.21C | 301216.22C |
| Preschool 2 | 4:45 PM | 301218.21A | 301218.22A |
| | 5:20 PM | 301218.21B | 301218.22B |
| | 5:55 PM | 301218.21C | 301218.22C |
| Level 1 | 4:45 PM | 301222.21A | 301222.22A |
| | 5:20 PM | 301222.21B | 301222.22B |
| | 6:30 PM | 301222.21C | 301222.22C |
| Level 2 | 5:20 PM | 301224.21A | 301224.22A |
| | 5:55 PM | 301224.21B | 301224.22B |
| | 6:30 PM | 301224.21C | 301224.22C |
| Level 3 | 4:45 PM | 301226.21A | 301226.22A |
| | 5:55 PM | 301226.21B | 301226.22B |
| Level 4 | 5:20 PM | 301228.21A | 301228.22A |
| Level 5 | 6:30 PM | 301230.21A | 301230.22A |

*No class 6/19

MULBERRY POOL

| SATURDAY MORNING | | Session 1 | Session 2 |
|------------------|----------|------------|------------|
| | | 5/31-6/28 | 7/12-8/9 |
| Class | Fee: | \$52.00 | \$52.00 |
| Preschool 1 | 9:30 AM | 301216.31A | 301216.32A |
| | 10:05 AM | 301216.31B | 301216.32B |
| | 10:40 AM | 301216.31C | 301216.32C |
| | 11:15 AM | 301216.31D | 301216.32D |
| Preschool 2 | 9:30 AM | 301218.31A | 301218.32A |
| | 10:05 AM | 301218.31B | 301218.32B |
| | 10:40 AM | 301218.31C | 301218.32C |
| Level 1 | 9:30 AM | 301222.31A | 301222.32A |
| | 10:05 AM | 301222.31B | 301222.32B |
| | 10:40 AM | 301222.31C | 301222.32C |
| Level 2 | 9:30 AM | 301224.31A | 301224.32A |
| | 10:40 AM | 301224.31B | 301224.32B |
| Level 3 | 10:05 AM | 301226.31A | 301226.32A |
| | 11:15 AM | 301226.31B | 301226.32B |
| Level 4 | 10:40 AM | 301228.31A | 301228.32A |
| Level 5 | 9:30 AM | 301230.31A | 301230.32A |
| | 11:15 AM | 301230.31B | 301230.32B |
| Teen | 10:05 AM | 301235.31A | 301235.32A |

| SUNDAY AFTERNOON | | Session 1 | Session 2 |
|--------------------------|---------|------------|------------|
| | | 6/1-6/29 | 7/13-8/10 |
| Class | Fee: | \$52.00 | \$52.00 |
| Preschool 1 | 3:15 PM | 301216.41A | 301216.42A |
| | 3:50 PM | 301216.41B | 301216.42B |
| | 4:25 PM | 301216.41C | 301216.42C |
| Preschool 2 | 3:15 PM | 301218.41A | 301218.42A |
| | 3:50 PM | 301218.41B | 301218.42B |
| | 5:00 PM | 301218.41C | 301218.42C |
| Level 1 | 3:15 PM | 301222.41A | 301222.42A |
| | 3:50 PM | 301222.41B | 301222.42B |
| | 5:00 PM | 301222.41C | 301222.42C |
| Level 2 | 3:50 PM | 301224.41A | 301224.42A |
| | 4:25 PM | 301224.41B | 301224.42B |
| | 5:00 PM | 301224.41C | 301224.42C |
| Level 3 | 3:15 PM | 301226.41A | 301226.42A |
| | 4:25 PM | 301226.41B | 301226.42B |
| | 5:00 PM | 301226.41C | 301226.42C |
| Level 4 | 3:50 PM | 301228.41A | 301228.42A |
| | 4:25 PM | 301228.41B | 301228.42B |
| Level 5 | 4:25 PM | 301230.41A | 301230.42A |
| Adult Intro | 3:15 PM | 301238.41A | 301238.42A |
| Adult Stroke (45 min) | 5:00 PM | 301239.41B | 301239.42A |

CREATIVE ARTS

ARTS & CRAFTS

Comics Essentials

Whether a beginner or advanced artist, hone your skills and personal style through fun drawing lessons and individual time. Bring pencil and sketch book or tablet if digital art is your preferred choice.

Location: Fort Collins Senior Center

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/10-7/15 | Tu | 4:30-6:30 PM | \$100 | 303407-01 |
| 7/22-8/26 | Tu | 4:30-6:30 PM | \$100 | 303407-02 |
| 6/12-7/17 | Th | 4:30-6:30 PM | \$100 | 303407-03 |
| 7/24-8/28 | Th | 4:30-6:30 PM | \$100 | 303407-04 |

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All classes are held at the Pottery Studio unless otherwise noted. The Pottery Studio address is 1541 W. Oak Street.

Finished pieces should be picked up on designated dates listed below between 11 a.m.-2 p.m., or Tuesday/Thursday from 7:30-10 p.m. during Pottery Lab. Pieces that are not claimed are kept for one session after a completed program and are then disposed of.

- First 5-week classes pick-up: Monday, July 28, 2025
- Second 5-week classes pick-up: Monday, September 22, 2025

For more information on pottery policies, see page 24.

FAMILY PROGRAMS

Family Raku Workshop Paint & Fire

Fire and smoke are essential to Raku pottery which is an interactive firing process that results in a wide variety of colors ranging from metallic coppers and golds to greens, yellow, reds, and blues. No two are ever alike. Glaze one cup, bottle, or bowl and then fire the piece. All supplies are provided. Registration cost includes one child and one adult. Additional participants (child or adult) require a separate registration and fee.

Age: 8 years & up

| | | | | |
|------|----|--------------|------|-----------|
| 6/26 | Th | 6:00-8:00 PM | \$96 | 304827-01 |
| 7/17 | Th | 6:00-8:00 PM | \$96 | 304827-02 |
| 8/7 | Th | 6:00-8:00 PM | \$96 | 304827-03 |

Additional Person(s)

| | | | | |
|------|----|--------------|------|------------|
| 6/26 | Th | 6:00-8:00 PM | \$50 | 304827-01A |
| 7/17 | Th | 6:00-8:00 PM | \$50 | 304827-02A |
| 8/7 | Th | 6:00-8:00 PM | \$50 | 304827-03A |

Family Fun Night Out

Have a fun night out as a pair while squishing, rolling, pinching, and painting clay into whimsical and functional shapes. Each class offers a different experience that can be done by the whole family. Note: Registration cost includes one adult and one child. Additional participants (child or adult) require a separate registration and fee.

Age: 8 years & up

Mushroom

| | | | | |
|------|----|--------------|------|-----------|
| 6/17 | Tu | 6:00-7:30 PM | \$60 | 304828-01 |
|------|----|--------------|------|-----------|

Ring Holder

| | | | | |
|-----|----|--------------|------|-----------|
| 7/1 | Tu | 6:00-7:30 PM | \$60 | 304828-02 |
|-----|----|--------------|------|-----------|

Planter

| | | | | |
|------|----|--------------|------|-----------|
| 7/15 | Tu | 6:00-7:30 PM | \$60 | 304828-03 |
|------|----|--------------|------|-----------|

Candle Holder

| | | | | |
|------|----|--------------|------|-----------|
| 7/29 | Tu | 6:00-7:30 PM | \$60 | 304828-04 |
|------|----|--------------|------|-----------|

Small Plates

| | | | | |
|------|----|--------------|------|-----------|
| 8/12 | Tu | 6:00-7:30 PM | \$60 | 304828-05 |
|------|----|--------------|------|-----------|

Additional Person(s)

| | | | | |
|------|----|--------------|------|------------|
| 6/17 | Tu | 6:00-7:30 PM | \$30 | 304828-01A |
|------|----|--------------|------|------------|

| | | | | |
|-----|----|--------------|------|------------|
| 7/1 | Tu | 6:00-7:30 PM | \$30 | 304828-02A |
|-----|----|--------------|------|------------|

| | | | | |
|------|----|--------------|------|------------|
| 7/15 | Tu | 6:00-7:30 PM | \$30 | 304828-03A |
|------|----|--------------|------|------------|

| | | | | |
|------|----|--------------|------|------------|
| 7/29 | Tu | 6:00-7:30 PM | \$30 | 304828-04A |
|------|----|--------------|------|------------|

| | | | | |
|------|----|--------------|------|------------|
| 8/12 | Tu | 6:00-7:30 PM | \$30 | 304828-05A |
|------|----|--------------|------|------------|

Parent, Teen & Youth Wheel & Handbuilding

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques.

Note: Additional participants (child or adult) require a separate registration and fee. Class will not be held on 7/4*.

Ages 10-17 years

| | | | | |
|-----------|---|--------------|-------|------------|
| 6/13-7/11 | F | 5:15-6:45 PM | \$121 | 304845-01* |
|-----------|---|--------------|-------|------------|

| | | | | |
|-----------|---|--------------|-------|-----------|
| 7/18-8/15 | F | 5:15-6:45 PM | \$151 | 304845-02 |
|-----------|---|--------------|-------|-----------|

Additional Person(s)

| | | | | |
|-----------|---|--------------|------|-------------|
| 6/13-7/11 | F | 5:15-6:45 PM | \$60 | 304845-01A* |
|-----------|---|--------------|------|-------------|

| | | | | |
|-----------|---|--------------|------|------------|
| 7/18-8/15 | F | 5:15-6:45 PM | \$75 | 304845-02A |
|-----------|---|--------------|------|------------|

LEGEND

AC Classes in which adults are required to attend

NW Denoted no web registration for program

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

Parent & Tot Mud, Handbuilding

Adult and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to register for classes as many times as you wish. Note: Additional participants (child or adult) require a separate registration and fee.

Age: 3-6 years

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/9-7/7 | M | 2:30-3:30 PM | \$101 | 304801-01 |
| 7/14-8/11 | M | 2:30-3:30 PM | \$101 | 304801-02 |
| 6/12-7/10 | Th | 2:30-3:30 PM | \$101 | 304801-03 |
| 7/17-8/14 | Th | 2:30-3:30 PM | \$101 | 304801-04 |
| 6/14-7/12 | Sa | 2:30-3:30 PM | \$101 | 304801-05 |
| 7/19-8/16 | Sa | 2:30-3:30 PM | \$101 | 304801-06 |

Additional Person(s)

| | | | | |
|-----------|----|--------------|------|------------|
| 6/9-7/7 | M | 2:30-3:30 PM | \$50 | 304801-01A |
| 7/14-8/11 | M | 2:30-3:30 PM | \$50 | 304801-02A |
| 6/12-7/10 | Th | 2:30-3:30 PM | \$50 | 304801-03A |
| 7/17-8/14 | Th | 2:30-3:30 PM | \$50 | 304801-04A |
| 6/14-7/12 | Sa | 2:30-3:30 PM | \$50 | 304801-05A |
| 7/19-8/16 | Sa | 2:30-3:30 PM | \$50 | 304801-06A |

Thrown Together

Explore the basics of wheel-forming techniques while working on the potter's wheel in this 5-week basics class. Create functional and decorative pottery while learning the basics of wedging, centering, throwing, trimming, surface decorating, and glazing.

Age: 10-17 years

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/12-7/10 | Th | 4:00-5:30 PM | \$151 | 304825-01 |
| 7/17-8/14 | Th | 4:00-5:30 PM | \$151 | 304825-02 |

Thrown Together More

Explore the basics of wheel-forming techniques and more while working on the potter's wheel in this 10-week class. Create functional and decorative pottery while learning the basics of wedging, centering, throwing, trimming, surface decorating, and glazing.

Age: 10-17 years

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/10-8/12 | Tu | 4:15-5:45 PM | \$301 | 304824-01 |
|-----------|----|--------------|-------|-----------|

YOUTH PROGRAMS

Child Handbuilding

Create interesting clay projects while learning various methods of forming and glazing clay. New projects introduced each session.

Age: 6-9 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/9-7/7 | M | 4:00-5:15 PM | \$101 | 304805-01 |
| 7/14-8/11 | M | 4:00-5:15 PM | \$101 | 304805-02 |

Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided. Note: Parent assistance may be required for children ages 5-7 years.

Age: 5-14 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/11-7/9 | W | 2:45-4:00 PM | \$101 | 304812-01 |
| 7/16-8/13 | W | 2:45-4:00 PM | \$101 | 304812-02 |

Youth Wheel & Handbuilding

Learn basic potter's wheel and handbuilding skills.

Age: 9-13 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/11-7/9 | W | 4:30-6:00 PM | \$101 | 304810-01 |
| 7/16-8/13 | W | 4:30-6:00 PM | \$101 | 304810-02 |

DANCE & MOVEMENT

Additional dance classes open to ages 13 years and older available in the Adult Programs Dance & Movement section on page 27. Looking for cheerleading? See page 74.

Tip Toes & Tutus

Discover movement with your child through a structured class to explore dance concepts and gross motor activities. Each week has a different theme which caregivers and children work on together. Caregivers are required to participate. Children must be independently walking. Note: Class will not be held on 7/1.

Age: 1-2 years

Location: Foothills Activity Center

| | | | | |
|-----------|----|---------------|------|-----------|
| 6/3-7/8 | Tu | 9:30-10:00 AM | \$90 | 321510-01 |
| 7/15-8/12 | Tu | 9:30-10:00 AM | \$90 | 321510-02 |

Creative Movement

Explore the world of movement through story and song. Each week will showcase a different story and theme. Note: Class will not be held on 6/30.

Age: 3-5 years

Location: Foothills Activity Center

| | | | | |
|-----------|---|---------------|------|-----------|
| 6/2-7/7 | M | 9:30-10:15 AM | \$90 | 321511-01 |
| 7/14-8/11 | M | 9:30-10:15 AM | \$90 | 321511-02 |

Ballet & Tap

Dancers learn the basics of ballet and tap along with proper technique through games and the use of imagination. Dancers learn correct terminology as well as rhythm and how to put steps together. Note: Class will not be held on 6/30, 7/2 & 7/3.

Location: Foothills Activity Center

Age: 3-5 years

| | | | | |
|-----------|----|---------------|------|-----------|
| 6/5-7/10 | Th | 9:30-10:15 AM | \$90 | 321513-01 |
| 7/17-8/14 | Th | 9:30-10:15 AM | \$90 | 321513-02 |
| 6/4-7/9 | W | 4:30-5:15 PM | \$90 | 321513-03 |
| 7/16-8/13 | W | 4:30-5:15 PM | \$90 | 321513-04 |

Location: Mulberry Pool

Age: 5-7 years

| | | | | |
|-----------|---|--------------|------|-----------|
| 6/2-7/7 | M | 4:30-5:15 PM | \$90 | 321513-05 |
| 7/14-8/11 | M | 4:30-5:15 PM | \$90 | 321513-06 |

Ballet & Jazz

Dancers learn the basics of ballet and jazz along with proper technique through games and the use of imagination. Dancers learn correct technique and terminology as well as rhythm and how to put steps together. Note: Class will not be held on 6/30.

Age: 5-7 years

Location: Mulberry Pool

| | | | | |
|-----------|---|--------------|------|-----------|
| 6/2-7/7 | M | 5:30-6:15 PM | \$90 | 321514-01 |
| 7/14-8/11 | M | 5:30-6:15 PM | \$90 | 321514-02 |

Hip Hop

This high energy, age-appropriate class introduces students to this funky style based on street dance. Dancers will get excited to move while incorporating fun games and imagination. Note: Class will not be held on 7/1 & 7/2.

Location: Foothills Activity Center

Age: 3-5 years

| | | | | |
|-----------|----|---------------|------|-----------|
| 6/4-7/9 | W | 9:30-10:15 AM | \$90 | 321516-01 |
| 7/16-8/13 | W | 9:30-10:15 AM | \$90 | 321516-02 |
| 6/3-7/8 | Tu | 4:30-5:15 PM | \$90 | 321516-03 |
| 7/15-8/12 | Tu | 4:30-5:15 PM | \$90 | 321516-04 |

Age: 5-7 years

| | | | | |
|-----------|---|--------------|------|-----------|
| 6/4-7/9 | W | 5:30-6:15 PM | \$90 | 321516-05 |
| 7/16-8/13 | W | 5:30-6:15 PM | \$90 | 321516-06 |

Age: 8-11 years

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/3-7/8 | Tu | 5:30-6:15 PM | \$90 | 321516-07 |
| 7/15-8/12 | Tu | 5:30-6:15 PM | \$90 | 321516-08 |

Age: 11 years & up

| | | | | |
|-----------|---|--------------|------|-----------|
| 6/4-7/9 | W | 6:30-7:15 PM | \$90 | 321516-09 |
| 7/16-8/13 | W | 6:30-7:15 PM | \$90 | 321516-10 |

Open Style

With a faster pace, dancers will continue to build on the basics of ballet, jazz and hip hop along with the ability to perform on stage. Dancers learn correct terminology, technique, rhythm and how to put steps together. Note: Class will not be held on 7/3.

Age: 8-11 years

Location: Foothills Activity Center

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/5-7/10 | Th | 4:30-6:00 PM | \$90 | 321518-01 |
| 7/17-8/14 | Th | 4:30-6:00 PM | \$90 | 321518-02 |

Teen Combo ^{NW}

With a faster pace, dancers will continue to build on the basics of ballet, jazz, contemporary, hip hop and strength and conditioning along with the ability to perform on stage. Note: Online registration not permitted. This class requires instructor approval. Please email Bonnie Brown at bobrown@fcgov.com for information. Class will not be held on 7/3.

