

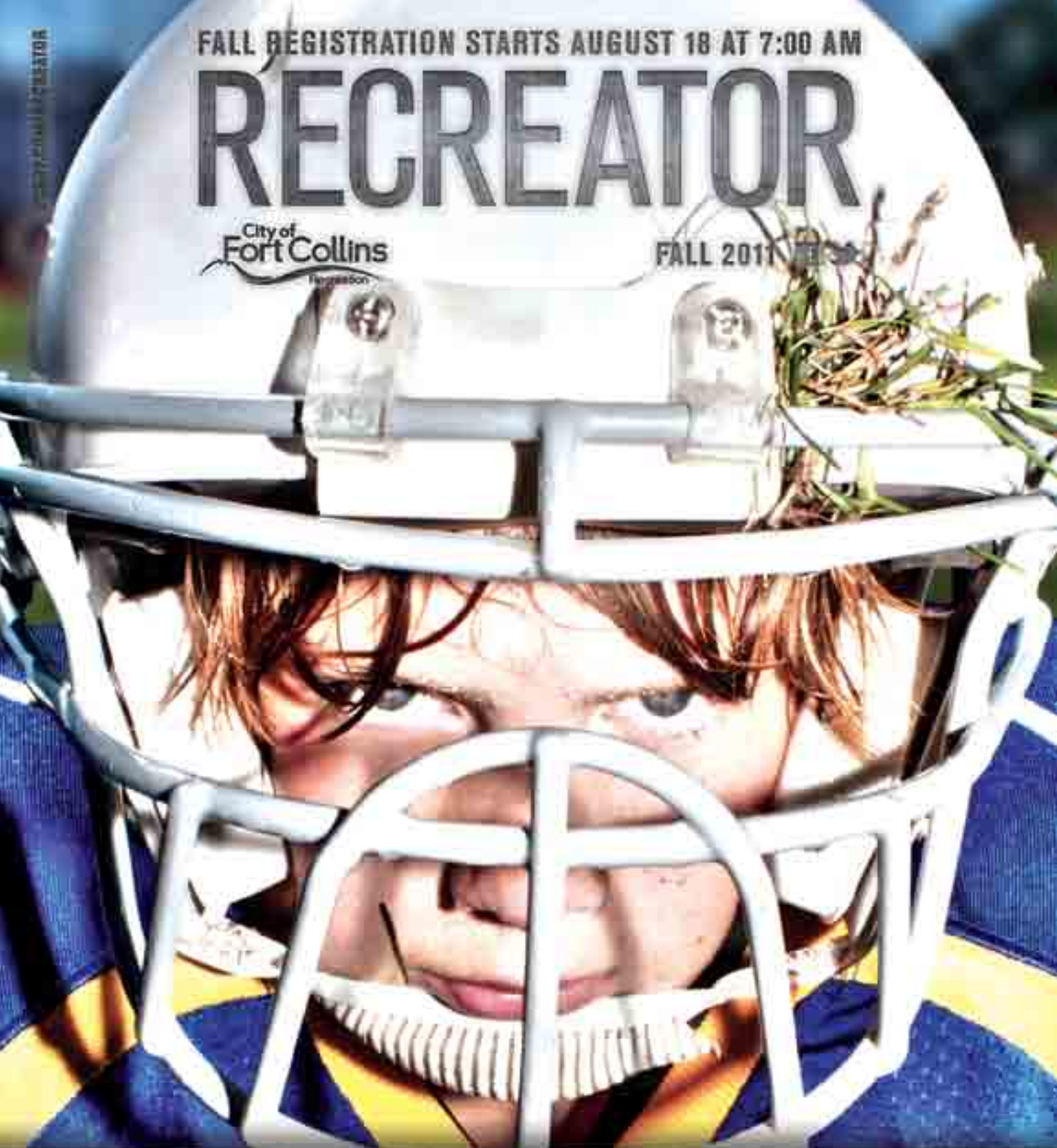
FALL REGISTRATION STARTS AUGUST 18 AT 7:00 AM

