Adaptive Recreation Opportunities

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

Inclusion

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

Transition

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. A therapeutic recreation professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call 970.224.6027.

Specialized Programs

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

Attendants

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

Volunteers Needed

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary; training is provided. Join us for fun and adventure! Contact Renee Lee, CTRS, 970.224.6027 or rlee@fcgov.com.

Thank You!

A huge thank you to our interns and fieldwork students and the many volunteers who help make our programs and services possible. We wouldn’t be able to do it without them!

Check out our webpage, fcgov.com/aro

For additional information, please feel free to contact the ARO staff.

Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com
Brenda McDowell, 970.416.2024, bmcdowell@fcgov.com
Alison Cope, MS, OTR, acope@frii.com
ARO Interns, 970.224.6034, aro@fcgov.com

Area Recreation Opportunities

Athletes in Tandem

Athletes in Tandem, Inc. is a nonprofit organization that actively participates in relationships with athletes who have a disability to enhance the quality of their lives by competing together in triathlons, running, biking and swimming events.

Dennis Vanderheiden, 970.217.6751, dennis@athletesintandem.org

Dance Express

Modern dance training and performance opportunities for people with and without disabilities.

Mary Elizabeth Lenahan, 970.493.2113, danceexpress@juno.com

Special Needs Swim

The Student Leadership, Involvement and Community Engagement (SLiCE) office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.

970.491.2321, specialneedsswim@gmail.com

Trips & Tours for People with Special Needs

“Just for the Fun of It”

Joan Handley, 970.532.4032

Club Bunches

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

Christine Barrett, 970.282.0695

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

Therapeutic horseback riding program.

Sherry Butler, 970.221.0646, ridewithfree.org

Transportation

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

Transfort (city bus) 970.221.6620
Dial-A-Ride 970.224.6066
SAINT 970.223.8645
Larimer Lift 970.498.7541

Special Olympics

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

Adult & Youth Unified Basketball

Brenda McDowell 970.416.2024

Other ARO Activities in Recreator:

Aquatic Fitness

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ARO 20th Anniversary
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Sports

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Alternative Programs

All Alternative Programs are for ages 18 years and up unless otherwise noted.

General Information

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

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

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

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

General Adult

Cooking

Make some tasty treats for the holidays. Note: Attendants welcome
at no cost. Class not discountable.

Location: Senior Center

Holiday Treats

12/11 Th 6:30–8:00 pm $12 102401-01

Noodles

2/19–2/26 Th 6:30–8:00 pm $20 102401-02

Crafts with A Cause

Let’s make something to give back to the community. We will research non-profits and choose a project to donate for a good cause. Note: Attendants welcome at no cost. Class partially discountable.

Location: Senior Center

1/22–1/29 Th 4:15–5:30 pm $20 102402-01

Movie Night

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood’s finest flicks! Note: Bring $5 (cash only) for ticket and money for a snack, if desired. Attendants welcome at no cost. Class not discountable.

Location: Senior Center

1/26 M 6:00–9:00 pm $5 102403-01

2/23 M 6:00–9:00 pm $5 102403-02

Restaurant Night

Explore different restaurants in town while hanging out with
a great group of friends! Note: Bring approximately $15 cash
to cover your meal and a tip. Attendants welcome at no cost.
Class not discountable.

Location: Senior Center

1/21 W 5:45–8:00 pm $5 102404-01

2/18 W 5:45–8:00 pm $5 102404-02

Bowling

This program is designed for any skill level and emphasizes FUN! Note: Fee includes 2 games per person per week and shoe rental,
if needed. Class not discountable.

Location: Chipper’s Lanes North

2/7–3/7 Sa 12:30–1:30 pm $48 102906-01

Special Events

Monthly Themed Dances – NW

Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged! Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

Location: Senior Center

Holiday Ball

12/12 F 6:00–8:00 pm $1

Winter Wonderland

1/30 F 6:00–8:00 pm $3.50

Cupids Arrow

2/27 F 6:00–8:00 pm $3.50

Pool Tournament

Get together with friends to play pool and enjoy a night of fun.
You’ll be paired up with another player during the competition.
Note: Attendants welcome; please pre-register at no fee. Class
not discountable.

Location: Senior Center

2/13 F 6:00–8:00 pm $10 102407-01

Bronco Football Party

The Broncos are playing the Buffalo Bills and the game starts
at 2:05 p.m. Please join us as we cheer on the home team!

Age: All
Location: Northside Aztlan Center

12/7 Su 2:00–5:00 pm $10 102523-01

Trips & Outings

Winter Wishes Ice Show

Don’t miss the annual ice show performance featuring local talent. Note: No refund given unless your ticket can be resold. Attendants welcome; please pre-register separately. Class not discountable.

Location: Edora Pool Ice Center

12/20 Sa 12:45–3:30 pm $20 102310-01

12/20 Sa 12:45–3:30 pm $14 102310-1A

Eagles Game

The Colorado Eagles hockey team is playing Ontario. Join us as we cheer on the home team! Note: No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for $18 (#102414-1A). Class not discountable.

Location: Senior Center

2/8 Su 2:00–6:30 pm $30 102414-01

2/8 Su 2:00–6:30 pm $18 102414-1A

Aqua Fitness

Classes with fewer than five (5) patrons registered by the end of the first day of class will be canceled for that session. Drop-in participants do not count in registration numbers. Patrons may attend only the class for which they are registered. There are no make-up classes for missed aqua fitness classes. If the class enrollment is not met, the class will be canceled and there will be no drop-in.

Drop-In

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

• $5.50/class visit

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

Adult

Classes are for ages 18 years and up unless otherwise noted.

Aqua Personal Training

See page 62 for details.

Adaptive Programs

MS Aqua – NW

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility. Note: To join or volunteer assist, contact Renee Lee, rlee@fcgov.com, 970.224.6027. Fee is for a 16 visit punch pass. Class partially discountable. Class will not be held on 1/29.

Location: Mulberry Pool

1/6–3/12 Tu,Th 9:30–10:30 am $43

Low Intensity

Twinges in the Hinges

People with arthritis can exercise! Certified instructors lead the class through gentle, no-impact movements. The warm water may help relieve pain and stiffness. The water’s buoyancy and resistance provides support and help to maintain joint flexibility. Note: Class will not be held on 12/12, 1/19.

Location: Edora Pool Ice Center

12/1–12/19 M,W,F 7:30–8:30 am $28 100314-01

1/5–2/6 M,W,F 7:30–8:30 am $49 100314-02

2/9–3/13 M,W,F 7:30–8:30 am $52.50 100314-03

12/1–12/19 M,W,F 9:30–10:30 am $28 100314-04

1/5–2/6 M,W,F 9:30–10:30 am $49 100314-05

2/9–3/13 M,W,F 9:30–10:30 am $52.50 100314-06

Stretch & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints! Note: Class will not be held on 1/19.

Location: Senior Center

12/1–12/19 M,W,F 8:30–9:30 am $31.50 100410-01

1/5–2/6 M,W,F 8:30–9:30 am $49 100410-02

2/9–3/13 M,W,F 8:30–9:30 am $52.50 100410-03

Basic H2O Workout

Get started in water exercise! This class is designed for people new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized. Note: Class will not be held on 1/19.

Location: Senior Center

12/1–12/19 M,W,F 6:15–7:15 pm $31.50 100412-01

1/5–2/6 M,W,F 6:15–7:15 pm $49 100412-02

2/9–3/13 M,W,F 6:15–7:15 pm $52.50 100412-03

Twinges Plus

This class takes range-of-motion exercises from Twinges and adds low impact cardiovascular work. Twinges Plus is excellent for people who have recently been diagnosed with arthritis or other joint-related conditions. Note: Class will not be held on 1/19.

Location: Senior Center

12/1–12/19 M,W,F 12:15–1:15 pm $31.50 100416-01

1/5–2/6 M,W,F 12:15–1:15 pm $49 100416-02

2/9–3/13 M,W,F 12:15–1:15 pm $52.50 100416-03

12/1–12/19 M,W,F 1:30–2:30 pm $31.50 100416-04

1/5–2/6 M,W,F 1:30–2:30 pm $49 100416-05

2/9–3/13 M,W,F 1:30–2:30 pm $52.50 100416-06

Medium Intensity

Classics

Enjoy the classic blend of aerobics, toning and stretching. This is the right place to begin an exercise program, maintain your fitness level or add a challenging workout! Note: Class will not be held on (EPIC only) 12/12, 1/19.

Location: Mulberry Pool

12/1–12/19 M,W,F 7:30–8:30 am $31.50 100222-01

1/5–2/6 M,W,F 7:30–8:30 am $49 100222-02

2/9–3/13 M,W,F 7:30–8:30 am $52.50 100222-03

Location: Edora Pool Ice Center

12/1–12/19 M,W,F 7:30–8:30 am $28 100322-01

1/5–2/6 M,W,F 7:30–8:30 am $49 100322-02

2/9–3/13 M,W,F 7:30–8:30 am $52.50 100322-03

Location: Senior Center

12/1–12/19 M,W,F 6:30–7:30 am $31.50 100422-01

1/5–2/6 M,W,F 6:30–7:30 am $49 100422-02

2/9–3/13 M,W,F 6:30–7:30 am $52.50 100422-03

12/1–12/19 M,W,F 9:30–10:30 am $31.50 100422-04

1/5–2/6 M,W,F 9:30–10:30 am $49 100422-05

2/9–3/13 M,W,F 9:30–10:30 am $52.50 100422-06

12/1–12/19 M,W,F 5:15–6:15 pm $31.50 100422-07

1/5–2/6 M,W,F 5:15–6:15 pm $49 100422-08

2/9–3/13 M,W,F 5:15–6:15 pm $52.50 100422-09

12/2–12/18 Tu,Th 8:00–9:00 am $21 100422-10

1/6–2/5 Tu,Th 8:00–9:00 am $35 100422-11

2/10–3/12 Tu,Th 8:00–9:00 am $35 100422-12

12/2–12/18 Tu,Th 9:00–10:00 am $21 100422-13

1/6–2/5 Tu,Th 9:00–10:00 am $35 100422-14

2/10–3/12 Tu,Th 9:00–10:00 am $35 100422-15

12/2–12/18 Tu,Th 10:00–11:00 am $21 100422-16

1/6–2/5 Tu,Th 10:00–11:00 am $35 100422-17

2/10–3/12 Tu,Th 10:00–11:00 am $35 100422-18

12/2–12/18 Tu,Th 4:00–5:00 pm $21 100422-19

1/6–2/5 Tu,Th 4:00–5:00 pm $35 100422-20

2/10–3/12 Tu,Th 4:00–5:00 pm $35 100422-21

12/2–12/18 Tu,Th 7:00–8:00 pm $21 100422-22

1/6–2/5 Tu,Th 7:00–8:00 pm $35 100422-23

2/10–3/12 Tu,Th 7:00–8:00 pm $35 100422-24

Aqua-Natal

For women during or after pregnancy! Low and medium impact exercises will maintain muscle tone and cardiovascular fitness. The water may also ease the pressure of the pregnancy or build muscle to help you support your newborn’s weight. Take off that excess weight after delivery! Note: Class will not be held on 1/19.

Location: Senior Center

12/1–12/19 M,W,F 4:15–5:15 pm $31.50 100418-01

1/5–2/6 M,W,F 4:15–5:15 pm $49 100418-02

2/9–3/13 M,W,F 4:15–5:15 pm $52.50 100418-03

Fitness & Fun

This class combines the traditional water workout with water volleyball and other fun games. If you are looking for a break from the norm, this is the class for you. Note: Class will not be held on 1/19.

Location: Senior Center

12/1–12/19 M,W,F 7:30–8:30 am $31.50 100420-01

1/5–2/6 M,W,F 7:30–8:30 am $49 100420-02

2/9–3/13 M,W,F 7:30–8:30 am $52.50 100420-03

High Intensity

Aqua Box

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

Location: Senior Center

12/2–12/18 Tu,Th 5:30–6:30 pm $21 100428-01

1/6–2/5 Tu,Th 5:30–6:30 pm $35 100428-02

2/10–3/12 Tu,Th 5:30–6:30 pm $35 100428-03

Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Excellent for people with back, hip and knee injuries. Water confidence and some swimming skills are recommended. Note: Class will not be held on 1/19.

Location: Mulberry Pool

12/1–12/19 M,W,F 12:15–1:00 pm $24.75 100230-01

1/5–2/6 M,W,F 12:15–1:00 pm $38.50 100230-02

2/9–3/13 M,W,F 12:15–1:00 pm $41.25 100230-03

Location: Edora Pool Ice Center

12/2–12/18 Tu,Th 5:30–6:30 pm $21 100330-01

1/6–2/5 Tu,Th 5:30–6:30 pm $35 100330-02

2/10–3/12 Tu,Th 5:30–6:30 pm $35 100330-03

SilverSneakers

“Splash”

Activate your aqua urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. Note: Nonmembers may attend by paying drop in fee or register for the month. Class will not be held on 12/25.

Age: 50 years & up
Location: Senior Center

12/2–12/18 Tu,Th 12:15–1:00 pm $13.50 109447-01

12/23–12/30 Tu,Th 12:15–1:00 pm $4.50 109447-02

1/6–2/5 Tu,Th 12:15–1:00 pm $22.50 109447-03

2/10–3/12 Tu,Th 12:15–1:00 pm $22.50 109447-04

12/2–12/18 Tu,Th 1:15–2:00 pm $13.50 109447-05

12/23–12/30 Tu,Th 1:15–2:00 pm $4.50 109447-06

1/6–2/5 Tu,Th 1:15–2:00 pm $22.50 109447-07

2/10–3/12 Tu,Th 1:15–2:00 pm $22.50 109447-08

Aquatics

Aquatics Policies

Children under the age of 8 must be accompanied by an adult. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.

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

All patrons are required to shower before entering any pool.

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

Patrons recreationally swimming before or after a class or private lesson must pay the drop-in fee.

Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed.

Children 6 and older are required to use the appropriate locker room, or they must be accompanied by a parent or guardian in the family locker room.

Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Lockers are for use while utilizing the facility. Anything left overnight in the locker room will be removed and locks left on will be cut.

To teach private lessons, coach or provide pool therapy in any aquatic facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Group Rates for Swimming

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

 # of children # of in-water adult supervisors

 1–6 1
 7–12 2
 13–18 3
 19–24 4

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

Birthday Party Packages

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

Private Swim Instruction

Private swim instruction is available for all ability levels. Interested persons can fill out a request form with a cashier at either EPIC or Mulberry Pool facilities. Fee is $20/half-hour for one student each additional student within that half-hour is an additional $2/half-hour charge. Beginning January 2015: 30 min. for 1 person $25, 2 people $35 and 3 people $45. These private lessons are not discountable and are scheduled based on instructor availability. Note: Patrons swimming recreationally before or after a private swim lesson must pay the drop-in fee.

Learn-To-Swim Policies

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

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

Scout Water Badges

Fee: $35/group for each instructional hour (for up to 10 participants). Each additional participant is $3. There is no charge for adult leaders. Call 970.221.6202 for more information.

Drop-in Swim Test

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

Mulberry Pool, Wednesday, 4–7:30 p.m.
EPIC, Saturday, Noon–5:30 p.m.

Prior to registration, we encourage you to have your child tested for proper placement (see schedule above).

If the class you wish to register for is filled, you may place your
name on a paid waiting list no later than one week prior to the start of the class. Every attempt is made to accommodate the demand
for swim lessons.

Parents are allowed on the pool deck for the last day of class only.

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

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

Patrons recreationally swimming before or after a class must pay
the drop-in fee.

Make-up lessons are NOT available.

Class maximums are based on American Red Cross guidelines
to ensure a safe learn-to-swim experience.

 Class Class Maximum

 Guppy-Tadfish 10
 Preschool 1–3, Levels 1–2 6
 Level 3–4 8
 Levels 5–6 10
 Diving 8

Minimum for all classes based on cost efficiency is 4.

Underwater Hockey

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

Age: 14 years & up

Ongoing M 8:00–9:30 am $6/day

Learn-To-Swim – Youth

Guppy

This class is designed to prepare young children to be comfortable in and around water so that they are ready to learn to swim. Additionally, the program provides parents with information to create a safe aquatic experience for young children. Parent participation required. Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held on 3/16, 3/18, 3/17, 3/19.

Age: 6–18 months

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–4:45 pm $50 101310-01

1/19–2/18 M,W 6:15–6:45 pm $50 101310-02

2/23–4/1 M,W 4:15–4:45 pm $50 101310-03

2/23–4/1 M,W 6:15–6:45 pm $50 101310-04

1/20–2/19 Tu,Th 8:50–9:20 am $50 101310-05

2/24–4/2 Tu,Th 10:50–11:20 am $50 101310-06

Advanced Guppy

This parent participation is designed for children who are walking. This class promotes basic skills in the water with the goal of comfort in a water environment, in a front and back float position and breath control (i.e. blowing bubbles and voluntary submersion). Parents are given skills to make water fun. Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 10–24 months

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:55–5:25 pm $50 101212-01

1/20–2/19 Tu,Th 6:55–7:25 pm $50 101212-02

2/24–4/2 Tu,Th 4:15–4:45 pm $50 101212-03

2/24–4/2 Tu,Th 5:35–6:05 pm $50 101212-04

1/24–2/21 Sa 8:20–8:50 am $25 101212-05

1/24–2/21 Sa 9:40–10:10 am $25 101212-06

2/28–3/28 Sa 9:00–9:30 am $20 101212-07

2/28–3/28 Sa 10:20–10:50 am $20 101212-08

1/25–2/22 Su 3:15–3:45 pm $25 101212-09

1/25–2/22 Su 5:15–5:45 pm $25 101212-10

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:55–5:25 pm $50 101312-01

1/19–2/18 M,W 6:55–7:25 pm $50 101312-02

2/23–4/1 M,W 5:35–6:05 pm $50 101312-03

1/20–2/19 Tu,Th 10:10–10:40 am $50 101312-04

2/24–4/2 Tu,Th 9:30–10:00 am $50 101312-05

Tadfish

This class builds on Advanced Guppy skills and is great for children not ready to experience water without a parent. Participants will continue to work on total comfort in the water environment including float positions, breath control and water independence. Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 2–4 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:15–4:45 pm $50 101214-01

1/20–2/19 Tu,Th 5:35–6:05 pm $50 101214-02

2/24–4/2 Tu,Th 4:55–5:25 pm $50 101214-03

2/24–4/2 Tu,Th 6:15–6:45 pm $50 101214-04

1/24–2/21 Sa 9:00–9:30 am $25 101214-05

1/24–2/21 Sa 11:00–11:30 am $25 101214-06

2/28–3/28 Sa 8:20–8:50 am $20 101214-07

2/28–3/28 Sa 9:40–10:10 am $20 101214-08

1/25–2/22 Su 4:35–5:05 pm $25 101214-09

1/25–2/22 Su 5:55–6:25 pm $25 101214-10

Location: Edora Pool Ice Center

1/19–2/18 M,W 5:35–6:05 pm $50 101314-01

2/23–4/1 M,W 4:55–5:25 pm $50 101314-02

2/23–4/1 M,W 6:55–7:25 pm $50 101314-03

1/20–2/19 Tu,Th 11:30 am–Noon $50 101314-04

2/24–4/2 Tu,Th 11:30 am–Noon $50 101314-05

Preschool 1

This class is designed for children ready to be independent of a parent in the water. They will be introduced to basic water skills and learn how to be safe in and around water. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 3–5 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:15–4:45 pm $50 101216-01

1/20–2/19 Tu,Th 5:35–6:05 pm $50 101216-02

1/20–2/19 Tu,Th 6:55–7:25 pm $50 101216-03

2/24–4/2 Tu,Th 4:15–4:45 pm $50 101216-04

2/24–4/2 Tu,Th 5:35–6:05 pm $50 101216-05

2/24–4/2 Tu,Th 6:55–7:25 pm $50 101216-06

1/24–2/21 Sa 8:20–8:50 am $25 101216-07

1/24–2/21 Sa 9:40–10:10 am $25 101216-08

1/24–2/21 Sa 11:40 am–12:10 pm $25 101216-09

2/28–3/28 Sa 8:20–8:50 am $20 101216-10

2/28–3/28 Sa 9:40–10:10 am $20 101216-11

2/28–3/28 Sa 11:00–11:30 am $20 101216-12

2/28–3/28 Sa 11:40 am–12:10 pm $20 101216-13

1/25–2/22 Su 3:15–3:45 pm $25 101216-14

1/25–2/22 Su 3:55–4:25 pm $25 101216-15

1/25–2/22 Su 5:15–5:45 pm $25 101216-16

1/25–2/22 Su 6:40–7:10 pm $25 101216-17

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–4:45 pm $50 101316-01

1/19–2/18 M,W 4:55–5:25 pm $50 101316-02

1/19–2/18 M,W 6:15–6:45 pm $50 101316-03

2/23–4/1 M,W 4:15–4:45 pm $50 101316-04

2/23–4/1 M,W 4:55–5:25 pm $50 101316-05

2/23–4/1 M,W 5:35–6:05 pm $50 101316-06

1/20–2/19 Tu,Th 10:50–11:20 am $50 101316-07

2/24–4/2 Tu,Th 10:10–10:40 am $50 101316-08

Preschool 2

This class builds on preschool level 1 by adding to the child’s water comfort and safety knowledge. Basic propulsive movements are added making this class the beginning of independent locomotion on both front and back. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 3–5 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:55–5:25 pm $50 101218-01

1/20–2/19 Tu,Th 6:15–6:45 pm $50 101218-02

2/24–4/2 Tu,Th 4:55–5:25 pm $50 101218-03

2/24–4/2 Tu,Th 6:15–6:45 pm $50 101218-04

2/24–4/2 Tu,Th 6:55–7:25 pm $50 101218-05

1/24–2/21 Sa 8:20–8:50 am $25 101218-06

1/24–2/21 Sa 9:40–10:10 am $25 101218-07

1/24–2/21 Sa 11:00–11:30 am $25 101218-08

1/24–2/21 Sa 11:40 am–12:10 pm $25 101218-09

2/28–3/28 Sa 9:00–9:30 am $20 101218-10

2/28–3/28 Sa 10:20–10:50 am $20 101218-11

2/28–3/28 Sa 11:00–11:30 am $20 101218-12

1/25–2/22 Su 3:55–4:25 pm $25 101218-13

1/25–2/22 Su 5:15–5:45 pm $25 101218-14

1/25–2/22 Su 6:40–7:10 pm $25 101218-15

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:55–5:25 pm $50 101318-01

1/19–2/18 M,W 5:35–6:05 pm $50 101318-02

1/19–2/18 M,W 6:55–7:25 pm $50 101318-03

2/23–4/1 M,W 4:15–4:45 pm $50 101318-04

2/23–4/1 M,W 5:35–6:05 pm $50 101318-05

2/23–4/1 M,W 6:15–6:45 pm $50 101318-06

2/23–4/1 M,W 6:55–7:25 pm $50 101318-07

2/24–4/2 Tu,Th 8:50–9:20 am $50 101318-08

Preschool 3

This class builds on preschool levels 1 and 2 and encourages total independent propulsive swim skills. The participant will gain confidence and be able to swim greater distances with little to no support on both front and back. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 3–5 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:15–4:45 pm $50 101220-01

1/20–2/19 Tu,Th 6:15–6:45 pm $50 101220-02

1/20–2/19 Tu,Th 6:55–7:25 pm $50 101220-03

2/24–4/2 Tu,Th 4:15–4:45 pm $50 101220-04

2/24–4/2 Tu,Th 5:35–6:05 pm $50 101220-05

1/24–2/21 Sa 9:00–9:30 am $25 101220-06

1/24–2/21 Sa 10:20–10:50 am $25 101220-07

1/24–2/21 Sa 11:40 am–12:10 pm $25 101220-08

2/28–3/28 Sa 8:20–8:50 am $20 101220-09

2/28–3/28 Sa 9:40–10:10 am $20 101220-10

2/28–3/28 Sa 10:20–10:50 am $20 101220-11

2/28–3/28 Sa 11:40 am–12:10 pm $20 101220-12

1/25–2/22 Su 3:15–3:45 pm $25 101220-13

1/25–2/22 Su 4:35–5:05 pm $25 101220-14

1/25–2/22 Su 5:55–6:25 pm $25 101220-15

1/25–2/22 Su 6:40–7:10 pm $25 101220-16

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–4:45 pm $50 101320-01

1/19–2/18 M,W 5:35–6:05 pm $50 101320-02

1/19–2/18 M,W 6:15–6:45 pm $50 101320-03

2/23–4/1 M,W 4:55–5:25 pm $50 101320-04

2/23–4/1 M,W 6:15–6:45 pm $50 101320-05

2/23–4/1 M,W 6:55–7:25 pm $50 101320-06

1/20–2/19 Tu,Th 9:30–10:00 am $50 101320-07

Level 1

This class is designed for children with little or no water experience. They will learn to be comfortable and safe in an aquatic environment and be introduced to basic swimming and safety skills. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 6–12 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:15–4:45 pm $50 101222-01

1/20–2/19 Tu,Th 5:35–6:05 pm $50 101222-02

2/24–4/2 Tu,Th 4:55–5:25 pm $50 101222-03

2/24–4/2 Tu,Th 6:55–7:25 pm $50 101222-04

1/24–2/21 Sa 8:20–8:50 am $25 101222-05

1/24–2/21 Sa 10:20–10:50 am $25 101222-06

1/24–2/21 Sa 11:40 am–12:10 pm $25 101222-07

2/28–3/28 Sa 9:00–9:30 am $20 101222-08

2/28–3/28 Sa 10:20–10:50 am $20 101222-09

2/28–3/28 Sa 11:40 am–12:10 pm $20 101222-10

1/25–2/22 Su 3:15–3:45 pm $25 101222-11

1/25–2/22 Su 4:35–5:05 pm $25 101222-12

1/25–2/22 Su 5:55–6:25 pm $25 101222-13

1/25–2/22 Su 6:40–7:10 pm $25 101222-14

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–4:45 pm $50 101322-01

1/19–2/18 M,W 5:35–6:05 pm $50 101322-02

1/19–2/18 M,W 6:55–7:25 pm $50 101322-03

2/23–4/1 M,W 4:15–4:45 pm $50 101322-04

2/23–4/1 M,W 5:35–6:05 pm $50 101322-05

2/23–4/1 M,W 6:55–7:25 pm $50 101322-06

Level 2

This class builds on level 1 and will increases the participant’s confidence and safety in the water. They will begin to have basic propulsive movements on both front and back. This is the beginning of independent swimming. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 6–12 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:55–5:25 pm $50 101224-01

1/20–2/19 Tu,Th 6:15–6:45 pm $50 101224-02

1/20–2/19 Tu,Th 6:55–7:25 pm $50 101224-03

2/24–4/2 Tu,Th 4:15–4:45 pm $50 101224-04

2/24–4/2 Tu,Th 6:15–6:45 pm $50 101224-05

2/24–4/2 Tu,Th 6:55–7:25 pm $50 101224-06

1/24–2/21 Sa 9:00–9:30 am $25 101224-07

1/24–2/21 Sa 10:20–10:50 am $25 101224-08

1/24–2/21 Sa 11:00–11:30 am $25 101224-09

2/28–3/28 Sa 8:20–8:50 am $20 101224-10

2/28–3/28 Sa 9:40–10:10 am $20 101224-11

2/28–3/28 Sa 11:00–11:30 am $20 101224-12

2/28–3/28 Sa 11:40 am–12:10 pm $20 101224-13

1/25–2/22 Su 3:55–4:25 pm $25 101224-14

1/25–2/22 Su 5:55–6:25 pm $25 101224-15

1/25–2/22 Su 6:40–7:10 pm $25 101224-16

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–4:45 pm $50 101324-01

1/19–2/18 M,W 4:55–5:25 pm $50 101324-02

1/19–2/18 M,W 6:15–6:45 pm $50 101324-03

1/19–2/18 M,W 6:55–7:25 pm $50 101324-04

2/23–4/1 M,W 4:15–4:45 pm $50 101324-05

2/23–4/1 M,W 4:55–5:25 pm $50 101324-06

2/23–4/1 M,W 6:15–6:45 pm $50 101324-07

Level 3

This class continues to build on the participant’s skills and confidence. They will gain proficiency in several strokes and be introduced to deep water safety and skills. New strokes will be introduced along with headfirst entries. Participants at this level are independently swimming. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18, 3/19, 3/21.

Age: 6–12 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 4:15–5:00 pm $67.50 101226-01

1/20–2/19 Tu,Th 6:15–7:00 pm $67.50 101226-02

2/24–4/2 Tu,Th 4:55–5:40 pm $67.50 101226-03

2/24–4/2 Tu,Th 6:15–7:00 pm $67.50 101226-04

1/24–2/21 Sa 9:00–9:45 am $33.75 101226-05

1/24–2/21 Sa 11:00–11:45 am $33.75 101226-06

2/28–3/28 Sa 8:20–9:05 am $27 101226-07

2/28–3/28 Sa 10:20–11:05 am $27 101226-08

1/25–2/22 Su 3:15–4:00 pm $33.75 101226-09

1/25–2/22 Su 4:35–5:20 pm $33.75 101226-10

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:15–5:00 pm $67.50 101326-01

1/19–2/18 M,W 6:15–7:00 pm $67.50 101326-02

2/23–4/1 M,W 4:15–5:00 pm $67.50 101326-03

2/23–4/1 M,W 5:35–6:20 pm $67.50 101326-04

Level 4

This level continues to build on the skills needed to be a proficient swimmer. The participant will be able to swim basic strokes for longer distances with improved technique while adding additional strokes and safety skills. Note: Class partially discountable. Class will not be held on 3/16, 3/17, 3/18 3/19, 3/21.

Age: 6–12 years

Location: Mulberry Pool

1/20–2/19 Tu,Th 5:35–6:20 pm $67.50 101228-01

2/24–4/2 Tu,Th 4:15–5:00 pm $67.50 101228-02

2/24–4/2 Tu,Th 5:35–6:20 pm $67.50 101228-03

1/24–2/21 Sa 9:40–10:25 am $33.75 101228-04

1/24–2/21 Sa 10:20–11:05 am $33.75 101228-05

2/28–3/28 Sa 9:00–9:45 am $27 101228-06

2/28–3/28 Sa 11:00–11:45 am $27 101228-07

1/25–2/22 Su 3:55–4:40 pm $33.75 101228-08

1/25–2/22 Su 5:15–6:00 pm $33.75 101228-09

Location: Edora Pool Ice Center

1/19–2/18 M,W 4:55–5:40 pm $67.50 101328-01

1/19–2/18 M,W 5:35–6:20 pm $67.50 101328-02

2/23–4/1 M,W 4:55–5:40 pm $67.50 101328-03

2/23–4/1 M,W 6:15–7:00 pm $67.50 101328-04

Level 5

At this level participants will develop proficient technique for all six basic strokes. They will swim greater distances using each stroke and add correct turns for each stroke. They will continue to increase safety knowledge in all aquatic environments. Note: Class partially discountable.

Age: 6–12 years
Location: Mulberry Pool

1/20–2/19 Tu,Th 4:55–5:40 pm $67.50 101230-01

1/24–2/21 Sa 8:20–9:05 am $33.75 101230-02

Learn-To-Swim – Adult

Classes are for ages 18 years and up unless otherwise noted.

Lunchtime Splash & Dash

Join intermediate and advanced fitness swimmers for workouts designed to improve strength, endurance and form. Typical workouts vary from 1,800–3,200 yards, with an emphasis on intervals and variable speed training. Note: Participants need a foundation in freestyle and the ability to repeatedly swim 50 yards nonstop. Class will not be held on 2/16.