Age: 11 years & up

Location: Foothills Activity Center

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/5-7/10 | Th | 6:30-8:00 PM | \$90 | 321519-01 |
| 7/17-8/14 | Th | 6:30-8:00 PM | \$90 | 321519-02 |

Dance Camps

Discover the world of dance through themed camps! Dancers learn basic skills in ballet, jazz, and hip hop while engaging in fun games and crafts. At the end of the week, dancers participate in a short performance. Note: Bring a snack, water bottle, and nut-free lunch.

Age: 6-10 years

Location: Foothills Activity Center

Hawaiian Hulu

| | | | | |
|----------|------|--------------|-------|-----------|
| 6/9-6/12 | M-Th | Noon-3:00 PM | \$192 | 321520-01 |
|----------|------|--------------|-------|-----------|

Disney Magic

| | | | | |
|-----------|------|--------------|-------|-----------|
| 6/23-6/26 | M-Th | Noon-3:00 PM | \$192 | 321520-02 |
|-----------|------|--------------|-------|-----------|

Jungle Safari

| | | | | |
|-----------|------|--------------|-------|-----------|
| 7/14-7/17 | M-Th | Noon-3:00 PM | \$192 | 321520-03 |
|-----------|------|--------------|-------|-----------|

EARLY LEARNING

NEW! Curious Twos - Summer Fun! ^{AC}

Attention is directed through structured stories and circle games, while opportunities for sensory experiences, process art, and cooperative play provide a positive first step to independent learning. Note: A caregiver is required to stay and participate as needed.

Age: 2 years

Location: Northside Aztlan Community Center

Let's Go Camping

| | | | | |
|-----------|-----|---------------|------|-----------|
| 6/16-6/18 | M,W | 9:30-11:00 AM | \$60 | 317590-01 |
|-----------|-----|---------------|------|-----------|

Ahoy Matey

| | | | | |
|-----------|-----|---------------|------|-----------|
| 7/21-7/23 | M,W | 9:30-11:00 AM | \$60 | 317590-02 |
|-----------|-----|---------------|------|-----------|

Carnival Craze

| | | | | |
|---------|-----|---------------|------|-----------|
| 8/4-8/6 | M,W | 9:30-11:00 AM | \$60 | 317590-03 |
|---------|-----|---------------|------|-----------|

NEW! Preschool Discovery - Summer Fun!

Explore arts and crafts while learning beginning number and letter recognition. Build skill and confidence in self-regulation, emotional awareness, and cooperative play in this transitional mini-camp!

Age: 3 years

Location: Northside Aztlan Community Center

Let's Go Camping

| | | | | |
|-----------|-------|--------------|------|-----------|
| 6/17-6/19 | Tu,Th | 9:30 AM-Noon | \$80 | 317591-01 |
|-----------|-------|--------------|------|-----------|

Ahoy Matey

| | | | | |
|-----------|-------|--------------|------|-----------|
| 7/22-7/24 | Tu,Th | 9:30 AM-Noon | \$80 | 317591-02 |
|-----------|-------|--------------|------|-----------|

Carnival Craze

| | | | | |
|---------|-------|--------------|------|-----------|
| 8/5-8/7 | Tu,Th | 9:30 AM-Noon | \$80 | 317591-03 |
|---------|-------|--------------|------|-----------|

Little Chefs ^{AC}

Designed for the little chef in the family! Together, families explore a rainbow of new foods, learn about interesting ingredients and where they come from, and work together to make a delicious meal to share at the end of class. Note: Registration is per child. Children under the age of 2 are free to attend. A caregiver is required to stay and participate.

Age: 2-6 years

Location: Northside Aztlan Community Center

Delightful Dessert

| | | | | |
|------|---|----------------|------|-----------|
| 6/13 | F | 10:00-11:30 AM | \$32 | 317592-01 |
|------|---|----------------|------|-----------|

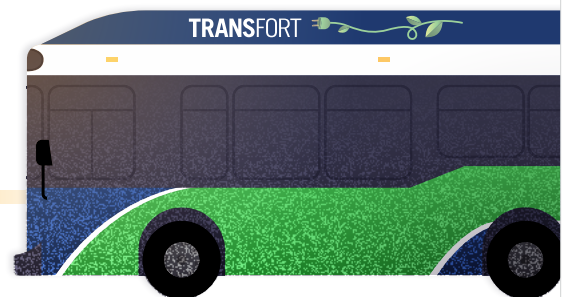
Perfect Pizza

| | | | | |
|------|---|----------------|------|-----------|
| 7/18 | F | 10:00-11:30 AM | \$32 | 317592-02 |
|------|---|----------------|------|-----------|

Playful Pasta

| | | | | |
|-----|---|----------------|------|-----------|
| 8/1 | F | 10:00-11:30 AM | \$32 | 317592-03 |
|-----|---|----------------|------|-----------|

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TRANSFORT

ridetransfort.com





FUNTIME PRESCHOOL PROGRAM

FALL 2025- SPRING 2026 SCHOOL YEAR

Funtime Preschool Program is a quality-rated, state-licensed childcare program for children ages 3-5 years focused on the development of readiness skills through both child-directed discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. The play-based, intentional approach encourages self-regulation, critical thinking, and problem-solving. Funtime is a proud Universal Preschool (UPK) provider!

Registration is for the full Fall 2025-Spring 2026 school year. Families enrolled in the Preschool class receive priority registration for the following school year in our Pre-K/UPK class. Additionally, enrolled families of 4-year-olds receive priority registration for our Summer Funtime Adventures program.

Tuition is based on the number of scheduled class days in each semester. Full semester tuition is due by the 1st of each semester (September & January) or can be split into monthly payments based on the number of scheduled class days each month and is due on or before the first of each month.

NEW! Funtime is transitioning to a full-day program beginning with the Fall 2025-Spring 2026 school year. Hours of operation will be 8:30 AM- 5:00 PM for all classes. Tuition is set at the full, daily price. However, drop-off and pick-up windows are as follows: AM drop-off between 8:30-9:30 AM and PM pick-up between 3:15-5:00 PM. Additional attendance requirements apply for enrollment in the PreK/UPK class due to funding from the UPK program.

For information regarding registration or UPK information, please contact Kelly Dubois at 970-221-6262 or kdubois@fcgov.com.

Funtime Preschool

Children must have turned 3 by 10/1/2025 and be fully toilet trained. To reserve your space, you must register and pay a \$40 non-refundable registration fee.

| | |
|-----------------------|-----------|
| Fall 2025-Spring 2026 | 417500-01 |
|-----------------------|-----------|

Fall 2025 and Spring 2026 fees are as follows:

Fall 2025

| | | | |
|-----------|-------|-----------------|---------|
| 9/2-12/18 | Tu,Th | 8:30 AM-5:00 PM | \$1,972 |
|-----------|-------|-----------------|---------|

Spring 2026

| | | | |
|----------|-------|-----------------|---------|
| 1/6-5/14 | Tu,Th | 8:30 AM-5:00 PM | \$2,380 |
|----------|-------|-----------------|---------|

Funtime Pre-K & Universal Preschool (UPK) ^{NW}

The Colorado Universal Preschool (UPK) program provides 15 hours of free, high-quality preschool to every Colorado child in their year before entering kindergarten. The PreK class operates for 25.5 hours per week. 15 hours are free with UPK enrollment. The remaining 10.5 hours are tuition based and set at \$28 per scheduled class day. Note: Registration is not available online through the Recreation Department. Registration must take place through the UPK portal at upk.colorado.gov and placement occurs based on the matching process set by UPK. For questions regarding the registration process or to inquire about the program or availability, contact Kelly Dubois at 970-221-6262 or kdubois@fcgov.com.

Children must have turned 4 by 10/1/2025 and be fully toilet trained.

Fall 2025

| | | | |
|-----------|-------|-----------------|---------|
| 9/1-12/19 | M,W,F | 8:30 AM-5:00 PM | \$1,148 |
|-----------|-------|-----------------|---------|

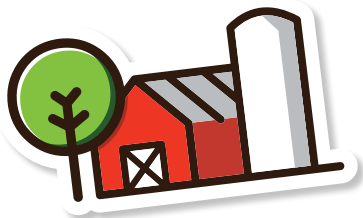
Spring 2026

| | | | |
|----------|-------|-----------------|---------|
| 1/5-5/15 | M,W,F | 8:30 AM-5:00 PM | \$1,400 |
|----------|-------|-----------------|---------|



FARM

All Farm programs take place at The Farm at Lee Martinez Park.



Adopt an Animal

Anyone can adopt an animal at The Farm and become its parent. As an adoptive parent, you help provide the food and care of your animal. It's easy to adopt, choose your favorite Farm animal and adopt it for a year by making a tax-deductible donation. A Farm parent receives an adoption certificate and poster.

Your adopted animal stays at The Farm where it is cared for by Farm staff and welcomes your visit regularly. For all practical purposes, some of the animals are sold when they reach maturity. For more information and to fill out an adoption form, visit fcgov.com/thefarm.

The Farm Store

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

The Farm Museum

Take a walk-through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used and test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Don't forget to visit The Ross Proving-Up House and learn about homesteading in early Fort Collins.

Volunteer

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

Pony Rides NW AC

Take your child for a pony ride. Lead your cowpoke for up to 10 minutes in the arena. Close-toed shoes recommended. Admission to The Farm and a pony token are required. Maximum weight to ride the ponies is 150 lbs. Pony tokens available for \$8 per rider. Pony rides are available weather permitting.

| | | |
|-----------|----|------------------|
| 4/5-10/18 | Sa | 11:00 AM-3:00 PM |
| 4/6-10/19 | Su | Noon-3:00 PM |

Milk & Cookies Storytelling NW AC

Join us at The Farm for storytelling by local storytellers. The barnyard is a great setting to enjoy stories, sip milk, and eat a cookie with the animals. Note: Admission to The Farm required.

Age: All

| | | | |
|------|---|----------------|--------|
| 6/13 | F | 10:30-11:00 AM | No fee |
| 7/11 | F | 10:30-11:00 AM | No fee |
| 8/1 | F | 10:30-11:00 AM | No fee |

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Gather eggs, explore the barnyard, make crafts, and ride the ponies.

Age: 4-5 years

| | | | | |
|-----------|------|---------------|------|-----------|
| 6/3-6/6 | Tu-F | 1:00-2:30 PM | \$63 | 308606-01 |
| 6/3-6/6 | Tu-F | 1:00-2:30 PM | \$63 | 308606-02 |
| 6/11-6/13 | Tu-F | 1:00-2:30 PM | \$63 | 308606-03 |
| 6/11-6/13 | Tu-F | 1:00-2:30 PM | \$63 | 308606-04 |
| 6/17-6/20 | Tu-F | 1:00-2:30 PM | \$63 | 308606-05 |
| 6/17-6/20 | Tu-F | 1:00-2:30 PM | \$63 | 308606-06 |
| 7/8-7/11 | Tu-F | 1:00-2:30 PM | \$63 | 308606-07 |
| 7/8-7/11 | Tu-F | 1:00-2:30 PM | \$63 | 308606-08 |
| 7/22-7/25 | Tu-F | 8:30-10:00 AM | \$63 | 308606-09 |
| 7/22-7/25 | Tu-F | 10:30 AM-Noon | \$63 | 308606-10 |
| 7/22-7/25 | Tu-F | 10:30 AM-Noon | \$63 | 308606-11 |
| 7/22-7/25 | Tu-F | 1:00-2:30 PM | \$63 | 308606-12 |
| 7/22-7/25 | Tu-F | 1:00-2:30 PM | \$63 | 308606-13 |
| 8/5-8/8 | Tu-F | 8:30-10:00 AM | \$63 | 308606-14 |
| 8/5-8/8 | Tu-F | 1:00-2:30 PM | \$63 | 308606-15 |
| 8/5-8/8 | Tu-F | 10:30 AM-Noon | \$63 | 308606-16 |
| 8/5-8/8 | Tu-F | Noon-1:30 PM | \$63 | 308606-17 |

Li'l Dumplin' Farmers AC

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and slopping the pigs. After the chores are finished, enjoy a picnic with the animals. Note: Bring your own sack lunch.

Age: 2 years

| | | | | |
|-----------|---|-------------------|------|-----------|
| 6/9-6/23 | M | 11:00 AM-Noon | \$43 | 308609-01 |
| 6/9-6/23 | M | 11:15 AM-12:15 PM | \$43 | 308609-02 |
| 6/30-7/14 | M | 11:00 AM-Noon | \$43 | 308609-03 |
| 6/30-7/14 | M | 11:15 AM-12:15 PM | \$43 | 308609-04 |
| 7/21-8/4 | M | 11:00 AM-Noon | \$43 | 308609-05 |
| 7/21-8/4 | M | 11:15 AM-12:15 PM | \$43 | 308609-06 |

Little Peepers

Explore the barnyard by gathering eggs, feeding the pigs, and reading stories in the hayloft.

Age: 3 years

| | | | | |
|-----------|---|---------------|------|-----------|
| 6/9-6/23 | M | 9:00-10:00 AM | \$38 | 308610-01 |
| 6/9-6/23 | M | 9:15-10:15 AM | \$38 | 308610-02 |
| 6/30-7/14 | M | 9:00-10:00 AM | \$38 | 308610-03 |
| 6/30-7/14 | M | 9:15-10:15 AM | \$38 | 308610-04 |
| 7/21-8/4 | M | 9:00-10:00 AM | \$38 | 308610-05 |
| 7/21-8/4 | M | 9:15-10:15 AM | \$38 | 308610-06 |

Pullet Surprise

“Farmers” learn about the animals as they gather eggs, feed the pigs, make crafts, read stories and go on a hayride.

Age: 3 years

| | | | | |
|-----------|------|----------------|------|-----------|
| 7/22-7/25 | Tu-F | 9:00-10:00 AM | \$42 | 308611-01 |
| 8/5-8/8 | Tu-F | 10:30-11:30 AM | \$42 | 308611-02 |

Pony Riding Lessons AC

Round ‘em up and bring those cowpokes to The Farm where both you and your child learn to groom and saddle a pony. Lead your child’s pony as the basics of riding are taught.

Age: 3-5 years

| | | | | |
|----------|------|----------------|------|-----------|
| 6/9-6/12 | M-Th | 5:30-6:30 PM | \$81 | 308614-01 |
| 7/29-8/1 | Tu-F | 9:00-10:00 AM | \$81 | 308614-02 |
| 7/29-8/1 | Tu-F | 10:15-11:15 AM | \$81 | 308614-03 |
| 8/5-8/8 | Tu-F | 9:00-10:00 AM | \$81 | 308614-04 |

Age: 6-7 years

| | | | | |
|-----------|------|----------------|------|-----------|
| 8/5-8/8 | Tu-F | 10:15-11:15 AM | \$81 | 308614-05 |
| 7/27-8/17 | Su | 10:45-11:45 AM | \$81 | 308614-06 |

Pony Experience

Learn about the ponies while working with a partner. Grooming and saddling will be taught with beginner riding skills.

Age: 6-7 years

| | | | | |
|-----------|------|---------------|-------|-----------|
| 6/9-6/12 | M-Th | 9:30-11:30 AM | \$117 | 308625-01 |
| 6/16-6/19 | M-Th | 9:30-11:30 AM | \$117 | 308625-02 |

Farm Camp Out AC

Camp out in the pasture as a family! Bring your tent and sleeping bags for an evening of hayrides, singing around the “campfire,” and s’mores. Hot dogs, chips, lemonade, and a light breakfast included. Fee includes up to 4 people. Additional people are \$10 at the door.

Age: All

| | | | | |
|-----------|------|-----------------|------|-----------|
| 6/20-6/21 | F,Sa | 6:30 PM-8:30 AM | \$70 | 308628-01 |
|-----------|------|-----------------|------|-----------|

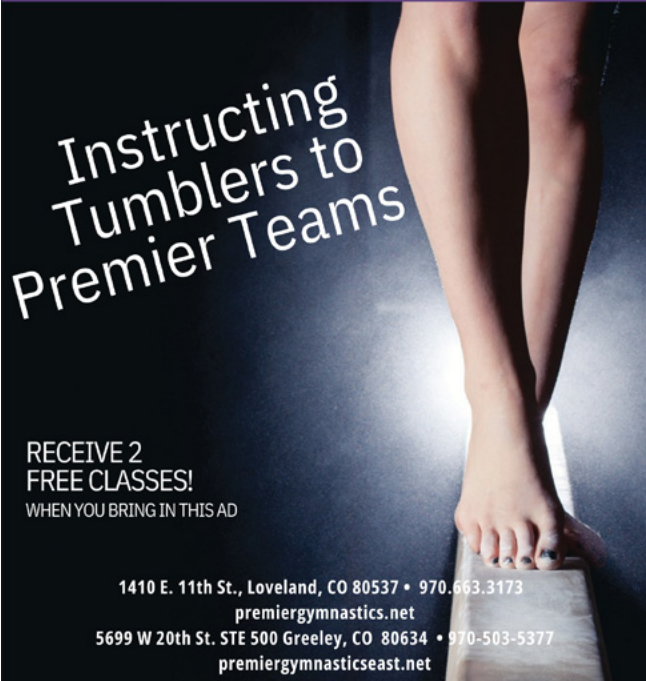
Barnyard Experience

This class is designed for the kids who only have a little bit of time to experience life on a farm. Explore different parts of the barnyard, gather eggs, make a snack, and go on a hayride. Join us for some farm fun!