RECREATOR

City of
Fort Collins

Recreation

FALL 2011



TEAMWORK • SPORTSMANSHIP • RESPECT

CELEBRATING 65 YEARS OF GRIDIRON GLORY

ALSO INSIDE

ADAPTIVE RECREATION | AQUATICS | ARTS & CRAFTS | DANCE | EARLY LEARNING | FITNESS
ICE SKATING | OUTDOOR RECREATION | SENIOR CENTER | 50 PLUS | ADULT & YOUTH SPORTS

Register **NOW**: Fall Programs

at Northern Colorado's Largest Indoor Sports Center

Daytime Pre-School Sports

New Sessions Start: Late Aug, Early Oct, & Nov

Boys & Girls • Ages 3-5 • 6 week sessions

Kinder Kickers Soccer

First Football • First Baseball

Girls & Boys • Ages 4-5

Quick Start Tennis • First Golf



Multi-Sport Day Camps

Learn the basics of 4 different sports per day!

Girls & Boys • Grades K-6

▪ **Week-Long Camp:** Aug 8-12 & 15-19

▪ **On All PSD School Days Off:**

9/19, 10/20-21, 11/23 & 28, 1/2-6

▪ **Holiday Drop-n-Shop:** 12/19-23

Baseball Clinics

Boys & Girls w/ FC Foxes

▪ **Baseball** - DAILY hitting, pitching, fielding or catcher instruction

All Ages 12/19-1/6

▪ **Rec-Level Baseball Clinics**

T-Ball Ages 4-5 12/28 - 30

Beginning Ages 5-12 12/28 - 30

Rec Ages 6-14 12/28 - 30

▪ **Comp/Level III Baseball**

Ages 8-14 12/27-29

Youth Instructional Leagues

Boys & Girls • Learn, practice & play in the same day!

▪ **Flag Football**

Starts

Beginning: Grades K-6 Sat/Sun 9/10 & 11

Intermediate: Grades 2-6 Sat 9/10

▪ **Volleyball**

Multi-Level: Grades 3-8 Thurs 9/15

▪ **Boys Lacrosse**

Beginning: Grades 1-8 Mon 9/12

Intermediate: Grades 4-8 Mon 9/12

▪ **Girls Lacrosse**

Multi-Level: Grades 1-8 Tues 9/13

▪ **Soccer**

U7 - U11 Mon 11/7

U5 - U6 Weds 11/2

Indoor Youth Leagues

Boys & Girls

Starts

▪ **Tackle Football** City of Fort Collins

Grades 5-6 11/7

▪ **FCBC Baseball Leagues**

Grades K-8 11/4

▪ **Indoor Soccer**

Ages 5-18 Jan-Mar

For Details & Registration:
edgesportscenter.com
 970.472.0048

the Edge
 sports center, LLC

Where Families & Athletes Play

Safe, Clean & Friendly



POUDRE VALLEY HEALTH SYSTEM



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

Locally Owned & Operated by Phil & Pat Ebersole

HIKE

CLIMB

FISH

DISCOVER



Crown-Up And Still Having FUN!

1200 N College Ave • Fort Collins • (970) 221-0544 • www.jaxgoods.com





PROGRAM AREAS

- 16 Adaptive Recreation**
- 17 Alternative Programs
- 19 Aquatics**
- 20 Learn-to-Swim
- 26 Adult
- 26 Lifeguard Training
- 26 Diving
- 28 Aqua Fitness**
- 28 Low Intensity
- 28 Medium Intensity
- 29 High Intensity
- 30 Arts & Crafts**
- 30 Adult
- 35 Pottery
- 37 Youth
- 39 Dance & Movement**
- 39 Adult
- 42 Youth
- 45 Early Learning**
- 48 Parent with Child
- 51 Education & Enrichment**
- 51 Adult
- 56 Youth
- 61 The Farm**
- 63 Fitness**
- 63 Adult
- 68 Youth
- 69 Gardens on Spring Creek**
- 70 Ice Skating**
- 71 Youth
- 74 Adult
- 70 Speed Skating
- 74 Youth Hockey
- 75 Outdoor Recreation**
- 75 Adult
- 77 Youth
- 79 Senior Center / 50 Plus**
- 81 Clubs & Organizations**
- 82 Services**
- 85 Events**
- 84 Social Opportunities**
- 87 Trips & Travel**
- 94 Sports**
- 94 Adult
- 98 Youth
- 100 Youth Team Sports