Location: Mulberry Pool

1/7–2/27 M,W,F 11:00 am–Noon No Fee 101236-01

1/7–2/27 M,W,F Noon–1:00 pm No Fee 101236-02

Water Comfort

For those who need to establish comfort in the water before learning to swim. If anxiety or inexperience is an issue, this class should be taken before Adult 101 Beginner swim class. Note: Class partially discountable. Class will not be held on 3/16.

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

1/19–2/16 M 6:55–7:40 pm $33.75 101337-01

2/23–3/30 M 6:55–7:40 pm $33.75 101337-02

Adult 101 Beginner Swim

Class is designed for the adult beginner who may be timid about swimming or who has never swam before. The course is geared toward individual goals of the participants. It will involve reducing fears, anxieties and also improving basic swim skills. Note: Class will not be held on 3/16, 3/18.

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

1/19–2/18 M,W 6:55–7:40 pm $67.50 101338-01

2/23–4/1 M,W 6:55–7:40 pm $67.50 101338-02

Diving

Discover Scuba Diving

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

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

1/10 Sa 10:00–11:30 am $35 101352-01

1/31 Sa 10:00–11:30 am $35 101352-02

2/21 Sa 10:00–11:30 am $35 101352-03

Open Water Diver

Here is the class to get your PADI certification. The PADI Open Water Diver course will give you the basic principles of scuba diving, the use of basic scuba gear including a dive computer and standard accessories as well as introduce you to the adventure of diving underwater. Additional books will need to be purchased. Note: Participants must call CSDA 1.855.557.2822 prior to class start. Additional required paperwork must be completed to participate
in class. Class not discountable

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

12/6–12/7 Sa,Su 7:30 am–4:00 pm $165 101354-01

1/3–1/4 Sa,Su 7:30 am–4:00 pm $165 101354-02

2/7–2/8 Sa,Su 7:30 am–4:00 pm $165 101354-03

Scuba Challenge

This is for the experienced diver who wants to practice up on their skills. Challenges will be set-up and include some dryland information. Note: Fees required for air and weights payable night of: $14 own gear, $19 gear supplied. Must have current certification.

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

12/15 M 6:00–9:00 pm $6 101356-01

1/19 M 6:00–9:00 pm $6 101356-02

2/23 M 6:00–9:00 pm $6 101356-03

Diving

Participants will learn the fundamentals of springboard diving and utilize the 1 and 3-meter boards. Concentration on developing the basics of approach and entry, along with the mechanics for proper diving techniques in the forward and backward positions. Along with development in somersaulting and inward dive. Note: Skill test on first day (swim at least 25 yards using the front crawl), continuation depends on passing. Class partially discountable.

Age: 5–17 years
Location: Edora Pool Ice Center

Beginning

1/19–2/18 M,W 4:50–5:35 pm $55 101336-01

1/19–2/18 M,W 5:40–6:25 pm $55 101336-02

Intermediate

1/19–2/18 M,W 4:00–4:45 pm $55 101336-03

Advanced Blended Learning Courses

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

Register for the online lessons at least two days prior to your first on-site skills session (instructions will be emailed, provide a valid email address when registering). To gain access to the online lessons participants need to pay with a credit card for their course certification fees. No refunds for course certification fees for participants who cannot pass the pre-course skills or drop/cancel/fail the course. Students must pass the online assessment and print a copy of their completion certification to bring to the last class.

Participants must attend all classes. There will be a skill test on the first day, continuation depends on passing. E-book included, $35 certification fee is not.

Lifeguard Training

This American Red Cross course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Online class content 7 hrs. 25 min. Note: Must attend all classes. Skill test on first day, continuation depends on passing. E-book & mask included, $35 certification fee is not. Class not discountable.

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

12/27–12/31 Sa–W 9:00 am–2:00 pm $135 101340-01

1/30 F 3:30–8:30 pm $135 101340-02
1/31–2/8 Sa,Su 9:00 am–2:00 pm

Lifeguard Instructor

Instructor candidates will be trained to teach ARC lifeguarding. By developing their understanding of how to use the course material, methods, conduct training sessions and how to evaluate participants’ progress. Must possess a current ARC LGT/FA/CPR/AED cert. Online class content 2 hrs. 30 min. Note: Must attend all classes. Skill test on first day, continuation depends on passing. E-book included, $35 certification fee is not. Class not discountable.

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

2/27 F 4:00–8:00 pm $117 101342-01
2/28–3/1 Sa,Su 9:00 am–4:00 pm

Arts & Crafts

Adult

Classes are for ages 18 years and up unless otherwise noted.

Adaptive Programs

Artistic Abilities Art

Participants will learn 2-D techniques, with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities. Note: Class partially discountable. Contact Alison Cope at acope@frii.com for more information.

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

2/11–3/11 W 4:00–6:00 pm $32 102990-01

Drawing

Drawing Animals

Learn to re-create the amazing world of animals, and make them into beautiful art. This class will focus on animal anatomy including facial features. Students can work from their own or instructor-provided reference material and will be guided toward improving their skills in creating life-like animal drawings. Note: Supply list available at registration (approximate cost $30–50).

Location: Senior Center

1/16–2/20 F 1:30–3:30 pm $53 103405-01

Comics Essentials

Learn how to draw your own cartoon strip or comic book. Develop your own style of drawing whether it is doodles, stick figures or super heroes including cartoony people, places and animals. Turn your own characters and concepts into finished comics or gag cartoons. Note: Supply list available at registration.

Age: 14 years & up
Location: Senior Center

1/15–2/19 Th 6:30–8:30 pm $49 103407-01

Pastels, Beginning

Remember the fun of chalk drawing on the sidewalk? Relive that childhood joy with more color and artistic refinement. You’ll learn a few fundamentals of drawing, color theory, how pastels work, and the best papers to use. Our objective: have fun learning while creating a pastel artwork, suitable for framing. Note: No previous experience required. Supply list available at registration (approximate cost $35–50).

Location: Senior Center

1/13–2/17 Tu 6:30–8:30 pm $57 103408-01

Drawing from the Right Side of the Brain

Awaken your creativity and improve your drawing skills. This intensive class is aimed at those who have little or no drawing experience. The class will guide you through basic perceptual skills to put you in touch with the creative side of your brain and learn new seeing and drawing skills. Note: Supply list available at registration (approximate cost $50–75). Class partially discountable

Location: Senior Center

1/5–2/23 M 5:00–7:30 pm $114 103482-01

Fiber Arts

Quilting Quorum – M

All levels of quilters are welcome and may work on any projects. You may also work on items for a charity of your choice or the ones the group has adopted, that offers quilts for people in need. Meet other local quilters, swap tips, share techniques, and a common interest in quilting. Note: There is no instructor. No fee, but must be a Senior Center member 50+. Sewing machines, mats, cutters, and material are available.

Age: 50 years & up
Location: Senior Center

Ongoing F 1:00–3:00 pm No Fee

General Arts

Request for Exhibits

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

Visual Arts Committee at the Senior Center

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

Request for Submission for Photo Display

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

Teachers?

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

Volunteers Wanted

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

C.H.A.T. Crafts Hobbies Arts Time – M

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Enjoy the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas
and techniques. Note: No instructor provided. Learn from others, discuss the many aspects of different art related hobbies and crafts. No fee, but must be a Senior Center member. Class will not be held on 12/31, 12/24.

Age: 50 years & up

Location: Senior Center

Ongoing W 1:00–3:00 pm No Fee

Metal Forming Beginning

Learn how to cut, shape and solder, copper and brass sheet metal into a kinetic wind sculpture. While using basic hand tools, you will construct a mobile sculpture suitable for your garden or yard. Note: This class is open to all levels of students. All tools and supplies provided. Class partially discountable.

Age: 14 years & up
Location: Senior Center

1/10–2/7 Sa 9:00 am–Noon $84 103459-01

Metal Work, Intermediate

Prerequisite: Beginning Metal Work or instructor approval

This class expands on skills learned in the Beginning Metal Work Class. Using more advanced techniques with hand tools, copper and brass sheet metal will be formed in the construction of a kinetic wind sculpture. More advanced designs and personal expression will play a part in the construction. Note: All tools and supplies provided. Class partially discountable.

Location: Senior Center

2/14–3/14 Sa 9:00 am–Noon $94 103460-01

Open Shop – M

Many tools available for jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools as well as 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: There is no fee. A Senior Center membership is required to participate in open shop time. Class will not be held on 12/24, 12/25, 12/31, 1/1.

Location: Senior Center

Ongoing Tu 8:00 am–Noon No Fee
 W 1:00–5:00 pm No Fee
 Th 6:00–10:00 pm No Fee

Jewelry

Jewelry, Beginning

In this class, concentration on cutting and piercing with a jeweler’s saw, filing, soldering, as well as the proper techniques for polishing and finishing will be covered. This class is for those with no metal experience as well as those just wanting to get back in to it. Note: Tools and some supplies provided. Supply list available at registration (approximate cost $55–80). Class partially discountable.

Location: Senior Center

1/13–2/24 Tu 5:30–7:30 pm $95 103486-01

Jewelry Chasing & Repousse

Prerequisite: Beginning jewelry

Explore the fundamentals of moving metal using small tools and hammers. Similar to tooling leather only in metal. Repousse refers to punching sheet metal from the backside to create raised areas on the front. Chasing refers to detailing the front side of the piece using tools to texture, stamp, undercut, and refine. Note: Supply list available at registration. Supply cost varies with project choice (approximate cost $10–85).

Location: Senior Center

1/13–2/24 Tu 7:30–9:30 pm $99 103488-01

Paper Arts

Soul Collage, Introduction

Soul Collage is an internationally popular new way to develop self-insight using collage art. Amazing creations appear from cut-out images pasted into 5x7 cards. Each card picture ends up expressing parts of you and your experiences in beautiful, new, and surprising ways that you will treasure. Note: All supplies provided. Class partially discountable.

Location: Senior Center

2/7 Sa 9:00 am–12:30 pm $33 103415-01

Photography

Photography, Beginning

These classes are designed for those that have a high-end digital camera or a 35mm SLR camera with interchangeable lenses and filters. Lectures and demos will teach you about camera operations, lenses, and equipment, also films, filters, depth of field, and bracketing. Composition and photo products will be covered. Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will give you practical experience and will be on Saturday after the start of class.

Location: Senior Center

1/14–1/28 W 6:00–9:00 pm $49 103430-01

1/17 Sa 9:00 am–Noon

Photography, Intermediate & Advanced

Advanced creative techniques will be covered for specific genres including landscape, wildlife, night and close-up photos. Most of the applications and techniques apply to both film and digital photography. You must have an understanding of your camera and the basics of photography, either digital or regular film. Note: Bring
a functional digital or 35mm SLR camera and its manual to class.

Age: 16 years & up
Location: Senior Center

2/11–2/25 W 6:00–9:00 pm $44 103431-01

Painting

Painting, Bob Ross Style

Complete a finished painting in one day using the Bob Ross painting technique while our certified Bob Ross instructor teaches you about the use of different brushes, a palette knife, mixing colors and the manipulation of certain special paints. If you have all of your own Bob Ross supplies, there is a $15 reduced fee. Note: Bring a roll of paper towels other supplies provided. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

Location: Senior Center

1/15 Th 9:00 am–3:30 pm $60 103427-01

2/19 Th 9:00 am–3:30 pm $60 103427-02

Painting, Beginning Acrylic

This entry-level course will cover important basics such as choosing and preparing your ground, starting techniques, drawing, color values and composition. If you never painted before and are interested, or if you have emerging skills that you would like to stretch to new levels, this class is for you. Note: Supply list available at registration (approximate cost $30–50). Class will not be held on 2/14.

Location: Senior Center

12/4–12/18 Th 6:30–8:30 pm $27.75 103446-01

1/8–1/29 Th 6:30–8:30 pm $37 103446-02

2/5–2/26 Th 6:30–8:30 pm $37 103446-03

12/1–12/15 M 1:30–3:30 pm $27.75 103446-04

1/5–1/26 M 1:30–3:30 pm $37 103446-05

2/2–2/23 M 1:30–3:30 pm $37 103446-06

Porcelain Painting, Intermediate

The instructor will demonstrate varied techniques for achieving desired results. The aim is to extend your current skills and knowledge. Learn more about the chemical process of paints, mediums and firing procedure. Note: Firing of your work is included in the course fee. You provide the painting supplies.

Location: Senior Center

12/3–12/17 W 9:00–11:30 am $31.50 103471-01

1/7–1/28 W 9:00–11:30 am $42 103471-02

2/4–2/25 W 9:00–11:30 am $42 103471-03

Porcelain Painting, Advanced

The classes will offer one-on-one hands-on instruction as well as group demonstrations. In the classes, attention will be given to advanced brush techniques, creating the image while observing color, value, and using specific different techniques. Note: Firing of your work is included in the course fee. You provide the painting supplies.

Location: Senior Center

12/3–12/17 W 9:00–11:30 am $36.63 103472-01

1/7–1/28 W 9:00–11:30 am $46.50 103472-02

2/4–2/25 W 9:00–11:30 am $46.50 103472-03

Watercolor, Beginning

The basics of composition, painting techniques and special effects will be covered as well as setting up a palette, types of papers, using the color wheel and color theory. Design principles and techniques for handling this wonderful medium will be covered. Note: Supply list available at registration (approximate cost $50–75). Class partially discountable.

Location: Senior Center

1/8–2/12 Th 1:00–3:00 pm $74 103480-01

Painting, Watercolor Intermediate

Prerequisite: Beginning Watercolor

This class will take you on a much more in-depth exploration into watercolor techniques. More emphasis on observation and various brush techniques will be covered. This class will challenge the students that have had beginning watercolor and would like to build their skills and knowledge of artistic concepts. Note: Supply list available at registration (approximate cost is $50–100). Class partially discountable.

Location: Senior Center

1/9–2/13 F 1:00–3:00 pm $74 103481-01

Woodworking

Woodworking, Beginning

Learn the use of basic woodworking tools and their proper setup and maintenance. Create a basic project that requires the use of the special skills you have learned. This class will give you the knowledge and basics so you can work in the open shop. Discussion of the different materials and finishes will be covered. Note: Some supplies provided. Supply list available first day of class (approximate cost $20–30). Class partially discountable.

Location: Senior Center

1/14–2/18 W 7:00–9:00 pm $90 103490-01

Pottery

All Pottery classes located at the Pottery Studio, 1541 West Oak Street, and for ages 18 years and up unless otherwise noted.

Pottery Pals

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

Work Study Program

This is an opportunity that is offered to individuals who have been enrolled in pottery here and wish to learn more about the pottery process. They may perform specific studio activities in exchange for class time. For more information on the application process, please contact Pat Dietemann 970.221.6204.

Private Pottery Instruction

Interested in having that intense one-on-one time to rapidly
develop your skills and knowledge? Private lessons are available
for all levels. Fees vary depending on the program chosen.
Not discountable. For information contact Steve Dietemann 970.224.6028 or sdietemann@fcgov.com.

Pottery, Beginning Wheel & Handbuilding

This class is for students who have never had pottery. You will learn about clay, tools, and glazing plus much more. You will learn the basic skills, techniques and principles involved in pottery. Primary emphasis for the class is on creating using the potter’s wheel as
a tool. Some handbuilding will be covered. Note: Lab time and
25 pounds of clay included in the fee. Need to purchase a tool kit
at the first class, if needed. (Cost $12)

1/5–3/9 M 9:00–11:00 am $139 104850-01

1/5–3/9 M 5:45–7:45 pm $139 104850-02

1/7–3/11 W 8:00–10:00 pm $139 104850-03

Pottery, Beginning Plus Wheel & Handbuilding

Prerequisite: Beginning Wheel or Equivalent

This class is paced for students who have previously taken a beginning class, and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students that are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate. Note: Lab time and 25 pounds of clay included. Need to purchase tool kit at first class, if needed. (Cost $12)

1/5–3/9 M 8:00–10:00 pm $139 104855-01

1/7–3/11 W 5:45–7:45 pm $139 104855-02

1/8–3/12 Th 9:00–11:00 am $139 104855-03

Pottery, Intermediate Wheel & Handbuilding

Prerequisite: Beginning Wheel and Handbuilding or equivalent

The class will deal with more complex ceramic/pottery techniques and skills. Expression and exploration of form will be taught. Intermediate students must have had experience working with clay and should know the principles of the wheel. Note: Lab time included. Need to purchase tool kit at first class if needed ($12)
25 pounds of clay included.

1/6–3/10 Tu 5:30–7:30 pm $139 104860-01

1/7–3/11 W 9:00–11:00 am $139 104860-02

Pottery, Advanced Wheel & Handbuilding

Prerequisite: Intermediate Wheel or Equivalent

This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design. Note: Lab time and 25 pounds of clay included. Need to purchase tool kit at first class, if needed. (Cost $12)

1/8–3/12 Th 5:30–7:30 pm $139 104865-01

Pottery Sampler

Adults enrolled in this class will be encouraged to create while learning the techniques of clay. You will be introduced to handbuilding and wheel-throwing, as well as glazing and studio operation. If you have always wanted to know about pottery, join
this introductory class. Note: There is no lab offered with this class. All materials and tools provided. In this class, clay will be provided as needed.

1/10–2/7 Sa 12:15–2:15 pm $49 104870-01

2/14–3/14 Sa 12:15–2:15 pm $49 104870-02

Pottery, Handbuilding Expressions

Students will explore three-dimensional form in clay using handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods in clay to explore line and form, integrated with design and shape relationships. Note: This class is for all levels. Lab time and 25 pounds of clay included in the fee. Need to purchase a tool kit at the first class, if needed. (Cost $12)

1/7–3/11 W 6:00–8:00 pm $139 104875-01

Pottery, Construction Techniques

This class will address imaginative methods of handbuilding while using extruders, slab rollers, various textures and forms. You will push the traditional boundaries of utilitarian clay as well as concentrate with some focus on functionality. Note: This class is for all levels. 5 Weeks of lab time and 25 pounds of clay included. Need to purchase tool kit at first class if needed (Cost $12)

1/9–2/6 F 6:00–8:00 pm $70 104880-01

2/13–3/13 F 6:00–8:00 pm $70 104880-02

Pottery, Creative Clay Craft

Your creativity and inventiveness combine to create out of the ordinary clay structures that are not necessarily utilitarian. All this while drawing upon inspiration while using some of the more exotic tools like extruders, slab rollers, and incorporating various textures for rich surfaces. Note: This class is for all levels. Lab time and
25 pounds of clay included in the fee. Need to purchase a tool kit
at the first class, if needed. (Cost $12)

1/9–3/13 F 9:00–11:00 am $139 104885-01

Holiday Pottery

Make personal and unique holiday ornaments. This class is more than tree decorations; you will also make items such as Santa centerpieces, holly hotplates, holiday candleholders and much more. Projects will be finished in fun, bright colors and will be ready for you to enjoy in your home or give as gifts! Note: No previous experience necessary. All tools, supplies and 25 pounds of clay provided. Class is partially discountable. Class meets 6 times.

12/2–12/11 Tu,Th 6:00–9:00 pm $74 104895-01
12/6–12/13 Sa 9:00 am–Noon

Pottery Lab

Lab is for current students to practice or finish work in progress. Anyone who has taken classes at the Pottery Studio may register as a lab student. This is a recreational and educational facility. Production work is not permitted. Staff is in attendance but no
formal instruction is provided. Note: Lab Fee includes 25 pounds
of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

1/5–3/13 M,W,Th,F 11:00 am–2:00 pm $139 104899-01
1/6–3/14 Tu,Sa 9:00 am–Noon
1/6–3/12 Tu,Th 7:30–10:00 pm

Art Discovery

Explore the fascinating world of art and bring to life self-expression using a variety of mediums. We will create using paint, clay and collage. Save room on your fridge for these masterpieces. Note:
Bring a bag to carry home your projects. Art classes can be messy. Dress accordingly.

Age: 3–5 years
Location: Mulberry Pool

1/15–1/29 Th 10:00–11:00 am $30 116205-01

2/5–2/19 Th 10:00–11:00 am $40 116205-02

2/26–3/12 Th 10:00–11:00 am $40 116205-03

Youth

Pinterest Thursdays

Pinterest fans join us Thursday evenings for some DIY fun!

Age: 11–16 years
Location: Northside Aztlan Center

Jewelry Hangers

12/4 Th 4:30–6:30 pm $25 115503-01

Holiday Wreaths

12/11 Th 4:30–6:30 pm $25 115503-02

Photo Holders

12/18 Th 4:30–6:30 pm $25 115503-03

Headbands

1/8 Th 4:30–6:30 pm $25 115503-04

Earrings

1/15 Th 4:30–6:30 pm $25 115503-05

Bracelets

1/22 Th 4:30–6:30 pm $25 115503-06

Art Studio for Preschoolers

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

Age: 3–6 years
Location: Mulberry Pool

Clay

1/13 Tu 10:00–11:30 am $10 116206-01

Paint

1/20 Tu 10:00–11:30 am $10 116206-02

Tie Dye

1/27 Tu 10:00–11:30 am $10 116206-03

Abstract

2/3 Tu 10:00–11:30 am $10 116206-04

Valentine’s Day

2/10 Tu 10:00–11:30 am $10 116206-05

Collage

2/17 Tu 10:00–11:30 am $10 116206-06

Junk Art

2/24 Tu 10:00–11:30 am $10 116206-07

Beads

3/3 Tu 10:00–11:30 am $10 116206-08

Saint Patrick’s Day

3/10 Tu 10:00–11:30 am $10 116206-09

Art Studio

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

Age: 6–12 years
Location: Mulberry Pool

Clay

1/13 Tu 4:30–6:00 pm $10 116207-01

Paint

1/20 Tu 4:30–6:00 pm $10 116207-02

Tie Dye

1/27 Tu 4:30–6:00 pm $10 116207-03

Abstract

2/3 Tu 4:30–6:00 pm $10 116207-04

Valentine’s Day

2/10 Tu 4:30–6:00 pm $10 116207-05

Collage

2/17 Tu 4:30–6:00 pm $10 116207-06

Junk Art

2/24 Tu 4:30–6:00 pm $10 116207-07

Beads

3/3 Tu 4:30–6:00 pm $10 116207-08

Saint Patrick’s Day

3/10 Tu 4:30–6:00 pm $10 116207-09

Artistic Pursuits

Students will explore painting and mixed media collage while building knowledge from class to class. Children are encouraged to take their time and work at their own pace on individual projects.

Location: Mulberry Pool

Age: 3–5 Years
Painting

1/7–1/28 W 1:00–2:30 pm $64 116218-01

Mixed Media

2/4–2/25 W 1:00–2:30 pm $64 116218-02

Age: 6–8 Years
Mixed Media

1/7–1/28 W 4:30–6:00 pm $64 116218-03

Age: 8–12 Years
Mixed Media

2/4–2/25 W 4:30–6:00 pm $64 116218-04

Intro to Painting

Students will learn to mix colors and use a variety of tools and paints to create individual works of art. Come dressed for a mess! Note: Class partially discountable.

Age: 6–9 years
Location: Mulberry Pool

2/5–2/19 Th 4:30–6:00 pm $30 116239-01

Parent & Child

Art Start

This class is hands on with independent exploration inspiring imagination and self-esteem. Explore, collage, cut, tear, drizzle,
drip, paste, and paint. Play with creamy pastels and paint with vibrant tempera and juicy water colors! Please note that children 24–36 months need to be accompanied by an adult.

Location: Mulberry Pool

Age: 2–3 years

1/7–1/28 W 9:30–10:30 am $44 117283-01

2/4–2/25 W 9:30–10:30 am $44 117283-02

Age: 2–5 years

1/7–1/28 W 11:00 am–Noon $44 117283-03

2/4–2/25 W 11:00 am–Noon $44 117283-04

Pottery

All Pottery classes located at the Pottery Studio, 1541 West Oak Street, unless otherwise noted.

Parents or Grandparents & Children Together

Among the many classes offered are classes specifically geared for a parent or grandparent to work together with a child on pottery projects. Interesting clay art pieces will be completed in these unique classes. The projects are constantly being varied so it is possible to register for classes as many times as you wish.

Birthday Parties

The kids will enjoy working in clay and with instruction will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the “know how”, supplies and tools to teach and help them make a precious object that can be treasured for years. Parties last about 90 minutes. We can tailor a birthday package to your needs. Cost is $14 per child (5 children minimum). Parties are not discountable. With 10 kids or more the birthday
child is free. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Boy & Girl Scouts Badge Requirements

Scouts will learn the fundamentals of clay while completing the requirements set by the organization. Scouts will go on a tour and see the workings of a Pottery Studio. They will create a piece that they can personalize with their own creativity, which will be fired and glazed.

Cost is $14 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery, Parent & Tot Mud, Handbuilding

Parent and child combine their talents in this unique pottery class. The projects are constantly being varied so it is possible to reregister for classes as many times as you wish. Note: The fee includes all tools and materials. One parent per youth. Lab time not included.

Age: 3–5 years

1/6–2/3 Tu 12:30–1:30 pm $34 104801-01

1/7–2/4 W 2:30–3:30 pm $34 104801-02

1/10–2/7 Sa 2:30–3:30 pm $34 104801-03

2/10–3/10 Tu 12:30–1:30 pm $34 104801-04

2/11–3/11 W 2:30–3:30 pm $34 104801-05

2/14–3/14 Sa 2:30–3:30 pm $34 104801-06

Pottery, Child Handbuilding

Youngsters will make interesting clay projects while learning various methods of forming and glazing clay. The projects are constantly being varied so it is possible to reregister for classes as many times as you wish. Note: The fee includes all tools and materials. Lab time not included.

Age: 6–9 years

1/5–2/2 M 4:00–5:30 pm $48 104805-01

1/7–2/4 W 4:00–5:30 pm $48 104805-02

2/9–3/9 M 4:00–5:30 pm $48 104805-03

2/11–3/11 W 4:00–5:30 pm $48 104805-04

Pottery, Youth Wheel & Handbuilding

Emphasis will be on students learning basic potter’s wheel skills. Handbuilding as well as other skills and techniques will be taught. Note: The fee includes all tools and materials. Lab time not included.

Age: 10–12 years

1/8–3/12 Th 3:45–5:15 pm $89 104810-01

1/9–2/6 F 4:00–5:30 pm $48 104810-02

2/13–3/13 F 4:00–5:30 pm $48 104810-03

Pottery, Teen Wheel & Handbuilding

Participants enrolled in this program will learn potter’s wheel skills, handbuilding, glazing, and decorating techniques. Note: The fee includes all tools and materials. Lab time not included.

Age: 13–17 years

1/6–2/3 Tu 3:45–5:15 pm $48 104815-01

2/10–3/10 Tu 3:45–5:15 pm $48 104815-02

Pottery, Parent & Child Handbuilding – NW

This class will provide an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience. Note: The fee includes all tools and materials. One parent per youth (each additional youth, $44.50). Lab time not included.

Age: 6–9 years

1/10–2/7 Sa 4:00–5:30 pm $89 104835-01

2/14–3/14 Sa 4:00–5:30 pm $89 104835-02

Pottery, Parent Teen & Youth Wheel & Handbuilding – NW

This class will provide an opportunity for you and your youngster to work together at the Pottery Studio and share a creative experience. Note: The fee includes all tools and materials. One parent per youth (each additional youth, $44.50). Lab time not included.

Age: 10–17 years

1/9–2/6 F 5:45–7:15 pm $89 104845-01

2/13–3/13 F 5:45–7:15 pm $89 104845-02

Dance & Movement

Adult

Classes are for ages 18 years and up unless otherwise noted.

Belly Dancing

Belly Dancing Beginning

Get a great workout as you learn an ancient dance form, belly dance! You’ll learn fast and slow movements, work with finger cymbals and veils, create mini choreographies, and play with all these skills in fun improvisations. Along the way, you’ll learn some fascinating tidbits about belly dance and its origin. Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet recommended.

Location: Senior Center

1/15–3/5 Th 7:30–8:30 pm $85 106226-01

Belly Dancing, Intermediate

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

Go beyond the basics and learn more complex veil work, finger cymbal patterns, and mini choreographies. Learn to layer shimmies over other movements and how to dance while balancing props. You will continue to build your vocabulary, learn new rhythms and work on more advanced dance improvisations. Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Barefeet recommended.

Location: Senior Center

1/15–3/5 Th 8:30–9:30 pm $85 106227-01

Ballet

Note: Ages 13–17 allowed with instructor approval.

Ballet, Beginning

An introduction to classical barre, positions, and steps. Taught by Sarah Manno.

Location: Club Tico

1/27–3/10 Tu 5:30–6:30 pm $46 106102-01

Ballet, Low–Intermediate

Continuing work on basic technique. Taught by Sarah Manno.

Location: Empire Grange

1/26–3/9 M 5:45–7:00 pm $57 106103-01

Ballet, Intermediate

A more challenging, ongoing class for experienced dancers, based on Cecchetti technique. Taught by Sarah Manno.

Location: Club Tico

1/29–3/12 Th 5:45–7:00 pm $57 106104-01

Line Dance

Note: Participants can pay a drop-in fee prior to attending the class ($5.50 per class).

Line Dance, Starter Class

This class is designed for people who want to “start” learning to line dance. You will learn the basic line dance steps, terminology and easy choreography.

Location: Senior Center

12/2–12/16 Tu 12:30–1:45 pm $13 106436-01

1/6–1/27 Tu 12:30–1:45 pm $16 106436-02

2/3–2/24 Tu 12:30–1:45 pm $16 106436-03

Line Dance, Continued

This class is designed for the more experienced dancer who thrives on complex choreography.

Location: Senior Center

12/2–12/16 Tu 1:45–3:00 pm $13 106437-01

1/6–1/27 Tu 1:45–3:00 pm $16 106437-02

2/3–2/24 Tu 1:45–3:00 pm $16 106437-03

Modern

Modern Dance

Earthy, sometimes jazzy or lyrical movements follow a balanced warm up for stretching, toning, centering and fun. Taught by Sarah Mano. Note: Ages 13–17 allowed with instructor permission.

Location: Club Tico

1/27–3/10 Tu Noon–1:00 pm $46 106156-01

Youth

Hip Hop Dance

Is your child walking into the house and turning on MTV to listen to some hip hop? Why not sign them up for a class to learn some new moves? Participants will come and learn new moves with a song! Note: No gum. Wear loose workout clothes and tennis shoes.

Grade: 4–6
Location: Northside Aztlan Center

1/7–1/28 W 6:15–7:15 pm $32 115511-01

2/4–2/25 W 6:15–7:15 pm $32 115511-02

Hip Hop for Preschool

Young kids will begin to learn the fundamentals of hip hop in a fun appropriate environment. Hip hop, free style, tricks and breakdancing could all be incorporated.

Age: 3–5 years
Location: Club Tico

12/2–12/16 Tu 11:00–11:45 am $25 116161-01

1/13–1/27 Tu 11:00–11:45 am $25 116161-02

2/3–2/17 Tu 11:00–11:45 am $25 116161-03

2/24–3/10 Tu 11:00–11:45 am $25 116161-04

Dancing Swans

This pre-ballet/movement class will introduce three and four year olds to basic dance, movement and body awareness activities using imagery and imaginative play.

Age: 3–4 years
Location: Club Tico

12/2–12/16 Tu 10:00–10:45 am $25 116170-01

1/13–1/27 Tu 10:00–10:45 am $25 116170-02

2/3–2/17 Tu 10:00–10:45 am $25 116170-03

2/24–3/10 Tu 10:00–10:45 am $25 116170-04

Dancin’ Dumplin’s

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class. Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts.