Age: 6-10 years

| | | | | |
|-----|----|---------------|------|-----------|
| 7/1 | Tu | 9:00-11:00 AM | \$26 | 308632-01 |
| 7/2 | W | 9:00-11:00 AM | \$26 | 308632-02 |

PREMIER GYMNASTICS
OF THE ROCKIES



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ICE SKATING



HOCKEY

Drop-in Hockey available for ages 16 years and older. For more information see page 40.

Cub Hockey

Focus on basic hockey and skating skills. Practice on Tuesdays, recreational games on Thursdays. Full hockey gear required. Rental skates included. Full equipment is available to rent with \$150 deposit check. Sticks are available for purchase at equipment check-out for \$15. Prerequisite: Snowplow Sam 1 & 2 or Basic 1 Skate. Equipment handout is Thursday, 5/30 from 4-6 p.m. Equipment check-in is immediately following last game of the session. Note: Class will not be held on 7/1 & 7/3.

Age: 5-8 years

| | | | |
|----------|-------|--------------|-------|
| 6/3-7/31 | Tu,Th | 4:15-5:00 PM | \$278 |
|----------|-------|--------------|-------|

Power Skating Drop-In

Hockey skaters develop power, agility, and endurance. Program developed by two-time Olympic speed skater, Jondon Trevena. Note: Full hockey gear required.

Age: 9 years & up

Cost: \$19

Stick & Puck Drop-In

Open drop-in session to develop hockey skills. To view schedule, visit fcgov.com/recreation/epic. Note: Hockey specific helmet, gloves, stick, and shin guards required. Full equipment recommended for younger skaters. Pucks not provided.

Age: All

Cost: \$8

LEARN TO SKATE

Learn to Skate USA Enrollment

Anyone enrolled in the Learn to Skate program at EPIC (Basic 1 and higher) will officially have a membership in the with Learn to Skate USA. Additional information is available at learntoskateusa.com.

General Information

- All ice programs are held at EPIC unless otherwise noted.
- Lessons are taught by Certified Professional Instructors and follow Learn to Skate USA standards and compliance.
- Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.
- Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with their shoes on. EPIC's rental skates are available free of charge.
- The student to instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1, or Basic 2 classes greater than 10 students include an additional assistant. Minimum for classes is 5 students; class levels may be combined to meet this minimum.
- Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.
- The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.
- There are no make-up lessons for missed skating classes.
- If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class.
- If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

Proper Attire Includes:

- Helmet (not provided; required for Snowplow Sam 1-4, and strongly recommended for beginners)
- Gloves
- Fleece or light weight jacket
- Loose or bulky clothing is not recommended

LEGEND

AC Classes in which adults are required to attend

NW Denoted no web registration for program

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

Ice Explorers

Have a little one not yet ready to step on the ice? Explore the world of skating at a slower pace. Stretch, lace up skates, play games to increase balance once on the ice, check out the Zamboni, and more! Note: Participants will not get on the ice until they are ready after second week.

Age: 3-5 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:30-5:00 PM | \$106 | 310301-01 |
| 7/8-7/31 | Tu,Th | 4:30-5:00 PM | \$106 | 310301-02 |

Snowplow Sam 1 & 2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, to march in place, the standing swizzle, dip, march forward, march forward with two-foot glide, and introduction to backward wiggles and rocking horse.

Age: 4-5 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:30-5:00 PM | \$114 | 310302-01 |
| 7/8-7/31 | Tu,Th | 4:30-5:00 PM | \$114 | 310302-02 |

Snowplow Sam 3 & 4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:30-5:00 PM | \$114 | 310304-01 |
| 7/8-7/31 | Tu,Th | 4:30-5:00 PM | \$114 | 310304-02 |

Basic 1 Skate

For skaters who have never skated before. Learn to sit and stand up, to march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and introduction to forward one-foot glide.

Age: 5-15 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 4:30-5:00 PM | \$117 | 310306-01 |
| 6/2-6/25 | M,W | 5:15-5:45 PM | \$117 | 310306-02 |
| 7/7-7/30 | M,W | 4:30-5:00 PM | \$117 | 310306-03 |
| 7/7-7/30 | M,W | 5:15-5:45 PM | \$117 | 310306-04 |

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop, and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years and never skated.

Age: 5-15 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 4:30-5:00 PM | \$117 | 310310-01 |
| 6/2-6/25 | M,W | 5:15-5:45 PM | \$117 | 310310-02 |
| 7/7-7/30 | M,W | 4:30-5:00 PM | \$117 | 310310-03 |
| 7/7-7/30 | M,W | 5:15-5:45 PM | \$117 | 310310-04 |

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide, and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5-15 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 4:30-5:00 PM | \$117 | 310314-01 |
| 7/7-7/30 | M,W | 4:30-5:00 PM | \$117 | 310314-02 |

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps, and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5-15 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 4:30-5:00 PM | \$117 | 310316-01 |
| 7/7-7/30 | M,W | 4:30-5:00 PM | \$117 | 310316-02 |

Basic 5 & 6 Skate

Learn forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, t-stop, side toe hop, forward inside and outside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, and forward lunge. Prerequisite: Successful completion of Basic 4.

Age: 5-15 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/2-6/25 | M,W | 4:30-5:00 PM | \$117 | 310320-01 |
| 7/7-7/30 | M,W | 4:30-5:00 PM | \$117 | 310320-02 |

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move, and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:30-5:15 PM | \$185 | 310326-01 |
| 7/8-7/31 | Tu,Th | 4:30-5:15 PM | \$185 | 310326-02 |

Aspire Academy I - Free Skate 1 & 2

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz, and salchow. Includes a 25-minute dynamic, off-ice warm-up.

Age: 5-15 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:00-5:15 PM | \$185 | 310332-01 |
| 7/8-7/31 | Tu,Th | 4:00-5:15 PM | \$185 | 310332-02 |

Aspire Academy II - Free Skate 3 & 4

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, Loop jump, Toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, stag jump or split falling leaf. Includes a 25-minute dynamic, off-ice warm-up.

Age: 5-15 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:00-5:15 PM | \$185 | 310334-01 |
| 7/8-7/31 | Tu,Th | 4:00-5:15 PM | \$185 | 310334-02 |

Aspire Academy III - Free Skate 5 & 6

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence, and axel. Includes a 25-minute dynamic, off-ice warm-up.

Age: 5-15 years

| | | | | |
|----------|-------|--------------|-------|-----------|
| 6/3-6/26 | Tu,Th | 4:00-5:15 PM | \$185 | 310336-01 |
| 7/8-7/31 | Tu,Th | 4:00-5:15 PM | \$185 | 310336-02 |

Intro to Ice Dance

Learn Preliminary and/or Pre Bronze ice dance steps and patterns. Learn how to skate with a partner and prepare the skater to take one or more dance tests. Must be USFS member to test. Prerequisite: Pre-Free Skate.

Age: 5 years & up

| | | | | |
|----------|---|--------------|-------|-----------|
| 6/2-6/23 | M | 5:45-6:45 PM | \$114 | 310346-01 |
| 7/7-7/28 | M | 5:45-6:45 PM | \$114 | 310346-02 |

Intro to Showcase I & II

Introduction of acting talent while skating to music in an artistic way. Skaters learn and practice a production number. Prerequisite: Pre-Free Skate.

Age: 5-15 years

| | | | | |
|-----------|----|--------------|-------|-----------|
| 6/5-6/26 | Th | 1:00-2:00 PM | \$114 | 310360-01 |
| 7/10-7/31 | Th | 1:00-2:00 PM | \$114 | 310360-02 |

Intro to Syncro

Synchronized skating offers athletes the chance to compete with a team and learn the value of teamwork and camaraderie. Prerequisite: Basic 4

Age: 5 years & up

| | | | | |
|----------|---|--------------|-------|-----------|
| 6/4-6/25 | W | 5:45-6:45 PM | \$114 | 310347-01 |
| 7/9-7/30 | W | 5:45-6:45 PM | \$114 | 310347-02 |

SPECIALTY PROGRAMS

OFF-ICE

This is an excellent supplement to on-ice training and will greatly improve on-ice skill development and greatly decrease the risk of injuries. Attire: Appropriate athletic shoes, clothing, and bring a water bottle.

Cardio/Strength/Core/Flexibility

Off-ice class that incorporates a variety of activities and exercises to help build cardio, strength, core and flexibility specifically tailored to figure skaters. Skaters of all abilities are welcome to participate.

| | | | |
|----------|----|--------------|------|
| 6/3-6/24 | Tu | 5:30-6:00 PM | \$54 |
| 7/8-7/29 | Tu | 5:30-6:00 PM | \$54 |

Plyometrics/Balance/Agility

Off-ice class that incorporates a variety of activities and exercises to work on plyometrics, balance, and agility specifically tailored to figure skaters. Skaters of all abilities are welcome to participate.

| | | | |
|-----------|----|--------------|------|
| 6/5-6/26 | Th | 5:30-6:00 PM | \$54 |
| 7/10-7/31 | Th | 5:30-6:00 PM | \$54 |

For more information about Off Ice Workshops and Clinics please contact Ashley Ruffer at aruffer@fcgov.com.

OUTDOOR EDUCATION & RECREATION

Family Crag Climbing Day

Spend time with the little ones this season while learning a new family sport. All participants are encouraged to go at their own pace with the help and guidance of a certified climbing instructor. Instructors introduces basic climbing techniques, and fundamentals of belaying custom-tailored to meet to needs of your family. Note: Registration includes one adult and one child. Detailed directions will be emailed prior to program.

| | | | | |
|------|----|------------------|-------|-----------|
| 6/14 | Sa | 10:00 AM-3:00 PM | \$251 | 311953-01 |
| 7/12 | Sa | 10:00 AM-3:00 PM | \$251 | 311953-02 |
| 8/9 | Sa | 10:00 AM-3:00 PM | \$251 | 311953-03 |



2025 YOUTH AND ADULT SPORTS SCHEDULE

| | | | |
|--|------------------------------|---------------|---------------------|
| <p>WINTER JANUARY - MARCH</p> <hr/> <p>registration begins with FALL RECREATOR</p> | YOUTH SPORTS | GRADES | ADULT SPORTS |
| | Girls Basketball | K-8 | Basketball |
| | Intermediate Boys Basketball | 4-8 | Tennis |
| | High School Basketball | 9-12 | Volleyball |
| | Tennis | K-5 | |
| | Wrestling | K-5 | |

| | | | |
|--|---------------------|---------------|---------------------|
| <p>SPRING MARCH - MAY</p> <hr/> <p>registration begins with SPRING RECREATOR</p> | YOUTH SPORTS | GRADES | ADULT SPORTS |
| | Flag Football | K-8 | Basketball |
| | Tennis | | Kickball |
| | Volleyball | 4-8 | Softball |
| | | | Tennis |
| | | | Volleyball |

| | | | |
|---|-------------------------|---------------|---------------------|
| <p>SUMMER MAY - JULY</p> <hr/> <p>registration begins with SUMMER RECREATOR</p> | YOUTH SPORTS | GRADES | ADULT SPORTS |
| | Boys & Girls Basketball | K-8 | Basketball |
| | Softball | K-8 | Softball |
| | Tee Ball | 5-6 yrs | Outdoor Volleyball |
| | Tennis | | Tennis |
| | CARA Track | 3.5-16 yrs | |

| | | | |
|--|---------------------|---------------|---------------------|
| <p>EARLY FALL AUGUST - OCTOBER</p> <hr/> <p>registration begins with SUMMER AND FALL RECREATOR</p> | YOUTH SPORTS | GRADES | ADULT SPORTS |
| | CARA Cross Country | 6-14 yrs | Basketball |
| | Flag Football | K-8 | Kickball |
| | Tennis | | Softball |
| | Volleyball | 2-8 | Tennis |
| | | | Volleyball |

| | | | |
|--|-------------------------------|---------------|-----------------------|
| <p>LATE FALL OCTOBER - DECEMBER</p> <hr/> <p>registration begins with FALL RECREATOR</p> | YOUTH SPORTS | GRADES | ADULT SPORTS |
| | Boys Basketball | K-8 | Basketball (cont.) |
| | Girls Intermediate Basketball | 4-8 | Volleyball Tournament |
| | Tennis | 4-8 | Tennis |

SPORTS

Things to Know

- Teams are split up by staff at random, not by special requests, or registration dates. Special requests are not guaranteed.
- Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.
- Tournaments are only played in the middle school divisions of all leagues as well as intermediate leagues.
- Teams practice 1-2 times per week based on availability. Two weeks of practice will be held prior to the first game.
- Outdoor leagues practice on a first come, first served basis at the location (or nearby park with approval from Recreation Staff) indicated when registering.
- Indoor leagues scheduled practice times and locations are determined by staff prior to the season. In the event of gym cancelations, teams may practice at locations that differ from registration site.
- In the event of gym cancelations, teams may practice in locations that differ from registration site.

Inclusion

The City of Fort Collins is committed to creating a welcoming and inclusive sport environment. We invite individuals to participate in accordance with their asserted gender identity.

Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach trainings are offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and know the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must pass a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interest of young athletes and agree to follow the guidelines and policies of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970-416-4281.

Youth Sports Philosophy

The leagues offered by the Recreation Department are intended to be developmental in nature, where learning the skills of the sport and having fun are paramount and winning is secondary. We ask that all adults involved, coaches, parents/guardians, and other fans keep this in mind when attending practice and games.



Online Sports Schedules & League Rules

Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancelations, rules, and weather updates. Teams will be given 2 weeks of practices prior to the first game.

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

SUMMER SPORTS

BASKETBALL

Summer Boys and Girls Basketball

Teams formed by park practice location. Practices are held outside 1-2 times per week. Games are scheduled in the evenings on Mondays and/or Wednesdays indoors. Grade based on the 2024-2025 school year. Note: NBA replica jersey provided.

Cost: \$130/player

Practices begin: Week of 6/2

Number of games: 6

Mixed

Grade: Kindergarten-1

| | |
|---------------------------|-----------|
| Foothills Activity Center | 314700-01 |
|---------------------------|-----------|

Boys

Grade: 2-3

| | |
|--------------------|-----------|
| City Park | 314001-01 |
| Fossil Creek Park | 314001-10 |
| Lee Martinez Park | 314001-15 |
| Rogers Park | 314001-02 |
| Rolland Moore Park | 314001-20 |
| Spring Canyon Park | 314001-05 |
| Stewart Case Park | 314001-31 |
| Troutman Park | 314001-25 |

Grade: 4-5

| | |
|--------------------|-----------|
| City Park | 314002-01 |
| Fossil Creek Park | 314002-11 |
| Lee Martinez Park | 314002-15 |
| Rolland Moore Park | 314002-20 |
| Spring Canyon Park | 314002-06 |
| Troutman Park | 314002-25 |
| Warren Park | 314002-30 |

Grade: 6-8

| | |
|--------------------|-----------|
| City Park | 314003-01 |
| Fossil Creek Park | 314003-11 |
| Landings Park | 314003-25 |
| Lee Martinez Park | 314003-15 |
| Rolland Moore Park | 314003-20 |
| Spring Canyon Park | 314003-06 |
| Warren Park | 314003-26 |

Girls

Grade: 2-3

| | |
|--------------------|-----------|
| City Park | 314004-01 |
| Fossil Creek Park | 314004-10 |
| Lee Martinez Park | 314004-15 |
| Rogers Park | 314004-02 |
| Rolland Moore Park | 314004-20 |
| Spring Canyon Park | 314004-05 |
| Stewart Case Park | 314004-31 |

AGrade: 4-5

| | |
|--------------------|-----------|
| City Park | 314005-01 |
| Fossil Creek Park | 314005-10 |
| Lee Martinez Park | 314005-15 |
| Rolland Moore Park | 314005-20 |
| Spring Canyon Park | 314005-05 |
| Troutman Park | 314005-25 |
| Warren Park | 314005-30 |

Grade: 6-8

| | |
|--------------------|-----------|
| City Park | 314006-01 |
| Fossil Creek Park | 314006-10 |
| Landings Park | 314006-25 |
| Lee Martinez Park | 314006-15 |
| Rolland Moore Park | 314006-20 |
| Spring Canyon Park | 314006-05 |

CHEERLEADING

TCDC Cheer Team

Ready, OK! Kids will flip over these high-energy Recreational Cheer Teams. If your child is looking for a fun way to learn dances, tumbling, jumps and stunting through sportsmanship and teamwork, these teams are for you. Each session will include a Community Performance. Note: Poms provided for use. T-shirt fee is \$20. Class will not be held on 7/7.

Location: Foothills Activity Center

Age: 4-5 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/2-7/14 | M | 4:25-5:10 PM | \$105 | 314737-01 |
| 7/21-8/25 | M | 4:25-5:10 PM | \$105 | 314737-02 |

Age: 5-8 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/2-7/14 | M | 5:15-6:10 PM | \$105 | 314737-03 |
| 7/21-8/25 | M | 5:15-6:10 PM | \$105 | 314737-04 |

Age: 9-13 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/2-7/14 | M | 6:15-7:10 PM | \$105 | 314737-05 |
| 7/21-8/25 | M | 6:15-7:10 PM | \$105 | 314737-06 |

TCDC Showcase Team

A non-competitive cheerleading atmosphere that will take your child's skills to the next level. Introducing intermediate stunts, dances, jumps, and more. Teaches young athletes to be strong, dedicated, and hard-working all in a positive environment. This team will have the opportunity to perform throughout the Northern Colorado. Note: T-shirt and bow fee is \$25. Class will not be held on 7/7.