DEPARTMENTS

- 03** From the Recreation Department
- 04** Registration Information
- 06** Facility Profiles
- 14** Calendar of Events
- 107** Age Index



FROM THE **RECREATION DEPARTMENT**

Fellow Recreators,

It's hard to believe that the end of summer is right around the corner. Kids are soaking in the last days at the pool and of their summer freedom before it is time to hit the books and head back to school. But just because the hints of fall are starting to show, doesn't mean the fun stops. This Recreator has many opportunities for children and adults of all ages and abilities: School's Out Days, fitness, outdoor recreation, The Farm activities and sports. There is something for everyone's interests.

Each year more than 2,000 youth participate in our football programs that stress participation, teamwork, sportsmanship and camaraderie. 2011 marks the 65th anniversary of youth football in Fort Collins, and the Recreation Department is celebrating! Recreation is holding two events to honor 65 years of football. The first is a fun, family event at City Park Pool on September 1 from 5:30-7:30 PM. We will have food, activities, games and just plain old fun for the family, and did we mention it's free to get in? The second event is the Gridiron Glory Golf Tournament on September 24 at Collindale Golf Course. The shotgun start is at 1:30 PM, call 970.221.6309 to sign your team up today or to learn more. Proceeds from these events will be used towards the purchase of new youth football equipment.

Get out and get recreating this fall. The Recreator can give you a head start to staying active all year long!

Steve Budner
Recreation Manager

ON THE COVER

City of Fort Collins Football player Carter Kind.

OPPOSITE PAGE

City of Fort Collins Football players (from left) Jonathon Steiner, Nolan Diana, Joe Rademacher, Harry McCoy, Micha Davis, Coach Keith Griffin
All photos by Ryan Burke



**City of Fort Collins
Parks and Recreation Board**

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

**Executive Director
Culture, Parks, Recreation & Environment**
Marty Heffernan

Recreation Director
Bob Adams

Recreation Managers
Peggy Bowers
Steve Budner
Mike McDonnell

Recreation Program Supervisors
Bridget Brownell
The Farm

Debra Bueno
Teen Programs

Suzy Danford
Aquatics

Renee Lee
Adaptive Recreation Opportunities

Marc Rademacher
Sports and Youth Programs

Barb Schoenberger
Adult Programs

Katie Stieber
Fitness, Dance and Adult Education

Paul Thibert
Ice Skating

Community Relations
John Litel
Community Relations and Marketing

Jill Walusis
Public Relations and Communications

Contact Information
Registration and Programs
970.221.6655
recreation@fcgov.com

Advertising, Partnerships and Sponsorships
970.221.6875
recreator@fcgov.com

The **Recreator** is published quarterly by the City of Fort Collins Recreation Department, 215 North Mason, Third Floor, PO Box 580, Fort Collins, Colorado, 80522. For subscription information please visit fcgov.com/recreator.



 **Online**

Online registration begins at **7:00 AM on August 18**. Before starting your online registration session make sure you have the following:

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

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

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

 **Recreation Centers**

Walk-in registration begins **August 18** at these locations. Registration starts at 7:00 AM.

<p>Fort Collins Senior Center 1200 Raintree Drive M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun 10:00 AM - 9:00PM</p>	<p>Northside Aztlan Center 112 East Willow Aug. 18 7:00 AM-6:00 PM M-F 6:00 AM - 9:00 PM Sat 8:00 AM - 5:00 PM Sun Noon - 5:00 PM</p>
---	---

<p>Edora Pool Ice Center (EPIC) 1801 Riverside M-F 5:30 AM - 9:00 PM Sat 8:00 AM - 6:00 PM Sun Noon - 5:30 PM</p>	<p>New Location! Council Tree Library 2733 Council Tree Ave. 7:00 AM-Noon</p>
---	--

 **Phone**

Phone registration begins on **August 18 at 7:00 AM**. Please have your credit card (Master Card, VISA, Discover) or debit card information available. Call any of the phone numbers listed below.