Location: Mulberry Pool

Age: 3 years

1/6–2/3 Tu 10:30–11:15 am $54 116255-01

1/6–2/3 Tu 11:30 am–12:15 pm $54 116255-02

1/9–2/6 F 10:15–11:00 am $54 116255-03

1/9–2/6 F 11:15 am–Noon $54 116255-04

2/10–3/3 Tu 10:30–11:15 am $44 116255-05

2/10–3/3 Tu 11:30 am–12:15 pm $44 116255-06

2/13–3/6 F 10:15–11:00 am $44 116255-07

2/13–3/6 F 11:15 am–Noon $44 116255-08

Age: 4–5 years

1/6–2/3 Tu 4:15–5:15 pm $54 116255-09

1/9–2/6 F 9:00–10:00 am $54 116255-10

2/10–3/3 Tu 4:15–5:15 pm $44 116255-11

2/13–3/6 F 9:00–10:00 am $44 116255-12

Age: 5–6 years

1/6–2/3 Tu 5:45–6:45 pm $54 116255-13

2/10–3/3 Tu 5:45–6:45 pm $44 116255-14

Just Tumbling

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini-floor exercise routine. Note: Class will not be held on 3/19.

Age: 7–8 years
Location: Mulberry Pool

1/8–2/12 Th 6:00–7:00 pm $64 116278-01

2/19–4/2 Th 6:00–7:00 pm $64 116278-02

Tumble Bumbles

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills will be taught. Note: Appropriate attire is required: leotard
and tights, or T-shirts and shorts. No jeans are allowed. Class
will not be held on 3/16, 3/18, 3/19.

Location: Mulberry Pool

Age: 4–5 years

1/5–2/9 M 4:15–5:15 pm $64 116279-01

1/7–2/4 W 4:15–5:15 pm $54 116279-02

Age: 4–6 years

2/23–3/30 M 4:15–5:15 pm $54 116279-03

2/11–3/4 W 4:15–5:15 pm $44 116279-04

Age: 5–7 years

1/5–2/9 M 5:30–6:30 pm $64 116279-05

1/7–2/4 W 5:30–6:30 pm $54 116279-06

2/23–3/30 M 5:30–6:30 pm $54 116279-07

2/11–3/4 W 5:30–6:30 pm $44 116279-08

Age: 6–7 years

1/8–2/12 Th 4:30–5:30 pm $64 116279-09

2/19–4/2 Th 4:30–5:30 pm $64 116279-10

Petite Ballerinas

Young dancers will learn pre-ballet and locomotor moves in this imaginative class. Note: This is a child without parent class.

Location: Northside Aztlan Center

Age: 3–4 years
Petite Ballerinas I

1/9–1/30 F 11:45 am–12:30 pm $44 116563-01

2/6–2/27 F 11:45 am–12:30 pm $44 116563-02

1/10–1/31 Sa 9:00–9:45 am $44 116563-03

2/7–2/28 Sa 9:00–9:45 am $44 116563-04

Age: 4–5 years
Petite Ballerinas II

1/9–1/30 F 12:45–1:30 pm $44 116563-05

2/6–2/27 F 12:45–1:30 pm $44 116563-06

1/10–1/31 Sa Noon–12:45 pm $44 116563-07

2/7–2/28 Sa Noon–12:45 pm $44 116563-08

Age: 5–6 years
Petite Ballerina III

1/10–1/31 Sa 10:00–10:45 am $44 116563-09

2/7–2/28 Sa 10:00–10:45 am $44 116563-10

Petite Ballet

Young dancers begin to progressively learn classical ballet in this imaginative class. Note: This is a child without parent class.

Location: Northside Aztlan Center

Age: 7–11 years
Petite Ballet I

1/10–1/31 Sa 1:00–1:45 pm $44 116564-01

2/7–2/28 Sa 1:00–1:45 pm $44 116564-02

Age: 8–12 years
Petite Ballet II

1/10–1/31 Sa 11:00–11:45 am $44 116564-03

2/7–2/28 Sa 11:00–11:45 am $44 116564-04

Ballet & Modern Dance

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

Grade: Kindergarten–2
Location: Club Tico

2/2–3/2 M 4:00–5:00 pm $42 106101-01

Early Learning

Youth

Funtime Pre-K

Children will develop fundamental kindergarten readiness skills. Curriculum will focus on small-motor, literacy, emerging reading/writing and pre-math skills; arts & crafts, movement/physical education, drama, and development of social skills. Children must have turned 4 by 9/15/2014. Note: Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 1/19, 3/13, 3/16, 3/18, 3/20, 4/10, 4/13.

Age: 4–6 years
Location: Northside Aztlan Center

1/7–2/13 M,W,F 9:30 am–Noon $210 117500-01

2/18–4/3 M,W,F 9:30 am–Noon $210 117500-02

4/6–5/13 M,W,F 9:30 am–Noon $197 117500-03

Funtime for Preschoolers

Arts & crafts, storytelling, science, math, pre-reading, creative play/dramatics and gym play are only part of the fun your child will experience in this class! Previous class experience recommended. Children must have turned 3 by 9/15/2014. Note: Funtime closures/holidays correspond to the Poudre School district schedule. Funtime DOES NOT follow PSD weather closures. Class will not be held on 3/17, 3/19.

Age: 3–4 years
Location: Northside Aztlan Center

1/6–2/12 Tu,Th 9:30 am–Noon $157 117501-01

2/17–4/2 Tu,Th 9:30 am–Noon $157 117501-02

4/7–5/14 Tu,Th 9:30 am–Noon $157 117501-03

Lunch Bunch Enrichment

Kids! Bring your lunch, make new friends and learn something new! This fun class offers theme-based enrichment opportunities that complement most Pre-K and 1/2 day Kindergarten programs. Note: Class will not be held on 1/19, 3/13, 3/16, 3/18, 3/20, 4/10, 4/13.

Age: 4–6 years
Location: Northside Aztlan Center

Exploring Art

1/12–2/9 M Noon–2:00 pm $33 117509-01

2/23–3/30 M Noon–2:00 pm $41 117509-02

4/6–5/4 M Noon–2:00 pm $33 117509-03

Fun Stories

1/14–2/11 W Noon–2:00 pm $49 117509-04

2/18–4/1 W Noon–2:00 pm $49 117509-05

4/8–5/6 W Noon–2:00 pm $41 117509-06

Science

1/16–2/13 F Noon–2:00 pm $41 117509-07

2/20–4/3 F Noon–2:00 pm $41 117509-08

4/17–5/8 F Noon–2:00 pm $33 117509-09

Afternoon Play Pals

This class offers a variety of activities to keep your child’s afternoons educational and active. Classes are Theme-based and will include arts & crafts, science, story-telling, music/movement along with recreational swim time both Tuesday and Thursday. This class serves as a great complement to preschool or kindergarten. Note: Please have children arrive dressed in swim clothes. Swim time is 2–2:45 p.m. Parents please arrive 15 minutes early to help your child dress after swimming.

Age: 4–6 years
Location: Mulberry Pool

1/13–1/29 Tu,Th 12:30–3:00 pm $79 117215-01

2/3–2/19 Tu,Th 12:30–3:00 pm $105 117215-02

2/24–3/12 Tu,Th 12:30–3:00 pm $105 117215-03

Curious Twos

This class will direct your child’s attention to games, crafts, and stories while providing a positive first time away from Dad and Mom experience. Note: Please tell front desk staff of allergies at the time of registration. This is a class for the child without the parents. Class will not be held on 1/19, 2/16.

Age: 2 years
Location: Northside Aztlan Center

1/12–1/28 M,W 9:30–10:30 am $26 117502-01

1/12–1/28 M,W 11:00 am–Noon $26 117502-02

2/2–2/25 M,W 9:30–10:30 am $37 117502-03

2/2–2/25 M,W 11:00 am–Noon $37 117502-04

I Want to Be A Scientist

Explore, learn, discover! What is it like to be a scientist? Come and find out! We will conduct hands-on investigations as we discover the world of science.

Age: 3–6 years
Location: Northside Aztlan Center

Oceanography

12/4 Th 9:30–11:00 am $14 117507-01

Vet Medicine

12/11 Th 9:30–11:00 am $14 117507-02

Entomology

12/18 Th 9:30–11:00 am $14 117507-03

Concoctions

1/15 Th 9:30–11:00 am $14 117507-04

Magnets

2/12 Th 9:30–11:00 am $14 117507-05

Flight

2/19 Th,F 9:30–11:00 am $14 117507-06

Astronomy

2/26 Th 9:30–11:00 am $14 117507-07

Those Amazing Dinosaurs

Learn about your favorite dinosaurs. Hunt for fossils, classify by characteristics, and maybe create your own dinosaur.

Age: 3–5 years
Location: Northside Aztlan Center

1/22–2/5 Th 9:30–11:00 am $27 117508-01

Little Chefs Cooking Club

Let’s get creative in the kitchen! These theme-based classes are all hands-on. An occasional craft will be offered to enhance the learning experience. Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

Holiday Treats

12/12 F 9:30–11:00 am $19 117520-01

Winter Snacks

1/16 F 9:30–11:00 am $19 117520-02

Breakfast

1/30 F 9:30–11:00 am $19 117520-03

Valentine Treats

2/6 F 9:30–11:00 am $19 117520-04

Cookies

2/27 F 9:30–11:00 am $19 117520-05

Hospital Helpers

A class specifically for those who love to help! In this class we will simulate what it is like to be a doctor or nurse. We will learn how to take care of minor cuts, scrapes, and bruises.

Age: 3–6 years
Location: Northside Aztlan Center

2/12–2/26 Th 1:00–2:30 pm $26 117545-01

Funtime Discovery

Your child will discover arts & crafts, creative play, letter/number recognition and gym time in this fun transitional class. Please note age requirements. Previous class experience recommended. Must be toilet trained. This is a child without parent class. Note: Class partially discountable. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class.

Age: 2.5–3.5 years
Location: Northside Aztlan Center

1/6–1/29 Tu,Th 9:30–11:00 am $64 117503-01

2/3–2/26 Tu,Th 9:30–11:00 am $64 117503-02

Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe. Note: Please tell front desk staff of allergies at the time of registration.

Age: 3–5 years
Location: Northside Aztlan Center

12/3–12/17 W 1:00–2:30 pm $24 117530-01

1/7–1/21 W 1:00–2:30 pm $24 117530-02

1/28–2/11 W 1:00–2:30 pm $24 117530-03

2/18–2/25 W 1:00–2:30 pm $16 117530-04

Pinkalicious

There can never be too much pink! Arts & Crafts, cupcakes, Pinkalicious stories and more! Please join us for these Pinkeriffic classes! Note: Class partially discountable. This is a child without parent class. Must be toilet trained.

Age: 3–6 years
Location: Northside Aztlan Center

Silverlicious

1/20 Tu 1:00–2:30 pm $10 117537-01

Goldilicious

2/24 Tu 1:00–2:30 pm $10 117537-02

Disney Delights

Your child will find this Disney themed class absolutely delightful! Crafts, games, music and story time is all part of the fun! Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

Tinkerbell

12/5 F 1:00–2:30 pm $16 117540-01

Monsters University

1/9 F 1:00–2:30 pm $16 117540-02

Tangled

1/16 F 1:00–2:30 pm $16 117540-03

Cars

2/6 F 9:30–11:00 am $16 117540-04

Brave

2/13 F 9:30–11:00 am $16 117540-05

Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building! Note: Please tell front desk staff of allergies at the time of registration. Snack will be provided.

Age: 3–6 years
Location: Northside Aztlan Center

3/3 Tu 1:00–2:30 pm $10 117539-01

Playdough World

In this class we will spend time creating scented, edible and even glow in the dark play dough! We will also create our very own worlds made completely from play dough! Note: This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

12/2–12/16 Tu 1:00–2:30 pm $26 117547-01

Super Heroes

Come and create your very own Super Hero! In this class we will dress up and play like legendary Super Heroes! Note: This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

12/4–12/18 Th 1:00–2:30 pm $22 117548-01

A Pirates Life for Me

Jump aboard Matey! Help our crew search and find the hidden treasure! Class includes dramatic play and arts & crafts. Note: Class partially discountable. This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

1/27–2/10 Tu 1:00–2:30 pm $26 117551-01

Secret Agents

In this class we will create our very own spy tools and work as a team to solve the mystery. Class includes: dramatic play, arts and crafts and stories! Note: This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

1/15–1/29 Th 1:00–2:30 pm $26 117552-01

Builders & Bulldozers

In this class your child will help build and destroy life size structures. Class includes: dramatic play, and arts and crafts. Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class.

Age: 3–6 years
Location: Northside Aztlan Center

3/10 Tu 1:00–2:30 pm $10 117553-01

When I Grow Up

Using themed props and dress up clothes, children will exercise their imaginations trying-on different grown-up jobs. Note: Please tell front desk staff of allergies at the time of registration. This is a child without parent class

Age: 3–5 years
Location: Northside Aztlan Center

Police Station

12/12 F 1:00–2:30 pm $14 117554-01

Repair shop

1/23 F 1:00–2:30 pm $14 117554-02

Fire Station

1/30 F 1:00–2:30 pm $10 117554-03

Doctor/EMT

2/20 F 1:00–2:30 pm $14 117554-04

Pizzeria

2/27 F 1:00–2:30 pm $14 117554-05

Little Yogis

Let your little ones come play yoga! We’ll explore movement through animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness. We’ll bark in downward dog, hiss in cobra, flutter our wings in butterfly and take a yoga journey your child will never forget! Note: Class partially discountable. All sessions will be different so sign up for as many as you like. Class will not be held on 12/26.

Age: 3–6 years
Location: KidsCrave Yoga 4021B S College

12/5–1/2 F 11:00–11:45 am $29 117955-01

1/9–1/30 F 11:00–11:45 am $29 117955-02

2/6–2/27 F 11:00–11:45 am $29 117955-03

Pirate Yoga

Climb aboard our yoga pirate ship as we set sail in search of secret treasure! We’ll learn how to talk, dress and train liked pirates. Meet some of our pirate animal friends too but be clever mateys we want to get the treasure before all the other pirates do! ARRRGH! Come dressed in your favorite pirate gear. Note: Class partially discountable. All sessions will be different so sign up for as many as you like.

Age: 3–6 years
Location: KidsCrave Yoga 4021B S College

12/16 Tu 10:00–11:00 am $20 118570-01

1/27 Tu 10:00–11:00 am $20 118570-02

2/24 Tu 10:00–11:00 am $20 118570-03

Downward Doll Yoga

This playful class is a chance for kids to share yoga fun with their favorite friend! Have your child bring their own doll so they can practice together. We will explore pint-sized poses, bitsy balances and teensy twists. We will even provide a mini yoga mat to take home so they can practice with their special friend. Note: Class partially discountable. All sessions will be different so sign up for as many as you like.

Age: 3–6 years
Location: KidsCrave Yoga 4021B S College

1/6 Tu 10:00–11:00 am $25 118571-01

2/10 Tu 10:00–11:00 am $25 118571-02

Superhero Yoga

Join some of your favorite Super Heroes for an action-packed yoga class! We’ll go through important superhero training to strengthen our bodies. We’ll explore our own super powers through fun yoga games and activities and we might even have the chance to save our city from the bad guys. Note: Costumes encouraged – please come dressed as your favorite super hero!

Age: 3–6 years
Location: KidsCrave Yoga 4021B S College

12/2 Tu 10:00–11:00 am $20 118968-01

1/13 Tu 10:00–11:00 am $20 118968-02

Parent & Child

Shake, Rattle & Roll

Come and shake, rattle and roll! We will have fun with singing, playing simple games, finger plays and instrument play.

Age: 12 months–3 years
Location: Northside Aztlan Center

1/15–1/29 Th 10:00–10:45 am $24 117575-01

2/12–2/26 Th 10:00–10:45 am $24 117575-02

Baby Ballerinas

You and your favorite two year old will begin to explore body movement and awareness in this fun and imaginative class!

Age: 2 years
Location: Club Tico

12/2–12/16 Tu 9:00–9:45 am $25 117196-01

1/13–1/27 Tu 9:00–9:45 am $25 117196-02

2/3–2/17 Tu 9:00–9:45 am $25 117196-03

2/24–3/10 Tu 9:00–9:45 am $25 117196-04

Splish Splash Playgroup

You and your child will have fun meeting and playing with others! Activities will include arts & crafts, music, social time and pool play. This is a great opportunity for parents in our community to meet others and let your children of the same age socialize and play. Note: Older siblings may attend and participate for a drop-in fee of $5.

Age: 12–24 months
Location: Mulberry Pool

1/16–1/30 F 10:00–11:30 am $31 117290-01

2/6–2/20 F 10:00–11:30 am $31 117290-02

2/27–3/13 F 10:00–11:30 am $31 117290-03

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength and coordination using balance beams, swing bars, parallel bars and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent. Note: Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. Class will not be held on 2/16.

Age: 2 years
Location: Mulberry Pool

1/5–2/2 M 10:00–10:45 am $41 117295-01

1/5–2/2 M 11:05–11:50 am $41 117295-02

1/7–2/4 W 10:30–11:15 am $41 117295-03

1/8–2/5 Th 11:00–11:45 am $41 117295-04

2/9–3/9 M 10:00–10:45 am $33 117295-05

2/9–3/9 M 11:05–11:50 am $33 117295-06

2/11–3/4 W 10:30–11:15 am $33 117295-07

2/12–3/12 Th 11:00–11:45 am $41 117295-08

Roly Polys

Take part with your child while he/she discovers the world of gymnastics. Children will work on agility, flexibility, strength and coordination using balance beams, swing bars, parallel bars and a mini tramp. Roly Polys is a structured, fun-filled class that includes the parent. Note: Please wear appropriate clothing: leotards/footless tights, or T-shirt and shorts/sweats. No jeans or jewelry please. Class will not be held on 2/16.

Age: 3 years
Location: Mulberry Pool

1/5–2/2 M 9:00–9:45 am $41 117297-01

1/7–2/4 W 9:30–10:15 am $41 117297-02

2/9–3/9 M 9:00–9:45 am $33 117297-03

2/11–3/4 W 9:30–10:15 am $33 117297-04

Mom & Tot Science

Would your child like to make concoctions to use in the bath tub? Come explore the world of science with your little one. We will make and do all kinds of fun science experiments. Note: This is a parent participation class.

Age: 2–3 years
Location: Northside Aztlan Center

12/3–12/10 W 9:30–10:30 am $19 117560-01

1/7–1/14 W 10:00–11:00 am $19 117560-02

2/4–2/11 W 10:00–11:00 am $19 117560-03

3/4–3/11 W 10:00–11:00 am $19 117560-04

Little Explorers

Curious toddlers and their parents will get a chance to experience a different kind of class each week. Science, movement, arts and crafts, and music. All of our favorite toddler classes rolled into one! Note: Please tell front desk staff of allergies at the time of registration. This is a child with parent class.

Age: 2 years
Location: Northside Aztlan Center

12/2–12/16 Tu 11:00 am–Noon $20 117561-01

1/13–1/27 Tu 11:00 am–Noon $20 117561-02

2/3–2/17 Tu 11:00 am–Noon $20 117561-03

Toddlertime

This class will focus on your child’s creativity and imagination. It is a combination of fun fitness games, activities, stories, crafts and movement. Note: This is a child with parent class.

Age: 18–24 months
Location: Northside Aztlan Center

12/2–12/16 Tu 9:30–10:30 am $20 117562-01

1/13–1/27 Tu 9:30–10:30 am $20 117562-02

2/3–2/17 Tu 9:30–10:30 am $20 117562-03

Mother Hubbard’s Crafts & Cupboards

Join us for some fun in the kitchen! Each class is themed with hands-on activities. Class includes cooking, arts and crafts, and storytime. Note: Please tell front desk staff of allergies at the time
of registration.

Age: 2 years
Location: Northside Aztlan Center

Holiday Favorites

12/5 F 10:00–11:30 am $19 117571-01

Snow Ice Cream

1/16 F 10:00–11:30 am $19 117571-02

Polar Bears

1/23 F 10:00–11:30 am $19 117571-03

Valentine’s Day

2/6 F 10:00–11:30 am $19 117571-04

Cookies

2/27 F 10:00–11:30 am $19 117571-05

Small Hands, Big Messy Art

Parents, you and your youngster will have a ball making a mess in this hands-on art class. Shaving cream, flubber and playdough are just of few of the things you’ll get your hands on...and in!

Age: 18–24 months
Location: Northside Aztlan Center

12/3–12/10 W 11:00 am–Noon $19 117585-01

1/21–1/28 W 10:00–11:00 am $19 117585-02

2/18–2/25 W 10:00–11:00 am $19 117585-03

Tot Gym

Bring the little ones in for some fun gym time! Balls, blocks, a mini obstacle course and other activities will be set up for you and your youngsters to enjoy together! No need to register, just come on in! Children must be accompanied by an adult. $2.50 per child, adults free. Note: No fee for babies 12 months and younger. Class will not be held on 3/17, 3/18, 3/19.

Age: 0–6 years
Location: Northside Aztlan Center

1/6–5/14 Tu–Th 10:00 am–Noon $2.50 117598-01

Baby Gym

Now a special gym time just for babies ages 0–18 months. Babies can crawl on mats and through tunnels, play with balls and blocks or challenge themselves on the soft obstacle course, Children must be accompanied by an adult. $2.50 per child. Adults are free! No need to register, just come on in! Note: Class will not be held on 3/13, 3/20, 4/10.

Age: 0–18 months
Location: Northside Aztlan Center

1/9–5/8 F 9:30–11:30 am $2.50 117599-01

Education

Adult

Classes are for ages 18 years and up unless otherwise noted.

CPR & First Aid

CPR & First Aid

This class will prepare you with basic first aid procedures as well as adult, child and infant CPR. This is a great class for daycare providers. Two certificates from the Emergency Care Safety Institute-AAOS will be issued at the end of the class. Book included. Note: Class not discountable.

Location: Senior Center

12/13 Sa 9:00 am–5:00 pm $67 107441-01

1/10 Sa 9:00 am–5:00 pm $67 107441-02

2/7 Sa 9:00 am–5:00 pm $67 107441-03

CPR Professional

Course teaches the skills of adult, child and infant CPR including barrier device-mask, use of an AED, and relief of foreign body airway obstruction. A two-year American Heart Association Certification will be issued upon successful completion of the course. Appropriate for new certifications and re-certifications. Note: Includes AHA student text. Class not discountable.

Location: Senior Center

12/3 W 5:30–9:30 pm $67 107442-01

1/14 W 5:30–9:30 pm $67 107442-02

2/4 W 5:30–9:30 pm $67 107442-03

Cooking

Curry in A Hurry

American efficiency meets authentic Indian curry. Sapna introduces you to making curry in the modern world by teaching three styles of Indian curry, each taking less than 20 minutes without compromising taste or flavor. All dishes that are hot and spicy are not curries. All Curries are not fiery hot, either.

Location: Senior Center
Menu: red and black bean curry with spinach, butternut squash curry, and mixed vegetable coconut curry

1/15 Th 6:00–8:15 pm $29 107425-01

Food for Life: Kickstart Your Heart

These classes offer a chance to discover which foods are optimal for weight management, learn about various health topics including blood pressure, and digestion. The class attendees do all of this while enjoying a cooking demonstration and tasting delicious, healthful dishes in a supportive group setting. Note: Weekly Topics Include: Power of Your Plate. Let’s Go, Getting in Gear, Breaking the Food Seduction, Keys for Natural Appetite Control

Location: Senior Center

1/22–2/19 Th 6:00–8:00 pm $95 107426-01

1/22 Th 6:00–8:00 pm $20 107426-02

Food for Life: Diabetes

The road to diabetes does not have to be a one-way street. There is reason for hope! Research studies have demonstrated that a plant-based nutrition approach reduces the risk and can greatly benefit those who have been diagnosed with the disease. Enjoy a cooking demonstration and tasting delicious, healthful dishes.

Location: Senior Center

12/17 W 6:00–8:00 pm $20 107427-01

Slow Cooker Curries

Let your slow cooker make an Authentic Indian Curry for your dinner tonight. Join Sapna for this easy, delicious, gluten free, dairy free, and vegetarian class.

Location: Senior Center
Menu: spicy lentil soup, garbanzo bean curry, saag–a popular spinach curry, vegetable korma

12/9 Tu 6:00–8:15 pm $29 107428-01

Quinoa Three Ways

Learn everything you need to know about Quinoa while enjoying some fun and healthy recipes

Location: Senior Center
Menu: sweet and spicy quinoa stir-fry, quinoa chickpea salad, and quinoa chia pudding

1/27 Tu 6:00–8:15 pm $29 107429-01

Dal 101 – Indian Style Lentils

Dal, a Sanskrit name that refers to all pulses, legumes, and their food derivatives, still forms the mainstay of the amino acid (protein) supply to the largely vegetarian Indian subcontinent. In addition to being high in protein, lentils also contain a copious amount of essential dietary fiber, vitamins, and minerals.

Location: Senior Center
Menu: a popular lentil appetizer, spinach and lentil curry (saag), and lentil stew served over basmati rice

2/9 M 6:00–8:15 pm $29 107430-01

Meals on A Budget

Easy every day meals, and very healthy on your wallet and your health. Come enjoy this hands-on class that will help you develop simple wholesome plans for your everyday meals. Picky kids will love it too! No experience necessary. Note: Class will not be held on 2/18.

Location: Senior Center

1/28–2/25 W 6:30–7:30 pm $24 107431-01

Thai Cooking, Course 1

Introduction to Asian vegetables: Ever wonder what certain
Asian vegetables taste like? Learn how to choose, prepare,
and cook Asian vegetables.

Location: Senior Center

1/14 W 6:00–8:30 pm $35 107433-01

Thai Cooking, Course 2

Cooking Thai food is not that complicated. You just need a little know how. Learn cooking tips and tricks, and how to choose quality ingredients to make your meals taste great.

Location: Senior Center
Menu: tom kha: Thai coconut soup, lemon grass salad, stir fry
jungle curry

2/10 Tu 6:00–8:30 pm $35 107434-01

Gluten Free Breakfast Ideas

Join Sapna von Reich to learn how to make this quick, simple, yet wholesome gluten free (and vegan) breakfast at home.

Location: Senior Center
Menu: vanilla chia pudding, breakfast sunshine scramble, homemade Lara bar, buckwheat porridge (yes, gluten-free)
and green smoothie

2/25 W 9:30–11:30 am $29 107438-01

General

Hindi

Learn Hindi, the national language of India, through basic knowledge which is helpful in both the remote areas of the country and larger cities. Useful for students who intend to visit the country or study other languages. Learn conversational skills, an introduction to the alphabet and a discussion of the culture.

Location: Senior Center

1/13–3/17 Tu 6:30–8:00 pm $99 107446-01

Henna Tattoo

Come learn about the all-natural temporary tattoo that you paint on your hands and which lasts a few weeks. No experience necessary. All supplies are included, but you need to be ready to participate–this is a very hands-on class, where you will draw and paint on your own and other classmates palms.

Location: Senior Center

1/12–2/2 M 6:30–7:30 pm $49 107462-01

Flea Market Finds

Looking for treasure? Learn how to identify basic silver and gold hallmarks wherever you shop! This hands-on class arms you with the information you need to identify gold and silver jewelry and other items. You may bring up to 6 pieces to evaluate in class. This information is also covered in Sterling Silver class.

Location: Senior Center

2/17 Tu 1:30–3:30 pm $35 107464-01

Sterling Silver

Silver is the new gold! So whether you are a collector, dealer, or just holding a garage sale, this hands-on class arms you with the basics you need to identify sterling silver (and gold) and helps you determine the value, age, and quality of the silver you purchase or sell. You may bring up to 5 pieces to evaluate.

Location: Senior Center

2/25 W 1:30–4:30 pm $45 107465-01

Just Once Guitar

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Note: fee includes a workbook and practice DVD.

Location: Senior Center

1/27 Tu 4:00–6:30 pm $54 107466-01

Just Once Piano

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you’ll need to play any song in this one session. Any song. Any style. Any key.

Location: Senior Center

1/27 Tu 6:40–9:30 pm $54 107467-01

From Nobody to Novelist

Hear a brief history of Andrew’s motivation to become a writer, including successes and (mostly) failures, and the gradual steps he took to learn about both the craft and the business side of the profession. Learn the difficulties of becoming a writer, but with persistence and creativity the success as well.

Location: Senior Center

1/21 W 10:00–11:00 am $9 107470-01

Bridge Mini 1

Prerequisite: Beginning Bridge 1 or permission from the instructor

This course will practice the bridge playing and bidding concepts learned in beginning bridge-1 class using structured play in the ACBL Bidding “Play” Course manual. Note: Taught by Nila Hobbs, ACBL accredited teacher. Price includes supplies.

Location: Senior Center

11/25 Tu 5:30–8:30 pm $96 112460-01

Bridge Mini 2

Prerequisite: Bridge Mini 1 or permission of the instructor

Take the skills learned in Bridge Mini 1 and build upon them by adding more bidding and playing skills. Note: Taught by Nila Hobbs, ACBL accredited teacher. Price includes supplies.

Location: Senior Center

1/7–2/25 W 6:00–8:30 pm $192 112461-01

Technology

Quicken

Prerequisite: Computer Basics Class or basic computer knowledge

This class starts with the basics of creating and managing files and accounts. The hands-on exercise includes creating both a checking and savings account, reconciling a bank statement, creating reports, and more. Note: Instructor provided by the Front Range PC Users Group.

Location: Senior Center

2/7 Sa 8:30 am–12:30 pm $14 107412-01

Blogging for Passion or Profit

Want to have total creative control of your website? No need to hire an expensive web developer. Learn how to create your own WordPress blog with your own domain name & hosting. Create unlimited pages and edits; no programming experience needed. Creating your business or hobby blog has never been easier! Note: Under 18 welcome with permission

Location: Columbine Health Computer Lab

2/4–3/4 W 7:30–8:30 pm $45 107901-01

2/14–2/28 Sa 9:00–10:00 am $30 107901-02

Computer Basics – NW

This class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies. Note: Instructor provided by the Front Range PC Users Group.

Location: Columbine Health Computer Lab

12/2–12/5 Tu–F 10:00 am–Noon $19 107902-01

Facebook for Beginners

Ever get frustrated trying to figure out Facebook? Want to share pictures and posts without worrying about who will actually see it? This class helps you master keeping up with family, friends, and your favorite brands. We’ll cover ‘friending’, privacy controls, and more so you can easily and safely enjoy Facebook. Note: Under 18 welcome with permission

Location: Columbine Health Computer Lab

1/7–1/28 W 7:30–8:30 pm $40 107905-01

Excel Introduction

This class covers the basics of data entry, formulas, formatting, charts, and printing for Excel version 2010.

Location: Columbine Health Computer Lab

1/31 Sa 8:30 am–12:30 pm $14 107903-01

Excellent & Free Software – NW

Prerequisite: Computer Basics class or basic computer knowledge

STOP! You do NOT need to pay monthly fee for your software! There is FREE! EXCELLENT! software available for any computer task. Bring your computer to the class, learn to locate/download/install this Software (not much difference between the famous stuff and FREE software. Save $$! Note: Instructor provided by the Front Range PC Users Group.

Location: Senior Center

2/7 Sa 9:00 am–Noon $14 107906-01

LinkedIn Build Your Organization

For-profit or non-profit, you can build/expand your customer/client base with LinkedIn, the business social networking site. An effective LinkedIn Profile can bring public recognition and convert potential customers/clients to real ones. Learn the setup, keys to an effective Profile, and effective and successful use.