Location: Foothills Activity Center

Age: 8-13 years

| | | | | |
|-----------|---|--------------|-------|-----------|
| 6/2-7/14 | M | 7:15-8:30 PM | \$130 | 314738-01 |
| 7/21-8/25 | M | 7:15-8:30 PM | \$130 | 314738-02 |

TCDC Summer Camp

Work together as a unified team to learn new skills and a fun new dance. Practice tumbling skills such as cartwheels, bridges, back walkovers and stunting. Team bonding games are included. Note: Bring bottled water, and a snack, and wear appropriate attire such as athletic shoes, a fitted tank or t-shirt, and shorts. Parent performance in the last 10 minutes of camp.

Location: Club Tico

Age: 5-11 years

| | | | | |
|------|----|---------------|------|-----------|
| 6/3 | Tu | 9:00-11:30 AM | \$55 | 314739-01 |
| 6/24 | Tu | 9:00-11:30 AM | \$55 | 314739-02 |
| 7/8 | Tu | 9:00-11:30 AM | \$55 | 314739-03 |
| 8/5 | Tu | 9:00-11:30 AM | \$55 | 314739-04 |

MARTIAL ARTS

Shotokan Karate Beginners

Introduction to karate, a Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children.

Age: 7 years & up

Location: Club Tico

| | | | |
|----------|-----|--------------|------|
| 6/2-6/25 | M,W | 5:00-6:00 PM | \$52 |
| 7/7-7/30 | M,W | 5:00-6:00 PM | \$52 |
| 8/4-8/27 | M,W | 5:00-6:00 PM | \$52 |

Shotokan Karate Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline, and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner.

Age: 7 years & up

Location: Club Tico

| | | | |
|----------|-----|--------------|------|
| 6/2-6/25 | M,W | 6:00-7:00 PM | \$52 |
| 7/4-7/30 | M,W | 6:00-7:00 PM | \$52 |
| 8/4-8/27 | M,W | 6:00-7:00 PM | \$52 |

Shotokan Karate Advanced

Learn new karate concepts and reinforce the concepts gained in previous classes. Move at a faster pace and learn more advanced techniques.

Age: 7 years & up

Location: Club Tico

| | | | |
|----------|-----|--------------|------|
| 6/2-6/25 | M,W | 7:00-8:00 PM | \$52 |
| 7/7-7/30 | M,W | 7:00-8:00 PM | \$52 |
| 8/4-8/27 | M,W | 7:00-8:00 PM | \$52 |

RUNNING

C.A.R.A. Track

Basic techniques of track are taught. Participants compete in Colorado Association of Recreational Athletics track meets held in various cities along the Front Range on Saturday and/or Sunday mornings. Participants are responsible for their own transportation to practices and meets. Meet schedules are given out at the first practice. Fee includes team shirt and fees for track meets.

Cost: \$130

Practices begins: 6/9

Location: Fort Collins High School

Age: 3.5-8 years

| | | |
|---------------|-------|-----------|
| 9:00-10:15 AM | M,W,F | 314031-01 |
|---------------|-------|-----------|

Age: 9-16 years

| | | |
|----------------|-------|-----------|
| 10:30-11:45 AM | M,W,F | 314031-02 |
|----------------|-------|-----------|

SOFTBALL

Softball Mixed Tee Ball

Designed to develop skills, sportsmanship, and coordination. Teams practice 30 minutes before each game, on Tuesday evenings. Team shirts included.

Cost: \$60

Practice begin: Week of 6/10

Number of games: 6

Age: 5-6 years

Spring Canyon Park 314020-01

Girls' Softball

Learn and improve your slow pitch softball skills and enjoy team competition. 1-2 practices per week (days and times TBA). Grades 2-3 play coach pitch style softball. Grades 4-5 play player pitch. Grades 6-8 play fast pitch. Grade based on the 2024-2025 school year. Games played Tuesdays and/or Thursdays.

Cost: \$130

Practices begin: week of 5/26

Number of games: 6

| Grade 2-3 | | Grade 6-8 | |
|-----------------|-----------|------------|-----------|
| Beattie Park | 314021-01 | Blevins | 314023-01 |
| City Park | 314021-02 | Boltz | 314023-02 |
| Soft Gold Park | 314021-03 | CLP | 314023-03 |
| Twin Silos Park | 314021-04 | Kinard | 314023-04 |
| Westfield Park | 314021-05 | Leshner | 314023-05 |
| Grade 4-5 | | Lincoln | 314023-06 |
| Beattie Park | 314022-01 | Preston | 314023-07 |
| City Park | 314022-02 | Webber | 314023-08 |
| Soft Gold Park | 314022-03 | Wellington | 314023-09 |
| Twin Silos Park | 314022-04 | | |
| Westfield Park | 314022-05 | | |

FALL SPORTS

FOOTBALL

Junior Rams Flag Football

Learn the fundamentals of football, teamwork, and sportsmanship through non-contact, continuous action. Emphasis is on equal participation and winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights. Junior Rams jersey included.

Cost: \$130

Practices begin: Week of 8/25

Number of games: 6

| | |
|-----------------------|-----------|
| Grade: Kindergarten-1 | |
| Blevins Park | 414010-01 |
| City Park | 414010-04 |
| Edora Park | 414010-07 |
| Fossil Creek Park | 414010-10 |
| Greenbriar Park | 414010-13 |
| Rolland Moore Park | 414010-16 |
| Spring Canyon Park | 414010-19 |
| Troutman Park | 414010-22 |
| Timnath Park | 414010-25 |
| Twin Silo | 414010-28 |

| | |
|--------------------|-----------|
| Grade: 4-5 | |
| Blevins Park | 414012-01 |
| City Park | 414012-04 |
| Edora Park | 414012-07 |
| Fossil Creek Park | 414012-10 |
| Greenbriar Park | 414012-13 |
| Rolland Moore Park | 414012-16 |
| Spring Canyon Park | 414012-19 |
| Troutman Park | 414012-22 |
| Timnath Park | 414012-25 |
| Twin Silo | 414012-28 |

| | |
|--------------------|-----------|
| Grade: 2-3 | |
| Blevins Park | 414011-01 |
| City Park | 414011-04 |
| Edora Park | 414011-07 |
| Fossil Creek Park | 414011-10 |
| Greenbriar Park | 414011-13 |
| Rolland Moore Park | 414011-16 |
| Spring Canyon Park | 414011-19 |
| Troutman Park | 414011-22 |
| Timnath Park | 414011-25 |
| Twin Silo | 414011-28 |

| | |
|------------|-----------|
| Grade: 6-8 | |
| Blevins | 414013-01 |
| Boltz | 414013-04 |
| CLP | 414013-07 |
| Kinard | 414013-10 |
| Leshner | 414013-13 |
| Lincoln | 414013-16 |
| Preston | 414013-19 |
| Timnath | 414013-22 |
| Webber | 414013-25 |

RUNNING

Junior Rams- C.A.R.A. Cross Country

Recreational cross-country program. Practices are held twice per week in various parks around Fort Collins. Meets are held in Front Range cities on Saturday or Sunday each weekend. Fee includes Junior Rams jersey and fees for cross country meets.

Cost: \$130

Practices begin: Week of 8/25

Age: 6-14 years

Location: Rolland Moore Park, Spring Canyon Park

August-October M,W,Sa,Su 5:30-6:45 PM 414033-01

VOLLEYBALL

Junior Rams Volleyball

Develop a sense of team play where participations, fun, skills, and sportsmanship are stressed; winning is secondary. Practices are held 1-2 times per week, matches are Saturdays and occasional weeknights. Practice days and times vary. All Junior Ram players receive a reversible Junior Rams jersey for games and two tickets to one pre-selected CSU Volleyball.

Cost: \$130

Practices begin: Week of 8/25

Number of games: 6

| | |
|------------|-----------|
| Grade: 2-3 | 414941-01 |
| Grade: 4-5 | 414942-01 |

Middle School Volleyball

Cost: \$120

Practices begin: Week of 8/25

Number of games: 6

| | |
|------------|-----------|
| Grade 6-8 | |
| Blevins | 414943-01 |
| Boltz | 414943-03 |
| CLP | 414943-05 |
| Kinard | 414943-07 |
| Leshner | 414943-09 |
| Lincoln | 414943-11 |
| Preston | 414943-13 |
| Timnath | 414943-15 |
| Webber | 414943-17 |
| Wellington | 414943-19 |

TENNIS

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With more than 50 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages with USPTA certified coaches on staff. Tennis director, Larry Lewis, has managed five of the top tennis facilities in the United States.

Learn more and register online at lewistennis.com or call 970-493-7000.

Rolland Moore Pro Shop

Visit the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories, and 24-hour stringing available.

Summer hours are 8 a.m.-6 p.m. Monday-Friday and 10 a.m.-4 p.m. on Saturday.

Reserve tennis and pickleball courts at lewistennis.com or call 970-493-7000.

Sign up before May 15 and receive a 10% discount!

10 & UNDER PROGRAMS

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Weekly tournaments for 10 & Under players available this year.

Little Lobber

Develop basic eye-hand coordination and athletic skills. Movement, balance, and proper techniques will be taught by using fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 years

Weekday Programs

Locations:

| | |
|--------------------------|--------|
| Fossil Creek Park | 323015 |
| Rolland Moore | 323055 |
| Fossil Ridge High School | 323035 |
| Lee Martinez Park | 323075 |

Drop-In

| | | | | |
|-----------|-------|--------------|------|------|
| 6/2-6/11 | M,W | 8:00-8:45 AM | \$62 | \$17 |
| 6/16-6/25 | M,W | 8:00-8:45 AM | \$62 | \$17 |
| 6/30-7/9 | M,W | 8:00-8:45 AM | \$62 | \$17 |
| 7/14-7/23 | M,W | 8:00-8:45 AM | \$62 | \$17 |
| 7/28-8/6 | M,W | 8:00-8:45 AM | \$62 | \$17 |
| 6/3-6/12 | Tu,Th | 8:00-8:45 AM | \$62 | \$17 |
| 6/17-6/26 | Tu,Th | 8:00-8:45 AM | \$62 | \$17 |
| 7/1-7/10 | Tu,Th | 8:00-8:45 AM | \$62 | \$17 |
| 7/15-7/24 | Tu,Th | 8:00-8:45 AM | \$62 | \$17 |
| 7/29-8/7 | Tu,Th | 8:00-8:45 AM | \$62 | \$17 |

Saturday Programs

| Location: | Fossil Creek Park | Drop-In | | | |
|-----------|-------------------|--------------|------|------|--------|
| 5/31-6/21 | Sa | 8:00-8:45 AM | \$62 | \$17 | 323015 |
| 6/28-7/19 | Sa | 8:00-8:45 AM | \$62 | \$17 | 323015 |
| 7/26-8/16 | Sa | 8:00-8:45 AM | \$62 | \$17 | 323015 |

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2 WEEKS OF UNLIMITED FLOW + 1 REFORMER PILATES CLASS FOR \$40



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Future Stars

Discover basic stroking fundamentals, rules, and play fun games to develop skills. Learn the correct way to hit the ball to build a strong foundation for future play. Participate in fun drills and games where sportsmanship and positive attitudes are emphasized.

Age: 7-8 years

Weekday Programs

Locations:

| | |
|--------------------------|--------|
| Fossil Creek Park | 323013 |
| Rolland Moore | 323053 |
| Fossil Ridge High School | 323033 |
| Lee Martinez Park | 323073 |

Drop-In

| | | | | |
|-----------|-----|---------------|-------|------|
| 6/2-6/13 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 6/16-6/27 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 6/30-7/11 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 7/14-7/25 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 7/28-8/8 | M-F | 8:50-10:20 AM | \$232 | \$25 |

Saturday Programs

| Location: Fossil Creek Park | | Drop-In | | | |
|-----------------------------|----|---------------|------|------|--------|
| 5/31-6/21 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323013 |
| 6/28-7/19 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323013 |
| 7/26-8/16 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323013 |

Wheelchair Tennis

Learn basic techniques and improve your skills during the fun and exciting Paralympic sport of wheelchair tennis. This 8-week class will be led by Akiji Koiwalakai, an experienced player and certified coach. Note: Class will not be held on 7/1.

Age: 8 years & up

Location: Rolland Moore Tennis Courts

Beginner

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/17-8/12 | Tu | 5:30-6:30 PM | \$82 | 302467-01 |
|-----------|----|--------------|------|-----------|

Advanced

| | | | | |
|-----------|----|--------------|------|-----------|
| 6/17-8/12 | Tu | 6:30-7:30 PM | \$82 | 302467-02 |
|-----------|----|--------------|------|-----------|

Aces

Players learn basic stroking fundamentals, rules, and play fun games to develop skills. Work on more advanced strokes such as topspin and slice serves and develop match skills. Players are encouraged to participate in novice level tournaments.

Age: 9-10 years

Weekday Programs

Locations:

| | |
|--------------------------|--------|
| Fossil Creek Park | 323010 |
| Rolland Moore | 323050 |
| Fossil Ridge High School | 323030 |
| Lee Martinez Park | 323070 |

Drop-In

| | | | | |
|-----------|-----|---------------|-------|------|
| 6/2-6/13 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 6/16-6/27 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 6/30-7/11 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 7/14-7/25 | M-F | 8:50-10:20 AM | \$232 | \$25 |
| 7/28-8/8 | M-F | 8:50-10:20 AM | \$232 | \$25 |

Saturday Programs

| Location: Fossil Creek Park | | Drop-In | | | |
|-----------------------------|----|---------------|------|------|--------|
| 5/31-6/21 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323010 |
| 6/28-7/19 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323010 |
| 7/26-8/16 | Sa | 8:50-10:20 AM | \$93 | \$25 | 323010 |

MIDDLE SCHOOL PROGRAMS

Middle School

Just starting the game or a seasoned competitor? Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Age: 11-13 years

Weekday Programs

Locations:

| | |
|--------------------------|--------|
| Fossil Creek Park | 323011 |
| Rolland Moore | 323051 |
| Fossil Ridge High School | 323031 |
| Lee Martinez Park | 323071 |

Drop-In

| | | | | |
|-----------|-----|-------------------|-------|------|
| 6/2-6/13 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 6/16-6/27 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 6/30-7/11 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 7/14-7/25 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 7/28-8/8 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |

Saturday Programs

| Location: Fossil Creek Park | | Drop-In | | | |
|-----------------------------|----|-------------------|-------|------|--------|
| 5/30-6/21 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323011 |
| 6/28-7/19 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323011 |
| 7/26-8/16 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323011 |

HIGH SCHOOL PROGRAMS

High School

New players learn the fundamentals of the game and how to compete. Intermediate to advanced players learn more advanced stroking techniques and doubles and singles match strategies.

Age: 14-18 years

Weekday Programs

Locations:

| | |
|--------------------------|--------|
| Rolland Moore | 323016 |
| Fossil Creek Park | 323056 |
| Fossil Ridge High School | 323036 |
| Lee Martinez Park | 323076 |

Drop-In

| | | | | |
|-----------|-----|-------------------|-------|------|
| 6/2-6/13 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 6/16-6/27 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 6/30-7/11 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 7/14-7/25 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |
| 7/28-8/8 | M-F | 10:30 AM-12:30 PM | \$310 | \$33 |

Saturday Programs

| Location: Fossil Creek Park | Drop-In | | | | |
|-----------------------------|---------|-------------------|-------|------|--------|
| 5/30-6/21 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323056 |
| 6/28-7/19 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323056 |
| 7/26-8/16 | Sa | 10:30 AM-12:30 PM | \$124 | \$33 | 323056 |

High School Pre-Season Camp

Tune up your games for the high school season. Focus on strokes, physical and mental conditioning, and match play.

Age: 14-18 years

Location: Rolland Moore Racquet Complex Drop-In

| | | | | | |
|-----------|-----|--------------|-------|------|-----------|
| 7/14-7/18 | M-F | 1:00-3:00 PM | \$250 | \$55 | 323014-01 |
|-----------|-----|--------------|-------|------|-----------|

Performance Training

Designed for the devoted junior player who has already developed a solid foundation of the game and has shown a high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro.

Age: 12-18 years

Location: Rolland Moore Racquet Complex

TIER #1 (Most Advanced) & TIER #2 (Middle Level)

Drop-In

| | | | | | |
|-----------|-----|--------------|-------|------|-----------|
| 6/2-6/13 | M-F | 1:00-3:00 PM | \$370 | \$42 | 323058-01 |
| 6/16-6/27 | M-F | 1:00-3:00 PM | \$370 | \$42 | 323058-02 |
| 6/30-7/11 | M-F | 1:00-3:00 PM | \$370 | \$42 | 323058-03 |
| 7/14-7/25 | M-F | 1:00-3:00 PM | \$370 | \$42 | 323058-04 |
| 7/28-8/8 | M-F | 1:00-3:00 PM | \$370 | \$42 | 323058-05 |

TIER #3 (Least Advanced)

Drop-In

| | | | | | |
|-----------|-----|--------------|-------|------|-----------|
| 6/2-6/13 | M-F | 3:00-5:00 PM | \$370 | \$42 | 323059-01 |
| 6/16-6/27 | M-F | 3:00-5:00 PM | \$370 | \$42 | 323059-02 |
| 6/30-7/11 | M-F | 3:00-5:00 PM | \$370 | \$42 | 323059-03 |
| 7/14-7/25 | M-F | 3:00-5:00 PM | \$370 | \$42 | 323059-04 |
| 7/28-8/8 | M-F | 3:00-5:00 PM | \$370 | \$42 | 323059-05 |

Life Skills & Tennis Events



Join in these fun events with special guest speakers, games, tennis, and a BBQ! Hosted in partnership with Lewis Tennis School and National Junior Tennis & Learning.

| | | | |
|------|----|--------------|--------|
| 6/3 | Tu | 5:00-7:00 PM | No fee |
| 6/17 | Tu | 5:00-7:00 PM | No fee |
| 7/15 | Tu | 5:00-7:00 PM | No fee |
| 7/29 | Tu | 5:00-7:00 PM | No fee |

INCLUSION SUPPORT

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

TOURNAMENTS

Enter tournaments at lewistennis.com.