970.221.6655 970.221.6683 970.221.6644

 **Fax**

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

 **Mail**

Download, print and complete the registration form found at fcgov.com/recreator. Include credit/debit card information, or mail to the listed address enclosing payment and a self-addressed stamped envelope. Any mailed or faxed registration forms received prior to the first day of registration will not be processed until August 18. Any registration forms sent thereafter will be processed when received.

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

Additional Information

Make checks payable to "Recreation."

No registration can be approved by an instructor or coach.

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

There is a \$25 charge for returned checks.

Activity Discounts

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

Cancellations/Transfers

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

If you must cancel (or transfer) from a youth or teen activity, you must notify staff at least two business days (8:00 AM-5:00 PM, Monday-Friday at 970.221.6655) before the activity begins to receive a full refund or credit. Later requests will be denied. This policy does not apply to Aquatics and Ice Skating.





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

Refunds/Credit

For Learn-to-Swim and Learn-to-Skate activity cancellations (or transfers), please contact EPIC 970.221.6683 ext. 3, and for all other activity cancellations/transfers, please call Northside Aztlan Community Center (970.221.6655). Please submit cancellation requests as early as possible to aid in staff planning.

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

What do the icons or symbols mean?

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

School starts soon – are you ready?

Back to school means new friends, new classes... and new germs. From wellness exams, sports physicals and immunizations, to urgent care for the unexpected — Associates in Family Medicine has everything your family needs to make it through another year!

With seven full-service offices in Northern Colorado, we're in your neighborhood — close to home, close to work and close to play.

www.afmfc.com



FORT COLLINS:
Urgent Care Clinic
3519 Richmond Dr.
(970) 204-0300

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

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

West Office
2001 S. Shields St. Bldg. 1
(970) 221-5255

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

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

WINDSOR:
Windsor Office
1455 Main St.
Ste. 150
(970) 686-0124

LOVELAND:
Foxtrail Office
1625 Foxtrail Dr.
(970) 619-6900

(managed by AFM for PVHS)



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

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



Facility Profile

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

Fees and Admission

Pool & Exercise Room			Ice Rinks	
Age	Single Admission	Group*	Single Admission	Group*
Under 2 & over 85	No Fee		No Fee	
Attendant	No Fee		No Fee	
Youth 2-17	\$3.25	\$2.75	\$3.50	\$3.00
Adult 18-54	\$4.00	\$3.50	\$4.50	\$4.00
Older Adult 55-84	\$3.25	\$2.75	\$4.00	\$3.50

Towel rental available for 50 cents per towel.

Skate rental available for \$2.50 per pair.

Group Rate*

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

Please Note

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

Pool Hours

Lap Swim and Recreational Swim

August 7 - August 23

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

August 24 - September 10

Closed

September 11 - November 30

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

Please Note

High School swim teams will begin practices the week of November 14. Practices are held daily 5:30-7:00 AM and 3:15-5:15 PM. Meets are held on Tuesdays and Thursdays. No lanes will be available after 3:00 on those days. Swim meet days and lane availability posted www.fcgov.com/epic.

Ice Arena

August 22 - November 30

M-F 9:00 - 11:00 AM
 M 3:30 - 5:15 PM
 Tu, Th 7:30 - 9:00 PM
 F 5:15 - 7:00 PM
 Sa 12:15 - 1:45 PM
 4:30 - 6:30 PM
 Su 12:15 - 2:00 PM

Exercise Room

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

SuperPass

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

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

Not-So-Prime-Time Discount

August 22-November 30, 1:00-3:00 PM

During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 9/5, 9/19, 10/20, 10/21, 11/23, 11/24, 11/25, 11/28.