Location: Columbine Health Computer Lab

1/15 Th 6:30–8:00 pm $30 107908-01

Beginning Word v. 2010

This two-session class provides an introduction, using hands-on exercises, to word processing basics such as file management and text formatting, and then expands into the lesser known but useful features such as tables, mail merge, and more.

Location: Columbine Health Computer Lab

12/6–12/13 Sa 8:30 am–12:30 pm $24 107909-01

Youth

Babysitting Bootcamp

Topics include: Babysitting business practices, discipline
and communication, feeding, diapering, safe play for infants and children, preventing accidents, recognizing and responding to emergencies, basic first aid, choking and hands only CPR. Students receive a card endorsed by the American Academy of Pediatrics
for Babysitting. Note: Bring paper, pencil and lunch. Class only partially discountable.

Age: 11–16 years
Location: Northside Aztlan Center

1/19 M Noon–8:00 pm $75 115522-02

2/16 M Noon–8:00 pm $75 115522-03

After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, field trips, and more. Limited transportation is provided from select schools. Note: Must be in correct grade. Register at Northside Aztlan Community Center only.

Grade: Kindergarten–5
Location: Northside Aztlan Center

12/2–12/5 Tu–F 4:00–6:00 pm $38.40 115525-01

12/8–12/12 M–F 4:00–6:00 pm $48 115525-02

12/15–12/19 M–F 4:00–6:00 pm $48 115525-03

1/6–1/9 Tu–F 4:00–6:00 pm $38.40 115525-04

1/12–1/16 M–F 4:00–6:00 pm $48 115525-05

1/20–1/23 Tu–F 4:00–6:00 pm $38.40 115525-06

1/26–1/30 M–F 4:00–6:00 pm $48 115525-07

2/2–2/6 M–F 4:00–6:00 pm $48 115525-08

2/9–2/13 M–F 4:00–6:00 pm $48 115525-09

2/17–2/20 Tu–F 4:00–6:00 pm $38.40 115525-10

2/23–2/27 M–F 4:00–6:00 pm $48 115525-11

Youth Sciences Classes

Grade: 1–8
Location: Northside Aztlan Center

Build A Catapult Airplane

In this club we will learn about motion and the physical forces of flight. Then we will all build folding wing gliders, and special catapults to launch them with. These gliders have a super long
glide time and are exciting to launch over and over again.

12/6–12/20 Sa 10:00–11:00 am $49 115573-01

Build A LEGO Engine

LEGO engineers, come join us as we learn how gasoline engines
work. We’ll learn about mechanical motion, pistons, valves, and pressure. Then we will build and operate a real LEGO engine that
you get to keep

1/3–1/17 Sa 10:00–11:00 am $49 115573-02

Build A Working Catapult

Build your catapult and knock down the castle walls! We will learn about energy and the laws of motion. Then we will build our very own catapults and test their range, accuracy and ability to topple the castle walls

1/24–2/7 Sa 10:00–11:00 am $49 115573-03

Electricity & Magnets

In this club we will about electricity and perform experiments with magnetism. We will build real circuits and a very cool electric motor. Additionally each student will receive their very own experimenter’s kit that they get to keep. Bicycles and tools provided!

2/14–2/28 Sa 10:00–11:00 am $49 115573-04

Holiday Ornaments

Kids come and create your very own holiday decorations and ornaments. Your home will be filled with holiday spirit with your cheery creations! Note: Class partially discountable.

Age: 6–10 years

Location: Northside Aztlan Center

12/6 Sa 1:00–3:00 pm $21 116551-01

Holiday Gifts by Me

Kids, have fun making gifts for friends and family all by yourself! You can make someone’s holiday merry and bright with a homemade touch of love! Note: Class partially discountable.

Age: 6–10 years
Location: Northside Aztlan Center

12/13–12/20 Sa 1:00–3:00 pm $60 116553-01

Winter Break Camp

Let us keep your child busy and entertained during winter break! Kids will enjoy a variety of activities such as gym play, arts and crafts, outdoor play, cooking and more! Note: Please tell front desk staff of allergies at the time of registration. Please bring a water bottle and sack lunch each day. Drop off time is between 8 and 9 a.m. Class will not be held on 1/1.

Grade: 1–6
Location: Northside Aztlan Center

12/29–1/2 M–W,F 8:00 am–5:00 pm $110 116592-01

School Day Out

Note: Please tell front desk staff of allergies at the time of registration. Bring a sack lunch, bathing suit and towel. Class
is partially discountable.

Grade: 1–6
Location: Northside Aztlan Center

Girl’s Camp

School’s out! Spend the day with your girlfriends. Movies, manicures, make your own snacks, arts and crafts (duct tape designs & simple jewelry) Pool time included.

1/5 M 8:00 am–5:00 pm $42 116596-01

Boy’s Camp

Hang out with the guys, play dodgeball, go ice skating, do some cool experiments, construct with some Lego’s and make your own snack!

1/5 M 8:00 am–5:00 pm $42 116596-02

Lego Crazy Schools Out Day

Lego enthusiasts, spend your schools out day with other Lego fanatics! Along with all day Lego construction, kids will enjoy other fun activities such as arts & crafts, a movie, snacks and gym time! Note: Class partially discountable. Please bring a sack lunch. Please note allergies at time of registration.

Grade: 1–6

Location: Northside Aztlan Center

1/19 M 8:00 am–5:00 pm $42 116598-01

Lego Club

Get together with other Lego enthusiasts, share ideas and use your imagination to create your own Lego masterpieces. Afterschool snack provided. Note: Please tell front desk staff of allergies at the time
of registration.

Age: 6–10 years
Location: Mulberry Pool

1/15–1/29 Th 4:30–6:00 pm $20 118246-01

2/26–3/12 Th 4:30–6:00 pm $20 118246-02

S.P.Y. Academy

Your mission will be to solve the “mystery of the missing loot!”
Look for clues. Decode secret messages. Put your espionage skills
to work. Note: Please tell front desk staff of allergies at the time
of registration.

Age: 6–11 years
Location: Northside Aztlan Center

1/24 Sa 1:00–3:00 pm $19 118541-01

Jedi Academy

Jedis in training, learn the ways of the Force! Create a light saber and practice your tiefighting skills.

Age: 6–10 years
Location: Northside Aztlan Center

2/7 Sa 1:00–3:00 pm $19 118542-01

Pirate Academy

Learn and practice walking the plank, searching for treasure, creating fear-inspiring flags and other pirate pillaging and plundering techniques.

Age: 6–10 years
Location: Northside Aztlan Center

2/21 Sa 1:00–3:00 pm $19 118543-01

Cooking

Crazy Cakes

New cake recipes every time! You’ll work with fondant, modeling chocolate, gum paste and more to make the tastiest, most awesomely decorated cakes ever! Become a cake making and decorating master! Note: Please note food allergies at registration. All supplies will be provided. Class partially discountable.

Age: 11–16 years
Location: Northside Aztlan Center

12/20 Sa 1:00–4:00 pm $26 115556-01

1/17 Sa 1:00–4:00 pm $26 115556-02

2/7 Sa 1:00–4:00 pm $26 115556-03

Health & Wellness

**Adult**

Classes are for ages 18 years and up and are located at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

 **This symbol represents those classes that are evidence based programs. These programs are backed by independent research and have been shown to yield measurable results in health.**

**Medical Equipment Repair**

Have an expert from Columbine Medical Equipment take a look at your medical apparatus for a quick check-up and easy repair – or referral for major overhaul. Malfunctioning equipment can be dangerous, so have it checked out.

1/26 M 10:00–11:00 am No Fee

**Massage**

Treat yourself to a massage today! Relieve stress, treat stiff and achy muscles, flush the toxins from your body. It not only feels good, it’s good for your health!

10 minute chair massage $12

20 minute chair massage $21

60 minute chair massage $60

**Blood Pressure Checks**

This is an opportunity to sit down with a registered nurse on
a one-to-one basis to get blood pressures taken and ask any
health-related questions.

1/12, 2/9 M 10:00 am–Noon

**Cholesterol Clinics**

Blood pressure, cholesterol panel and glucose tests with
counseling and recommendations in 20 minutes. Eight hour fast recommended (water and medications permitted). Appointments strongly recommended; walk-ins only accepted if space allows.
Call the Health District 970-224-5209. $15 cost; sliding scale available. **Note:** Care Provider: Health District Nurse

1/6, 2/3 Th 8:15–10:30 am $15 (Sliding scale available)

1/15, 2/19 Tu 8:15–10:30 am $15 (Sliding scale available)

2/14 Sa 8:15–10:30 am $15 (Sliding scale available)

**Atrial Fibrillation: A Growing**

Dr. Ethan Ellis, a specialist in Electrophysiology and Cardiovascular Medicine with UCHealth, will discuss what you need to know about Atrial Fibrillation. A-fib is the most common type of irregular heartbeat, or arrhythmia. Learn the risks, treatments, and what
to do to decrease the chance of developing it.

2/25 W 5:30–7:00 pm No Fee 125400-01

**Congestive Heart Failure**

Marlene Sinclair, RN will go over signs and symptoms of CHF, what causes might lead up to it, suggestions on how to monitor it at home, and when to call the doctor. She will also go over food choices (sodium, etc.) and how to read a food label in searching out healthy choices.

2/11 W 10:00–11:00 am No Fee 125402-01

**Next Steps After Vision Loss**

Have you lost vision due to macular degeneration, glaucoma,
diabetes, strokes, or other vision conditions? Dr. Deanna Alexander,
OD, will discuss vision rehabilitation and low vision treatment
options, so you can continue to do activities such as reading,
driving, working, or hobbies.

2/26 Th 10:00–11:30 am No Fee 125407-01

**Eating & Inflammation**

Chronic inflammation has been correlated to many chronic conditions. A registered dietitian will discuss and present an overview on the research of what foods can cause inflammation and also what foods are linked to reducing inflammation.

2/3 Tu 1:30–2:30 pm No Fee 125408-01

**Seniors on the Ball**

This is a low intensity class that focuses on safety and proper techniques to help anyone looking to improve their overall strength
and balance in a fun and supportive environment. No age restrictions here – all adults welcome!

1/5–1/28 M,W 8:00–8:50 am $28 125410-01

**Live Well with Diabetes**

In this 6 week class, designed by Stanford University you’ll learn goal setting, problem solving and tools to help you manage your diabetes to help prevent or delay serious complications.

1/20–2/24 Tu 1:00–4:30 pm No Fee 125411-01

**Super Foods for the Heart’s Delight**

While deaths from heart disease have dropped in recent years, it’s
still a #1 health concern. Learn what you should include in your diet
to keep your ticker healthy for years to come. Eighteen super foods
for your heart and how to incorporate them into your nutrition choices will be featured.

2/17 Tu 2:00–3:30 pm No Fee 125412-01

**Know the Ten Signs: Early Detection Matters**

If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Join Katie Fahrenbruch, Regional Director of Alzheimer’s Association.

1/15 Th 10:00–11:30 am No Fee 125416-01

**Memory Fitness**

A class focusing on mental exercises, stress reduction, healthy diet, physical exercises and other strategies that bring immediate and long term benefits to memory and mental alertness. Designed for people with normal memory concerns, NOT those who are currently taking medications for memory loss. **Note:** Must pre-test with Aspen Club prior to registration. Please call 970.495.8562.

1/13–2/19 Tu,Th 9:30–11:00 am $60 125417-01

**Strategies to Improve Memory**

This class provides training and education on programs and activities to improve memory as we age. Class delivered by a Speech Therapist.

2/19 Th 3:00–4:30 pm $10 125418-01

**Healthy Brain, Healthy Memory**

Learn what current research is saying about healthy brains,
keeping memory sharp, and about activities that stimulate
cognitive functioning. Presented by Rich Shipman, MA, Mental
Fitness Coach with the UC Health Aspen Club.

12/8 M 10:00–11:30 am No Fee 125419-01

**Arthritis Exercise Program**

This low impact class is designed for anyone with arthritis, related rheumatic disease or musculoskeletal conditions including those with very limited mobility due to joint impairment.

1/5–1/28 M,W 9:00–9:50 am $28 125426-01

**Get a Grasp on Your Grip**

This upper extremity exercise class with information on how to prevent hand injuries and improve your strength. This class will focus on strength testing, home program, adaptive equipment training, home exercise equipment and pain control.

1/14 W 10:30 am–Noon $15 125427-01

**Strong Women Strong Bones**

A 12-week evidence based class designed by Tuft University, for women who’ve not participated in regular strength training in 6 months. Included is progressive resistance training and flexibility exercises. Participants receive a fitness assessment and bone
density (heel) screening at beginning and end of session.

1/6–3/26 Tu,Th 9:00–10:00 am $84 125428-01

**Osteoporosis**

Get a basic overview from a Physical Therapist from Columbine Health Systems regarding osteoporosis education, exercise, and prevention

1/29 Th 10:30–11:30 am No Fee 125429-01

**Stay Home Stay Safe**

This informative class focuses on safety and equipment for your home through reviewing the simple and secure adaptations. Learn strategies to stay in your home setting as long as possible. This class is for men, women, family and caregivers.

2/4 W 9:00–10:30 am $10 125437-01

**Tai Chi Chih Beginner Class**

An inner discipline focusing on circulating and balancing your body’s natural energy, this slow moving meditation is fun, easy and enjoyable. Benefits include reduced stress, strengthened immune system, weight and B/P control and better balance and flexibility. Can be done by anyone regardless of age and physical ability.

1/6-2/24 Tu 1:00–2:00 pm $80 125438-01

**Stay Active & Independent**

A Physical Therapist from Columbine Health Systems will discuss the importance of strength, balance, fitness and home safety. Learn a self-check system and discuss innovative programs to help you stay
in your own home safely as you age. A CHS Pharmacist will review
your medications for possible balance related issues.

2/24 Tu 10:30–11:30 am No Fee 125439-01

**Balance & Fall Prevention Strategies**

Specialists from UC Health Rehabilitation Services will discuss basic fall prevention strategies including how medications, vision, and hearing impact potential for falls. Hear about the advantages of assistive devices. You’ll also learn about specific gait and balance training, along with physical therapy options.

12/10 W 9:00–10:00 am No Fee 125440-01

**Improving Balance Through Exercise**

Upon recommendation from Balance Assessment only, this class will cover balance related issues from footwear to vision to muscle weakness to posture and medications.

1/28–3/4 W 11:00 am–Noon $30 125441-01

**Nutrition & Cancer 101**

Learn about the connection between nutrition and cancer. This class describes the basics of cancer and how nutrition can play a role in prevention, helping current patients with better treatment outcomes and helping survivors prevent recurrence. Nutrition topics include sugar, organics, and supplements.

1/13 Tu 6:00–7:30 pm No Fee 125446-01

2/11 W 10:00–11:30 am No Fee 125446-02

**Live Well with Chronic Disease**

This 6-week class, designed by Stanford University, helps people with one or more chronic health conditions gain confidence and make changes to better manage their health conditions.

2/24–3/31 Tu 9:30 am–Noon No Fee 125447-01

**Cancer, Exercise & Your Health**

Learn the role of exercise in cancer prevention, preventing recurrences, improving function and restoring the body during and after cancer treatment. Answers to exercise and cancer-related questions for those recently diagnosed, living with cancer, finished with treatment, caregivers, or anyone interested in the topic.

1/22 Th 9:30–11:30 am $10 125448-01

2/23 M 4:00–6:00 pm $10 125448-02

**Mastectomy Support Group**

Join us for E.M.B.R.A.C.E: Empower, Me, Breather, Rest, Accept, Courage, Engage. Ask and feel better, group discussions, healthy recipes, stretching/breathing and hugs.

12/8,1/12,2/9 M 6:00–7:00 pm No Fee 125449-01

**Eight Ways to Develop the Courage You Need to Grow Old**

Age intentionally versus living in fear of the future. Learn how to practice courage to increase your emotional, mental and spiritual strength. Gain insight in ways to practice and cultivate your courage. Recognize your fears, strategize ways to grow through those fears
and create a life that you embrace. A courageous life!

2/12 Th 10:00–11:30 am $20 125451-01

**Swallowing Through the Aging Process**

This class will provide training on swallow safety, strengthening and precautions, and is led by a Speech Therapist.

1/15 Th 3:00–4:30 pm $10 125452-01

**Keep Up With Your Changing Legal Needs**

As we age our legal needs change. We will discuss power of attorney for medical and business purposes, selecting agents, safeguarding assets, problems with partners, and what to share with your family and friends. Amy Rosenberg of Peterson, Rosenberg PLLC will be
our presenter.

2/4 W 2:00–3:00 pm No Fee 125453-01

**Powerful Tools for Caregivers**

If you are the primary caregiver for a loved one, taking care of yourself becomes critically important. This 6-weekclass includes an overview of community resources, strategies for reducing stress and guilt, how to make tough decisions, communication skills and more.

1/14–2/18 W 5:30–7:00 pm No Fee 125454-01

**Death Cafe**

Death Cafes provides a chance to demystify the topic of death, and engage in thoughtful and respectful conversation. Neither bereavement nor grief counseling, there is no agenda or conclusions. We’ll discuss living well and “leaving” well. Space is limited to
promote effective conversation. Light snacks provided.

1/21 W 2:00–3:30 pm No Fee 125455-01

**Myths of Hospice Care**

Truth or Myth: Hospice is a place; hospice is only for people with cancer; hospice is for old people; hospice care is expensive. There are many commonly held misconceptions regarding the nature of hospice care, even by medical professionals. This presentation will set the record straight on hospice.

1/7 W 10:00–11:00 am No Fee 125456-01

**Honoring Veterans By Pathways**

About 38,000 veterans live in Larimer and Weld counties and many face unique challenges at end of life as a result. This program provides respectful and compassionate care to those who have served. Get information on our Veteran-to-Veteran volunteer program and capturing Veteran Life Stories.

1/28 W 11:00 am–Noon No Fee 125457-01

**Consider the Conversation**

“Consider the Conversation” is a powerful and inspiring film on the struggle with communication and preparation for end-of-life. The 55-minute PBS film combines personal stories and interviews along with opinions of experts in care. Discussion following video.

2/18 W 10:00–11:30 am No Fee 125458-01

**Take Control of Your End of Life Decisions**

By planning ahead and preparing just a few documents, you can take control of your end-of life-wishes. You will leave with a clear understanding of what is a living will; a medical power of attorney,
and when these documents are implemented. The well-known Five Wishes brochure is part of this discussion.

2/25 W 11:00 am–Noon No Fee 125459-01

**Life Reimagined**

Life is full of checkups health, finances, and car. The Life Reimagined Guide provides a life checkup. Backed by decades of research, this step-by-step approach will help you discover possibilities, prepare for change and make your ideas real - whether you’re focused on work, health, relationships, or pursuing your passion.

12/10 W 3:00–5:00 pm $5 125460-01

1/8 Th 9:00–11:00 am $5 125460-02

**Stress, Sleep or Worry Problems? Learn Reiki**

Worried? Trouble Sleeping? Hands-on healing has been used in Japan for hundreds of years to reduce stress, relieve physical ailments, and more. Reiki balances your brain, body, and emotions powerfully, yet gently. Lean a practical method to sleep better, rid yourself of worry and stress and gain mental clarity.

1/27 Tu 10:30 am–Noon No Fee 125461-01

**Stress & Anxiety: A Yoga Perspective**

Do you know someone suffering from anxiety or depression? Are you a professional in stress management, psychology, teaching, social work? Join us for a powerful revealing discussion on the origins of anxiety and 12 steps to overcome. Based on yoga philosophy and teaching of great masters.

1/17 Sa 10:00 am–1:00 pm $35 125462-01

**Creating A Healthy Balanced Life**

When we become more present in our daily thoughts and actions we can create a healthier, more harmonious balance, and take personal control of our lives. Each class will be interactive and present a key topic to help enhance your quality of life. Discover optimal wellness for your body, mind, and spirit.

1/15–2/12 Th 6:00–7:30 pm $75 125463-01

1/24–2/21 Sa 10:30 am–Noon $75 125463-02

**Intro to Aromatherapy**

Explore the benefits of how essential oils can enhance your wellness from fighting off a cold to enhancing relaxation. Experience the scent of various oils while learning about their properties. Handouts will
be provided.

1/21 W 6:00–7:30 pm No Fee 125464-01

**Losing Your Ho-Ho-Ho’s? It’s Time to De-Stress**

Explore alternatives for dealing with stress this holiday season. These interactive classes provide practical coping strategies and the opportunity to practice them too. Discover new ways to relieve stress and find relaxation and peace for your spirit, mind and body. Breathe deep this Season.

12/2–12/9 Tu 6:00–7:30 pm $30 125465-01

**De-Stress & Relax**

Explore alternatives for dealing with stress this New Year. These classes are interactive so you’ll learn practical coping strategies and have the opportunity to practice them too. Discover new ways to relieve stress and find relaxation and peace for your spirit, mind, and body. It’s time to breathe again.

1/5–1/12 M 6:00–7:30 pm $30 125466-01

2/2–2/9 M 6:00–7:30 pm $30 125466-02

**Laughter Yoga**

Laughter Yoga is a series of simple yet profound exercises based on the philosophy of acting happy. Feel good by engaging the body in the physical actions of happiness and relaxation IE: laughter and deep breathing. Relieve tension!

1/3–2/28 Sa 9:00–10:00 am No Fee 125468-01

**Five Must-Do’s When Downsizing**

“Where do I begin?” It’s the #1 question of downsizing. If this is you, come speak with our Senior Transition Realtors for Keller Williams. Let us give you some great tips, and go over some of the myths and mistakes in downsizing and real estate transactions.

12/11 Th 10:00–11:30 am No Fee 125470-01

1/13 Tu 11:00 am–12:30 pm No Fee 125470-02

2/26 Th 11:00 am–12:30 pm No Fee 125470-03

**CPAP**

Transform your sleep experience by joining a Columbine Medical Equipment expert to learn about CPAP. Learn how it works, its effectiveness and how to choose the right mask. Also if you’ve had difficulty using one before, now’s your chance to ask questions.

2/25 W 4:00–5:00 pm No Fee 125475-01

**Pelvic Floor Class-Improving Number 1 & Number 2**

This class is led by a physical therapist who will train and review exercises to improve bowel and bladder control/care. We will address issues surrounding bowel and bladder incontinence with treatment options. This class is for men and women of all ages.

1/30 F 1:00–2:30 pm $10 125477-01

**Taming Your Pain**

This is a great overall pain management class for the entire body. We will review posture, positioning, pain control strategies and treatments. Strategies for pain control of the neck, back, shoulder
and pelvis along with relaxation techniques will be offered.

12/3 W 3:30–5:00 pm $10 125478-01

**Living with Parkinson’s**

Improve your quality of life through exercise, use for movement, lifestyle changes, cognitive strategies, education on posture and positioning. This is an evidenced based class led by physical therapists and music therapists.

1/7–1/28 W 1:00–2:30 pm $25 125479-01

**Couch to 5K**

This is a class for those of you who would like to start a run/walk program; geared towards beginners. Get in shape with a trained physical therapist to participate in a Spring 5K!

1/20–3/10 Tu 7:00–8:00 pm $35 125480-01

**Healthy Information**

Studies show that improving our health knowledge improves our health, reduces doctor visits and saves money. Explore how to find reliable info even on the internet; how to make the most of your visit
to the doctor, and how to keep track of your health information.

1/22 Th 3:00–4:00 pm No Fee 125481-01

**Diseases – What you Need to Know**

Dr. Robert G. McLean, expert consultant and adjunct professor,
will introduce disease topics that will include disease agents,
zoonotic diseases, methods of transmission, vector and host
species, and disease habitats. Discussion of some local, common diseases in Colorado.

1/12 M 11:00 am–Noon No Fee 125482-01

**Infectious Diseases in the News**

Dr. Robert G. McLean, expert consultant and adjunct professor, will present a detailed discussion of some major diseases such as West Nile Virus, Lyme disease, and Ebola.

2/19 Th 1:00–2:00 pm No Fee 125483-01

**Awareness Through Movement**

These gentle movement explorations done lying on the floor engage your body and brain to help you move with more ease, think more clearly, feel less stress, sleep better and generally enjoy your life more! Must be able to get onto the floor and backup again.

1/8–1/29 Th 6:30–7:30 pm $12 125484-01

2/5–2/26 Th 6:30–7:30 pm $12 125484-02

**Reflexology**

In these relaxing sessions, your hands and feet will be massaged, paying special attention to pressure points that connect with organ and glands throughout the body. Enjoy the sugar scrub to soften your skin and remove dry skin. Schedule your appointment today! **Note:**
30 minute appointments

12/2,12/16,1/6 Tu 9:00 am–Noon $45

1/20,2/5,2/17 Tu 2:00–5:00 pm $45

**Rossiter**

Restore connective tissue to its natural, healthy state creating freedom from pain and increased mobility. Relieve back pain, sciatica, knee pain, hip pain, tennis elbow, plantar fasciitis, and more. Rossiter is done fully clothed and takes about ½ hour. Must be able to get up and down off floor. **Note:** 30 minute appointments.

12/2–2/24 Tu 10:00 am–1:00 pm $45

**Affordable CommUnity Acupuncture**

Thousands of years old, Acupuncture is globally popular! Tiny hair-sized needles stimulate healing without pain or negative side effects. These 1 hour treatments by Fort Collins CommUnity Acupuncture are affordable, relaxing and effective. It helps pain, anxiety, arthritis, insomnia, depression, migraines, etc. **Note:** Schedule one hour appointments

1/5–2/23 M 8:00 am–Noon $25

1/7–2/25 W 9:00 am–1:00 pm $25

**Hearing Screenings & Wax Removal**

Ringing in the ears? Frequently exposed to loud noises? Ears feel clogged? Difficulty following conversations in noisy restaurants? Come check your hearing and talk with a licensed audiologist from the Hearing Rehab Center of Fort Collins, Dr. Stuart Tomlin, an expert in hearing and tinnitus issues. **Note:** 20 minute appointments. Meets every other Monday.

12/1–2/23 M 11:00 am–1:00 pm No Fee

**Fitness Check-Up**

In less than an hour you can check your overall fitness level. Learn your body fat percentage and BMI – then perform simple strength, cardio, and flexibility tests to find your strengths and weaknesses. Test periodically to track changes. **Note:** Schedule 45 minute appointments

1/5,1/12,2/2,2/16 M 1:00–4:00 pm $5

**Golf Fitness Assessment**

This mini assessment is designed to help improve your overall golf game by assessing strength and flexibility components specific to golf. Based on the results of the assessment, exercises and suggestions will be shared to help you become a stronger golfer (hopefully–with lower scores!) **Note:** Schedule 30 minute appointments.

1/8 Th 8:00 am–Noon $20

2/5 Th 8:00 am–Noon $20

**Reiki- Support Healing & Well Being**

Discover how Reiki treatments can reduce stress, relieve physical complaints and clear away blockages from your body and mind. Using light touch, Reiki activates your Ki so you feel tangible change in your overall well-being. Offered by Reiki Master and Teacher, Paula Harrison **Note:** Schedule 45 minute appointments.

12/1–2/26 M,Th 9:00–11:00 am $45

**Converse with a Nurse**

Need clarification, guidance, basic info? This is your chance to sit down with a nurse and get some answers – plus get your blood pressure checked.

1/14 W 1:00–2:00 pm No Fee

**Quarterly Balance Assessments**

UC Health and Front Range Therapy will assess participant’s balance. Based on the results, fall prevention strategies will be suggested, dependent if you are a low, moderate, or high risk for falls. **Note:**
20 minute appointments.

1/14 W 9:00 am–1:00 pm $15

**Massage**

Swedish, integrative and deep tissue. Whether you choose a chair massage or full hour table massage, you will experience increased circulation, reduced stress, and relief from muscle tension and fatigue.

12/12–2/24 Tu 3:30–7:00 PM $60

12/1–2/23 W 9:00 AM–1:00 PM $60

Farm

Classes are held at The Farm at Lee Martinez Park, 600 N. Sherwood, unless otherwise noted.

Adopt an Animal

Anyone can adopt an animal at The Farm and become its “parent”. As an adoptive parent, you are helping to provide for the food and care of “your” animal. Of course, your adopted animal stays at The Farm where it is cared for by farm staff. (Note: for all practical purposes, some of the animals are sold when they reach maturity.) It’s easy to adopt! Choose your favorite farm animal and adopt it for a year by making a tax-deductible donation. A farm “parent” receives an adoption certificate, his/her name listed at The Farm, and a poster as a “thank you”, because we do appreciate your support. All “adoptive parents” will be invited to a special holiday event at The Farm December 12 from 5:30–7:30 p.m. The evening will include: hayrides, hot dogs, make our own s’mores and entertainment.
Adopt soon!

Birthday Parties

Celebrate your child’s birthday with farm flair! Meeting the animals, riding a pony (April–October) or going on a hayride create a very unique party for your 3 to 9 year old. Call The Farm or stop by during open hours to reserve your date. A minimum charge is due at time of reservation. Your hostess will take care of all the details to ensure a stress-free day for you. Party package includes pony rides or hayride, lemonade, table settings, a bandana for each child, and of course a visit with the animals. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/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. Open during open hours of The Farm.

The Farm Museum

Take a walk through yesteryear’s farm era. Displays depict farming from the turn of the century to the early 1930’s. Guess what the “mystery tool” is and how it was used. Then test your “farm strength” by lifting a bale of hay with and without the aid of a pulley system.

Party Rentals

Renting The Farm’s classroom provides a unique space and experience year round! In December the room is decked out with trees, garland and lights. Have your holiday get together in a festive setting! Call for details and all of the options to enhance your party: hayrides, s’more making, photo booth, hot chocolate, to name a few!

Family

Santa on The Farm

Join us for some holiday festivities. Traditional fun includes free admission, hayrides and hot chocolate, and visiting the animals with holiday lights to guide your way AND everyone’s friend SANTA returns to The Farm. If you would like to enhance your visit even more you can purchase $1 tickets for craft/gift making, and s’more making!

12/13,12/14 Sa,Su 3:00–6:00 pm Admission Fee

Breakfast with Santa

Join us for breakfast with the jolly elf himself – Santa Claus! After he reads the list of good boys and girls, everyone will enjoy a light breakfast. There will be time for children to sit on Santa’s lap so bring your camera. A gift from Santa will highlight the morning. Each child must have a paid adult in attendance

Age: 3–5 years

12/12 F 9:00–10:00 am $9 108622-01

12/13 Sa 9:00–10:00 am $9 108622-02

Age: 16 years & up

12/12 F 9:00–10:00 am $9 108622-1A

12/13 Sa 9:00–10:00 am $9 108622-2A

Youth

Tractors Galore

If your child likes tractors, sign them up for this all-tractor class. We will play with tractors, read stories, learn about how tractors work, and even make a tractor book of our very own.

Age: 3–5 years

2/5–2/19 Th 9:00–10:00 am $23 108612-01

Farmer Round Up

The Farm is a great place to visit even in the winter. We will explore and learn about the hayloft, chicken house, and barn. Farmers will not only visit these places on The Farm, but also read and tell stories and make craft projects to take home.

Age: 3–5 years

2/5–2/19 Th 10:30–11:30 am $23 108628-01

Fitness

Adult

All classes are for ages 18 years and up unless otherwise noted.

General Information

It is recommended that your physician be consulted before beginning any exercise program.

If you are 55 or older, sedentary or exhibit any of the major coronary risk factors, you should get your doctor’s clearance to start a new exercise program.

Registration Options

For fitness classes, participation options are available:

1) Participants may register for an entire class session.