Junior USTA Tournaments 2025

| | |
|-----------|--|
| 4/19 | Spring Warm Up (Level 7) |
| 4/26 | April Blow Out (Level 7) |
| 5/17 | Spring Extreme (Level 7) |
| 6/13 | Jumpin' Junior Doubles Day (Level 7) |
| 6/14 | Jumpin' Summer Smash Singles (Level 7) |
| 6/20-6/22 | Lightning Summer Championships (Level 6) |
| 7/12 | Firecracker Blast (Level 7) |
| 7/18 | Rockin Summer Doubles Day (Level 7) |
| 7/19 | Rockin' Summer Singles (Level 7) |
| 8/1-8/3 | Summer Blow Out (Level 6) |
| 8/23 | Back to School Blast (Level 7) |
| 9/13 | Remembrance Day Challenge |
| 10/5 | Autumn Fun Days (Level 7) |

Junior Red, Orange & Green Ball Tournaments 2025

These tournaments are designed for rookie tournament players. Note: All of these tournaments will have a Player BBQ after play

| | |
|----------|----------------------------------|
| April 18 | Orange Ball #1 & #2 (10 & Under) |
| May 2 | Green Ball #1 & #2 (11-18 years) |
| June 6 | Orange Ball (10 & Under) |
| June 27 | Orange Ball (10 & Under) |
| July 11 | Green Ball (11-18 years) |
| July 25 | Orange Ball (10 & Under) |
| August 8 | Green Ball (11-18 years) |

Champ of Collins Tournaments

High Level Co-ed for Junior & Adult Players. Minimum UTR level 6.0 or WTN level 27.

| |
|------------|
| May 9-10 |
| August 8-9 |

SWING INTO SUMMER WITH JUNIOR GOLF CAMPS

Get outside, have a blast, and sharpen your golf skills! Whether you're new to the game or perfecting your swing, fun is always par for the course.

- ▶ Junior golf camps tee off the **week of June 2**.
- ▶ Camps are open to **ages 5-15** and led by experienced golf professionals.



fcgov.com/golf/junior-program



EXPLORE THE DENVER AQUARIUM AQUARIUM EXPLORER CAMP KIDS PROGRAMS

Choose one of
four dates
8-12 Years Old
10am-2pm
June 16th-19th
June 23-26
July 14th-17th

Youth Camp
12-17 Years Old
9am-2pm
July 7th-10th



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970-493-8562

This is done in partnership with our dive buddies at A1 Scuba

DIVE With the SHARKS A Scuba Adventure

Dive into the 400,000 gallon
Sunken Shipwreck
Exhibit and
encounter Sand
Tiger sharks,
Sandbar sharks,
Zebra sharks, Reef
sharks, Bamboo sharks
and hundreds of other fish.



Divers must be SCUBA
certified.

Scuba equipment
provided.

Includes day pass to
aquarium.



YOUR PASSPORT TO ADVENTURE STARTS HERE



OPEN WATER DIVER

- DISCOVER A COMPLETELY NEW WORLD HIDDEN JUST BELOW THE SURFACE
- EXPERIENCE THE NEARLY-WEIGHTLESS SENSATION OF FLIGHT
- LEARN ABOUT NEW ENVIRONMENTS AND EXOTIC NEW SPECIES



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Grand Canyon 6 Day Rafting Vacation

July 15-20, 2025



This is the most famous rafting trip in the world.
Spending a week living in the Grand Canyon is a life-changing experience!



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5 days of 2-tank boat diving
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St. Lucia at Anse Chastanet June 7 ~ 14, 2025



Scan QR for more info



REGISTRATION FOR SUMMER DAY CAMPS

Began on February 6

Including Camp FunQuest, Funtime Adventures,
The Farm Summer Camps & Skyhawks Sports Summer Camps



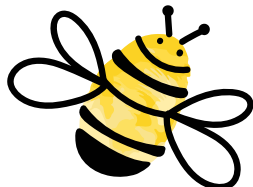
Limited Spaces Available



2025 Summer Camp Program registration began on February 6. Some programs may still have availability or options to join a waitlist.

Please note that registration for these programs will take place in WebTrac instead of Recreation's new registration software system. Questions? Call 970-221-6256.

For more information please visit
[FCGOV.COM/SUMMER-DAY-CAMPS](https://www.fcgov.com/summer-day-camps)





DAY CAMPS

CAMP FUNQUEST

REGISTRATION FOR SUMMER 2025 CAMP FUNQUEST BEGAN ON FEBRUARY 6. SPACES ARE LIMITED AND REGISTRATION IS CURRENTLY OPEN.

Camp FunQuest

Keep children S.I.L.L.Y. (Safe, Intelligent, Loving, Laughing, and uniquely You) with these fun youth programs that are designed to keep children active, engaged, and ready to discover their passions.

Camp FunQuest is Recreation’s licensed summer day camp program for children entering first grade through completion of fifth grade. Summer camps run Monday through Friday 7:30 a.m.-5:30 p.m. during dates listed. Camp groups are separated by age and all activities are planned with children’s developmental stage, abilities, and interests in mind. Camp themes guide activity planning with a general daily structure that repeats weekly. Typical camp activities such as songs, games, crafts, science, and sports are coupled with guest visitors, trips to outdoor parks, swimming, and an introduction to a variety of recreational activities. Cost of weekly field trips are included in camp fees for all age groups. Families must provide a peanut-free sack lunch, two healthy snacks, a water bottle, and appropriate clothing/gear for outdoor play each day. Note: Full camp itineraries are emailed the week prior to program start dates.

Inclusion Support in Camp FunQuest

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. Recreation offers a spectrum of inclusion services. To aid in the inclusion request process for Camp FunQuest, please visit fcgov.com/aro to complete an Inclusion Request Form shortly after registering for camp. A staff member will reach out once they receive the form. A Camp FunQuest Family Handbook will be emailed to families after registration and contains information on general behavior expectations and policies. For more information contact Katie Just at kjust@fcgov.com.

Weekly Enrollments, Deposits & Cancellations

A minimum non-refundable deposit of \$40/week per child is due at the time of enrollment. All remaining fees for camp weeks will be due prior to the start of camp and must be paid on or before the dates listed below:

- June camp weeks due March 1
- July camp weeks due April 1
- August camp weeks due May 1

Camp week transfers can be made without penalty dependent on availability. Cancellation requests can be submitted by emailing your child’s camp director and follow the policy outlined below:

- Cancellations made 10+ days prior to the start of the camp week = Full refund
- Cancellations made 5-9 days prior to the start of the camp week = 50% refund
- Cancellations made less than 5 days prior to the start of the camp week = No refund

Camp Schedule and Themes

Week 1: Welcome to Camp | June 3-6

Week 2: Adventure Awaits | June 9-13

Week 3: Community Connection | June 16-20

Week 4: Fantasy and Fairytale | June 23-27

No Camp 6/30-7/4

Week 5: Splash Quest | July 7-11

Week 6: Creative Chaos | July 14-18

Week 7: Wild West | July 21-25

Week 8: DIY Fun | July 28-August 1

Week 9: Movie Magic | August 4-8

Week 10: Carnival and Talent Show | August 11-12 (Northside Aztlan location only)

CAMP GROUPS & AGES

Marmot: Ages 5-6

Must be at least 5 years old AND have completed kindergarten in May 2025.

| | |
|-----------------------------------|--------|
| Northside Aztlan Community Center | 315550 |
| Foothills Activity Center | 315750 |

Red Fox: Ages 7-8

| | |
|-----------------------------------|--------|
| Northside Aztlan Community Center | 315551 |
| Foothills Activity Center | 315751 |

Big Horn: Ages 9-11

| | |
|-----------------------------------|--------|
| Northside Aztlan Community Center | 315553 |
| Foothills Activity Center | 315752 |

BLACK BEAR TEEN CAMP

A camp experience designed for active teens with full days of skill development, leadership training, social fulfillment, and physical activity. Finish your camper’s week with a fun, energy-filled and age-appropriate Friday Teen Trip!

Black Bear Teen Camp is a section of Camp FunQuest. All Camp FunQuest policies apply regarding enrollment deposits, payment dates, cancellation policies & behavior policies.

Age: 12-15 years

Location: Mulberry Pool

Welcome to Camp

| | | | | |
|----------|-----|-----------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-01 |
|----------|-----|-----------------|-------|-----------|

Community Connection

| | | | | |
|-----------|-----|-----------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-02 |
|-----------|-----|-----------------|-------|-----------|

DIY Fun

| | | | | |
|-----------|-----|-----------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-03 |
|-----------|-----|-----------------|-------|-----------|

Outdoor Survival

| | | | | |
|----------|-----|-----------------|-------|-----------|
| 7/7-7/11 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-04 |
|----------|-----|-----------------|-------|-----------|

Sports Week

| | | | | |
|-----------|-----|-----------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-05 |
|-----------|-----|-----------------|-------|-----------|

Counselor in Training

| | | | | |
|-----------|-----|-----------------|-------|-----------|
| 7/21-7/25 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-05 |
|-----------|-----|-----------------|-------|-----------|

Robotics, Gaming & Coding

| | | | | |
|----------|-----|-----------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-07 |
|----------|-----|-----------------|-------|-----------|

End of Summer Fun

| | | | | |
|---------|-----|-----------------|-------|-----------|
| 8/4-8/8 | M-F | 9:00 AM-4:00 PM | \$270 | 315555-08 |
|---------|-----|-----------------|-------|-----------|

FUNTIME ADVENTURES

REGISTRATION FOR SUMMER 2025 FUNTIME ADVENTURES BEGAN ON FEBRUARY 6. SPACES ARE LIMITED AND REGISTRATION IS CURRENTLY OPEN.

Funtime Adventures Summer Camp

Designed for younger children new to the camp experience. Half-day (morning only) and full-day options available. Themed activities, special guests, walking trips, park play, and shared lunch time make up the morning-only sessions. Add-on the afternoon session to make it a full day and experience even more of what Recreation has to offer including art, dance, music, science, and cooking enrichments.

Ages: 4-5 years

Intended for those who have not yet completed kindergarten.

Location: Northside Aztlan Community Center

Weekly Enrollments, Deposits & Cancellations

A minimum non-refundable deposit of \$40/week per child is due at the time of enrollment. All remaining fees for camp weeks are due prior to the start of camp and must be paid on or before the dates listed below:

- June camp weeks due March 1
- July camp weeks due April 1
- August camp weeks due May 1

Camp week transfers can be made without penalty dependent on availability. Cancellation requests can

be submitted by emailing your child’s camp director and follow the policy outlined below:

- Cancellations made 10+ days prior to the start of the camp week = Full refund
- Cancellations made 5-9 days prior to the start of the camp week = 50% refund
- Cancellations made less than 5 days prior to the start of the camp week = No refund



Week 1: Welcome to Camp

| | | | | |
|---------|------|------------------|-------|-----------|
| 6/3-6/6 | Tu-F | 7:30 AM-12:30 PM | \$108 | 317501-01 |
| 6/3-6/6 | Tu-F | 7:30 AM-5:30 PM | \$216 | 317501-02 |

Week 2: Artists in Action

| | | | | |
|----------|-----|------------------|-------|-----------|
| 6/9-6/13 | M-F | 7:30 AM-12:30 PM | \$135 | 317502-01 |
| 6/9-6/13 | M-F | 7:30 AM-5:30 PM | \$270 | 317502-02 |

Week 3: Community Helpers

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 6/16-6/20 | M-F | 7:30 AM-12:30 PM | \$135 | 317503-01 |
| 6/16-6/20 | M-F | 7:30 AM-5:30 PM | \$270 | 317503-02 |

Week 4: Fantasy & Fairytales

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 6/23-6/27 | M-F | 7:30 AM-12:30 PM | \$135 | 317504-01 |
| 6/23-6/27 | M-F | 7:30 AM-5:30 PM | \$270 | 317504-02 |

Week 5: Water Week

| | | | | |
|----------|-----|------------------|-------|-----------|
| 7/7-7/11 | M-F | 7:30 AM-12:30 PM | \$135 | 317505-01 |
| 7/7-7/11 | M-F | 7:30 AM-5:30 PM | \$270 | 317505-02 |

Week 6: Junior Chefs

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/14-7/18 | M-F | 7:30 AM-12:30 PM | \$135 | 317506-01 |
| 7/14-7/18 | M-F | 7:30 AM-5:30 PM | \$270 | 317506-02 |

Week 7: Super Science

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/21-7/25 | M-F | 7:30 AM-12:30 PM | \$135 | 317507-01 |
| 7/21-7/25 | M-F | 7:30 AM-5:30 PM | \$270 | 317507-02 |

Week 8: Jurassic Journey

| | | | | |
|----------|-----|------------------|-------|-----------|
| 7/28-8/1 | M-F | 7:30 AM-12:30 PM | \$135 | 317508-01 |
| 7/28-8/1 | M-F | 7:30 AM-5:30 PM | \$270 | 317508-02 |

Week 9: Out of this World

| | | | | |
|---------|-----|------------------|-------|-----------|
| 8/4-8/8 | M-F | 7:30 AM-12:30 PM | \$135 | 317509-01 |
| 8/4-8/8 | M-F | 7:30 AM-5:30 PM | \$270 | 317509-02 |

Week 10: Carnival Craze

| | | | | |
|-----------|-------|------------------|-------|-----------|
| 8/11-8/12 | M, Tu | 7:30 AM-12:30 PM | \$54 | 317510-01 |
| 8/11-8/12 | M, Tu | 7:30 AM-5:30 PM | \$108 | 317510-02 |

OUTDOOR & ADVENTURE CAMPS

REGISTRATION FOR SUMMER 2025 BIKE CAMPS BEGAN ON FEBRUARY 6. SPACES ARE LIMITED AND REGISTRATION IS CURRENTLY OPEN.

Bike Camp I

Designed for riders who can ride straight and steady on a two-wheeled bicycle and use brakes to stop. Training wheels are not permitted due to the requirements of the class. Learn the basics of safe bicycling strategies, trail riding, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Riders 6-8 years old should expect to ride 4-8 miles per day. Riders 9-11 years old should expect to ride 6-12 miles per day. Rides are confined to city bike trails only and led by a Safe Routes to School instructor.

Age: 6-8 years

Location: Rolland Moore Park

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 6/16-6/20 | M-F | 8:30 AM-12:30 PM | \$200 | 315971-02 |
|-----------|-----|------------------|-------|-----------|

Location: Spring Canyon Park

| | | | | |
|----------|-----|------------------|-------|-----------|
| 7/7-7/11 | M-F | 8:30 AM-12:30 PM | \$200 | 315971-04 |
|----------|-----|------------------|-------|-----------|

Location: Northside Aztlan Community Center

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/14-7/18 | M-F | 8:30 AM-12:30 PM | \$200 | 315971-05 |
|-----------|-----|------------------|-------|-----------|

Age: 9-11 years

Location: Rolland Moore Park

| | | | | |
|----------|-----|------------------|-------|-----------|
| 6/9-6/13 | M-F | 8:30 AM-12:30 PM | \$200 | 315971-01 |
|----------|-----|------------------|-------|-----------|

Location: Spring Canyon Park

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 6/23-6/27 | M-F | 8:30 AM-12:30 PM | \$200 | 315971-03 |
|-----------|-----|------------------|-------|-----------|

Bike Camp II

Skills learned in Bike Camp I will be reinforced as well as additional bike handling and maintenance skills, like fix-a-flat. Riders 6-8 years old should expect to ride 6-10 miles per day. Riders 9-11 years old should expect to ride 8-12 miles per day. Rides are confined to city bike trails only and led by a Safe Routes to School instructor. Prerequisite: Bike Camp I

Age: 6-8 years

Location: Northside Aztlan Community Center

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/21-7/25 | M-F | 8:30 AM-12:30 PM | \$200 | 315972-02 |
|-----------|-----|------------------|-------|-----------|

Age: 9-11 years

Location: Northside Aztlan Community Center

| | | | | |
|----------|-----|------------------|-------|-----------|
| 7/28-8/1 | M-F | 8:30 AM-12:30 PM | \$200 | 315972-01 |
|----------|-----|------------------|-------|-----------|

Teen Bike Camp

A combination of Bike Camp I and II with longer rides using area trails and street bike lanes. Riders spend most of the time biking to natural areas, local destinations, as well as other activities and ice cream! Learn the rules of the road, bike maintenance, and flat repair. Riders are expected to ride 16-20 miles per day. Led by a Safe Routes to School instructor.

Age: 12-15 years

Location: Rolland Moore Park

| | | | | |
|---------|-----|-----------------|-------|-----------|
| 6/2-6/6 | M-F | 8:00 AM-2:00 PM | \$250 | 315973-01 |
|---------|-----|-----------------|-------|-----------|

ADVENTURE, S.T.E.M. & EDUCATION CAMPS

REGISTRATION FOR PROGRAMS LISTED IN THIS SECTION WILL OPEN ON APRIL 10 AT 7 A.M. QUESTIONS? PLEASE CALL 970-221-6256 PRIOR TO REGISTRATION DAY.

LEGO Camps

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs!