2)
Participants may pay a drop-in fee of $5.50/class,
except for Karate.

Special Classes

30 Day Challenge

Challenge yourself in one, or all, of our 30 day toning challenges! Based on the honor system you’ll log your success at Northside Community Center and after completing all 30 days of challenges you’ll be entered to win an IPOD! Raffles take place after each month’s challenge is complete. Registration is free! Note: Class will not be held on 1/19.

Age: 16 years & up
Location: Northside Aztlan Center

Lunge Challenge

1/1–1/31 M–Su 8:00–9:00 am No Fee 109508-01

Crunch Challenge

2/1–2/28 M–Su 6:00–8:00 am No Fee 109508-02

Butt Challenge

3/1–3/31 Sa,Su 6:00–7:00 am No Fee 109508-03

Wall Sit Challenge

4/1–4/30 M–Su 6:00–7:00 am No Fee 109508-04

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym—the pool! Have an effective workout designed to reach your own fitness goals with non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are $25 per session and we offer small group rates. Sessions are approximately one hour. Further information can be obtained by contacting Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk of the Senior Center. Or to schedule an appointment call Deborah at 970.658.5710.

Personal Training

Utilize our certified personal trainers to maximize your workouts and reach your goals at low cost! Other clubs don’t compare! Single sessions: $25/hr and $15/half hr. 2 person session $45/hr, 3 person $60/hr, 4 person $80/hr. Personal trainer “Bios” online fitness page and at Northside Community Center. Further information can be obtained by contacting Linda Kay Morris, lmorris@fcgov.com, 970.224.6032 or Katie Stieber, kstieber@fcgov.com, 970.224.6029.

Age: 13 years and up
Location: Northside Aztlan Center

Trainers

Talisa Gula-Yeast
970.302.8414

Dominick Jones
970.481.2416

Deborah Knobel
970.221.6256

Jimmie Laney
970.581.9017

Terence Lenoir Legros,
970.488.9218

Tess Pasternak,
970.694.2629

Aerobics

Fitness Discovery

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for previously sedentary persons.

Athletic Conditioning

CrossTrain

CrossTrain is an intense workout that will maximize your strength and agility! You’ll use kettle bells, plyo boxes, ropes and more to work every muscle in your body. Best of all, every workout is totally different, keeping your body guessing, forcing it to stay at its peak.

Age: 16 years & up

Insanity

Are you ready to dig deep? Insanity is a high intensity cardio and strength training workout that will get you insane results in less than two months. Its a fun, fast-paced workout with H.I.T.T. (High Intensity Interval Training) concepts.

Age: 16 years & up

Lose To Win

Do you want to lose weight? Do you need help or lack motivation? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could challenge yourself in a similar way, this class is your chance!

Age: 16 years & up

R.I.P.P.E.D.

Experience this total body “plateau proof fitness formula” workout, using resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, and extremely effective.

Age: 16 years & up

Total Body Boot Camp

Total Body Boot Camp is a mix of cardio, weight circuits, stretching and more. Every class will keep your body guessing and improving. You will see improvements in your strength, flexibility and stamina.

Age: 16 years & up

TRX

TRX is an amazing new suspension fitness system that will help you build muscle tone, strength, and flexibility. Because you work with your own straps, TRX is perfect for all fitness levels. You can adjust your straps to increase or decrease the difficulty of every exercise.

Age: 16 years & up

Adaptive Programs

Work Out Partners

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

Age: 16 years & up

Dance

Bollywood Dance

The sounds of Original Bollywood movies come alive in this fusion of traditional and classical indian dances with the influence of some jazz, hip-hop and modern dance. Timing, rhythm, energy, and sharp controlled expressive movements are the important elements! Join us for an exercise that is fun beyond words!

Age: 16 years & up

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves
to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning
fat. Zumba is the most fun you will ever have exercising!

Age: 16 years & up

Zumba Toning

30 minutes of Zumba toning and 30 minutes of high energy Zumba. After a great toning session enjoy great Latin music and have fun dancing while burning calories and improving cardio fitness.

Zumba - Vida Sana

This Zumba class accepts Vida Sana passes. Vida Sana is a call for collaboration to unite for the health equity and well-being of the low income and Hispanic/Latino communities in Fort Collins. Vida Sana is a health movement desiring to bring communities together to improve health. Apply for a pass at Northside.

Age: 16 years & up

General

Badminton

If you enjoy the fast-paced game of badminton, or would like to learn to play, join the group for a morning of fun games. All skill levels welcome. Rackets and plastic shuttles available.

Fitness Orientation

This introductory course, instructed by a personal trainer, allows you to understand not only how to use our cardio and resistance machines and free weights but also teaches you the basic principles and techniques of proper weightlifting and functional movement.

Age: 16 years & up

Kashi Waza

For posture, balance, and movement, your hips are your body’s powerhouse. Koshi Waza (hip techniques) teaches you Japanese movements and exercises that stretch, strengthen, and stabilize
your hips and back, and help balance. Also explore concepts such
as “belly breathing”, “moving from the hips”, “samurai walking.”

Nia

Claim wellness and explore your joy with this sensory based, non-impact, aerobic fusion of dance, healing, and martial arts. Connect body, mind, emotions, and spirit for wellness, conditioning, and overall fitness. Classes are ongoing. Advance registration strongly encouraged. Every body welcome.

Pound Rockout Workout

Pound combines cardio, conditioning and core work with drumming using lightly weighted drumsticks called Ripsticks. You’ll rock your entire body into beautiful shape while burning calories, strengthening muscles, and improving coordination and balance.

Taijifit

TaijiFit is a mind/body exercise that combines the best of traditional Taiji (Tai Chi) with modern Western fitness. There are no routines to learn or choreography to remember. TaijiFit is a special kind of movement experience, more than exercise it is a moving mediation,
a shield against disease and a dance of flow.

Martial Arts

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class will present the four “Mother Forms” of the art which are low-impact, meditative repeating movements and provide some insight into internal movement and training.

Tai Chi, Continuing

Additional Tai Chi concepts and training. This class is recommended after taking the Beginning Tai Chi class to further your development and understanding and it will cover a small Yang style form sequence called Grasp Sparrow’s Tail.

Pilates

Mat Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You’ll look and feel great. This class assists in helping you gain flexibility, muscle strength, definition and core balance by learning correct posture and alignment through a series of body movements.

Age: 16 years & up

Spin

Group Spin

This class offers high aerobic workouts that simulate hills and interval training. A great cardiovascular workout that will tone and strengthen your whole body. A great class for beginner “spinners”, yet challenging for all levels. You adjust your speed and resistance!

Age: 16 years & up

Spin, Quick Ride

This class is a 30 minute version of our Group Spin class which offers a high aerobic workout, simulating hills and including interval training. This is a great cardiovascular session paired with dynamic fun and intense music to keep you motivated!. You adjust your speed and resistance, so it’s great for all levels.

Age: 16 years & up

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Age: 16 years & up

Toning & Strength

30 Minute Toning

Tighten and tone your abs, obliques and lower back one day then your glutes, legs and arms the next! Focus on strength and endurance exercises through a variety of movements using stability balls, bosus, floor mats, the barre and more! You are guaranteed to learn new exercises! All skill levels welcome.

Age: 16 years & up

Barre Fitness

Leave your ballet shoes at home! This fat-burning class turns classic ballet on its head. Utilizing a mix of ballet barre movements, stretching and Pilates-based core exercises, this class is designed to sculpt, strengthen and stretch the entire body in an intelligent and safe way. You’ll be tutu ready in no time!

Age: 16 years & up

Strength & Tone

Designed to develop strength and flexibility in people who want to tone without an aerobic workout. The equipment provides different levels of difficulty. Sculpt your body without pounding your joints! Develop upper and lower body strength, improve flexibility, and tone up with rhythmic music.

Age: 16 years & up

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment.

Yoga

Adaptive Yoga

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis or other neuromuscular disorders and adapted for people of all physical abilities.

Before You Yoga

Intimidated by yoga? This short series of 5 classes helps. Basic poses broken down, phrases explained. Get the most out of yoga by learning the basics in a relaxed environment that takes ‘complex’ out. Prepare for Beginning Yoga class with this informational class.

FAC Yoga

Wind down after a long week and start the weekend off right.

Prenatal Yoga

If you’re pregnant and looking for ways to relax or stay fit, consider prenatal yoga. Good for you and your baby! Prenatal yoga may also help you prepare for labor and promote your baby’s health. Much
like other types of childbirth-preparation classes, prenatal yoga is
a multifaceted approach to exercise.

Age: 16 years & up

Restorative Yoga

Restorative yoga is a pleasant way to relax and soothe frayed nerves. Using blankets and blocks to prop students in passive poses your body can experience the benefits of a pose without having to exert much or any effort. A restorative class can be more rejuvenating than a nap and a perfect way to rejuvenate your afternoon!

Age: 16 years & up

Slow Flow Hatha Yoga

Nurturing, fun, non-competitive session to improve balance, strength and flexibility. Poses will be linked together slowly, with attention to breath. Philosophy and stress management techniques will be touched on. Advanced beginner level, modifications offered, so class is suitable for beginning and intermediate students.

Age: 16 years & up

Therapeutic Yoga

Slow moving, directed yoga to improve specific health conditions, body issues.

Vinyasa Flow Yoga

A fun and fast paced flow linking breathing with movement. Learn the fundamental postures and principles that create a strong yoga practice and build your core strength to support you in more advanced poses.

Age: 16 years & up

Yoga, Advanced Beginner

Advanced beginner level yoga. Previous yoga experience expected, with modifications offered for varying levels. This practice will help release stress, improve balance, flexibility, and strength with sometimes challenging poses. Mindfulness and breathing techniques will be offered as well.

Yoga, All Levels

An emphasis on precision in alignment will be taught in standing poses, forward bending, back bending, twisting and restorative poses.

Yoga, Beginning

Beginning to low intermediate level yoga. Basic practice that most can do. Practice yoga breathing and physical exercises to enjoy strength and flexibility. Stress management can also be enjoyed with a regular practice. Encouraged to bring your own mat.

Yoga, Beginning PLUS

Basic to low-intermediate level yoga. Some previous beginning yoga experience expected. Practice that most can do. Practice yoga breathing and physical exercises (asanas) to enjoy improved strength and flexibility. Mindfulness focus and regular practice. Encouraged to bring your own mat.

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques and fun posture poses that will create
a foundation for health and wellness.

Age: 3 years & up

Yoga & Meditation

Enhance your health with Hatha Yoga through incorporating mindful meditation into your Yoga practice. Learn more about yourself, quieting the mind and finding inner balance. Begin class with meditation moving into asanas. This class is a calm approach to being present, rejuvenated and healthier you.

Age: 16 years & up

Senior General

Ageless Grace

Ageless Grace® teaches 21 Simple Tools for Lifelong Comfort and Ease. Movements come naturally, stimulate the body, and initiate a mind-body link, providing anti-aging exercises that almost anyone can do! Usually practiced in a chair. Take the tools home, benefit from practicing only 10 minutes every day.

Back & Body

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine.

Age: 50 years & up

Body & Mind in Motion

Participants perform a variety of arm and leg movements
while sitting in chairs. Class is designed for adults with
physical limitations.

MS Dryland Exercise

For people with multiple sclerosis and designed to maximize strength and endurance through performance of chair-based exercises. The instructor is aware of symptom issues and monitors participants closely. Classes end with a relaxation session. For more information, call the MS Society at 970.482.4807.

N’Balance

An effective fall prevention class that achieves results! Enjoy practice exercises and movements to strengthen your core balance and to overcome the fear of falling. This is an evidence based program designed from the kinetic principles of Fall Proof!, a balance program created by Cal State University/Fullerton.

Age: 50 years & up

Swiss Theraball

Enjoy gentle, effective low-impact exercise on the Theraball. You can improve balance, endurance, flexibility, and strength with this relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

SilverSneakers

Circuit

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

Age: 50 years & up

CLASSIC

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

Age: 50 years & up

Yoga

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.

Age: 50 years & up

Yoga

Yoga, Chair

You will improve your health through an amazing form of adaptive exercise. You are supported by a chair so you can receive yoga’s healing and restorative benefits. Yoga relaxes your body and mind, improves your musculoskeletal fitness and flexibility, and elevates your overall health and well-being.

Age: 18 years & up

Athletic Conditioning – Youth

Teen Cross Train

Fun and intense athletic training for teens. This class is similar
to our adult Cross Train class but designed for teens.

Age: 13–17 years

Dance

Teen Zumba

Zumba can be even more fun when you are a teenager who loves to dance! Bring your friends to this fun, hypnotic exercise fitness class!

Age: 13–17 years

General

Fitness Orientation

Now youth ages 13 to 15 will be able to use the weight room without adult supervision after taking this 5 week orientation class. A personal trainer covers proper lifting, principles of sets and reps, technique using a variety of equipment, operating all types of resistance and cardio machines, and gym etiquette.

Age: 13–15 years

Spin

Teen Spin

A teen spin class that offers the same type of cardio workout that our Group Spin class offers for adults.

Age: 13–17 years

Yoga

Teen Yoga

A class for beginner to intermediate level teen Yogis. This class embraces the same concepts as our Slow Flow Hatha Yoga.

Age: 13 years & up

Fitness

For ages and descriptions, see page 62.

Location: Club Tico

Adult: Dance

Zumba

1/12–2/2 M 9:00–10:00 am $12 109118-01

2/9–3/9 M 9:00–10:00 am $15 109118-02

1/14–2/4 W 9:00–10:00 am $12 109118-04

2/11–3/11 W 9:00–10:00 am $15 109118-05

1/16–2/6 F 9:00–10:00 am $12 109118-07

2/13–3/13 F 9:00–10:00 AM $15 109118-08

Zumba – Vida Sana

1/12–2/2 M 9:00–10:00 am No Fee 109119-01

2/9–3/9 M 9:00–10:00 am No Fee 109119-02

1/14–2/4 W 9:00–10:00 am No Fee 109119-04

2/11–3/11 W 9:00–10:00 am No Fee 109119-05

1/16–2/6 F 9:00–10:00 am No Fee 109119-07

2/13–3/13 F 9:00–10:00 am No Fee 109119-08

Location: EPIC

Adult: Yoga

Yoga, Beginning PLUS (Morning

1/6–2/5 Tu,Th 6:30–7:20 am $30 109365-01

2/10–3/12 Tu,Th 6:30–7:20 am $30 109365-02

Location: Masonic Center

Adult: General

Nia

12/1–12/15 M 5:30–6:30 pm $9 109911-01

1/5–2/2 M 5:30–6:30 pm $15 109911-02

2/9–3/9 M 5:30–6:30 pm $15 109911-03

Location: Northside Aztlan Center

Adult: Athletic Conditioning

Lose To Win

1/5–2/6 M,W,F 9:30–10:30 am $45 109570-01

2/9–3/13 M,W,F 9:30–10:30 am $45 109570-02

CrossTrain

1/5–2/6 M,W,F 6:15–7:15 am $45 109571-01

2/9–3/13 M,W,F 6:15–7:15 am $45 109571-02

1/5–2/6 M,W,F Noon–1:00 pm $45 109571-04

2/9–3/13 M,W,F Noon–1:00 pm $45 109571-05

1/6–2/5 Tu,Th Noon–1:00 pm $45 109571-07

2/10–3/12 Tu,Th Noon–1:00 pm $45 109571-08

Total Body Boot Camp

1/6–2/5 Tu,Th 5:30–6:30 pm $30 109572-01

2/10–3/12 Tu,Th 5:30–6:30 pm $30 109572-02

R.I.P.P.E.D.

1/5–2/2 M 5:30–6:30 pm $15 109573-01

2/9–3/9 M 5:30–6:30 pm $15 109573-02

1/7–2/4 W 5:30–6:30 pm $15 109573-04

2/11–3/11 W 5:30–6:30 pm $15 109573-05

Insanity

1/6–2/5 Tu,Th 7:30–8:30 am $30 109574-01

2/10–3/12 Tu,Th 7:30–8:30 am $30 109574-02

TRX

1/5–2/4 M,W 6:30–7:30 pm $30 109580-01

2/9–3/11 M,W 6:30–7:30 pm $30 109580-02

1/6–2/5 Tu,Th Noon–1:00 pm $30 109580-04

2/10–3/12 Tu,Th Noon–1:00 pm $30 109580-05

1/6–2/5 Tu,Th 6:30–7:30 am $30 109580-10

2/10–3/12 Tu,Th 6:30–7:30 am $30 109580-11

1/10–2/7 Sa 8:00–9:00 am $15 109580-13

2/14–3/14 Sa 8:00–9:00 am $15 109580-14

Adult: Adaptive

Work Out Partners

2/12 Th 6:00–7:00 pm $20 102585-01

Adult: Dance

Bollywood Dance

1/6–2/3 Tu 6:30–7:30 pm $15 109511-01

2/10–3/10 Tu 6:30–7:30 pm $15 109511-02

Zumba

1/6–2/3 Tu 6:30–7:30 pm $15 109518-04

2/10–3/10 Tu 6:30–7:30 pm $15 109518-05

1/8–2/5 Th 6:30–7:30 pm $15 109518-07

2/12–3/12 Th 6:30–7:30 pm $15 109518-08

1/11–2/8 Su 3:30–4:30 pm $15 109518-10

2/15–3/15 Su 3:30–4:30 pm $15 109518-11

Zumba – Vida Sana

1/6–2/3 Tu 6:30–7:30 pm No Fee 109519-04

2/10–3/10 Tu 6:30–7:30 pm No Fee 109519-05

1/8–2/5 Th 6:30–7:30 pm No Fee 109519-07

2/12–3/12 Th 6:30–7:30 pm No Fee 109519-08

1/11–2/8 Su 3:30–4:30 pm No Fee 109519-10

2/15–3/15 Su 3:30–4:30 pm No Fee 109519-11

Adult: General

Fitness Orientation

1/5–2/2 M 6:30–7:30 pm $15 109502-01

2/9–3/9 M 6:30–7:30 pm $15 109502-02

1/6–2/3 Tu 8:00–9:00 am $15 109502-04

2/10–3/10 Tu 8:00–9:00 am $15 109502-05

1/7–2/4 W 6:30–7:30 pm $15 109502-07

2/11–3/11 W 6:30–7:30 pm $15 109502-08

1/8–2/5 Th 8:00–9:00 am $15 109502-10

2/12–3/12 Th 8:00–9:00 am $15 109502-11

Adult: Pilates

Mat Pilates

1/6–2/5 Tu,Th 1:00–2:00 pm $30 109520-01

2/10–3/12 Tu,Th 1:00–2:00 pm $30 109520-02

1/5–2/2 M 5:30–6:30 pm $15 109520-04

2/9–3/9 M 5:30–6:30 pm $15 109520-05

1/7–2/4 W 5:30–6:30 pm $15 109520-07

2/11–3/11 W 5:30–6:30 pm $15 109520-08

Adult: Spin

Group Spin

1/5–2/4 M,W 6:15–7:00 am $22.50 109550-01

2/9–3/11 M,W 6:15–7:00 am $22.50 109550-02

1/6–2/5 Tu,Th 8:30–9:30 am $30 109550-04

2/10–3/12 Tu,Th 8:30–9:30 am $30 109550-05

Spin & Tone

1/5–2/4 M,W 5:30–6:30 pm $30 109551-04

2/9–3/11 M,W 5:30–6:30 pm $30 109551-05

1/6–2/5 Tu,Th 6:30–7:30 am $30 109551-07

2/10–3/12 Tu,Th 6:30–7:30 am $30 109551-08

1/6–2/5 Tu,Th 4:30–5:30 pm $30 109551-10

2/10–3/12 Tu,Th 4:30–5:30 pm $30 109551-11

Spin – Quick Ride

1/5–2/6 M,W,F 12:15–12:45 pm $22.50 109552-01

2/9–3/13 M,W,F 12:15–12:45 pm $22.50 109552-02

Adult: Toning & Strength

Strength & Tone

1/6–2/5 Tu,Th 12:10–12:55 pm $30 109530-01

2/10–3/12 Tu,Th 12:10–12:55 pm $30 109530-02

Strength Training

1/5–2/4 M,W 8:30–9:30 am $30 109531-01

2/9–3/11 M,W 8:30–9:30 am $30 109531-02

1/6–2/5 Tu,Th 9:30–10:30 am $30 109531-04

2/10–3/12 Tu,Th 9:30–10:30 am $30 109531-05

30 Minute Toning

1/5–2/2 M 1:00–1:30 pm $7.50 109533-01

2/9–3/9 M 1:00–1:30 pm $7.50 109533-02

1/7–2/4 W 1:00–1:30 pm $7.50 109533-04

2/11–3/11 W 1:00–1:30 pm $7.50 109533-05

Barre Fitness

1/5–2/4 M,W 1:00–2:00 pm $30 109534-04

2/9–3/11 M,W 1:00–2:00 pm $30 109534-05

Adult: Yoga

Slow Flow Hatha Yoga

1/5–2/2 M 4:00–5:00 pm $15 109561-01

2/9–3/9 M 4:00–5:00 pm $15 109561-02

1/6–2/3 Tu 5:00–6:00 pm $15 109561-04

2/10–3/10 Tu 5:00–6:00 pm $15 109561-05

1/7–2/4 W 4:00–5:00 pm $15 109561-07

2/11–3/11 W 4:00–5:00 pm $15 109561-08

1/8–2/5 Th 5:00–6:00 pm $15 109561-10

2/12–3/12 Th 5:00–6:00 pm $15 109561-11

Vinyasa Flow Yoga

1/10–2/7 Sa 8:00–9:00 am $15 109565-01

2/14–3/14 Sa 8:00–9:00 am $15 109565-02

Prenatal Yoga

1/7–2/4 W 9:00–10:00 pm $15 109567-01

2/11–3/11 W 9:00–10:00 am $15 109567-02

Yoga & Meditation

1/6–2/5 Tu,Th 9:00–10:00 am $30 109569-04

2/10–3/12 Tu,Th 9:00–10:00 am $30 109569-05

Restorative Yoga

1/5–2/4 M,W Noon–1:00 pm $30 109589-01

2/9–3/11 M,W Noon–1:00 pm $30 109589-02

Family Yoga

1/5–2/2 M 7:00–8:00 pm $45 109560-01

2/9–3/9 M 7:00–8:00 pm $45 109560-02

1/7–2/4 W 7:00–8:00 pm $45 109560-04

2/11–3/11 W 7:00–8:00 pm $45 109560-05

Senior: Silversneakers

Classic

12/1–12/17 M,W 11:00–11:45 am $13.50 109545-01

12/22–12/31 M,W 11:00–11:45 am $9 109545-02

1/5–2/4 M,W 11:00–11:45 am $22.50 109545-03

2/9–3/11 M,W 11:00–11:45 am $22.50 109545-04

Youth

Fitness Orientation

1/5–2/2 M 5:30–6:30 pm $10 109501-01

2/9–3/9 M 5:30–6:30 pm $10 109501-02

1/6–2/3 Tu 6:30–7:30 pm $10 109501-04

2/10–3/10 Tu 6:30–7:30 pm $10 109501-05

1/7–2/4 W 5:30–6:30 pm $10 109501-07

2/11–3/11 W 5:30–6:30 pm $10 109501-08

1/8–2/5 Th 6:30–7:30 pm $10 109501-10

2/12–3/12 Th 6:30–7:30 pm $10 109501-11

Teen Cross Train

1/5–2/4 M,W 6:30–7:30 pm $20 109578-01

2/9–3/11 M,W 6:30–7:30 pm $20 109578-02

Teen Spin

1/5–2/4 M,W 4:30–5:30 pm $20 109555-01

2/9–3/11 M,W 4:30–5:30 pm $20 109555-02

Teen Yoga

1/6–2/5 Tu,Th 4:00–5:00 pm $20 109563-01

2/10–3/12 Tu,Th 4:00–5:00 pm $20 109563-02

Teen Zumba

1/9–2/6 F 4:30–5:30 pm $20 109512-01

2/13–3/13 F 4:30–5:30 pm $20 109512-02

Location: Parklane Towers

Senior: General

Parklane Fitness

12/2–12/18 Tu,Th 9:30–10:30 am $18 109440-01

1/6–2/5 Tu,Th 9:30–10:30 am $30 109440-02

2/10–3/12 Tu,Th 9:30–10:30 am $30 109440-03

Location: Raintree Athletic Club

Adult: Adaptive

Adaptive Yoga

2/12–3/12 Th 1:00–2:00 pm $38 102980-01

Location: Senior Center

Adult: Aerobics

Low Impact Aerobics

12/2–12/18 Tu,Th 8:50–9:50 am $18 109401-01

12/23–12/30 Tu,Th 8:50–9:50 am 62 109401-02

1/6–2/5 Tu,Th 8:50–9:50 am $30 109401-03

2/10–3/12 Tu,Th 8:50–9:50 am $30 109401-04

Fitness Discovery

12/2–12/18 Tu,Th 5:30–6:25 pm $18 109402-01

12/23–12/30 Tu,Th 5:30–6:25 pm $12 109402-02

1/6–2/5 Tu,Th 5:30–6:25 pm $30 109402-03

2/10–3/12 Tu,Th 5:30–6:25 pm $30 109402-04

Adult: Dance

Zumba

12/1–12/15 M 5:30–6:25 pm $9 109416-01

12/22–12/29 M 5:30–6:25 pm $6 109416-02

1/5–2/2 M 5:30–6:25 pm $15 109416-03

2/9–3/9 M 5:30–6:25 pm $15 109416-04

12/3–12/17 W 5:30–6:25 pm $9 109416-05

1/7–2/4 W 5:30–6:25 pm $15 109416-06

2/11–3/11 W 5:30–6:25 pm $15 109416-07

Zumba Toning

12/1–12/17 M,W 12:10–12:55 pm $13.50 109417-01

12/22–12/31 M,W 12:10–12:55 pm $9 109417-02

1/5–2/4 M,W 12:10–12:55 pm $22.50 109417-03

2/9–3/11 M,W 12:10–12:55 pm $22.50 109417-04

12/6–12/20 Sa 9:15–10:15 am $9 109417-05

12/27–1/3 Sa 9:15–10:15 am $6 109417-06

1/10–2/7 Sa 9:15–10:15 am $15 109417-07

2/14–3/14 Sa 9:15–10:15 am $15 109417-08

Adult: General

Badminton

Ongoing M,W,F 8:00–10:00 am Drop-In Fees Apply

Kashi Waza

12/1–12/15 M 6:45–7:45 pm $9 109409-01

12/22–12/29 M 6:45–7:45 pm $6 109409-02

1/5–2/2 M 6:45–7:45 pm $15 109409-03

2/9–3/9 M 6:45–7:45 pm $15 109409-04

Nia

12/4–12/18 Th 6:30–7:20 pm $6.75 109411-01

1/8–2/5 Th 6:30–7:20 pm $11.25 109411-02

2/12–3/12 Th 6:30–7:20 pm $11.25 109411-03

Pound Rockout Workout

1/7–2/4 W 6:45–7:30 pm $11.25 109418-01

2/11–3/4 W 6:45–7:30 pm $11.25 109418-02

Taijifit

1/5–2/4 M,W 7:00–7:45 am $22.50 109419-01

2/9–3/11 M,W 7:00–7:45 am $22.50 109419-02

1/6–2/3 Tu 4:00–4:45 pm $11.25 109419-03

2/10–3/10 Tu 4:00–4:45 pm $11.25 109419-04

1/8–2/5 Th 3:00–3:45 pm $11.25 109419-05

2/12–3/12 Th 3:00–3:45 pm $11.25 109419-06

Adult: Martial Arts

Tai Chi, Beginning

12/6–12/20 Sa 12:45–1:45 pm $9 109428-01

12/27–1/3 Sa 12:45–1:45 pm $6 109428-02

1/10–2/7 Sa 12:45–1:45 pm $15 109428-03

2/14–3/14 Sa 12:45–1:45 pm $15 109428-04

Tai Chi, Continuing

12/6–12/20 Sa 2:00–3:00 pm $9 109429-01

12/27–1/3 Sa 2:00–3:00 pm $6 109429-02

1/10–2/7 Sa 2:00–3:00 pm $15 109429-03

2/14–3/14 Sa 2:00–3:00 pm $15 109429-04

Adult: Toning & Strength

Strength Training

12/2–12/18 Tu,Th 10:00–11:00 am $18 109410-01

1/6–2/5 Tu,Th 10:00–11:00 am $30 109410-02

2/10–3/12 Tu,Th 10:00–11:00 am $30 109410-03

Adult: Yoga

Before You Yoga

1/7–2/4 W 6:30–7:30 pm $15 109462-01

Yoga, Beginning

12/2–12/18 Tu,Th 2:45–3:45 pm $18 109463-01

12/23–12/30 Tu,Th 2:45–3:45 pm $6 109463-02

1/6–2/5 Tu,Th 2:45–3:45 pm $30 109463-03

2/10–3/12 Tu,Th 2:45–3:45 pm $30 109463-04

12/2–12/18 Tu,Th 4:00–5:00 pm $18 109463-05

12/23–12/30 Tu,Th 4:00–5:00 pm $6 109463-06

1/6–2/5 Tu,Th 4:00–5:00 pm $30 109463-07

2/10–3/12 Tu,Th 4:00–5:00 pm $30 109463-08

12/2–12/18 Tu,Th 5:15–6:15 pm $18 109463-09

12/23–12/30 Tu,Th 5:15–6:15 pm $6 109463-10

1/6–2/5 Tu,Th 5:15–6:15 pm $30 109463-11

2/10–3/12 Tu,Th 5:15–6:15 pm $30 109463-12

12/3–12/17 W Noon–1:00 pm $9 109463-13

1/7–2/4 W Noon–1:00 pm $15 109463-14

2/11–3/11 W Noon–1:00 pm $15 109463-15

12/3–12/17 W 1:15–2:15 pm $9 109463-16

1/7–2/4 W 1:15–2:15 pm $15 109463-17

2/11–3/11 W 1:15–2:15 pm $15 109463-18

Yoga, Advanced Beginner

12/2–12/16 Tu 6:30–7:30 pm $9 109464-01

12/23–12/30 Tu 6:30–7:30 pm $6 109464-02

1/6–2/3 Tu 6:30–7:30 pm $15 109464-03

2/10–3/10 Tu 6:30–7:30 pm $15 109464-04

Yoga, Beginning Plus

1/5–2/4 M,W 5:30–6:20 pm $30 109465-01

2/9–3/11 M,W 5:30–6:20 pm $30 109465-02

Therapeutic Yoga

1/8–2/5 Th 10:00–11:00 am $15 109469-01

2/12–3/12 Th 10:00–11:00 am $15 109469-02

Yoga All Levels

1/10–2/7 Sa 9:30–10:30 am $15 109470-01

2/14–3/14 Sa 9:30–10:30 am $15 109470-02

FAC Yoga

1/9–2/6 F 4:30–5:30 pm $15 109471-01

2/13–3/13 F 4:30–5:30 pm $15 109471-02

Senior: General

Ageless Grace

12/2–12/16 Tu 11:00–11:50 am $9 109436-01

1/6–2/3 Tu 11:00–11:50 am $15 109436-02

2/10–3/10 Tu 11:00–11:50 am $15 109436-03

Back & Body

12/1–12/17 M,W,F 8:50–9:50 am $24 109437-01

1/5–2/6 M,W,F 8:50–9:50 am $45 109437-02

2/9–3/13 M,W,F 8:50–9:50 am $45 109437-03

MS Dryland Exercise

12/1–12/17 M,W 11:00–11:55 am $18 109438-01

1/5–2/4 M,W 11:00–11:55 am $30 109438-02

2/9–3/11 M,W 11:00–11:55 am $30 109438-03

N’Balance

1/5–2/11 M,W 2:30–3:30 pm $18 109439-01

2/16–3/25 M,W 2:30–3:30 pm $18 109439-02

Body & Mind in Motion

12/1–12/19 M,W,F 10:00–10:55 am $27 109442-01

1/5–2/6 M,W,F 10:00–10:55 am $45 109442-02

2/9–3/13 M,W,F 10:00–10:55 am $45 109442-03

Swiss Theraball

12/4–12/18 Th 4:00–5:00 pm $9 109443-01

1/8–2/5 Th 4:00–5:00 pm $15 109443-02

2/12–3/12 Th 4:00–5:00 pm $15 109443-03

Senior: SilverSneakers

Classic

12/2–12/18 Tu,Th 11:00–11:55 am $13.50 109444-01

12/23–12/30 Tu,Th 11:00–11:55 am $9 109444-02

1/6–2/5 Tu,Th 11:00–11:55 am $22.50 109444-03

2/10–3/12 Tu,Th 11:00–11:55 am $22.50 109444-04

12/6–12/20 Sa 10:15–11:00 am $6.75 109444-05

12/27–1/3 Sa 10:15–11:00 am $4.50 109444-06

1/10–2/7 Sa 10:15–11:00 am $11.25 109444-07

2/14–3/14 Sa 10:15–11:00 am $11.25 109444-08

Circuit

12/1–12/19 M,W,F 1:00–1:45 pm $20.25 109446-01

12/22–1/2 M,W,F 1:00–1:45 pm $13.50 109446-02

1/5–2/6 M,W,F 1:00–1:45 pm $33.75 109446-03

2/9–3/13 M,W,F 1:00–1:45 pm $33.75 109446-04

Yoga

12/2–12/18 Tu,Th 10:10–10:55 am $18 109467-01

12/23–12/30 Tu,Th 10:10–10:55 am $6 109467-02

1/6–2/5 Tu,Th 10:10–10:55 am $30 109467-03

2/10–3/12 Tu,Th 10:10–10:55 am $30 109467-04

1/5–2/4 M,W 4:15–5:00 pm $22.50 109467-05

2/9–3/11 M,W 4:15–5:00 pm $22.50 109467-06

Yoga, Chair

12/1–12/15 M 8:30–9:30 am $9 109466-01

12/22–12/29 M 8:30–9:30 am $6 109466-02

1/5–2/2 M 8:30–9:30 am $15 109466-03

2/9–3/9 M 8:30–9:30 am $15 109466-04

Gardens on Spring Creek

Classes will be held at the Gardens on Spring Creek, 2145 Centre Avenue, unless otherwise noted. Registration is taken only by the Gardens: by phone, 970.416.2486, in person or online at fcgov.com/gardens. The Gardens does not participate in the Reduced Fee Program. Scholarships are now available to children of families with limited income. Applications are available at fcgov.com/gardens under Youth Programs. Discounts available to Gardens members only. Pre-registration is highly recommended.