Location: Edora Pool Ice Center

Age: 5-7 years

Minecraft Engineering

| | | | | |
|---------|-----|--------------|-------|-----------|
| 6/2-6/6 | M-F | 9:00 AM-Noon | \$210 | 316730-01 |
|---------|-----|--------------|-------|-----------|

Wildlife Wonders

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$210 | 316730-02 |
|----------|-----|--------------|-------|-----------|

Pokémon Engineering

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$210 | 316730-03 |
|-----------|-----|--------------|-------|-----------|

STEM Discovery

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-Noon | \$210 | 316730-04 |
|-----------|-----|--------------|-------|-----------|

Radical Rides

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$210 | 316730-05 |
|----------|-----|--------------|-------|-----------|

Wildlife Wonders

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$210 | 316730-06 |
|-----------|-----|--------------|-------|-----------|

Minecraft Engineering

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$210 | 316730-07 |
|-----------|-----|--------------|-------|-----------|

Pokémon Engineering

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$210 | 316730-08 |
|----------|-----|--------------|-------|-----------|

Age: 7-12 years

Minecraft Master

| | | | | |
|---------|-----|--------------|-------|-----------|
| 6/2-6/6 | M-F | 1:00-4:00 PM | \$210 | 316731-01 |
|---------|-----|--------------|-------|-----------|

Machine Mayhem

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 1:00-4:00 PM | \$210 | 316731-02 |
|----------|-----|--------------|-------|-----------|

Pokémon Master

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 1:00-4:00 PM | \$210 | 316731-03 |
|-----------|-----|--------------|-------|-----------|

STEM Innovations

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 1:00-4:00 PM | \$210 | 316731-04 |
|-----------|-----|--------------|-------|-----------|

Radical Rides 2.0

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/11 | M-F | 1:00-4:00 PM | \$210 | 316731-05 |
|----------|-----|--------------|-------|-----------|

Wizarding World of Engineering

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 1:00-4:00 PM | \$210 | 316731-06 |
|-----------|-----|--------------|-------|-----------|

Minecraft Master

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/21-7/25 | M-F | 1:00-4:00 PM | \$210 | 316731-07 |
|-----------|-----|--------------|-------|-----------|

Pokémon Master

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 1:00-4:00 PM | \$210 | 316731-08 |
|----------|-----|--------------|-------|-----------|

LEGO Robotics Camps

Build and program robots in this introductory robotics class using the LEGO® Spike Prime® system. Learn basic programming skills using a simple and visual block coding system that will allow kids to grasp new and diverse coding challenges. Join us as we build a variety of different robots using motors, sensors, and lights that will make for a fun experience that incorporates both building with LEGO® and coding. This is a great way to prepare young robotics enthusiasts for more advanced robotics programs.

Age: 7-9 years

Location: Mulberry Pool

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$245 | 316732-01 |
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$245 | 316732-02 |
| 8/4-8/8 | M-F | 9:00 AM-Noon | \$245 | 316732-03 |

LEGO Robotics Camps

Rise to the challenge to build and program robots using the LEGO® Spike Prime system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Design and construct your robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

Age 9-14 years

Location: Mulberry Pool

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 1:00-4:00 PM | \$245 | 316733-01 |
| 7/7-7/11 | M-F | 1:00-4:00 PM | \$245 | 316733-02 |
| 8/4-8/8 | M-F | 1:00-4:00 PM | \$245 | 316733-03 |

Chemistry Camp

Dive into the fascinating world of chemistry with this hands-on camp designed exclusively for high school students! Explore real-world applications through exciting experiments like splitting water into hydrogen and oxygen, unraveling the secrets of “stoichiometry”, and learning how chromatography is used for analysis and manufacturing. Discover the science behind recycling plastics and compete to grow the largest crystal! Using an automated chemistry lab kit, experience how modern labs operate while building skills in technology and mathematics. Whether you’re a budding scientist or just curious, this camp promises a summer of discovery, fun, and unforgettable experiments!

Location: Fort Collins Creator Hub, 1304 Duff Dr. #11

| | | | | |
|-----------|-----|------------------|-------|-----------|
| 7/21-7/25 | M-F | 8:30 AM-12:30 PM | \$302 | 303916-01 |
|-----------|-----|------------------|-------|-----------|

Ultimate Babysitting Bootcamp

Topics covered include business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking, and basic first aid. Students receive a certification from the American Safety and Health Institute. Note: Bring paper, pencil, water bottle, and a sack lunch.

Age: 11-16 years

Location: Fort Collins Senior Center

| | | | | |
|------|---|-----------------|------|-----------|
| 6/2 | M | 9:00 AM-3:00 PM | \$85 | 316700-01 |
| 6/16 | M | 9:00 AM-3:00 PM | \$85 | 316700-02 |
| 6/23 | M | 9:00 AM-3:00 PM | \$85 | 316700-03 |
| 6/30 | M | 9:00 AM-3:00 PM | \$85 | 316700-04 |
| 7/7 | M | 9:00 AM-3:00 PM | \$85 | 316700-05 |
| 7/14 | M | 9:00 AM-3:00 PM | \$85 | 316700-06 |
| 7/21 | M | 9:00 AM-3:00 PM | \$85 | 316700-07 |
| 7/28 | M | 9:00 AM-3:00 PM | \$85 | 316700-08 |
| 8/4 | M | 9:00 AM-3:00 PM | \$85 | 316700-09 |



Join in the Community Celebration!

Details at fcgov.com/july4th



FARM DAY CAMPS

REGISTRATION FOR SUMMER 2025 FARM DAY CAMPS BEGAN ON FEBRUARY 6. SPACES ARE LIMITED AND REGISTRATION IS CURRENTLY OPEN.

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

| | | | | |
|-----------|------|------------------|------|-----------|
| 6/3-6/6 | Tu-F | 8:30 AM-12:30 PM | \$90 | 308604-01 |
| 6/10-6/13 | Tu-F | 8:30 AM-12:30 PM | \$90 | 308604-02 |
| 6/17-6/20 | Tu-F | 8:30 AM-12:30 PM | \$90 | 308604-03 |
| 7/8-7/11 | Tu-F | 8:30 AM-12:30 PM | \$90 | 308604-04 |

Not-So-Mini Day Camp

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

Age: 6-7 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 6/24-6/27 | Tu-F | 8:30 AM-3:30 PM | \$177 | 308605-01 |
| 7/15-7/18 | Tu-F | 8:30 AM-3:30 PM | \$177 | 308605-02 |
| 7/29-8/1 | Tu-F | 8:30 AM-3:30 PM | \$177 | 308605-03 |

Farm Day Camp

Every summer is new and exciting at day camp. Each session is packed full of games, crafts, barnyard trivia, and chores. Campers help take care of the animals by gathering eggs and slopping the pigs.

Age: 8-12 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 6/3-6/13 | Tu-F | 8:30 AM-3:30 PM | \$275 | 308602-01 |
| 6/17-6/27 | Tu-F | 8:30 AM-3:30 PM | \$275 | 308602-02 |
| 7/8-7/18 | Tu-F | 8:30 AM-3:30 PM | \$275 | 308602-03 |
| 7/22-8/1 | Tu-F | 8:30 AM-3:30 PM | \$275 | 308602-04 |

Pony Camp, Beginner

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

Age: 8-12 years

| | | | | |
|-----------|------|------------------|-------|-----------|
| 6/3-6/6 | Tu-F | 8:30-11:00 AM | \$195 | 308607-01 |
| 6/3-6/6 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308607-02 |
| 6/10-6/13 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308607-03 |
| 6/17-6/20 | Tu-F | 8:30-11:00 AM | \$195 | 308607-04 |
| 6/24-6/27 | Tu-F | 8:30-11:00 AM | \$195 | 308607-05 |
| 7/8-7/11 | Tu-F | 8:30-11:00 AM | \$195 | 308607-06 |
| 7/15-7/18 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308607-07 |
| 7/29-8/1 | Tu-F | Noon-2:30 PM | \$195 | 308607-09 |

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

| | | | | |
|-----------|------|------------------|-------|-----------|
| 6/10-6/13 | Tu-F | 8:30-11:00 AM | \$195 | 308608-01 |
| 6/17-6/20 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308608-02 |
| 6/24-6/27 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308608-03 |
| 7/8-7/11 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308608-04 |
| 7/15-7/18 | Tu-F | 8:30-11:00 AM | \$195 | 308608-05 |
| 7/22-7/25 | Tu-F | 8:30-11:00 AM | \$195 | 308608-06 |
| 7/22-7/25 | Tu-F | 11:45 AM-2:15 PM | \$195 | 308608-07 |

Horsemanship I

Learn to groom, saddle, and ride a horse. Note: Class size is limited.

Age: 12-15 years

| | | | | |
|-----------|------|---------------|-------|-----------|
| 6/9-6/12 | M-Th | 12:15-2:45 PM | \$195 | 308616-01 |
| 6/16-6/19 | M-Th | 12:15-2:45 PM | \$195 | 308616-02 |
| 7/7-7/10 | M-Th | 12:15-2:45 PM | \$195 | 308616-03 |
| 7/14-7/17 | M-Th | 9:00-11:30 AM | \$195 | 308616-04 |

Horsemanship II

Now that you know how to groom and saddle, more time is spent riding and learning more about horses. Prerequisite: Horsemanship I or Pony Camps.

Age: 12-15 years

| | | | | |
|-----------|------|---------------|-------|-----------|
| 6/23-6/26 | M-Th | 9:00-11:30 AM | \$195 | 308617-01 |
| 6/23-6/26 | M-Th | 12:15-2:45 PM | \$195 | 308617-02 |
| 7/7-7/10 | M-Th | 9:00-11:30 AM | \$195 | 308617-03 |
| 7/14-7/17 | M-Th | 12:15-2:45 PM | \$195 | 308617-04 |
| 7/21-7/24 | M-Th | 9:00-11:30 AM | \$195 | 308617-05 |
| 7/21-7/24 | M-Th | 12:15-2:45 PM | \$195 | 308617-06 |
| 7/28-7/31 | M-Th | 9:00-11:30 AM | \$195 | 308617-07 |
| 7/28-7/31 | M-Th | 12:15-2:45 PM | \$195 | 308617-08 |

SUMMER SPORTS CAMPS

Challenger Soccer Camp

Coached by a team of international and US-based staff, this week-long soccer camp improves your child's soccer skills whilst providing a unique cultural experience. An age-appropriate practice is used to help players develop at their own pace, learn brand new skills, and become an all-round better player. Learn the core values of responsibility, integrity, respect, sportsmanship, and leadership. All campers receive a soccer ball and T-shirt at camp, a jersey for early registration, and a certificate of completion. Please register at challengersports.com and contact camps@challengersports.com with any questions.

Location: City Park

Age: 4-5 years

Tiny Tykes

| | | | |
|-----------|-----|--------------|-------|
| 7/21-7/25 | M-F | 8:00-8:45 AM | \$125 |
|-----------|-----|--------------|-------|

Age: 5-14 years

Half Day

| | | | |
|-----------|-----|--------------|-------|
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$245 |
|-----------|-----|--------------|-------|

Age: 5-14 years

Overtime (Must be registered for Half Day)

| | | | |
|-----------|-----|--------------|-------|
| 7/21-7/25 | M-F | 1:00-3:00 PM | \$110 |
|-----------|-----|--------------|-------|

Ultimate

Ultimate frisbee is a fun, non-contact team sport. Camps will focus on teamwork, skill-building, scrimmages and other games. Coaches will emphasize spirited, inclusive play. Please contact libby@altitudeyouthultimate.org with any questions and register at altitudeyouthultimate.leagueapps.com/camps/4478333-2025-summer-camp-fort-collins.

Location: City Park

Age: 8-14 years

| | | | |
|----------|------|-----------------|-------|
| 6/9-6/12 | M-Th | 9:00 AM-1:00 PM | \$240 |
|----------|------|-----------------|-------|

| | | | |
|-----------|------|-----------------|-------|
| 6/23-6/26 | M-Th | 9:00 AM-1:00 PM | \$240 |
|-----------|------|-----------------|-------|

| | | | |
|-----------|------|-----------------|-------|
| 7/14-7/17 | M-Th | 9:00 AM-1:00 PM | \$240 |
|-----------|------|-----------------|-------|

Age: 13-17 years

| | | | |
|-----------|------|-----------------|-------|
| 6/16-6/19 | M-Th | 9:00 AM-1:00 PM | \$240 |
|-----------|------|-----------------|-------|

| | | | |
|----------|------|-----------------|-------|
| 7/8-7/11 | Tu-F | 9:00 AM-1:00 PM | \$240 |
|----------|------|-----------------|-------|

SKYHAWKS SUMMER SPORTS CAMPS

All participants receive a t-shirt and a merit award. Wear appropriate clothing, running shoes, and sunscreen. Bring two snacks and a water bottle. For more information, visit skyhawks.com/Colorado

SUPERTOTS SUMMER CAMPS

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness, but also develop an interest and love of sports! For more information, visit supertotsports.com/colorado

SoccerTots

Note: Locations vary by session. Park locations include Fossil Creek Park, Edora Park, Stew Case Park, Greenbriar Park & City Park.

Age: 2-2.5 years

| | | | | |
|----------|---|--------------|------|-----------|
| 6/2-6/23 | M | 9:00-9:50 AM | \$75 | 314074-01 |
|----------|---|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 6/5-6/26 | Th | 9:00-9:50 AM | \$75 | 314074-02 |
|----------|----|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 6/7-6/28 | Sa | 9:00-9:50 AM | \$75 | 314074-03 |
|----------|----|--------------|------|-----------|

| | | | | |
|----------|---|--------------|------|-----------|
| 7/9-7/30 | W | 9:00-9:50 AM | \$75 | 314074-04 |
|----------|---|--------------|------|-----------|

| | | | | |
|----------|---|--------------|------|-----------|
| 7/11-8/1 | F | 9:00-9:50 AM | \$75 | 314074-05 |
|----------|---|--------------|------|-----------|

Age: 2.5-3.5 years

| | | | | |
|----------|---|----------------|------|-----------|
| 6/2-6/23 | M | 10:00-10:50 AM | \$75 | 314075-01 |
|----------|---|----------------|------|-----------|

| | | | | |
|----------|----|----------------|------|-----------|
| 6/5-6/26 | Th | 10:00-10:50 AM | \$75 | 314075-02 |
|----------|----|----------------|------|-----------|

| | | | | |
|----------|----|----------------|------|-----------|
| 6/7-6/28 | Sa | 10:00-10:50 AM | \$75 | 314075-03 |
|----------|----|----------------|------|-----------|

| | | | | |
|----------|---|----------------|------|-----------|
| 7/9-7/30 | W | 10:00-10:50 AM | \$75 | 314075-04 |
|----------|---|----------------|------|-----------|

| | | | | |
|----------|---|----------------|------|-----------|
| 7/11-8/1 | F | 10:00-10:50 AM | \$75 | 314075-05 |
|----------|---|----------------|------|-----------|

Age: 3-4 years

| | | | | |
|----------|---|--------------|------|-----------|
| 6/4-6/25 | W | 5:30-6:20 PM | \$75 | 314075-11 |
|----------|---|--------------|------|-----------|

| | | | | |
|----------|---|--------------|------|-----------|
| 7/8-7/29 | T | 5:30-6:20 PM | \$75 | 314075-12 |
|----------|---|--------------|------|-----------|

Age: 4-5 years

| | | | | |
|----------|---|--------------|------|-----------|
| 6/4-6/25 | W | 6:30-7:20 PM | \$75 | 314076-11 |
|----------|---|--------------|------|-----------|

| | | | | |
|----------|----|--------------|------|-----------|
| 7/8-7/29 | Tt | 6:30-7:20 PM | \$75 | 314076-12 |
|----------|----|--------------|------|-----------|

Age: 3.5-5 years

| | | | | |
|----------|---|----------------|------|-----------|
| 6/2-6/23 | M | 11:00-11:50 AM | \$75 | 314076-01 |
|----------|---|----------------|------|-----------|

| | | | | |
|----------|----|----------------|------|-----------|
| 6/5-6/26 | Th | 11:00-11:50 AM | \$75 | 314076-02 |
|----------|----|----------------|------|-----------|

| | | | | |
|----------|----|----------------|------|-----------|
| 6/7-6/28 | Sa | 11:00-11:50 AM | \$75 | 314076-03 |
|----------|----|----------------|------|-----------|

| | | | | |
|----------|---|----------------|------|-----------|
| 7/9-7/30 | W | 11:00-11:50 AM | \$75 | 314076-04 |
|----------|---|----------------|------|-----------|

| | | | | |
|----------|---|----------------|------|-----------|
| 7/11-8/1 | F | 11:00-11:50 AM | \$75 | 314076-05 |
|----------|---|----------------|------|-----------|

BaseballTots

Note: Locations vary by session. Park locations include Spring Canyon Park, Warren Park & Fossil Creek Park.

| | | | | | |
|--------------------|----|----------------|------|-----------|--|
| Age: 2-2.5 years | | | | | |
| 6/3-6/24 | Tu | 9:00-9:50 AM | \$75 | 314074-06 | |
| 7/7-7/28 | M | 9:00-9:50 AM | \$75 | 314074-07 | |
| 7/12-8/02 | Sa | 9:00-9:50 AM | \$75 | 314074-08 | |
| Age: 2.5-3.5 years | | | | | |
| 6/3-6/24 | Tu | 10:00-10:50 AM | \$75 | 314075-06 | |
| 7/7-7/28 | M | 10:00-10:50 AM | \$75 | 314075-07 | |
| 7/12-8/02 | Sa | 10:00-10:50 AM | \$75 | 314075-08 | |
| Age: 3.5-5 years | | | | | |
| 6/3-6/24 | Tu | 11:00-11:50 AM | \$75 | 314076-06 | |
| 7/7-7/28 | M | 11:00-11:50 AM | \$75 | 314076-07 | |
| 7/12-8/02 | Sa | 11:00-11:50 AM | \$75 | 314076-08 | |
| Age: 3-4 years | | | | | |
| 7/9-7/30 | W | 5:30-6:20 PM | \$75 | 314077-02 | |
| Age: 4-5 years | | | | | |
| 7/9-7/30 | W | 6:30-7:20 PM | \$75 | 314077-04 | |