Special Events

Garden of Lights

Stroll through the whimsically decorated and twinkling Gardens lit by thousands of LED lights. See your favorite perennial flower beds, a brilliant blue LED pond, and a Primordial Forest – all created entirely from holiday lights! During the weekends, visit with Santa, listen to holiday music, and enjoy warm drinks.

12/5–1/1 M–Th 5:00–9:00 pm $2 Suggested donation

12/5–1/1 F–Su 5:00–9:00 pm Ticketed Admission

Holiday Gifts & Plants from the Gardens

Looking for a unique present for that someone special? We offer one-stop shopping in our Gift Shop at The Gardens in addition to offering holiday plants grown and nurtured in our greenhouse to deck your halls at home. Choose from poinsettias, amaryllis, Christmas cactuses, herb baskets, and rosemary topiaries. Watch our website fcgov.com/gardens for details.

High Plains Landscape Workshop - Saturday, February 28

Together with City of Fort Collins Utilities, Larimer County Extension, and Colorado State University, the Gardens on Spring Creek are excited to present the High Plains Landscape Workshop, a one-day workshop for homeowners and professionals designed to promote high-quality, sustainable landscapes that reflect a sense of place
in Colorado’s northern Front Range. More info can be found at
fcgov.com/highplains.

Adults

Classes for ages 18 years and up unless otherwise noted.

Create A Christmas Wreath

Join in the fun of creating your own natural holiday wreath from scratch on a 14 inch frame. You will be attaching evergreens to the frame and embellishing that base with a wide variety of natural materials and a bow. Examples, instructions, assistance and materials will be provided. Note: $5 discount for members of the Gardens on Spring Creek. Bring gloves and any favorite item you envision for your wreath (special bows, keepsakes, unique natural materials, etc.)

12/6 Sa 10:00 am–Noon $25

Create A Christmas Swag

Swags are vertical or horizontal bundles of greens that look great on a door, mailbox or above a fireplace. Join in the fun of creating your own natural holiday swag from scratch. A wide variety of natural materials and ribbon will be available to embellish your swag. Examples, instructions, assistance and materials will be provided. Note: $3 discount for members of the Gardens on Spring Creek. Bring gloves and any favorite item you envision for your wreath (special bows, keepsakes, unique natural materials, etc.)

12/6 Sa 1:30–3:30 pm $20

Interpreting & Using your Soil Test

You got your soil tested, now what? Learn how to interpret the data from your soil test to manage your home landscape in the best way possible. This class will help you to irrigate, fertilize and add compost most efficiently. Note: Price reduced by Fort Collins Utilities to promote water conservation.

1/17 Sa 10:00 am–Noon $8

Sketching 101: Forms & Textures of Nature

Do you want to paint gardens, flowers and nature scenes but don’t know how to start? This is the class for you because you have to know how to draw before you can paint. Learn basic techniques of shading, perspective, creating texture and line drawings with graphite pencils. Note: Class is for novice sketchers. Supply list will be provided. $10 discount for members of the Gardens on Spring Creek.

1/22–1/25 Th–Su 1:00–3:00 pm $90

Beginning Landscape Design: Planning, Plants & Placement

Whether you are starting your landscape design with a blank slate or wanting to update your existing yard, this class will provide the basic techniques you need to start working with confidence. Learn the latest trends, design fundamentals and workhorse plants for different conditions. The class will include a special 10 minute presentation on proper planting technique to ensure the survival
of your plant choices. Think big, start small! Note: Price reduced
by Fort Collins Utilities to promote water conservation

1/31 Sa 10:00 am–Noon $12

Pruning Shade Trees

Pruning your shade trees correctly while they’re small makes all the difference in their shape and health as they mature. Learn correct pruning techniques for shade and ornamental trees both young and old. Weather permitting, part of this class will be hands-on outdoors in the garden. Note: $3 discount for members of the Gardens on Spring Creek

1/31 Sa 1:00–3:00 pm $18

Landscape Design with Rocky Mountain Native Plants

Develop your garden plan using traditional landscape design practices, but focusing on native plants. Explore site design and identify zones in your landscape based on hydrology, soil type and existing plants. Learn about natives’ soil and water requirements, size and seasonal interest in order to pair plants effectively. We will also cover care during the plants’ establishment period, long-term garden maintenance and the environmental benefits derived from using native plants. Note: Price reduced by Fort Collins Utilities to promote water conservation.

2/7 Sa 10:00 am–Noon $8

How to Begin Rock Gardening

If you’ve wanted to grow those gorgeous rock garden jewels, but don’t know how to get started, this is the class for you. Learn how to fit a rock garden into your existing landscape, how to place rocks, what soil mix to use and what plants to start with from one of the masters behind our rock garden. Note: Price reduced by Fort Collins Utilities to promote water conservation.

2/7 Sa 1:00–3:00 pm $8

Botany for Gardeners

Besides being fascinating to plant geeks, basic botany can help you understand how plants grow, thus improving your green thumb. This hands-on workshop will provide tips, tools and techniques that will help your garden flourish. Learn basics such as how growth hormones cause plants to bend, stems to grow up and roots down and why leaves have evolved different textures among other intriguing details. Note: $3 discount for members of the Gardens on Spring Creek.

2/14 Sa 10:00 am–Noon $18

Grow the Rainbow: Daylilies & Iris

Learn how to best care for these garden mainstays and how they’ve changed from their wild forms to today’s fantastic flowers. The class will also include the mechanics of hybridizing iris and daylilies so you can actually breed your own unique varieties. Note: $3 discount for members of the Gardens on Spring Creek.

2/14 Sa 1:00–3:00 pm $18

Grow Your Own Herbs

Whether you want an area dedicated completely to herbs or want to add them into other planting areas, this class will teach you how to best grow a wide range of culinary varieties. Learn how to manage annual, perennial and biennial varieties. Note: $2 discount for members of the Gardens on Spring Creek

2/21 Sa 10:00–11:30 am $15

Pruning Fruit Trees

Fruit trees need regular pruning to produce their best crop. Learn the proper timing and best techniques for each of the commonly grown varieties here including apples, plums, peaches and apricots. Weather permitting, part of this class will be hands-on outdoors in our Garden of Eatin’. Note: $3 discount for members of the Gardens on Spring Creek

2/21 Sa 1:00–3:00 pm $18

Youth

Read & Seed

December
Class will not be held the weeks of 12/22 or 12/29.
Week of 12/1 Herb Bundles
Week of 12/8 Pinecone Reindeer
Week of 12/15 Winter Tree Painting

January
Week of 1/5 Lunar Calendar
Week of 1/12 Snowmen
Week of 1/19 Finger Puppets
Week of 1/26 Snowflake Window Hangings

February
Week of 2/2 Garden Creatures
Week of 2/9 Valentines
Week of 2/16 Beeswax Candles (No class on 2/16/15)
Week of 2/23 Drinking from Oranges

Parent-Child Classes

Join your favority little person for some hands-on fun at the Gardens.

December and January – Holiday Break; Tuesday, February 3– Valentine Snacks with Kendall Andersen Nutrition Center. Meets the first Tuesday of each month.

Ongoing Tu 6:00–7:30 pm $12 per child,
 Adults Free

School’s Out Day Camps

School’s Out Day Camps will be available for children ages 5–11. Pack a lunch and come spend a day gardening, composting, cooking, crafting and discovering. Scholarships are available. Preregistration is required. Call 970.416.2486, drop in to The Gardens or register online at fcgov.com/gardens.

12/1,1/5,2/16 M 9:00 am–4:00 pm $45

Ice Skating

Classes are held at EPIC, 1801 Riverside Ave., unless otherwise noted.

General information for Learn to Skate Lessons

Lessons are taught by Certified P.S.A. instructors and follow guidelines of the United States Figure Skating Association.

Parents may observe lesson from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate
and also creates an obstruction for skaters that are entering or exiting the ice.

Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15 minute practice time. EPIC’s rental skates are available free of charge.

Our class student to instructor ratio is 1 instructor to 10 students. Any classes larger than 10 will have an assistant added to them. Minimum for all classes, based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)

Skating lessons are 30 minutes in length with a 15 minute
practice time, which may be before or after your lesson depending
on scheduling.

The instructors have time in between classes to talk to parents and address their concerns.

Please be aware that some levels will need to be repeated to master all the skills.

The first day of each lesson is generally termed as level evaluation day. At this time, the instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.

There are no make-up lessons for missed skating classes.

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

If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

Helmet (also available at EPIC; Tot 1 & 2 Required)

Gloves (thin – not ski mittens)

Fleece or light weight Jacket

Skating dresses with tights or Leggings/Pants that are easy
to move in

Loose or bulky clothing is not recommended

Freestyle

Interested in knowing more about competitive or recreational figure skating programs?

Call 970.221.6683 and ask to speak with one of the professional skate instructors on staff. Program not discountable

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey, and Power. Fees vary depending on instructor. Ice time and skate rental is not included in instructor fee. Program not discountable

Skate Sharpening Services

EPIC offers Skate Sharpening services for Figure and Hockey skates (Blackstone Flat Bottom V). Drop-off and walk-in service available. Please call 970.221.6683 x3 for hours and fees.

Team & Club Contacts

Adult Hockey – Fort Collins Adult Hockey Association
fcaha.org

Youth hockey – Northern Colorado Youth Hockey
ncyh.org

Figure Skating Club – Fort Collins Figure Skating Club
fortcollinsfsc.org

Women’s Hockey – Flames / Phoenix / Comets
wachhockey.org

College Hockey – Colorado State University
csuhockey.com

High School Hockey – High Plains Hockey
highplainshockey.com

Figure Skating Lessons for Boy & Girl Scouts

Earn your skating Merit Badge!

A learn to skate lesson can be arranged for your troop during a public skate session at a discounted rate. Minimum of 4 skaters needed. Flexible number of weeks available.

Please call 970.416.2770 to make arrangements for your Troop.

Special Event

Winter Wishes Ice Show

Skaters from our Learn-to-skate program will be featured in the 27th annual “Winter Wishes” Ice Show, December 20–21. Call 970.221.6683 for times and ticket information. Ticket sales will begin Monday November 17 at 7 a.m. (EPIC only) or by phone, 970.221.6683 (press 3) Bring one canned good for $1 off ticket price (one canned good per ticket).

Drop-In Activities

Curling Drop-In

Come practice and improve your delivery, sweeping, strategy, and basic rules of curling. Participants need to wear a helmet, clean rubber soled sneakers, and dress in layers that are stretch or loose.

Age: 8 years & up

Ongoing Tu 1:00–2:30 pm $7.50

Power Skating

Hockey skaters will develop power, agility, and endurance. Program developed and instructed by Olympic speed skater Jondon Trevena. Note: Class will not be held on 12/24, 12/31. Full hockey gear required

Age: 9–17 years

Ongoing W 3:45–4:30 pm $12

Speed Skating Drop-In

Previous skating experience is a must. You will gain knowledge of your edges, pushes, balance, and pressure. This class is designed to enhance your skating speed and technique of all types of skating. Come prepared wearing warm-up pants, long sleeved shirt, and speed skates (Intermediate and Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena. Note: Session not discountable. Class will not be held on 12/24 & 12/31.

Age: 7 years & up

Beginner

Ongoing W 4:45–5:30 pm $12

Intermediate

Ongoing W 5:45–6:45 pm $15

Senior Coffee Club

This program takes place during regular recreational skate sessions and is for older adults interested in social skating.

Age: 60 years & up

December–February

Ongoing W 9:15–10:45 am Drop-In Fees Apply

Drop-In Hockey

This open practice session in for hockey players who want to sharpen their skating and shooting skills. Note: 10- or 30-admission punch passes may be purchased at the $4/punch rate.

Age: 16 years & up

Sign up at the front desk beginning at 6 a.m. for morning session and 6 p.m. for evening session. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players. Full equipment required. Skate rental is $2.50 per pair. Session not discountable. No session 12/25, 1/1.

Ongoing M–F 11:15 am–12:45 pm $4/Session

Ongoing Th 1:00–2:30 pm $4/Session

Fitness Skate

Intermediate to advanced skaters will benefit from this aerobic exercise. Session not discountable. Note: 10- or 30-admission punch passes may be purchased at the $5.50/punch rate. Skate rental is $2.50 per pair. No session 12/5, 12/18, 12/19, 12/25, 1/1, 1/16, 1/19.

Age: 16 years & up

Ongoing M–F 11:15 am–1:00 pm $5.50/Session

Stick & Puck

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. No Goalies in net. Session not discountable. Note: Skate rental is $2.50 per pair. No session will be held 12/20, 12/21, 1/17, 1/18.

Age: All ages

Ongoing Sa,Su 2:30–3:30 PM $4/Session

12/22–1/2 M,Tu,F 4:45–6:00 pm $4/Session

Learn-To-Skate

Tot 1 Skate

Tots will be introduced to the ice at a relaxed pace. Upon completion of this level participants will be able to do the following skills: sit on ice and stand up, march in place, standing swizzle, dip, march forward, forward marching with two-foot glide, and introduced to backward wiggles and rocking horse. Note: We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area.

Age: 4–5 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110302-01

1/6–1/29 Tu,Th 9:30–10:00 am $60 110302-02

1/3–1/31 Sa 10:30–11:00 am $38 110302-03

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110302-04

2/3–2/26 Tu,Th 9:30–10:00 am $60 110302-05

2/7–3/7 Sa 10:30–11:00 am $38 110302-06

Tot 2 Skate

Participants must have successfully completed Tot 1. Upon completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles. Note: We require that tots wear helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area.

Age: 4–5 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110304-01

1/6–1/29 Tu,Th 9:30–10:00 am $60 110304-02

1/3–1/31 Sa 10:30–11:00 am $38 110304-03

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110304-04

2/3–2/26 Tu,Th 9:30–10:00 am $58 110304-05

2/7–3/7 Sa 10:30–11:00 am $38 110304-06

Basic 1 Skate

For skaters who have never skated before. Upon completion of this level participants will be able to do the following skills: sit and stand up, march forward, two-foot glide, glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles, and intro to forward one-foot glide. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

Age: 5–9 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110306-01

1/6–1/29 Tu,Th 10:00–10:30 am $60 110306-02

1/3–1/31 Sa 10:30–11:00 am $38 110306-03

1/5–1/26 M 4:00–4:30 pm $30 110306-04

1/5–1/26 M 4:30–5:00 pm $30 110306-05

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110306-06

2/3–2/26 Tu,Th 10:00–10:30 am $60 110306-07

2/2–2/23 M 4:00–4:30 pm $30 110306-08

2/2–2/23 M 4:30–5:00 pm $30 110306-09

2/7–3/7 Sa 10:30–11:00 am $38 110306-10

Basic 2 Skate

Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. Upon completion of this level participants will be able to do the following skills: forward glides, pumping, slalom, backward two-foot swizzles, two-foot glide, turn, snowplow stop, and T-position. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

Age: 5–15 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110310-01

1/6–1/29 Tu,Th 10:00–10:30 am $60 110310-02

1/3–1/31 Sa 10:30–11:00 am $38 110310-03

1/5–1/26 M 4:00–4:30 pm $30 110310-04

1/5–1/26 M 4:30–5:00 pm $30 110310-05

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110310-06

2/3–2/26 Tu,Th 10:00–10:30 am $60 110310-07

2/2–2/23 M 4:00–4:30 pm $30 110310-08

2/2–2/23 M 4:30–5:00 pm $30 110310-09

2/7–3/7 Sa 10:30–11:00 am $38 110310-10

Basic 3 Skate

Skaters must have successfully completed Basic 2. Upon completion of this level participants will be able to do the following skills: stroking, forward and backward pumping, backward slalom, two foot turn, gliding backward on one foot, hold inside and outside edge on a circle, and two foot spin.

Age: 5–15 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110314-01

1/6–10/29 Tu,Th 10:30–11:00 am $60 110314-02

1/3–1/31 Sa 11:15–11:45 am $38 110314-03

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110314-04

2/3–2/26 Tu,Th 10:30–11:00 am $60 110314-05

2/7–3/7 Sa 11:15–11:45 am $38 110314-06

Basic 4 Skate

Participants must have successfully completed Basic 3. Upon completion of this level participants will be able to do the following skills: stroking with power, backward one-foot glide, forward inside and outside edge on an axis, forward crossovers, forward outside three turn right and left, and backward snowplow stop.

Age: 5–15 years

1/6–1/29 Tu,Th 4:45–5:15 pm $60 110316-01

1/6–1/29 Tu,Th 10:30–11:00 am $60 110316-02

1/3–1/31 Sa 10:30–11:00 am $38 110316-03

2/3–2/26 Tu,Th 4:45–5:15 pm $60 110316-04

2/3–2/26 Tu,Th 10:30–11:00 am $60 110316-05

2/7–3/7 Sa 10:30–11:00 am $38 110316-06

Basic 5 Skate

Participants must have successfully completed Basic 4. Upon completion of this level participants will be able to do the following skills: forward crossovers, hold outside and inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5–15 years

1/6–1/29 Tu,Th 5:30–6:00 pm $60 110318-01

1/3–1/31 Sa 11:15–11:45 am $38 110318-02

2/3–2/26 Tu,Th 5:30–6:00 pm $60 110318-03

2/7–3/7 Sa 11:15–11:45 am $38 110318-04

Basic 6 Skate

Participants must have successfully completed Basic 5. Upon completion of this level participants will be able to do the following skills: backward crossovers, forward inside three-turn, backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin.

Age: 5–15 years

1/6–1/29 Tu,Th 5:30–6:00 pm $60 110322-01

1/3–1/31 Sa 11:15–11:45 am $38 110322-02

2/3–2/26 Tu,Th 5:30–6:00 pm $60 110322-03

2/7–3/7 Sa 11:15–11:45 am $38 110322-04

Basic 7 Skate

Participants must have successfully completed Basic 6. Upon completion of this level skaters will be able to do the following skills: backward to forward two-foot turn, forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, and inside forward three turn.

Age: 5–15 years

1/3–1/31 Sa 11:15–11:45 am $38 110324-01

2/7–3/7 Sa 11:15–11:45 am $38 110324-02

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 5–15 years

1/6–1/29 Tu,Th 5:30–6:00 pm $60 110326-01

2/3–2/26 Tu,Th 5:30–6:00 pm $60 110326-02

Basic 8 Skate

Participants must have successfully completed Basic 7. Upon completion of this level participants will be able to do the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 5–15 years

1/3–1/31 Sa 11:15–11:45 am $38 110328-01

2/7–3/7 Sa 11:15–11:45 am $38 110328-02

Field Moves

Participants will learn Pre-preliminary and Preliminary Moves in the Field. The following skills will be taught: stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left 3 turns, consecutive spirals, alternating 3 turns.

Age: 5–15 years

1/6–1/27 Tu 6:15–6:45 pm $32 110330-01

2/3–2/24 Tu 6:15–6:45 pm $32 110330-02

Beg Free Skate 1 & 2

Participants must have successfully completed Basic 8. This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/6–1/29 Tu,Th 5:15–6:00 pm $96 110332-01

1/3–1/31 Sa 9:30–10:15 am $60 110332-02

2/3–2/26 Tu,Th 5:15–6:00 pm $96 110332-03

2/7–3/7 Sa 9:30–10:15 am $60 110332-04

Intermediate Free Skate 3 & 4

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/6–1/29 Tu,Th 5:15–6:00 pm $96 110334-01

1/3–1/31 Sa 9:30–10:15 am $60 110334-02

2/3–2/26 Tu,Th 5:15–6:00 pm $96 110334-03

2/7–3/7 Sa 9:30–10:15 am $60 110334-04

Advanced Free Skate 5 & 6

This is a 45-minute class that will focus on Spins, Jumps, and Moves (15 minutes each). For a detailed description of skills please see the Learn To Skate Bulletin Board.

Age: 5–15 years

1/6–1/29 Tu,Th 5:15–6:00 pm $96 110336-01

1/3–1/31 Sa 9:30–10:15 am $60 110336-02

2/3–2/26 Tu,Th 5:15–6:00 pm $96 110336-03

2/7–3/7 Sa 9:30–10:15 am $60 110336-04

Adult Beginner & Intermediate Skate

These classes are for the person with little or no previous experience on ice. See Basic 1–4.

Age: 16 years & up

1/8–1/29 Th 6:15–6:45 pm $32 110349-01

2/5–2/26 Th 6:15–6:45 pm $32 110349-02

Adult Advanced & Figure Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

1/8–1/29 Th 6:45–7:15 pm $32 110353-01

2/5–2/26 Th 6:45–7:15 pm $32 110353-02

Hockey

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. See Basic 1. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

Age: 5–9 years

1/3–1/31 Sa 11:15–11:45 am $38 110308-01

2/7–3/7 Sa 11:15–11:45 am $38 110308-02

Basic 2 Hockey Skate

Hockey equipment NOT required. Participants must have successfully completed Basic 1 or be between the ages of 10–15 and never skated. See Basic 2. Note: Helmets are strongly recommended for beginners. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area

Age: 5–15 years

1/3–1/31 Sa 10:30–11:00 am $38 110312-01

2/7–3/7 Sa 10:30–11:00 am $38 110312-02

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

Practice will be held on Tuesdays where the focus will be on basic hockey and skating skills, a recreational game will be held on Thursdays. Equipment can be checked out with a $150 deposit check. Rental skates are included; sticks are available at equipment check out for $10. Note: The equipment handout is Thursday, January 8th from 4–6 p.m. at EPIC. Equipment check-in is immediately following last game of the session.

Age: 4–8 years

1/13–3/12 Tu,Th 4:15–5:00 pm $176 110372-01

Family

Adaptive Skating

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome. Note: Please bring an attendant if you need assistance off the ice.

Age: 8 years & up

1/3–1/31 Sa 9:45–10:15 am $32 110356-01

2/7–3/7 Sa 9:45–10:15 am $32 110356-02

Curling

League is for those who want to experience competitive curling. Each curling team will consist of 4 curlers. Sign-up individually and add team name to roster note. Note: Participants need to wear helmet, clean rubber soled sneakers, and dress in layers that are stretchy
or loose.

Age: 8 years & up

1/4–2/22 Su 3:00–4:30 pm $66 110376-01

Outdoor Recreation

Cancellation & Refund Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming. In this case you will receive a full refund. If you need to cancel a trip you must notify us by 10 a.m. two (2) days prior to trip departure for refund or credit.

Adult

Classes are for ages 18 years and up unless otherwise noted.

Adaptive Programs

Ignite Adaptive Skiing

Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket and adapted equipment will be provided.

Age: 14 years & up
Location: Senior Center

Downhill/Snowboard

1/25 Su 7:30 am–5:30 pm $120 102431-01

2/1 Su 7:30 am–5:30 pm $120 102431-02

2/15 Su 7:30 am–5:30 pm $120 102431-03

2/22 Su 7:30 am–5:30 pm $120 102431-04

3/1 Su 7:30 am–5:30 pm $120 102431-05

Bi-Ski Lessons

1/25 Su 7:30 am–5:30 pm $120 102431-06

2/1 Su 7:30 am–5:30 pm $120 102431-07

2/15 Su 7:30 am–5:30 pm $120 102431-08

2/22 Su 7:30 am–5:30 pm $120 102431-09

3/1 Su 7:30 am–5:30 pm $120 102431-10

Nordic Ski/Snowshoe

1/25 Su 7:30 am–5:30 pm $100 102431-11

2/1 Su 7:30 am–5:30 pm $100 102431-12

2/15 Su 7:30 am–5:30 pm $100 102431-13

2/22 Su 7:30 am–5:30 pm $100 102431-14

3/1 Su 7:30 am–5:30 pm $100 102431-15

Adaptive Ski Trips

Take a tour of the fantastic Adaptive Ski programs and areas we have in Colorado. We will join other adult skiers to take the coach bus on Wednesday, ARO van on Sunday. NSCD and BOEC will provide individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. Note: Attendants are welcome at no charge. For more information, contact Renee Lee, 970.224.6027, rlee@fcgov.com. Class partially discountable.

NSCD Winter Park
Location: Rolland Moore Park

2/11 W 7:00 am–7:00 pm $138 102432-02

BOEC Keystone
Location: Northside Aztlan Center

3/8 Su 5:45 am–7:30 pm $138 102432-03

General

Downhill Ski Trips – M

Motorcoach trips are made to various ski resorts. Cross-country skiers and shoppers are welcome on the Breckenridge trips. Participants are responsible for their own equipment, lift ticket, and lunch. Trips depart from Rolland Moore Park promptly at 7 a.m. and stops in Loveland at I-25 and Hwy. 34 around 7:20 a.m. Note: Cancellation must be made by 10 a.m. four days prior to trip for refund or credit.

Cost: $41, $35 for Senior Center Members
Location: Rolland Moore Park

Copper Mountain

12/10 W 7:00 am–7:00 pm 111910-01

1/14 W 7:00 am–7:00 pm 111910-04

1/26 M 7:00 am–7:00 pm 111910-06

2/4 W 7:00 am–7:00 pm 111910-08

2/25 W 7:00 am–7:00 pm 111910-12

Winter Park

12/17 W 7:00 am–7:00 pm 111910-02

2/11 W 7:00 am–7:00 pm 111910-10

Breckenridge

1/7 W 7:00 am–7:00 pm 111910-03

1/28 W 7:00 am–7:00 pm 111910-07

Keystone/A-Basin

1/21 W 7:00 am–7:00 pm 111910-05

2/18 W 7:00 am–7:00 pm 111910-11

Loveland Ski Area

2/9 M 7:00 am–7:00 pm 111910-09

Snowshoe & Cross-Country Skiing Trips

These snowshoe/cross-country trips will provide an opportunity to enjoy the great outdoors and are designed for 50+ adults who enjoy a good physical challenge, but can also accommodate a range of individual pace and those 18+ are welcome. There is no formal instruction; however all of our trips are led by experienced guides with wilderness first aid training. Our vans are equipped with portable AED’s and the SPOT GPS positioning in case of emergency. We handle the details and the driving so you can enjoy the outdoors. Some trips are in the backcountry of the Poudre Canyon without an available Nordic Center. Trips made to RMNP require a parks pass, Golden Age pass or $20. Snow Mtn. Ranch, Devil’s Thumb, Eldora, Frisco and Breckenridge have an additional day use fee for which you are responsible. Costs range from $10–$25. Our trips to WY have an additional fee due to crossing state lines. Other equipment can be used on the trips designated Cross Country or Snowshoe ONLY with guide approval 970.224.6136. Note: Should be in good health and capable of moderate physical activity. Bring own equipment, water, food. Cost includes transportation, guide.

Location: Senior Center

Zimmerman Lake (snowshoe only)

Mileage (round trip): 4 miles; Lowest Elevation: 10020 ft.; Highest Elevation: 10495 ft.; Beautiful views of Neota Wilderness. Peaceful trail on old logging road.

12/18 Th 8:00 am–4:00 pm $30 111920-01

Member: $25

Breckenridge Nordic Center (both ski and snowshoe)

Mileage (round trip): varies; Lowest Elevation: 9800 ft.; Highest Elevation: 10600 ft. 30K of groomed classic and skate cross-country ski trails through old-growth spruce forests with scenic overlooks.

1/7 W 7:00 am–7:00 pm $30 111920-02

Member: $25

Bierstadt Lake (RMNP) (snowshoe only)

Mileage (round trip): 3.1 miles; Lowest Elevation: 8850 ft.; Highest Elevation: 9416 ft.; Scenic wooded glacial moraine with excellent views along the way.

1/22 Th 8:00 am–4:30 pm $30 111920-03

Member: $25

Happy Jack Trails, WY (both ski and snowshoe)

Mileage (round trip): varies; Lowest Elevation: 8400 ft.;
Highest Elevation: 8900 ft.; Over 30 miles of forested trails
in a beautiful area.

1/30 F 8:30 am–4:00 pm $40 111920-04

Member: $35

Sawmill Creek (snowshoe only)

Mileage (round trip): 3.5 miles; Lowest Elevation: 9475 ft.;
Highest Elevation: 10090 ft.; Gradual climb then levels off
along an old logging road. Beautiful heavily forested trail
that leads to great views.

2/5 Th 8:00 am–4:30 pm $30 111920-05

Member: $25

Copeland Falls (RMNP) (both ski and snowshoe)

Mileage (round trip): 2.6 miles; Lowest Elevation: 8500 ft.;
Highest Elevation: 8600 ft.; Forested evergreen trail mixed with Aspen to waterfall.

2/10 Tu 8:00 am–4:30 pm $30 111920-06

Member: $25

Gould (Ski Only)

Mileage (round trip): 4–6 miles; Lowest Elevation: 9400 ft.; Highest Elevation: 9640 ft.; Quiet trails along Michigan River through wooded sections and overlooks moose habitat.

2/17 Tu 8:00 am–4:30 pm $30 111920-07

Member: $25

Chimney Park, WY (Ski only)

Mileage (round trip): varies; Lowest Elevation: 8800 ft.; Highest Elevation: 9000 ft.; Wooded trails of lodgepole pines and aspen trees with gentle rolling hills winding along old logging roads.

2/26 Th 8:00 am–4:00 pm $40 111920-08

Member: $35

Senior

Classes are for ages 50 years and up unless otherwise noted.

Adventure

Women of Age Rock Climbing

Join other women in learning a new skill. Indoor climbing is an excellent activity to strengthen core muscles and have fun in the process. Learn how to belay and climb on easy to intermediate routes at a local indoor climbing gym. Class will meet at Inner Strength Rock Gym.

Location: Inner Strength Rock Gym

2/3–2/5 Tu,Th 1:00–3:00 pm $49 111931-01

Women of Age Yurt Trip

Meet new friends and enjoy two nights out with one full day and two half days to snowshoe or cross country ski. Access yurts by snowshoeing one-quarter – two miles, one-way near Cameron Pass. Snowshoe on trails around the yurt. Or reach a book by the wood store. Enjoy the beautiful mountain scenery. Trip for women 50+. Note: 3 Day/2 Night Fee includes transportation, 2 night yurt
lodging, meals & guides/instruction. No experience necessary.
Gear not included.

Location: Senior Center

2/23–2/25 M–W 10:00 am–4:00 pm $249 111951-01

Special Events

Family

ARO 20th Anniversary

Celebrate 20 years with the Adaptive Recreation Opportunities program. The Ali Grayson Trio, (former ARO leader), will perform! Memories, friends, food and fun will make it an event not to miss.

Location: Senior Center

2/4 W 5:00–8:00 pm No Fee

Fitness Extravaganza

This fun and fabulous extravaganza is a day for all the public to enter into Northside community Center for free to access group training and fitness classes. A variety of fitness classes, including TRX, Cross Train, R.I.P.P.E.D., Zumba Yoga & More will be available
to all who attend.

Age: All
Location: Northside Aztlan Community Center

1/3 Sa 9–12 pm No Fee Youth

Family Gingerbread House Decorating

We will provide all the fixin’s. You provide the creativity. Note: Only
1 person from each family needs to register. One gingerbread house
per registration.

Location: Northside Aztlan Center

12/7 Su 2:00–4:00 pm $37 118561-01

Adult

Additional special events, see page 96 for details.

Gingerbread House Date Night

Celebrate the holidays with this new Date Night (or Girl’s night out) Gingerbread Decorating class. We will supply all the candy house materials. Wine/beer cash bar available. Must be 21! Note: Only one person needs to register. One gingerbread house per registration

Age: 21 years & up
Location: Northside Aztlan Center

12/6 Sa 7:00–9:00 pm $37 118562-01

Pool Tournament

Competitive 8 ball tournament with prizes for the top three scores. Note: Rules will be reviewed. Snacks and beverages provided.

Age: 50 years & up

Location: Senior Center

1/10 Sa Noon–5:00 pm $25 112470-01

2/14 Sa Noon–5:00 pm $25 112470-02

Senior Special Events

See page 96 for details.

Youth

Schools Out Teen Trips

Age: 11–16 years
Location: Northside Aztlan Center

Nuggets vs Grizzlies

Join us to cheer on our Denver Nuggets while they face the
Memphis Grizzlies!

1/3 Sa 4:30–11:30 pm $40 115538-01

Laser Tag & Bowling

We will spend our morning at Loveland’s multi-level laser tag arena then end our day bowling at Chipper’s Lanes!

1/5 M 8:00 am–5:00 pm $40 115538-02

Outdoor Fun

Dress warm! We will spend the day in Beaver Meadows, snow tubing and enjoying some of Colorado’s most beautiful sceneries.

1/19 M 8:00 am–5:00 pm $40 115538-03

Cooking & Iron Chef

Join us for a day filled with cooking! We will be taking lessons in the kitchen with Foodies and end our day with an Iron Chef Challenge.

2/16 M 8:00 am–5:00 pm $40 115538-04

Nuggets vs. Bucks

Join us to cheer on our Denver Nuggets while they face the
Milwaukee Bucks!

2/20 F 4:00–11:00 pm $40 115538-05

Sports

Adult

Classes are for ages 18 years and up unless otherwise noted.

Adaptive

Adaptive Boccia

Boccia is a paralympic sport, adapted for athletes with physical disabilities. Played indoors on a smooth surface, you can throw, kick or use an assistive device to propel leather balls close to a target ball. Boccia tests your coordination, concentration, ability to strategize, but most important, it’s a lot of fun! Note: RSVP with Renee Lee, 970.224.6027, rlee@fcgov.com. Class will not be held
on 2/17.

Location: Senior Center

2/2–3/30 M 11:00 am–Noon $3 Drop-In Fee

Basketball

Winter Adult Basketball

Men’s, women’s, and coed leagues will be offered. Teams will sign up for their level/playing night preference on a first come basis. 8 games scheduled. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 11/24, ends 12/12
or when leagues fill (whichever comes first)
League Begins: Week of 1/5
Cost: $448
Location: Northside Aztlan Center

Men’s

Mon Men’s Comp 113901-01

Mon Men’s Rec 113901-02

Wed Men’s Rec 113901-03

Women’s

Wed Comp 113902-01

Wed Rec 113902-02

Coed

Rec 113903-01

Spring Adult Men’s Basketball

Keep the ball rolling into the spring. Men’s leagues are offered for a Friday night league, Teams will sign up for their level preference on a first come basis. 6 games scheduled. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/20 or when leagues fill
League Begins: Week of 3/27
Cost: $340
Location: Northside Aztlan Center

Comp 213901-01

Rec 213901-02

Flag Football

Adult Indoor Flag Football

Indoor league will be 6-on-6 non-contact. Games played Sunday mornings between 8–11 a.m. 6 games guaranteed. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 11/24, ends 12/17 or when leagues fill
League Begins: Week of 1/11
Cost: $449
Location: The Edge

Sunday Rec 113912-01

Spring Flag Football

Leagues will be 8-on-8 non-contact. 6 games scheduled, 6 games guaranteed. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/6 or when leagues fill
League Begins: Week of 3/23
Cost: $329
Location: Rolland Moore Park

Monday Rec 213011-01

Spring Indoor Flag Football

NEW! Indoor league will be 6-on-6 non-contact. Games played Sunday mornings between 8 a.m.–12 p.m. 6 games scheduled, 6 games guaranteed. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/20 or when leagues fill
League Begins: Week of 3/29
Cost: $449
Location: TBA

Sunday Rec 213912-01

Kickball

Spring Coed Kickball

Play an American Classic – Kickball. Form your team and come out to have some fun playing a game invented on the playground. The league is coed recreational. 6 games scheduled. Note: Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/6
or when leagues fill (whichever comes first)
League Begins: Week of 3/27
Cost: $184
Location: Rolland Moore Park

Coed Competitive 213061-01

Coed Recreational 213061-02

Martial Arts

Aikido

Traditional Japanese martial art where students learn through repetitive practice, taking turns as attackers and defenders. Practice improves physical conditioning-strength, stamina, flexibility, coordination, and mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for other.
Note: Class will not be held on 12/25.

Location: Northside Aztlan Center

12/2–12/18 Tu,Th 6:00–8:00 pm $30 122521-01

12/23–12/30 Tu,Th 6:00–8:00 pm $20 122521-02

1/6–2/5 Tu,Th 6:00–8:00 pm $50 122521-03

2/10–3/12 Tu,Th 6:00–8:00 pm $50 122521-04

Shotokan Karate Beginners

Designed to introduce Shotokan Karate to individuals who may be interested in this Japanese martial art form. Students may be divided into groups depending on ability. Adults are welcome to participate with their children. The beginner class is getting the students ready for yellow belt level.

Age: 7 years & up
Location: Club Tico

12/1–12/17 M,W 6:00–7:00 pm $33 122122-01

1/5–2/4 M,W 6:00–7:00 pm $55 122122-02

2/9–3/11 M,W 6:00–7:00 pm $55 122122-03

Shotokan Karate, Advanced Levels

The physical and mental benefits of karate are numerous. Some physical benefits are enhanced physical condition, increased stamina, and coordination. Some mental benefits include increased confidence, self-esteem, discipline and concentration. Text is supplemented via fitness manual document. Note: NO beginning Karate students

Age: 7 years & up
Location: Club Tico

Shotokan Karate White thru Purple

12/1–12/17 M,W 6:00–7:00 pm $33 122123-01

1/5–2/4 M,W 6:00–7:00 pm $55 122123-02

2/9–3/11 M,W 6:00–7:00 pm $55 122123-03

Shotokan Karate Brown thru Black

12/1–12/17 M,W 7:00–8:00 pm $33 122124-01

1/5–2/4 M,W 7:00–8:00 pm $55 122124-02

2/9–3/11 M,W 7:00–8:00 pm $55 122124-03

Shotokan Karate Orange thru Purple with Saturday
Class will not be held 1/31.

12/1–12/17 M,W 6:00–7:00 pm $44 122125-01
 Sa 8:30–9:30 am

1/5–2/4 M,W 6:00–7:00 pm $77 122125-02
 Sa 8:30–9:30 am

2/9–3/11 M,W 6:00–7:00 pm $77 122125-03
 Sa 8:30–9:30 AM

Shotokan Karate Purple thru Black with Saturday
Class will not be held on 1/31.

12/1–12/17 M,W 7:00–8:00 pm $44 122126-01
 Sa 8:30–9:30 am

1/5–2/4 W,M 7:00–8:00 pm $77 122126-02
 Sa 8:30–9:30 am

2/9–3/11 M,W 7:00–8:00 pm $77 122126-03
 Sa 8:30–9:30 am

Pickleball

Pickle Ball Skills Drills

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Location: Senior Center

1/7–2/4 W 11:00 am–Noon $15 109477-01

2/11–3/11 W 11:00 am–Noon $15 109477-02

Pickle Ball Beginner Lessons

For those brand new to pickle ball or beginners needing some enhanced skill instruction. Class will consist of some class room time to learn the rules, scoring and the basics. Rotational court
time to begin to play.

Location: Senior Center

1/6–2/3 Tu 10:15–11:15 am $16 109478-01

2/10–3/10 Tu 10:15–11:15 am $16 109478-02

1/17 Sa 8:15–11:30 am $16 109478-03

Pickle Ball Clinics

Intermediates are encouraged to register for these clinics to enhance particular skills. Participants will be taught a skill and then work in small groups to practice. No game play. Skills and drills only.

Location: Senior Center

1/16 F 10:00 am–Noon $14 109479-01

2/20 F 10:00 am–Noon $14 109479-02

Softball

Spring Softball

Teams will have the opportunity to get the rust off before the summer leagues begin! 6 games scheduled. Note: Rosters are unlimited (Participants age 16 &17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/6 or when leagues fill (whichever comes first)
League Begins: Week of 3/22
Cost: $334
Location: Rolland Moore Park

Men’s

Sunday IV 213021-01

Monday III 213021-02

Monday IV 213021-03

Tuesday III 213021-04

Tuesday IV 213021-05

Wednesday II 213021-06

Wednesday III 213021-07

Wednesday IV 213021-08

Thursday III 213021-09

Friday IV 213021-10

Women’s

Thursday IV 213022-01

Coed

Sunday Comp 213023-01

Sunday Rec 213023-02

Tuesday Comp 213023-03

Tuesday Rec 213023-04

Wednesday Comp 213023-05

Wednesday Rec 213023-06

Thursday Rec 213023-07

Sports – Adult

Adult Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. 6 games scheduled. Note: League schedules will be mailed to managers. Schedules will be mailed 1 week before the league begins. If you have not received it by this time, please call 970.221.6356.

Age: 16 years & up
Registration: Begins 2/12, ends 2/20 or when leagues fill (whichever comes first)
League Begins: Week of 2/24
Cost: $439
Location: The Edge

Tu,Th 213091-01

Unified

Adult Basketball

Integrated basketball teams will be formed to compete in a league and a Northeast Area Special Olympics Tournament. Practices are scheduled for the first few weeks, then games take place, and the season ends with a pot luck/awards ceremony on March 28, 2015. Note: Teams will have practices/games for 1 hour. Contact Brenda McDowell at 970.416.2024 or bmcdowell@fcgov.com for more information. Class partially discountable.

Location: Webber Middle School
Age: 16 years & up

Men’s Upper Division

1/10–3/14 Sa 2:30–7:00 pm $25 102751-01

Women Only League

1/10–3/14 Sa 2:30–7:00 pm $25 102751-02

Co-ed Recreational

1/10–3/14 Sa 2:30–7:00 pm $25 102751-03

Age: 18 years & up

Individual Skills

1/10–3/14 Sa 2:30–3:30 pm $19 102751-04

Volleyball

Winter Volleyball

Coed and women’s leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate, B – Recreational. 8 games. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 11/24, ends 12/12 or when leagues fill (whichever comes first)
League Begins: Week of 1/5
Cost: $274/6’s, $174/4’s
Location: TBA

Women’s

Sunday B 113942-01

Wednesday A 113942-02

Wednesday BB 113942-03

Coed

Monday BB 113943-01

Monday B 113943-02

Tuesday A 113943-03

Tuesday BB 113943-04

Friday A/BB Fours 113943-05

Spring Volleyball

Coed and women’s leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level of play and night preference on a first come basis. Levels A – Competitive, BB – Intermediate, B – Recreational. 8 games scheduled. Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Age: 16 years & up
Registration: Begins 2/12, ends 3/6 or when leagues fill (whichever comes first)
League Begins: Week of 3/29
Cost: $274/6’s, $174/4’s
Location: TBA

Women’s

Sunday B 213942-01

Wednesday A 213942-02

Wednesday BB 213942-03

Coed

Monday BB 213943-01

Monday B 213943-02

Tuesday A 213943-03

Tuesday BB 213943-04

Fri A/BB Fours 213943-05

Tennis

Fall General Information

Check Lewistennis.com for complete information or to check availability of open city courts.

Beginner Lessons: M,W: 6–7:30 p.m. Tu,Th: 9:30–11 a.m.

Whether you have never played or are getting back into the game after a long hiatus you will learn and develop your fundamentals so you can really enjoy the game. You will learn the correct way to hit forehands, backhands, volleys, overheads, and serves. You will also learn basic rules and strategies as you start competition.

Intermediate Lessons: Tu,Th: 6–7:30 p.m. Tu,Th: 11 a.m.–12:30 p.m.

Refine your skills. Learn the “Modern Game”. Experience the techniques that are used by the pros. Develop your topspin and
slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

Performance Training

This program is for the adult tournament player who has already developed a solid foundation of the game and has shown a high level of commitment. Players will train with advanced junior players.

Tier 1 & 2:

Th 6:00–7:30 pm
Su 11:30 am–1:30 pm

Tier 3

Tu 6:00–7:30 pm
Su 1:30–3:30 pm

League Coaching Programs

Get your team ready for the USA Tennis Leagues. Professional coaching will improve your team’s strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

Fall & Sessions run for four weeks.

Session 1 11/17–12/20

Session 2 1/5–1/31

Session 3 2/2–2/28

Fencing

Beginning Fencing

Learn fundamental skills and rules of this fast, fun and intense sport. Practice footwork, body position, blade control, offense and defense. Instruction is simple and each class is lively, building on the skills learned in the previous class. Note: Wear athletic shoes, T-shirt, and long loose pants. Equipment provided.

Location: Northside Aztlan Center

Age: 10–12 years

1/9–2/27 F 4:30–6:00 pm $66 115542-01

1/10–2/28 Sa 9:00–10:30 am $66 115542-02

Age: 13 years & up

1/5–2/23 M 6:30–8:00 pm $66 115543-01

1/10–2/28 Sa 11:00 am–12:30 pm $66 115543-02

Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided. Note: Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

Age: 13 years & up
Location: Northside Aztlan Center

12/5–12/19 F 6:15–8:15 pm $32 115544-01

1/9–1/30 F 6:15–8:15 pm $32 115544-02

2/6–2/27 F 6:15–8:15 pm $32 115544-03

Senior

Classes are for ages 50 years and up unless otherwise noted.

AOA Badminton

If you enjoy the energetic fast-paced game of badminton, join the group of Active Older Adults that play on Tuesday and Thursday mornings! Note: Class will not be held on 12/25, 1/1.

Location: Northside Aztlan Center

12/2–2/26 Tu,Th 8:00–10:00 am Drop-In Fee

AOA Basketball

Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings!

Location: Northside Aztlan Center

12/1–2/27 M,W,F 8:00–10:00 am Drop-In Fee

Youngsters

Amazing Athletes

Our action packed sports program is specifically designed to enhance your child’s learning experience through movement. Your child will learn the basic fundamentals and mechanics of 9 different ball sports. Note: Class will not be held on 3/16, 3/19.

Age: 2.5–3 years
Location: Northside Aztlan Center

1/5–2/9 M 9:00–9:30 am $45 114574-01

1/8–2/12 Th 9:00–9:30 am $45 114574-02

2/23–3/30 M 9:00–9:30 am $37.50 114574-03

2/26–4/2 Th 9:00–9:30 am $37.50 114574-04

Sporties for Shorties

Let’s explore the world of sports in this fun-filled class. We will work on the fundamentals of sports as they relate to throwing, kicking, and catching. Come play ball with us! Each session will highlight different skills and different sports along with team work! Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

Age: 3–5 years
Location: Northside Aztlan Center

1/7–1/21 W 10:00–10:45 am $28 114771-01

1/27–2/10 Tu 10:00–10:45 am $28 114771-02

Basketball for Shorties

We will work on large and small motor skills as they relate to shooting, dribbling, and passing. Come play ball with us! Learn the basketball basics in this fun and exciting class! Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class.

Age: 4–6 years
Location: Northside Aztlan Center

1/6–1/20 Tu 10:00–10:45 am $28 114772-01

Baseball For Shorties

Let’s explore baseball! We will work on the fundamentals of throwing, hitting and catching. Come play ball with us! Learn the basics in this fun and exciting class! Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last

Age: 4–5 years
Location: Northside Aztlan Center

1/28–2/11 W 10:00–10:45 am $28 114773-01

Youth Sports

Archery

Archery is a skillful sport requiring balance, poise, accuracy, vision, timing and action! Through this indoor class participants will learn the basic techniques and how to be safe. Note: Equipment is provided. Check in by 4:15 p.m.

Age: 8–16 years
Location: Rocky Mountain Archery, 4518 Innovation Drive

1/8–1/15 Th 4:30–5:30 pm $30 115941-01

2/5–2/12 Th 4:30–5:30 pm $30 115941-02

YOSA - School of Sport

Note: Class will not be held on 1/19, 3/18, 3/21, 3/16, 3/19, 3/17, 3/20.

Location: Q’doba Event Center

YOSA: Learn to Skate

Skills will be taught to increase participant’s confidence on inline or quad skates. The program is designed for those new to skating and will prepare them for Learn to Play Hockey, Jr. Derby and open skating participation. Quad Skates or Inline Skates are available to rent.

Grade: Kindergarten–8

1/7–2/11 W 4:40–5:30 pm $35 114971-07

2/18–4/8 W 4:40–5:30 pm $35 114971-08

YOSA: Learn to Play Hockey

Participants will learn basic inline hockey skills while working up to a cross rink game. The program is designed for kids to increase their skill to enable future participation in YOSA Youth Recreational Hockey League. Each player needs a stick, skate, and helmet. Other inline pads are recommended.

Grade: Kindergarten–8

2/18–4/8 W 5:30–6:30 pm $40 114971-10

Grade: 3–8

1/7–2/11 W 5:30–6:30 pm $40 114971-09

YOSA: Youth Invasion Games

This class is designed for our homeschool community. Half our gym will be set up for Badminton, Tennis, Volleyball and Brazilian Futvolley; and the other will be set up for hockey, floorball, ultimate Frisbee, flag football or German Team Handball.

Grade: 1–8

1/6–2/12 Tu,Th 1:00–3:00 pm $35 114971-15

2/17–4/9 Tu,Th 1:00–3:00 pm $35 114971-16

YOSA: COED Volleyball

This class is designed to develop the FUNdemental volleyball skills form youth. Following the Volleyball method of Dr. DaMatta and FIVB Volleyball. This program will be a high level volleyball initiation focus of universal positions and developmentally appropriate practices for young kids.

Grade: 3–5

1/5–2/12 M,Th 5:30–6:30 pm $55 114971-01

2/19–4/9 M,Th 5:30–6:30 pm $55 114971-02

Grade: 6–8

2/19–4/9 M,Th 4:30–5:30 pm $55 114971-04

YOSA: Court Sports

Each week students will explore and learn fundamentals of different court sports, such as badminton, tennis, volleyball, Brazilian Futvolley and more.

Grade: 3–5

1/5–2/12 M,Th 5:30–6:30 pm $60 114971-11

2/19–4/9 M,Th 5:30–6:30 pm $60 114971-12

Grade: 6–8

1/5–2/12 M,Th 4:30–5:30 pm $60 114971-13

2/19–4/9 M,Th 4:30–5:30 pm $60 114971-14

YOSA: Futsal

International Brazilian Futsal (Indoor Soccer). Players will practice and improve their ball control, foot skills and moves that Brazilian soccer is famous for. Players are grouped according to age and ability. We will challenge players to raise their game and reach new heights within an excellent learning environment.

Grade: 3–5

1/6–2/13 Tu,F 5:30–6:30 pm $60 114971-17

2/17–4/10 Tu,F 5:30–6:30 pm $60 114971-18

Grade: 6–8

1/6–2/13 Tu,F 4:30–5:30 pm $60 114971-19

2/17–4/10 Tu,F 4:30–5:30 pm $60 114971-20

YOSA: Indoor Track

The basic techniques of Track and Field will be taught. Great program for CARA Track offseason training!

Grade: 3–8

1/11–2/1 W 6:30–7:30 pm $35 114971-05

2/18–4/8 W 6:30–7:30 pm $35 114971-06

Youth Team Sports

Basketball

Pee Wee K–1 Girls Basketball

League is for beginning girls basketball players K–1st Grade. Basic skills are taught on a lower rim. Formation of teams including a coach that passes a background check, 6 scheduled games, 1 official minimum for games. One practice per week. Games Saturdays. Teams are randomly selected. Note: Green and gold reversible jerseys are required for this league. They can be purchased at NACC or EPIC for $15.

Grade: K–1
Registration: Begins 8/7
League Begins: Week of 1/12
Cost: $50
Location: Northside Aztlan Center

1/12–2/21 Su 12:00–12:01 am $50 114906-01

Girls Basketball

Develop team play with participation, fun, skills, and sportsmanship. Teams are randomly formed in the sports office, not by when the players registered. Practice dates and times are determined by coach. Coaches will call the week before the program with practice days/times. Special requests are not guaranteed. Note: Most games are played on Saturday mornings. Green/gold reversible City jerseys required, purchase at NACC or EPIC. Visit fcgov.com/basketball for more info

Registration: Begins 8/7
League Begins: Week of 1/12
Cost: $63

Grade: 2–3

Bacon 114907-01

Bauder 114907-03

Beattie 114907-05

Bennett 114907-07

Bethke 114907-09

CLP 114907-11

Dunn 114907-13

Eyestone 114907-15

Harris 114907-17

Irish 114907-19

Johnson 114907-21

Kruse 114907-23

Laurel 114907-25

Linton 114907-27

Lopez 114907-29

McGraw 114907-31

O’dea 114907-33

Olander 114907-35

Putnam 114907-37

Rice 114907-39

Riffenburgh 114907-41

Shepardson 114907-43

Tavelli 114907-45

Timnath 114907-47

Traut 114907-49

Werner 114907-51

Zach 114907-53

Grade: 4–5

Bacon 114908-01

Bauder 114908-03

Beattie 114908-05

Bennett 114908-07

Bethke 114908-09

CLP 114908-11

Dunn 114908-13

Eyestone 114908-15

Harris 114908-17

Irish 114908-19

Johnson 114908-21

Kruse 114908-23

Laurel 114908-25

Linton 114908-27

Lopez 114908-29

McGraw 114908-31

O’dea 114908-33

Olander 114908-35

Putnam 114908-37

Rice 114908-39

Riffenburgh 114908-41

Shepardson 114908-43

Tavelli 114908-45

Timnath 114908-47

Traut 114908-49

Werner 114908-51

Zach 114908-53

Grade: 6

Blevins 114909-01

Boltz 114909-03

CLP 114909-05

Kinard 114909-07

Lesher 114909-09

Lincoln 114909-11

Preston 114909-13

Webber 114909-15

Wellington 114909-17

Grade: 7–8

Blevins 114910-01

Boltz 114910-03

CLP 114910-05

Kinard 114910-07

Lesher 114910-09

Lincoln 114910-11

Preston 114910-13

Webber 114910-15

Wellington 114910-17

Nuggets Holiday Clinic

Improve your basketball skills with the National Basketball
Academy Staff. All participants get a ticket to a future Nuggets
game and a ball.

Age: 6–16 years
Location: Northside Aztlan Center

12/29–12/30 M,Tu 9:00 am–2:30 pm $115 114590-01

Nuggets Skills Challenge

Test your skills in dribbling, passing and shooting. Separate age groups for boys and girls. Awards and winners advance to sectional competition. Register day of event. Participant’s age based on age
as of April 30, 2015

Age: 7–14 years
Location: Northside Aztlan Center

1/10 Sa 10:00 am–Noon No Fee

Football

Ultimate Football

Designed for the first time football experience. This non-contact football program emphasizes the basic fundamentals of throwing and catching while combining the rules of football and ultimate Frisbee. One practice per week and 6 games. Note: $15 jersey,
if needed; 6 games scheduled. Coach will call you with the
practice days.

Grade: Kindergarten–2
Registration: Begins 11/20
League Begins: Week of 3/23
Cost: $52

Fossil Creek Park 214011-06

Rolland Moore Park 214011-12

Spring Canyon Park 214011-09

Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking (1–2 graders with no football experience should play ultimate). The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings. Note: $15 jersey, if needed; 6 games scheduled plus the Rattlesnake Rumble Tournament. Coach will call you with the practice days.

Registration: Begins 11/20
League Begins: Week of 3/23
Cost: $60

Grade: 1–2

Blevins Park 214012-32

City Park 214012-01

Edora Park 214012-03

English Ranch Park 214012-07

Fossil Creek Park 214012-11

Greenbriar Park 214012-14

Harmony Park 214012-17

Spring Canyon Park 214012-21

Troutman Park 214012-25

Warren Park 214012-29

Grade: 3–4

Beattie Park 214013-01

Blevins Park 214013-03

City Park 214013-31

Edora Park 214013-07

Fossil Creek Park 214013-29

Greenbriar Park 214013-11

Harmony Park 214013-13

Rolland Moore Park 214013-19

Spring Canyon Park 214013-21

Troutman Park 214013-23

Warren Park 214013-25

Grade: 5–6

City Park 214014-03

Edora Park 214014-05

Fossil Creek Park 214014-21

Greenbriar Park 214014-08

Harmony Park 214014-11

Rolland Moore Park 214014-13

Troutman Park 214014-23

Spring Canyon Park 214014-17

Warren Park 214014-25

Grade: 7–8

Blevins 214015-01

Boltz 214015-03

CLP 214015-05

Kinard 214015-07

Lesher 214015-09

Lincoln 214015-11

Preston 214015-13

Webber 214015-15

Wellington 214015-17

Volleyball

Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are stressed; winning is secondary. Practices are held one or two times per week, matches are Saturday mornings and week nights. Practices days and times vary. You will hear from the coach the week prior to the program. Note: Practices TBA, 6/wks, green/gold reversible jersey required purchase at EPIC or NACC

Registration: Begins 11/20
League Begins: Week of 2/23
Cost: $63
Location: Northside Aztlan Center

Grade: 2–3 114941-01

Grade: 4–5 114942-01

Grade: 6

Blevins 114943-01

Boltz 114943-03

CLP 114943-05

Kinard 114943-07

Lesher 114943-09

Lincoln 114943-11

Preston 114943-12

Webber 114943-17

Wellington 114943-20

Grade: 7–8

Blevins 114944-01

Boltz 114944-03

CLP 114944-05

Kinard 114944-07

Lesher 114944-09

Lincoln 114944-11

Preston 114944-13

Webber 114944-15

Wellington 114944-17

Wrestling

Wrestling

Participants of this wrestling program will learn the fundamentals and skills of wrestling and compete in interschool dual meets. Program is designed for the beginner as well as the experienced wrestler. Wrestling techniques and conditioning will be taught. All participants will compete in a end of season tournament. Note: Participants will be notified by coach about practice times/dates.
All wrestlers will receive a school shirt

Grade: 3–6
Registration: Began 11/20
League Begins: Week of 1/12
Cost: $63

Blevins 114911-01

Boltz 114911-02

CLP 114911-03

Kinard 114911-04

Lesher 114911-05

Lincoln 114911-06

Preston 114911-07

Webber 114911-08

Wellington 114911-09

Unified

Junior Basketball

Integrated basketball teams will be formed to practice, play games and compete in the Northeast Area Special Olympics Tournament. Note: For more information, please contact Brenda McDowell (970) 416.2024 or bmcdowell@fcgov.com. Teams will be scheduled for a one hour practice.

Age: 8–21 years
Location: Northside Aztlan Center

Jr Basketball child

1/13–3/3 Tu 7:00–9:00 pm $22 102552-01

Jr Basketball Family

1/13–3/3 Tu 7:00–9:00 pm $36 102552-02

Individual Skills

1/13–3/3 Tu 7:00–7:30 pm $19 102552-03

Tennis

General Information

For full program information and for online registration visit lewistennis.com.

Lewis Tennis School directs all tennis programs for the City of Fort Collins. With over 40 years of experience in the tennis industry, Lewis Tennis provides quality lessons, programs and tournaments for all levels and ages. USPTA certified professional Larry Lewis has managed five of top tennis facilities in the United States.

The programs at Lewis Tennis School strive to provide a positive learning environment for players of all ages. Players will learn not only the techniques to become accomplished players but also life skills that help them to excel and enjoy tennis and other areas in their life.

Thousands of youngsters have taken these classes to start a lifetime of tennis. Learn basic stroking fundamentals, rules, play fun games to develop skills. Players will learn the correct way to hit the ball in order to build a strong foundation for future play. As they learn the game they will participate in fun drills and games. Sportsmanship and positive attitude is emphasized. Most players will stay in this level for at least two years.

For the more advanced player Lewis Tennis has programs to develop advanced technical and competitive skills. Many of the top ranked junior players in Northern Colorado have started their tennis careers in our programs and have developed the skills that it takes to compete at the highest state and regional levels.

Programs are held at Rolland Moore Racquet Complex and Fossil Creek Park.

10 & Under QUICKSTART

QUICKSTART Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Little Lobber

4–6 years Sa 10:00–10:45 pm

Future Star

7–8 years M,W 4:30–6:00 pm
 Sa 11:00 am–12:30 pm

Aces

9–10 years M,W 4:30–6:00 pm
 Sa 11:00 am–12:30 pm

Middle School Excellence

Just starting the game or a seasoned competitor? Middle School players will develop their games to effectively compete on middle
and high school teams or just enjoy the benefits of this great
lifetime sport.