HoopsterTots

Note: Locations vary by session. Park locations include Waters Way Park & Rolland Moore Park.

| | | | | | |
|--------------------|----|----------------|------|-----------|--|
| Age: 2-2.5 years | | | | | |
| 7/10-7/31 | Th | 9:00-9:50 AM | \$75 | 314074-10 | |
| Age: 2.5-3.5 years | | | | | |
| 7/10-7/31 | Th | 10:00-10:50 AM | \$75 | 314075-10 | |
| Age: 3.5-5 years | | | | | |
| 7/10-7/31 | Th | 11:00-11:50 AM | \$75 | 314076-10 | |

1stDownTots

Note: Locations vary by session. Park locations include Greenbriar Park & Edora Park.

| | | | | | |
|--------------------|----|----------------|------|-----------|--|
| Age: 2-2.5 years | | | | | |
| 6/4-6/25 | W | 9:00-9:50 AM | \$75 | 314074-09 | |
| Age: 2.5-3.5 years | | | | | |
| 6/4-6/25 | W | 10:00-10:50 AM | \$75 | 314075-09 | |
| Age: 3.5-5 years | | | | | |
| 6/4-6/25 | W | 11:00-11:50 AM | \$75 | 314076-09 | |
| Age: 3-4 years | | | | | |
| 6/3-6/24 | Tu | 5:30-6:20 PM | \$75 | 314077-01 | |
| Age: 4-5 years | | | | | |
| 6/3-6/24 | Tu | 6:30-7:20 PM | \$75 | 314077-03 | |

VolleyKats

Location: Foothills Activity Center

| | | | | | |
|--------------------|----|----------------|------|-----------|--|
| Age: 2-2.5 years | | | | | |
| 6/6-6/27 | F | 9:00-9:50 AM | \$75 | 314074-11 | |
| 7/8-7/29 | Tu | 9:00-9:50 AM | \$75 | 314074-12 | |
| Age: 2.5-3.5 years | | | | | |
| 6/6-6/27 | F | 10:00-10:50 AM | \$75 | 314075-13 | |
| 7/8-7/29 | Tu | 10:00-10:50 AM | \$75 | 314075-14 | |
| Age: 3.5-5 years | | | | | |
| 6/6-6/27 | F | 11:00-11:50 AM | \$75 | 314076-13 | |
| 7/8-7/29 | Tu | 11:00-11:50 AM | \$75 | 314076-14 | |

SKYHAWKS 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. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. For more information, visit skyhawks.com/colorado.

Mini-Hawk

Multi-sport program is designed for campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

| | | | | | |
|-------------------------------------|-----|--------------|-------|-----------|--|
| Age: 4-6 years | | | | | |
| Location: Greenbriar Park | | | | | |
| 6/2-6/6 | M-F | 9:00 AM-Noon | \$185 | 314071-03 | |
| Location: Rolland Moore Park | | | | | |
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$185 | 314071-07 | |
| Location: Overland Park | | | | | |
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$185 | 314071-16 | |
| Location: Spring Canyon Park | | | | | |
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$185 | 314071-24 | |
| Location: Fossil Creek Park | | | | | |
| 8/4-8/8 | M-F | 9:00 AM-Noon | \$185 | 314071-29 | |

Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, de-flagging, and defensive positioning. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron.

Age: 8-12 years

Location: Twin Silo Park

| | | | | |
|---------|-----|--------------|-------|-----------|
| 6/2-6/6 | M-F | 9:00 AM-Noon | \$185 | 314071-02 |
|---------|-----|--------------|-------|-----------|

Location: Spring Canyon Park

Age: 5-8 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-Noon | \$185 | 314071-04 |
|-----------|-----|--------------|-------|-----------|

Location: Twin Silo Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$185 | 314071-12 |
|----------|-----|--------------|-------|-----------|

Location: Twin Silo Park

Age: 8-12 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$185 | 314071-15 |
|----------|-----|--------------|-------|-----------|

Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5-9 years

Location: Fossil Creek Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$185 | 314071-01 |
|----------|-----|--------------|-------|-----------|

Location: Twin Silo Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$185 | 314071-13 |
|----------|-----|--------------|-------|-----------|

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, skills to be a better athlete on and off the court are taught. A "skill of the day" progresses into passing, shooting, dribbling, and rebounding drills and games.

Age: 6-12 years

Location: Northside Aztlan Community Center or PSD

Location

| | | | | |
|----------|------|--------------|-------|-----------|
| 6/9-6/12 | M-Th | 1:30-4:30 PM | \$144 | 314071-06 |
|----------|------|--------------|-------|-----------|

Location: PSD Location

| | | | | |
|-----------|------|--------------|-------|-----------|
| 7/28-7/31 | M-Th | 1:30-4:30 PM | \$144 | 314071-14 |
|-----------|------|--------------|-------|-----------|

Age: 8-14 years

Location: Lee Martinez Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/26 | M-F | 9:00 AM-Noon | \$185 | 314071-17 |
|-----------|-----|--------------|-------|-----------|

Location: PSD Location

| | | | | |
|----------|------|--------------|-------|-----------|
| 6/30-7/3 | M-Th | 1:30-4:30 PM | \$144 | 314071-18 |
|----------|------|--------------|-------|-----------|

Location: Spring Canyon Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$185 | 314071-48 |
|-----------|-----|--------------|-------|-----------|

Soccer

Designed for beginner and intermediate players, a progressive curriculum will teach the sport knowledge and fundamentals of dribbling, passing, shooting, and ball control.

Location: Fossil Creek Park

Age: 5-8 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$185 | 314071-15 |
|----------|-----|--------------|-------|-----------|

Age: 8-12 years

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$185 | 314071-19 |
|----------|-----|--------------|-------|-----------|

Location: Rolland Moore Park

Age: 5-8 years

| | | | | |
|----------|------|--------------|-------|-----------|
| 6/30-7/3 | M-Th | 9:00 AM-Noon | \$144 | 314071-31 |
|----------|------|--------------|-------|-----------|

Age: 8-12 years

| | | | | |
|----------|------|--------------|-------|-----------|
| 6/30-7/3 | M-Th | 9:00 AM-Noon | \$144 | 314071-32 |
|----------|------|--------------|-------|-----------|

Location: Harmony Park

Age: 5-8 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$185 | 314071-33 |
|-----------|-----|--------------|-------|-----------|

Age: 8-12 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$185 | 314071-34 |
|-----------|-----|--------------|-------|-----------|

Location: Fossil Creek Park

Age: 5-8 years

| | | | | |
|---------|-----|--------------|-------|-----------|
| 8/4-8/8 | M-F | 9:00 AM-Noon | \$185 | 314071-38 |
|---------|-----|--------------|-------|-----------|

Age: 8-12 years

| | | | | |
|---------|-----|--------------|-------|-----------|
| 8/4-8/8 | M-F | 9:00 AM-Noon | \$185 | 314071-XX |
|---------|-----|--------------|-------|-----------|

Game On!

This one-of-a-kind camp is a mix of games including kickball, dodgeball, ultimate, capture the flag and more! Kids and coaches work together to create new sports and games like football-baseball or soccer-golf. A chance for everyone to get outside, burn some energy and have a great time while playing with friends. No specific sport skills will be taught in this camp.

Age: 6-12 years

Location: Cottonwood Glen Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$185 | 314071-05 |
|----------|-----|--------------|-------|-----------|

Location: Warren Park

| | | | | |
|------|---|--------------|------|-----------|
| 6/30 | M | 9:00 AM-Noon | \$35 | 314071-35 |
|------|---|--------------|------|-----------|

Location: Twin Silo Park

| | | | | |
|-----|----|--------------|------|-----------|
| 7/1 | Tu | 9:00 AM-Noon | \$35 | 314071-36 |
|-----|----|--------------|------|-----------|

Location: Spring Canyon Park

| | | | | |
|-----|---|--------------|------|-----------|
| 7/2 | W | 9:00 AM-Noon | \$35 | 314071-27 |
|-----|---|--------------|------|-----------|

Location: Fossil Creek Park

| | | | | |
|-----|----|--------------|------|-----------|
| 7/3 | Th | 9:00 AM-Noon | \$35 | 314071-39 |
|-----|----|--------------|------|-----------|

Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Age: 8-14 years

Location: Northside Aztlan Community Center

| | | | | |
|---------|------|--------------|-------|-----------|
| 6/2-6/5 | M-Th | 1:30-4:30 PM | \$144 | 314071-08 |
|---------|------|--------------|-------|-----------|

Location: Warren Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$185 | 314071-40 |
|-----------|-----|--------------|-------|-----------|

Age: 6-9 years

Location: Northside Aztlan Community Center

| | | | | |
|-----------|------|--------------|-------|-----------|
| 6/23-6/26 | M-Th | 1:30-4:30 PM | \$144 | 314071-20 |
|-----------|------|--------------|-------|-----------|

Location: PSD Location

| | | | | |
|-----------|------|--------------|-------|-----------|
| 7/14-7/17 | M-Th | 1:30-4:30 PM | \$144 | 314071-30 |
|-----------|------|--------------|-------|-----------|

Baseball & Softball

Designed for beginner and intermediate players. Using a progressive curriculum, learn the fundamentals of fielding, catching, throwing, hitting, and base running, as well as respect, teamwork, and responsibility, in a fun, positive environment.

Location: Spring Park

Age: 6-12 years

Baseball

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$185 | 314071-11 |
|----------|-----|--------------|-------|-----------|

Softball

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$185 | 314071-25 |
|----------|-----|--------------|-------|-----------|

Beginning Golf

Entry-level players will gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting, and body positioning. Using Short Golf® equipment, instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-9 years

Location: Twin Silo Park

| | | | | |
|---------|-----|--------------|-------|-----------|
| 6/2-6/6 | M-F | 9:00 AM-Noon | \$185 | 314071-10 |
|---------|-----|--------------|-------|-----------|

Location: Rolland Moore Park

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|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$185 | 314071-22 |
|-----------|-----|--------------|-------|-----------|

Location: Warren Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$185 | 314071-26 |
|-----------|-----|--------------|-------|-----------|

Soft Lacrosse Camp

Learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Campers will also learn respect, teamwork, and discipline as well as gain a deep understanding of the game and its traditions. All equipment is provided.

Age: 6-12 years

Location: Spring Canyon Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-Noon | \$185 | 314071-09 |
|-----------|-----|--------------|-------|-----------|

Location: Twin Silo Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$185 | 314071-37 |
|----------|-----|--------------|-------|-----------|

Pickleball

Find out why pickleball is the fastest growing sport in the US! Learn the rules of the game, develop hand/eye coordination, and proper technique. All equipment is provided.

Age: 6-12 years

Location: Cottonwood Glen Park

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|----------|-----|--------------|-------|-----------|
| 6/9-6/13 | M-F | 9:00 AM-Noon | \$185 | 314071-42 |
|----------|-----|--------------|-------|-----------|

Location: Homestead Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/28-8/1 | M-F | 9:00 AM-Noon | \$185 | 314071-46 |
|----------|-----|--------------|-------|-----------|

Track & Field

Prepare for a future in cross country, track and field events, and distance running. Learn fundamentals of body positioning, stride, proper stretching, and cool-down techniques.

Age: 6-12 years

Location: Harmony Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$185 | 314071-23 |
|-----------|-----|--------------|-------|-----------|

Location: Westfield Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$185 | 314071-28 |
|-----------|-----|--------------|-------|-----------|

Fit Kids! Camp

Elevate your game while playing games! Experience fitness workouts for kids, with a twist. Seamlessly integrate fitness, physical literacy, and athletic training into a fun and exciting experience!

Age: 8-12 years

Location: Rolland Moore Park

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$185 | 314071-41 |
|-----------|-----|--------------|-------|-----------|

Location: Overland Park

| | | | | |
|----------|-----|--------------|-------|-----------|
| 7/7-7/11 | M-F | 9:00 AM-Noon | \$185 | 314071-43 |
|----------|-----|--------------|-------|-----------|

Flag Rugby Camp

Crouch, bind, set into a thrilling Skyhawks flag rugby experience, in partnership with Imagine Rugby and Major League Rugby! This program focuses on fun, safety, and fundamental skills like passing and flag-pulling. Skyhawks Flag Rugby also teaches life skills while emphasizing teamwork and sportsmanship. It's an exciting mix of sport and character development for memorable flag rugby moments.

Age: 8-12 years

Location: PSD Location

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/16-6/20 | M-F | 9:00 AM-Noon | \$185 | 314071-44 |
|-----------|-----|--------------|-------|-----------|

Field Hockey Camp

Join Skyhawks for an exciting introduction to Field Hockey, a sport with global appeal! Developed with USA Field Hockey this program teaches basics like stick handling and passing in a game-based environment. Perfect for youth athletes looking for a fast-paced sport that focuses on teamwork. Come discover Field Hockey!

Age: 8-12 years

Location: PSD Location

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/21-7/25 | M-F | 9:00 AM-Noon | \$185 | 314071-45 |
|-----------|-----|--------------|-------|-----------|

SKYHAWKS SUMMER STEM SPORTS CAMPS

STEM Sports® and Skyhawks have partnered to combine traditional Skyhawks skill-based instruction with STEM Sports® lessons in an exciting week-long camp format.

STEM Soccer

Modules focus on soccer ball design, throw-in science, angles, goal-line technology, and more!

Location: Spring Canyon Park

Age: 8-11 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-Noon | \$195 | 314072-01 |
|-----------|-----|--------------|-------|-----------|

Age: 11-14 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 6/23-6/27 | M-F | 9:00 AM-Noon | \$195 | 314072-02 |
|-----------|-----|--------------|-------|-----------|

STEM Volleyball

Lessons built around calculating contact time, optimal serving, speed and the science behind serving.

Location: Northside Aztlan Community Center

Age: 8-11 years

| | | | | |
|----------|------|-----------------|-------|-----------|
| 7/7-7/10 | M-Th | 9:00 AM-3:00 PM | \$285 | 314072-03 |
|----------|------|-----------------|-------|-----------|

Age: 11-14 years

| | | | | |
|----------|------|-----------------|-------|-----------|
| 7/7-7/10 | M-Th | 9:00 AM-3:00 PM | \$285 | 314072-04 |
|----------|------|-----------------|-------|-----------|

STEM Flag Football

Learn about receiver glove technology, throwing arm strength, football properties, calculating distances, and other subjects.

Location: Spring Canyon Park

Age: 8-11 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$195 | 314072-05 |
|-----------|-----|--------------|-------|-----------|

Age: 11-14 years

| | | | | |
|-----------|-----|--------------|-------|-----------|
| 7/14-7/18 | M-F | 9:00 AM-Noon | \$195 | 314072-06 |
|-----------|-----|--------------|-------|-----------|

STEM Basketball

Subjects covered include velocity and acceleration, basketball shoe design, tracking with technology and much, much more!

Location: Northside Aztlan Community Center

Age: 8-11 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 7/21-7/24 | M-Th | 9:00 AM-3:00 PM | \$285 | 314072-07 |
|-----------|------|-----------------|-------|-----------|



Age: 11-14 years

| | | | | |
|-----------|------|-----------------|-------|-----------|
| 7/21-7/24 | M-Th | 9:00 AM-3:00 PM | \$285 | 314072-08 |
|-----------|------|-----------------|-------|-----------|

INCLUSION SUPPORT

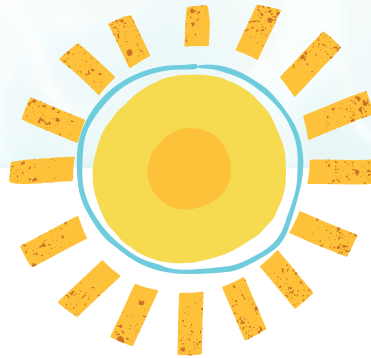
Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator, with reasonable accommodations. If you are interested in participation support due to a disability, or other support need, requests should be made two weeks prior to program start date. Visit fcgov.com/aro for more details.

LEGEND

-  Classes in which adults are required to attend
-  Denoted no web registration for program

MAKE A SPLASH THIS
SUMMER

AT CITY PARK POOL



EXTENDED SUMMER HOURS

SWIM LESSONS

POOL PARTIES

TWILIGHT SWIM



fcgov.com/cityparkpool

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Unit 108
Fort Collins, CO



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Brain and Body Fitness

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email- kirk@fit-rx.net
www.fit-rx.net

**Everyone Can Fight Physical
and Cognitive Decline**

How Can We Help?

1:1 Personal Training

Paradigm Shift in programming and equipment provide optimal results for EVERYONE, even those with joint replacements or chronic physical conditions.

Brain Gym Coming Soon!

Keep your mind strong with Dual Task Training and optimal exercise to protect brain function and slow cognitive decline in a comfortable, fun, group environment.

Freedom, Independence, Confidence

Retirement is the time to enjoy grandkids, hobbies, travel and serving others. You need to have the physical and cognitive health to do it!!