Challenger (New player)

11–13 years Tu,Th 4:00–6:00 pm
 Sa 12:30–2:30 pm

Competitive (Intermediate & Advanced)

11–13 years Tu,Th 4:00–6:00 pm
 Sa 12:30–2:30 pm

High School Academy

High School players get ready to have some fun and develop your tennis games! Whether your goal is to play on your high school team or learn the best game to enjoy with your friends, this is the class
for you.

Wimbledon (New player)

14–18 years Tu,Th 4:00–6:00 pm
 Sa 12:30–2:30 pm

Grand Slam (Intermediate & Advanced)

14–18 years Tu,Th 4:00–6:00 pm
 Sa 12:30–2:30 pm

Performance Training

This program is for the devoted junior player who has already developed a solid foundation of the game and has shown a
 high level of commitment. Players typically have goals of state and sectional rankings, high school varsity play, and college scholarships. Players must be accepted by Head Pro. Call 970.493.7000 for days and times.

Tier 1 & 2

 Th 6:00–7:30 pm
 Su 11:30 am–1:30 pm

Tier 3

 Tu 6:00–7:30 pm
 Su 1:30–3:30 pm

Home School Classes

These tennis classes are held at flexible times during the day. Give us a call to arrange a home school class for your children.

Holiday Camp, 12/29–1/2

Lobber

4–6 years 11:00–11:45 am

Future Star

7–8 years Noon–1:30 pm

Aces

9–10 years Noon–1:30 pm

Middle & High School 1:30–3:30 pm

Tucson Holiday Training Trip

Join us for our 5th Annual Tucson Training Trip held during Holiday Break, December 28 through January 1. Players will train for 25 hours and also compete in the Winter Junior Championship in Tucson held January 30–31. Call 970.493.7000 for details.

Winter sessions run for four weeks.

Session 1 11/17–12/20

Session 2 1/5–2/3

Session 3 2/2–2/23

50Plus

**Senior Center Membership**

Membership 50+ is $25.00 annually with scholarships available. Membership provides a $3 per month discount for Fitness Passes and Full Access Passes or $1 off daily fitness admissions. Additionally 50+ members have free admission to drop-in programs including pool room, open shop, library/media center, bingo, cards and games, two day advance registration, member discounts on select services and activities, membership in member-only clubs, member celebrations, free limited legal counseling, notary service, and health and wellness services. Call 970.221.6644 for more membership information.

Providing information and connecting older adults to resources in the community is an important service of the Senior Center. Included among the many resources at the Senior Center are:

•
AARP Resource Center

•
Answers on Aging Resource Guide provided by the Larimer County Office on Aging

•
Materials provided from a variety of local agencies, organizations and services

•
Information on businesses and services of interest to aging adults and their families

**Pool Room**

The Pool Room has 4 eight- ball tables and 1 snooker table. Players must be a member of the Senior Center or pay a daily drop-in fee. Additionally, we ask that users contribute to the maintenance of the facility by making a donation in the donation box located in the room.

**Library Media Center**

The Senior Center’s library and media center offers a quiet location for reading, reflecting, relaxing or using a computer. Users must be members of the Senior Center. Six public access computers are available. Each has internet access, Microsoft Word, and Quicken, a basic accounting program. Several large print books are available, along with books by local artists and several special interest magazines. Volunteer Library Attendants are available to assist members during the day and they keep an ever-rotating supply of reading material indexed and shelved! Book donations are accepted as space allows. Persons wishing to serve as a volunteer in the library are encouraged to contact Betsy Emond, Volunteer Coordinator at 970.224.6030 or *bemond@fcgov.com.*

**Volunteers**

Expand your horizons by sharing your skills, knowledge and passions as a Fort Collins Senior Center volunteer! We have a long and successful history of tapping the talents and resources of our community to enhance our programs and services! We strive to provide our trained volunteers with quality opportunities that meet their expectations, align with their skills and needs and capitalize on the many talents they possess! Our volunteers gain new skills, forge new friendships, interact with fellow community members, enrich their community through purposeful activity, utilize their life experiences to enhance the lives of other, 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. For more information on volunteer opportunities and how you can become a trained Senior Center Volunteer, visit *fcgov.com/recreation/faq.php?2* or contact Volunteer Coordinator Betsy Emond at 970.224.6030, or at *bemond@fcgov.com*.

**Senior Advisory Board**

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and
two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month
at 11:30 a.m. The first 20 minutes of each meeting is devoted to public participation.

**Organizations**

**Senior Center Council – M**

The Fort Collins Senior Center Council assists and advises the administrative staff in matters regarding the operation of the Fort Collins Senior Center and are elected representatives from the senior membership. Elected representatives meet the third Monday of each month at 1:30 p.m., except January and February when it is the fourth Monday. Members are invited to attend.

**Clubs & Organizations**

Classes are held at the Senior Center, 1200 Raintree Drive, and are for ages 50 years and up unless noted otherwise.

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

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie of other artisans.

Ongoing W 1:00–3:00 pm No Fee

**Fort Collins Badminton Club**

With players of varying skill levels who range from elementary school age to 70+, the Fort Collins Badminton Club is the largest badminton club in northern Colorado. To participate in many play time options at NACC and the Senior Center, players can pay a $3.00 shuttle fee per visit or purchase a 10-punch, paper shuttle pass for a fee of $25.00. For further details, schedule changes, and updates, please *visitfcbadminton.org*.

Location: Northside Aztlan

Ongoing Tu,Th 8:00–10:00 am Drop-in Fees Apply

Ongoing Su 2:00–5:00 pm Drop-in Fees Apply

Location: Senior Center

Ongoing M,W 6:45–9:00 pm Drop-in Fees Apply

**Fort Collins Senior Sports Club – M**

Senior Sports Club is an active group of people over 50 who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are $5.

Verify current schedule at 970.221.6644.

Badminton M,W,F 8:00–10:00 am Senior Center

Badminton M,W 6:30–8:30 pm Senior Center

Badminton Tu,Th 8:00–10:00 am NACC, club play

Badminton Su 2:00–5:00 pm NACC

Basketball M,W,F 8:00–10:00 am NACC

Pickleball Pick up official schedule at Senior Center front desk

Table Tennis Tu,Th,Sa 3:00–5:00 pm Senior Center

Tennis M–F 9:30 am Rolland Moore Park

Ice Skating W 9:00–11:00 am EPIC

Swimming Tu,Th 10:00–11:30 am EPIC

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 p.m. at the Senior Center. Each meeting features helpful information about living a healthy and active life. Information is shared about events and activities. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison. Board meetings are held every 2nd Monday of the even months at 9:30 p.m. at the Senior Center.

Current list of sport contacts:

Swimming Kathy Garwood 970.482.5162
Badminton Dorris Taylor 970.221.3335
Bicycling Tessa Greegor. 970.416.2471
Bowling Karen Burgess 970.484.2906
 Rich Larson 970.221.5190
Table Tennis Clarence Ehlbert 970.221.0269
Basketball Fritz Kitowski 970.282.1626
Tennis Fritz Kitowski 970.282.1626
Track Jim Frances 970.225.2902
Pickle Ball Clarence Ehlbert 970.221.0269

**Front Range Forum – M**

Front Range Forum is an organization serving the residents of Northern Colorado’s Front Range who are intellectually curious and dedicated to enriching their daily lives with the joy that comes with life-long learning. Members facilitate classes for each other; participants take part in short presentations and informal discussions. The Forum offers 8–10 classes 3 times a year; classes meet two hours a week for up to eight weeks. Subjects have varied from the Vikings to the stories of Chekov and Jewett; from the Civil War to ethics; and from Van Gogh to Broadway musicals. In addition, the Forum sponsors lectures, a summer arts program, and offers two brand new programs – FRF Travels and FRF Goes to the Movies. For over 20 years the Forum has offered classes in a friendly, relaxed environment. Join our community. Front Range Forum: Enriching Life through Learning. Our newsletter, published four times a year, outlines the courses and programs offered and can be found at the Senior Center or online at *fcgov.com/recreation/frf-index.php*. Membership is $20 per year. For more information call Barbara Schoenberger at 970.224.6026.

**Harmonettes – M**

Do you enjoy singing favorite songs from your younger years? The Harmonettes practice and perform seasonal and themed programs of popular music from years past for local assisted living facilities and for special events. No choral experience is required, but ability to read music is helpful. Men and women 50+ are welcome. Contact Barbara Schoenberger at 970.224.6026 for further information.

Practice

M 9:00–10:30 am (Except 3rd Monday)

**Older Gay Lesbian Bisexual Transgender (OGLBT)**

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Please contact Katie Stieber on her private phone line at 970.224.6029 or at *kstieber@fcgov.com*.

**SOAP Troupe (Slightly Older Adult Players) – M**

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center Members who are 50+. Dues are $10 annually. SOAP meets at 3 p.m. on the fourth Tuesday of each month on the stage of the Senior Center. Contact Barbara Schoenberger at 970.224.6026 for membership information.

**The Writers Group – M**

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. You will be asked to sign in at the meetings; new participants are always welcome. (Senior Center members 50+ only.)

Ongoing Tu 10:00 am–Noon No Fee

**VOA Senior Nutrition Program**

Senior nutrition is a service of Volunteers of America in cooperation with the City of Fort Collins Recreation Department. A hot lunch is provided at the Northside Aztlan Center on Tuesdays, Wednesdays, and Thursdays at noon and at the Senior Center on Monday, Tuesday, Thursday, and Friday at noon. A suggested donation of $2.50 is requested. Call 970.472.9630 for more information and reservations.

**Social Opportunities**

Classes are held at the Senior Center, 1200 Raintree Drive, and are for ages 50 years and up unless noted otherwise.

**New Member Orientations**

Get a tour of the Center and learn about the resources and opportunities available to you. All your questions will be
answered and you will start your relationship with the people
of the Senior Center.

First Friday F 9:00–10:00 am No Fee

Third Tuesday T 5:30–6:30 pm No Fee

**Member Socials**

Thursday night is the time to unwind, get a drink or two and
visit with other members of the Senior Center. On the third
Thursday entertainment will be provided in addition to the cash
bar, snacks provided.

Ongoing Th 5:30–8:00 pm No Fee

**Bridge Mentoring – M**

Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

12/8,12/22 M 6:30–8:30 pm No Fee
1/12,1/26,2/9,2/23

**Bingo – M**

The Senior Center members compete against each other for prizes.

12/8,1/12,2/9 M 1:00–2:00 pm No Fee

**Cards & Games – M**

Cards and board games played including canasta, mahjongg, scrabble and cribbage.

Ongoing M 9:00 am–Noon No Fee

 W 1:00–4:00 pm No Fee

**Party Bridge & Pinochle – M**

Drop-in cards for Senior Center members.

Ongoing T 12:30–4:00 pm No Fee

Ongoing Th 5:30–8:30 pm No Fee

**Duplicate Bridge – M**

Weekly Duplicate Bridge skills development and companionable play.

Ongoing F 11:30 am–4:00 pm $3.50/$2.80 Member

**Celebrations – M**

Celebrate October, November, and December birthdays and anniversaries of the Senior Center members with cake, gifts
and entertainment.

12/18 Th 1:30–3:30 pm No Fee 112410-01

**Donut Make U Wonder – M**

The group engages in local, national and global topical discussions with donuts and coffee.

Ongoing F 10:00–11:30 am No Fee

**Movies, New Release – M**

Join us for new release movies! Schedule of movie titles is available at the registration desk.

12/12,12/19 F 1:00–3:00 pm No Fee
1/2,1/16,2/6,2/20

**Prairie Sage Dances**

Dance to live music. Refreshments served.

Jim Ehrich

12/1 M 7:00–10:00 pm $4

Darrell Sullivan, Holiday Dance

12/15 M 7:00–10:00 pm $4

CC Collier, New Years Dance

12/29 M 7:00–10:00 pm $4

Pepie Carlberg, Black & White Dance

1/5 M 7:00–10:00 pm $4

CC Collier, 20’s Dance

1/19 M 7:00–10:00 pm $4

Harris & Harris, Golden Dance

2/2 M 7:00–10:00 pm $4

Jim Ehrich, Mardi Gras

2/16 M 7:00–10:00 pm $4

**Special Events**

Classes are held at the Senior Center, 1200 Raintree Drive, and are for ages 50 years and up unless noted otherwise.

**Historical Cafe**

**150th Birthday of Fort Collins – NW**

Wayne Sundberg, local historian, will talk about establishing Camp Collins near Laporte in 1862. He will describe the move to what is now the Old Town area. The military post was abandoned in 1867. You will learn about the residents who stayed and how they established the community of Fort Collins. **Note:** Special dietary needs will be met upon request at registration time.

1/21 W 11:30 am–1:30 pm $20

Members: $16

**Alaskan Highway**

The Alaskan Highway is one of beauty, rugged landscapes, and majestic animals. Learn from John Pfeiffenberger the historical aspects of the highway and see his professional photographs of his adventures on the road in 2014. **Note:** Special dietary needs will be met upon request at registration time

2/25 W 11:30 am–1:30 pm $20

Members: $16

**Special Events**

**Forever Mine Celebration**

Gather your friends and family and celebrate the love of your life at this Valentine Celebration. A three course meal will be served and dance music provided featuring Rock and Roll and Country music from the late 50’s and early 60’s. **Note:** Tickets at the Fort Collins Senior Center. Cash bar. Reservations for tables of 6 or more and special dietary needs met upon request at registration. Transportation available upon request.

Age: All

2/15 Su 6:00–8:30 pm $20

Members: $16

**Winter Whimsy – NW**

Join us for a great ladies night out party! Includes drink tickets, food, auctions, entertainment, and eligibility for a beautiful jewelry door prize. Proceeds go toward the Senior Center Expansion equipment and furniture fund. **Note:** Tickets available at the Senior Center or contact Peggy Bowers at 970.221.6357 or *pbowers@fcgov.com*.

1/23 F 6:00–9:00 pm $45 per person,
 $325 table of 8

**Annual Membership Meeting**

Find out what is current at the Senior Center and provide input. We need your help to maintain the high level of customer satisfaction and life enrichment for which the Senior Center has been nationally recognized. **Note:** RSVP 970.221.6644 Brunch served before the meeting. Please indicate special dietary needs at registration.

1/15 Th 9:00–11:00 am No Fee

**White Christmas**

This will be an evening of joyful and inspiring holiday music with the movie White Christmas as the theme. Wonder will abound with the beloved songs of the season. And of course the holiday would not be complete without a seasonal meal. **Note:** Tickets available. Note any special dietary needs at registration. Transportation available upon request at registration.

Age: 18 years & up

12/8 M 6:00–9:00 pm $36 112457-01

**Senior Learning Network**

**O’Keefe: The Faraway**

Docents of the National Cowgirl Museum will present a live interactive program of the paintings of Georgia O’Keefe. O’Keefe is considered one of America’s best known Modernist painters. Participants will be introduced to basic art techniques as they explore O’Keefe’s connection to the land of the West. **Note:** Seating begins at 12:30 p.m.

12/9 Tu 1:00–3:00 pm $10

Members: $5

**Cowboy Close-Up**

An historical re-enactor from the Amon Carter Museum of American Art will examine the photographs of Erwin Smith, and the paintings and sculpture of Frederic Remington and Charles Russell. Their images are a primary resource that tells the story of the American cowboy. **Note:** Seating begins at 12:30 p.m.

1/20 Tu 1:00–3:00 pm $10 112458-01

Members: $5

**History of Hallmark Cards**

For more than 100 years, Hallmark cards has called Kansas City home. Joyce C. Hall, an 18-year-old entrepreneur from Nebraska, started the company in 1910 with a shoebox full of postcards. Today Hallmark creates greeting cards and many other products in 30 languages that reach 100 countries around the globe. **Note:** Registration is required. Seating begins at 12:30 p.m.

2/17 Tu 1:00–3:00 pm $10

Members: $5

**Trips & Travel**

**General Information**

Age: All Senior Center trips are for ages 50 & up unless
otherwise noted.

Registration: Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register or online at *webtrac.fcgov.com*.

Refunds/Cancellation: When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.

Discounts: No discounts are allowed for trips.

Departure: All trips leave from the Fort Collins Senior Center, 1200 Raintree Drive, Fort Collins, CO unless otherwise noted. Out of respect for the other participants we cannot wait for those “running late”. The trip will leave promptly at the posted trip time. Please arrive at least 15 minutes early to avoid missing out.

Return Times: Due to traffic situations, length of show/program
or other unknown occurrences, all return times are approximate. Please do not schedule appointments close to return times in
case delays occur.

What is included: All trip prices include at least transportation and escort. Many include more depending on the trip (See trip details).

Accommodations: Individuals who are not independent in daily living activities or are in need of extra supervision are encouraged to register and participate with a personal care attendant. At time of registration, please inform us of any accommodation needed.

There is no transportation fee for the personal care attendant providing assistance but he/she must pay for ticket or meal expenses if those are part of the trip fees. Attendants must register separately from individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

Smoking: Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.

Door-to-Door Transportation: Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). The cost for this service is $3/person. Requests must be made at the time you register or at least three days prior to the trip.

Waitlist: If a trip is sold out you may have your name placed on a waitlist. This list is used to gauge whether we offer another trip or add a van. You will be called in the order it was received; however after the call it will be first come first served.

**Adventure**

**African Rift Valley Safari**

Experience the Serengeti during the great wildebeest migration in Serengeti National Park. Includes Tarangire National Park, Ngorongoro Crater, Lake Victoria, Arusha National Park, interaction with Masai and other tribes including traditional hunting demo, getting close to incredible wildlife in the wild and much more! **Note:** 12 Day/11 Night Safari + 2 travel days (14 total) includes airfare, exclusive 4x4 transportation, entry fees, lodging, meals, tours, guide and escort.

6/2–6/15 M–Su 7:30 am–7:00 pm 105997-01

Double Occupancy: $9595, Single Occupancy: $10,395, Deposit: $800

**The Charming South**

See the beauty of the Old South. Travel from the beaches and Spanish Moss of Savannah and Charleston to the beautiful mountain town of Asheville set in the Great Smokey Mountains. End in the legendary music center Nashville. Includes plantations, carriage rides, beaches, mountains, Biltmore House, amazing food and more! **Note:** 10 Day/9 Night includes airfare, motorcoach transportation, lodging, most meals, admissions, tours, escort. Bus (15 days) or Fly (10 days) option available, same price for either option.

4/20–5/3 M–Su 7:30 am–7:00 pm 105993-01

4/23–5/2 M–Su 7:30 am–7:00 pm 105993-02

Double Occupancy: $2995, Single Occupancy: $3995, Deposit: $300

**Ongoing Trips**

**Casino Trips – Mardi Gras Blackhawk**

Join us for a day in the mountains at the specified casino. The fee helps support our great Fort Collins Senior Center. **Note:** Casino trips leave from Rolland Moore Park. Fee includes transportation, casino package and escort. Trip fee is not discountable.

Location: Rolland Moore Park

1/27 Tu 8:00 am–5:30 pm $8 105911-01

2/24 Tu 8:00 am–5:30 pm $8 105911-02

**Out to Lunch**

**Note:** Includes transportation and escort. Lunch cost is on your own.

**McCormick’s Fish House**

From fresh seafood and shellfish to aged steaks and garden fresh salads, McCormick’s offers culinary excellence at its best. We’ll also look at the holiday decorations in the adjacent historic Oxford Hotel. Lunch price range $15–25.

12/17 W 10:30 am–3:00 pm $20 105930-01

Member: $15

**Dushanbe Teahouse**

The Boulder Dushanbe Teahouse is a local favorite for great food, tea, and atmosphere. The lunch menu features a variety of international selections from all over the world. Lunch price range $11–16.

1/8 Th 10:30 am–3:00 pm $20 105930-02

Member: $15

**Stanley Hotel**

Cascades, a Classic American Restaurant and Steakhouse, resides in the historic 103 year-old Stanley Hotel with dishes that include certified dry aged Angus beef, incredible fresh seafood, gourmet sandwiches, delicious pasta, Colorado specialties, Americana cuisine and much more. Lunch prices range $13–19.

2/19 Th 10:30 am–3:00 pm $20 105930-03

Member: $15

**Sunday Out to Lunch**

We will head to somewhere in the specified area for lunch to enjoy a day out of the house. We won’t tell you which restaurant because the mystery is half the fun. A scenic ride home tops it off. **Note:** Fee includes transportation and escort. Lunch cost is on your own.

Niwot

1/11 Su 11:00 am–3:00 pm $8 105932-01

Greeley

2/8 Su 11:00 am–3:00 pm $8 105932-02

**Traveling Gourmet**

**Note:** Fee Includes van transportation and escort. Dinner cost is on your own.

**Briarwood Inn**

Come kick off the holiday season with a dinner experience at the award-winning Briarwood Inn in Golden featuring carolers singing classic holiday tunes. You will be surrounded by music and ornate decorations including a 15 foot tree in the Grand West Dining Room while you enjoy a delectable four-course meal priced $40–80.

12/9 Tu 3:30–9:30 pm $25 105940-01

Member: $20

**The Fork**

Serving authentic, new American cuisine, the Lyons Fork restaurant is an “off-the-beaten path gem.” The bistro-style selection offers something for everyone with entrees ranging from $13–22.

1/29 Th 3:30–9:30 pm $25 105940-02

Member: $20

**Lower 48**

Lower 48 is a contemporary American restaurant that gathers inspiration regionally throughout the lower 48 states. The menu changes daily and embraces natural preserving techniques, artisan breads, heritage breeds, heirloom vegetables and house-made pastas. Entrees range from $16–24.

2/10 Tu 3:30–9:30 pm $25 105940-03

Member: $20

**December**

**Nutcracker Ballet**

Colorado’s favorite holiday tradition, “The Nutcracker” features unforgettable characters as well as dazzling costumes and scenery. This seasonal tradition will feature classic choreography paired with Tchaikovsky’s extraordinary arrangement performed live by the Colorado Ballet Orchestra. **Note:** Includes transportation, tickets and escort. The show is at the Ellie Caulkins Opera House in Denver.

12/14 Su 11:00 am–5:30 pm $95 105920-01

Member: $90

**“Jersey Boys”**

Jersey Boys is the 2006 Tony Award-winning Best Musical about Rock and Roll Hall of Famers “The Four Seasons”. This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records – all before they were 30! **Note:** Includes transportation, tickets and escort. Great seats/middle orchestra. The show is at the Denver Buell Theatre.

12/11 Th Noon–6:30 pm $85 105921-01

Member: $80

**Brown Palace Tea**

Back by popular demand! The Brown Palace is a Denver landmark that has decorated around the holidays for a century. You will be spoiled with a 3-course tea, artfully prepared including house-made scones, Devonshire cream, exquisite finger sandwiches, classic tea pastries and more. This year we have a historic tour also. **Note:** Fee includes transportation, tea, 3-course tea meal, tour with a historian and escort.

12/4 Th 9:30 am–4:00 pm $85 105950-01

Member: $80

**Denver’s Authentic German Christkindl Market & Trader Joe’s**

Need some last minute holiday gifts? Shop Denver’s European style open air Christkindl Market and find some unique handmade items. You will also be able to have lunch on your own at the 16th Street Mall area. On the way home, stop and shop at the largest Trader Joe’s in Denver. They have many seasonal holiday items. **Note:** Fee includes transportation and escort. There will be a lot of walking on this trip and the market is outdoors. Please dress accordingly.

12/2 Tu 10:00 am–4:30 pm $20 105952-01

Member: $15

**Holiday Lights Tour**

We will tour the best of the local holiday lights starting at the Spring Creek gardens. We will stroll through the whimsically decorated, twinkling Gardens lit by thousands of LED lights. See the new flower bed display created entirely from flowers made of holiday lights! Listen to holiday music and enjoy warm drinks. **Note:** Fee includes van transportation and escort.

12/16 Tu 6:00–9:30 pm $25 105953-01

Member: $20

**Colorado Symphony “All Beethoven”**

Former Music Director Jeffrey Kahane returns with his limitless talent, performing Beethoven’s grandest piano concerto, the “Emperor.” This program finishes with Symphony No. 5 and the four notes that changed the world. There’s nothing like the power of Beethoven’s most famous work performed by your Colorado Symphony. **Note:** Fee includes transportation, pre-concert lecture, Mezzanine 5 or better seats and escort. Bring a lunch for the van ride. New start time.

12/7 Su 10:30 am–4:30 pm $70 105971-01

Member: $65

**January**

**Denver Nuggets vs San Antonio Spurs**

Come cheer on the Denver Nuggets as they play the defending NBA champion San Antonio Spurs. Great chance to see Spurs superstars Tim Duncan, Tony Parker and Kawhi Leonard take on Kenneth Faried, Ty Lawson and the rest of our Nuggets. Great seats at the Club Level at the Denver Pepsi Center. **Note:** Fee includes transportation, Club End ticket and escort.

1/20 Tu 4:30–11:30 pm $75 105901-01

Member: $70

**“Fiddler on the Roof”**

Fiddler on the Roof has touched audiences around the world with its humor, warmth and honesty. The universal theme of tradition cuts across barriers of race, class, nationality and religion. With a celebrated score, the show features songs loved the world over such as Sunrise, Sunset; If I Were A Rich Man; and Matchmaker. **Note:** Fee includes transportation to Boulder Dinner Theatre, dinner including non-alcoholic drink, gratuity, show and escort. Dessert and alcohol are extra.

1/18 Su 11:00 am–6:00 pm $75 105923-01

Member: $70

**Colorado Gathering**

The 26th annual CO Cowboy Poetry Gathering in Golden hosts some of the best poets and western musicians. Performers take turns on topics like “Fine Equine” “Women of the West” “Hombres” and “Global Yodel.” There will also be spontaneous, crowd-pleasing collaborations. Come spend the day and celebrate our western heritage. **Note:** Trip includes transportation, entrance fee, and escort. Lunch will be on your own in downtown Golden.

1/23 F 8:30 am–6:30 pm $45 105924-01

Member: $40

**Walmart Distribution Center Tour**

Here’s your chance to take one of our most requested tours–the Walmart Distribution Center in Loveland. The 1 million-plus-square-foot facility is one of two in Colorado and 147 nationwide. Find out how one of the largest private distribution networks in the world operates to keep the Walmart fleet rolling. **Note:** Fee includes transportation, tour, and escort. Lunch on your own at Nordy’s BBQ and Grill.

1/6 Tu 8:30 am–2:00 pm $20 105954-01

Member: $15

**Western Stock Show**

The 109th Annual National Western Stock Show is the West at its best. With over 350 vendors and 15,000 animals including horses, cattle, sheep, llamas, bison, yak, it is the largest horse show and tradeshow in Colorado. End the day with great seats to the Pro Rodeo and watch the cowboys in action. **Note:** Fee includes van transportation, Pro Rodeo ticket, stock show entry and escort. Lunch cost is on your own.

1/16 F 8:30 am–6:00 pm $45 105956-01

Member: $40

**Breckenridge Snow Sculpture**

The 25th annual International Snow Sculpture Championships is a must-do holiday experience. International sculptors descend on Breckenridge and compete using only hand tools and creativity to shape a 20-ton block of snow. The masterpieces are amazing and you will have plenty of time to explore at your own pace. **Note:** Fee includes transportation and escort. Breckenridge is 9,600’. Bring stable footwear with good grip. This tour is mostly walking outside. Lunch cost on your own.

1/26 M 8:00 am–5:00 pm $45 105957-01

Member: $40

**Whales & the Silk Road**

Two new exhibits – The Silk Road was a legendary trade route stretching 4,600 miles through the ancient world. Whales: Giants
of the Deep, features a unique blend of science and storytelling.
The exhibit is an interactive experience filled with engaging ways
to explore whales from the inside out. **Note:** Includes transportation, special exhibit ticket and escort. Exhibit is at the Denver Museum
of Nature and Science. Lunch cost on your own.

1/13 Tu 8:30 am–4:30 pm $35 105963-01

Member: $30

**February**

**Colorado Avalanche vs NY Rangers**

Come cheer on the Colorado Avalanche, our professional hockey team, as they play last year’s Stanley Cup Finalists, the New York Rangers. Great seats at the Club Level at the Denver Pepsi Center. **Note:** Fee includes transportation, Club End ticket and escort.

2/12 Th 4:30–11:30 pm $105 105903-01

Member: $100

**Camelot**

Experience Camelot’s “one brief shining moment” in one of theatre’s most legendary musicals. Recount the time-honored legend of King Arthur, Guinevere, Lancelot, and the Knights of the Round Table in an enchanting fable of chivalry, majesty, and brotherhood in this four-time Tony Award® winning show. **Note:** Fee includes transportation, ticket and escort. Great Middle seats. Show is at UCCC in Greeley.

2/2 M 5:45–10:30 pm $80 105926-01

Member: $75

**“Hairspray”**

“Hairspray”, winner of 8 Tony Awards, is full of laughter, romance, and deliriously tuneful songs. Queen-sized teen Tracy Turnblad turns her passion for dancing into a spot on the local TV dance program. Transformed into an overnight celebrity, Tracy teaches 1962 Baltimore a thing or two about integration and fair play. **Note:** Includes transportation to Candlelight Dinner Playhouse, dinner with non-alcoholic drink, gratuity, ticket, and escort. Dessert and alcohol are on your own.

2/15 Su Noon–6:00 pm $75 105927-01

Member: $70

**Harvey**

Affable Elwood P. Dowd enjoys spending his days with his best friend Harvey, a 6-foot tall invisible rabbit. Harvey’s mere “existence” has thrown Elwood’s sister Veta into a frenzy. To save the family’s reputation, Veta takes Elwood to the local sanitarium. When they arrive, a hilarious comedy of errors ensues. **Note:** Fee includes transportation, ticket and escort. Great seats. Play is at Arvada Center for the Arts.

2/18 W 11:00 am–5:30 pm $55 105928-01

Member: $50

**Nice Work If You Can Get It**

It’s the Roaring ‘20’s and a cast of outrageous characters gather in New York to celebrate the wedding of wealthy playboy Jimmy Winter in this Tony®-winning musical comedy. Things don’t go as planned when the playboy meets Billie Bendix, a bubbly and feisty bootlegger who melts his heart. Music by George and Ira Gershwin. **Note:** Fee includes transportation, ticket and escort. Great Middle seats. Show is at UCCC in Greeley.

2/22 Su 12:45–5:30 pm $80 105929-01

Member: $75

**Fiske Planetarium & Redstone Meadery**

We’ll visit the newly updated Fiske planetarium at CU Boulder for a “Colorado Skies” lecture program exploring the night sky here in Colorado including the stars, constellations and the overall sky. We’ll then travel to the Redstone Meadery for a tour and taste test of the “wine of the gods”, mead (honey wine). **Note:** Fee includes transportation and escort. Lunch on your own on Pearl Street
in Boulder.

2/3 Tu 10:00 am–4:30 pm $30 105958-01

Member: $25

**Jeppesen Tour**

Tour the printing plant and learn the history of the man who Denver International Airport’s main terminal is named after. We’ll learn how Captain Jeppesen first began drawing hand written maps to guide pilots in the early years of flying. Now his maps have become “the little black book” that every airline pilot uses. **Note:** Fee includes transportation and escort. Lunch on your own at The Perfect Landing restaurant.

2/4 W 8:30 am–3:30 pm $20 105959-01

Member: $15

**Denver Art Museum: Cartier in the 20th Century**

The DAM will host the world-exclusive exhibition of “Brilliant: Cartier in the 20th Century”, featuring striking jewelry, timepieces, and decorative objects produced between 1900 and 1975. This exhibition highlights his rise to preeminence as one of the world’s most prestigious names in jewelry and luxurious accessories. **Note:** Fee includes transportation, ticket and escort. Lunch is on your own.

2/27 F 8:30 am–4:30 pm $50 105961-01

Member: $45