Schedule your consultation today! www.fit-rx.net

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fccnexion.com



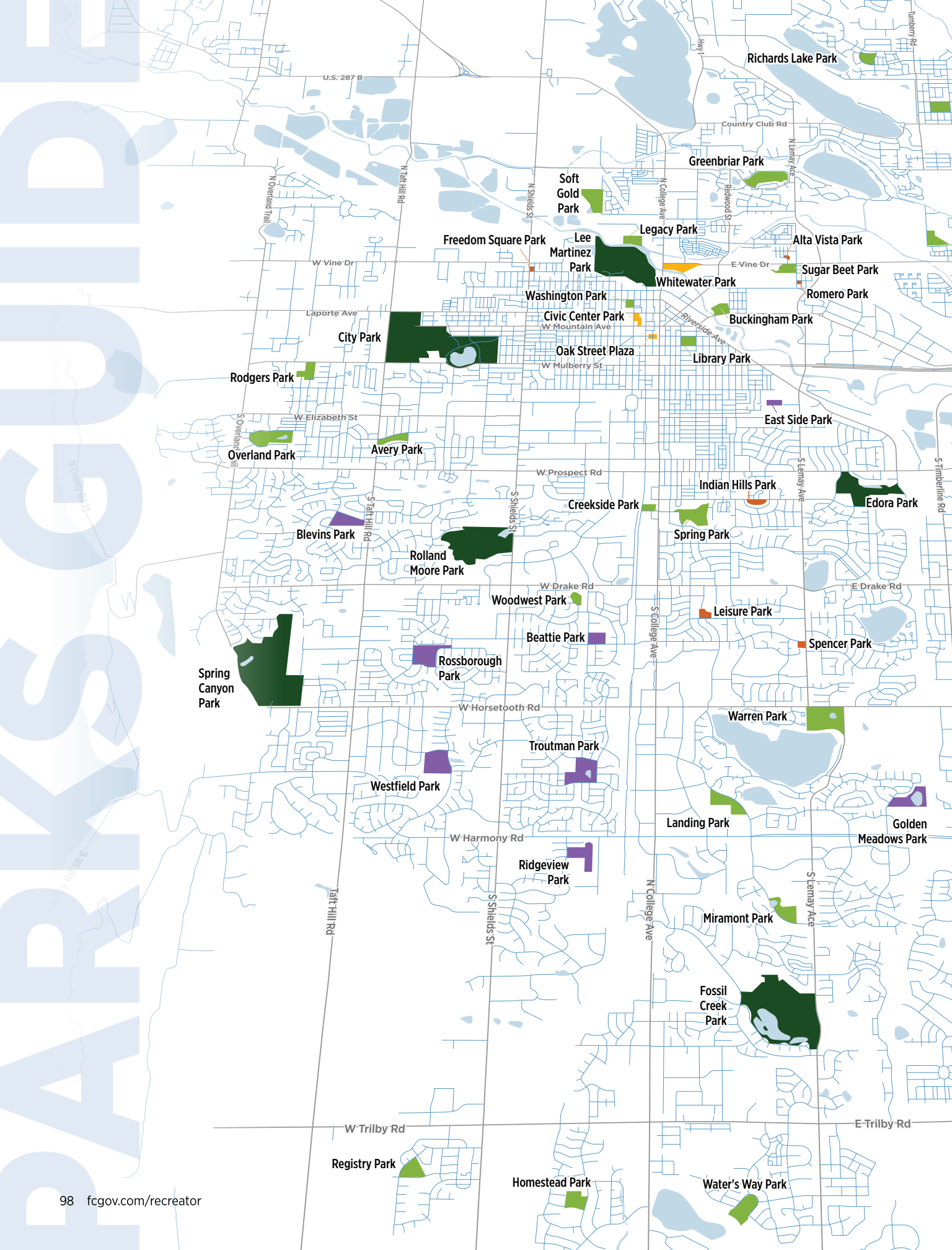
PARKS GUIDE



Registry Park

6820 Ranger Dr.





Richards Lake Park

Greenbriar Park

Soft Gold Park

Freedom Square Park

Lee Martinez Park

Legacy Park

Alta Vista Park

Sugar Beet Park

Romero Park

Washington Park

Whitewater Park

Buckingham Park

City Park

Civic Center Park

Library Park

Rodgers Park

East Side Park

Overland Park

Avery Park

Creskide Park

Indian Hills Park

Edora Park

Blevins Park

Rolland Moore Park

Spring Park

Spring Canyon Park

Rosborough Park

Woodwest Park

Beattie Park

Leisure Park

Spencer Park

Warren Park

Troutman Park

Westfield Park

Landing Park

Golden Meadows Park

W Harmony Rd

Ridgeview Park

Miramont Park

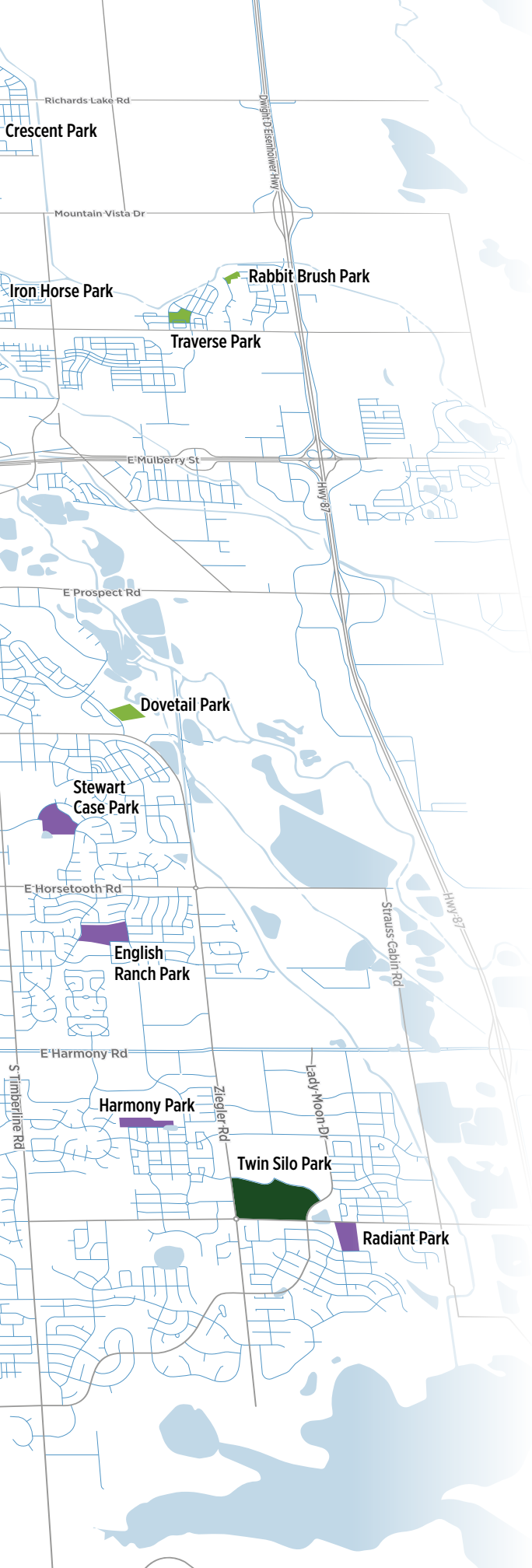
Fossil Creek Park

W Trilby Rd

Registry Park

Homestead Park

Water's Way Park



PARKS GUIDE

The Parks Department is proud to provide the community with clean, safe, and attractive environments for all to enjoy. With over 966 acres of developed parks, including seven community parks and 43 neighborhood/pocket parks, and just over 45 miles of paved trails, there are hundreds of ways to recreate in Fort Collins. Use this guide as you explore the variety of parks and trails Fort Collins has to offer.

Interested in learning more about the trails system? Visit [fcgov.com/trails](https://www.fcgov.com/trails).

COMMUNITY PARKS

City Park 1500 W. Mulberry St.



Edora Park 1420 E. Stuart St. | Near Riffenburg Elementary



Fossil Creek Park 5821 S. Lemay Ave.



Lee Martinez Park 600 N. Sherwood St.



Rolland Moore Park 2201 S. Shields St.



Spring Canyon Park 2626 W. Horsetooth Rd.
Near Oleander Elementary



Twin Silo Park 5480 Ziegler Rd.
Near Fossil Ridge High School



NEIGHBORHOOD PARKS

Avery Park 1101 Castlerock Dr.



Buckingham Park 101 1st St.



Cottonwood Glen Park 3074 S. Overland Trl.



Creskaside Park 200 Johnson Dr.



Crescent Park 2401 Bar Harbor Dr.



Dovetail Park 2410 Miles House Ave.



Greenbriar Park 730 Willox Ln.



Homestead Park 7045 Avondale Rd.



Landings Park 4351 Boardwalk Dr.



Legacy Park 300 Woodlawn Dr.



Library Park 200 Johnson Dr.



Miramont Park 5138 S. Boardwalk Dr.



Old Fort Collins Heritage Park 730 Willox Ln.



Overland Park 2930 Virginia Dale Dr.



Rabbit Brush Park 1114 Elgin Ct.



Registry Park 6820 Ranger Dr.



Rogers Park 2515 W. Mulberry St.



Soft Gold Park 520 Hickory St.



Spring Park 2100 Matthews St.



Sugar Beet Park 524 San Cristo St.



Traverse Park Trail Head Neighborhood



Warren Park 1101 E. Horsetooth Rd.



Washington Park 301 Maple St.



Waters Way Park 715 Fairbourne Way



SCHOOLSIDE PARKS

Beattie Park 500 W. Swallow Rd.
Nearby School: Beattie Elementary



Blevins Park 2012 Hampshire Rd.
Nearby School: Blevins Middle School



Eastside Park 1000 E. Locust
Nearby School: Laurel Elementary



English Ranch Park 3825 Kingley Dr.
Nearby School: Linton Elementary



Golden Meadows Park 4342 McMurray Ave.
Nearby School: Kruse Elementary



Harmony Park 730 Willow Ln.
Nearby School: Blevins Middle School



Radiant Park 3651 Kechter Rd.
Nearby School: Zach Elementary



Ridgeview Park 4700 Hinsdale Dr.
Nearby School: McGraw Elementary



Rosborough Park 1630 Casa Grande Blvd.
Nearby School: Rocky Mountain High School



Stew Case Park 2351 Pinecone Cr.
Nearby School: Fort Collins High School



Troutman Park 500 W. Troutman Pkwy.
Nearby School: Lopez Elementary



Westfield Park 4075 Seneca St.
Nearby Schools: Webber Middle & Johnson Elementary



Woodwest Park 618 Powderhorn Dr.
Nearby School: Beattie Elementary



LEGEND

- Accessible*
- Ball Fields
- Basketball
- Bike Facilities
- Multi-use Sport Courts
- Pickleball
- Skate Park
- Tennis
- Turf Sports Fields
- Dog Park
- Fishing
- Great for 2-5 Year Olds
- Playground
- Reservable Shelters
- Splash Pad
- Shelters
- Year-round Restroom
- Ziplines / Track Rides

*PIP Access to Structures

MINI PARKS

Alta Vista Park 724 Alta Vista St.



Freedom Square Park 600 N. Shields



Indian Hills Park 801 E. Stuart St.

Leisure Park 2800 Leisure Dr.



Lilac Park Spring Creek Trl.

Romero Park 421 10th St.



Spencer Park 1035 E. Swallow Rd.

URBAN PARKS

Civic Center Park 225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park 120 W. Oak St.

SPECIAL USE PARKS

Archery Range 2825 SW Frontage Rd.

Poudre River Whitewater Park
201 E. Vine Dr.

RECREATION POLICIES & PROCEDURES

HOUSEHOLD ACCOUNTS

Starting January 2, 2025, all recreation facility users must have a household account.

Create an account online at fcgov.com/recreator-account.

Need help or not sure if you already have an account? Stop by the front desk at any recreation facility or give us a call at 970-221-6655.

REGISTERING FOR PROGRAMS

- Program schedules are announced three times per year in the Recreator.
- Registration for seasonal programs opens in January, April, and August (dates vary).
- Registration for Summer Day Camps occur in the spring and registration for Winter Pottery occurs in the fall.
- Registration remains open for any program with availability.
- Participants may register online, in person or over the phone; online is recommended for the fastest service.
- For more information visit fcgov.com/recreator.

CHILDREN SPECIFIC RECREATION POLICIES

SWIMMING

- Children under the age of 8 years must be accompanied by a parent or guardian at least 15 years of age.
- The parents, guardians, leaders, chaperones, etc. of the group must pay admission, be wearing a swimsuit, and actively participating in the water with the child.
- To teach private lessons, coach, or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching. Please email aquatics@fcgov.com for more information.

OPEN GYM

- Children under the age of 8 years must be accompanied by a parent or guardian at least 15 years of age.
- Children ages 8 years and older may utilize the gymnasium without adult supervision.

WEIGHT ROOMS

- Ages 14 and older are allowed in the weight rooms at Foothills Activity Center and Northside Aztlan Community Center.
- Ages 10-13 years are allowed in weight rooms at Foothills Activity Center and Northside Aztlan Community Center with adult supervision at all times.
- Ages 9 and under are not permitted to loiter in any weight rooms.

ADA DISCLOSURE

The City of Fort Collins is committed to providing an equal opportunity for services, programs, and activities and does not discriminate on the basis of mental or physical ability, race, age, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for interpretation and translation assistance, please contact Jan Reece at jreece@fcgov.com.

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations. If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Requests should be made at least two weeks in advance of the program start date. Specialized programs and service information for individuals with disabilities can be found on page 13.

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

PHOTO & VIDEO ACKNOWLEDGEMENT

Photography or video recording is permitted at all City of Fort Collins facilities and events on City-owned property, except where posted otherwise. The City of Fort Collins reserves the right to require a person to leave the premises or cease taking photos or using a video device if City staff finds such behavior to be disruptive. By their use of the City of Fort Collins facilities, participants of programs and special events grant permission to the City of Fort Collins to take photos and videos of themselves and their children for publication in the program brochure, website, and additional uses as the City deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on City-owned property must be approved through the City of Fort Collins.

RECREATION RESERVE FUND

The Recreation Reserve Fund enables the City of Fort Collins to provide and sustain high quality recreation services and facilities. To ensure future needs are met, \$2 per program enrollment and \$3 per hour during facility room rentals are allocated to reserves for future use. These fees are not discountable.

REFUNDS & CANCELLATIONS

Note: Starting January 2, 2025, all cancellation and refund requests must be completed in person at a recreation facility or over the phone. Refunds must be requested a minimum of seven days prior to the program start date to receive a full refund or household account credit. Some programs have additional refund requirements as noted in this section.

The Recreation Department reserves the right to cancel a program at any time. Cancellation of programs may be due to low enrollment, weather, safety, or other reasons. If a program is cancelled for any reason, participants will receive a full refund or household account credit. When possible, recreation staff will recommend alternative options or can assist in finding another program.

REFUND METHODS

- Full amount credited to your household account for use on future program enrollment or facility drop-ins.
- A check or credit card refund; a \$5 service charge per transaction will be assessed; material fees are non-refundable.
- Refunds less than \$5 will be credited to your household account.

TRANSFERS

Transfers between programs in the same season may occur free of charge, but they must occur while the program is still eligible for a refund.

There is no charge for transfers, but participants are responsible for any additional program costs. If the new program costs less than the original program, the difference will be credited to the household account.

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

ADDITIONAL REFUND REQUIREMENTS

FITNESS

- Enroll by day Fitness and Aqua Fitness Programs must request a refund no later than 24 hours prior to the start of the program.
- Personal Training Sessions and Packages are non-refundable.

FUNTIME PRESCHOOL

- \$40 enrollment fee is non-refundable.

FUNQUEST & FUNTIME DAY CAMPS

- 10 days or more before first day of program: full refund.
- 5-9 days before first day of program: 50% refund.
- 4 days before first day of program: no refund.
- Cancellation requests can be submitted by emailing your child's camp director.

PASSES & MEMBERSHIPS

- Passes and Memberships are non-refundable.

SPORTS

- Youth Sports – participants must request refund prior to the start of the second week of the program.
- Adult Sports – participants must cancel seven days prior to the first scheduled game.

TICKETED EVENTS

- Ticketed events are either non-refundable or have a specific date listed in the class description as the last day to request a refund.

WAITLISTS

Waitlists are available for all programs.

Due to high demand the following programs require paid waitlists: Aquatics, Ice Skating, Pottery, and Sports.

If participants are not enrolled from the paid waitlist, they will receive a full refund after the second week of the program.

FREE lunch

all summer long for school-aged kids.

THE LAUNCH LAB

gives **ALL** school-aged (18 & under)
kids a free meal each time they visit.

Come and get it!



The **LUNCH LAB** serves **FREE** lunch to **ALL** kids on all school-out days. Over the summer, the food trucks cover multiple daily sites in Fort Collins and Loveland and provides both hot and sack meal options for kids' lunches.

Each of the daily sites has fun activities to keep your kids well-fed as well as engaged!



The Kid Experts From Check-Ups to Urgencies

Your Child's Well Being is Our Shared Mission

The Youth Clinic and Pediatric Urgent Care's team of dedicated pediatric providers is committed to caring for your child at any time and every time. From primary care to urgent care, we are your trusted partner for your child's healthcare in Northern Colorado!



- ✓ Well Child Exams
- ✓ Sick Visits and Urgent Care
- ✓ Chronic Disease Management



Looking for a New Pediatrician?
Visit YouthClinic.com or call (970)267-6717

Walk-Ins Welcome & Open to the Community
Mon-Fri: 8am-8pm Sat, Sun & Holidays: 10am-4pm
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We participate with most major health insurance networks
pucnc.com

Primary Care and Urgent Care 365 Days a Year- Here When You Need Us Most



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Summer Programs offer
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www.mountain-kids.com