Adult Supervision

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

Children under 13 years of age must be accompanied by a responsible adult in the warm water pool and must be within an arm's reach of that adult. Please check at the front desk for closure times.

Closures

- Entire Pool**
August 24 - September 10
November 24, 25
- Diving Well Only**
October 9, 10
- Ice Arena**
September 5
November 15-19
November 24, 25

Area Ice Skating Organizations

- Adult Hockey**
Ft. Collins Adult Hockey Assoc.
fcaha.org
- Youth Hockey**
Northern Co. Youth Hockey
ncyh.org
- Figure Skating**
Fort Collins Figure Skating Club
fortcollinsfsc.org
- Womens Hockey**
Flames/Phoenix/Comets
wachockey.com
- College Hockey**
Colorado State University
csuhockey.com
- High School Hockey**
High Plains Hockey
highplainshockey.com



City Park Pool | 1599 City Park Drive | fcgov.com/cityparkpoolandtrain

City Park Pool and Railway are located in City Park. Enjoy the park surroundings and Sheldon Lake for fishing and an outdoor pool. City Park Pool is the best place to be during those hot summer days in Fort Collins. City Park Pool provides you with a water park experience right in your own backyard. **Weather closure questions? Call 970.416.2489 x5169.**

Facility Profile

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

Pool Fees & Admission

Age	Single Admission	Group	10 Admissions	25 Admissions	Twilight Swim
Under 2 & over 85	No Fee				
Attendant	No Fee				
Youth 2-17	\$5.00	\$4.50	\$43.50	\$95.00	\$4.50
Adult 18-54	\$6.00	\$5.50	\$52.00	\$114.00	\$4.50
Older Adult 55-84	\$5.00	\$4.50	\$43.50	\$95.00	\$4.50

Paddle Boats: \$2.50 per person

Pool Hours

August 21-September 4

M-F 10:00 AM-1:00 PM
4:00-7:00 PM
Sa,Su 10:00 AM-5:30 PM

**Drop-In Adult Water Fitness
Through September 2**

M-F 9:00-10:00 AM

Paddle Boats

Through September 4

M-F 4:00-7:00 PM
Sa,Su 10:00 AM-5:00 PM

**Pool Hours and Paddle Boats
September 5**

M 10:00 AM-3:30 PM

Pooch Plunge on September 5!

Bring your four-footed furry friend for a swim at City Park Pool. The ever-popular Pooch Plunge is a great way to end the summer with your canine companion. City Park Pool is open to pooches and friends from 4:00 to 7:00 PM on September 5. Tickets are \$5.00 per dog and go on sale August 1 at City Park Pool. For more information call 970.221.6335.

Refunds

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

Weather Closures

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



Old Town Ice Rink | 19 Old Town Square | 970.221.6683 | fcgov.com/recreation

The Old Town Ice Rink is just one of several enhancements to the downtown atmosphere this holiday season. The rink was provided through a partnership between the City of Fort Collins, the Downtown Development Authority, and the Downtown Business Association.

For information on private rentals please call 970.221.6203.

Old Town Ice Rink Fees & Admission

Age	Single Admission	Skate Rental
All Ages	\$2.00	\$1.00

For information on private rentals please call 970.221.6203.

The Old Town Ice Rink returns to Downtown Fort Collins. The Ice Rink is located at Walnut and Linden.

Hours

November 19-December 21

M-F 4:00-7:00 PM
Sat 11:00 AM-7:00 PM
Sun Noon-5:00 PM

December 22-January 6

M-Sat Noon-7:00 PM
Sun Noon-5:00 PM

January 7-January 29

Fri 4:00-6:00 PM
Sat Noon-6:00 PM
Sun 1:00 - 5:00 PM

Closed

Nov 24
Dec 25
Jan 1

Special Hours

Nov 23 Noon-6:00 PM
Nov 25 TBD
Dec 24 11:00 AM-3:00 PM
Dec 31 Noon-10:00 PM
Jan 16 Noon-5:00 PM



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

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

Facility Profile

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

Hours

Through August 21

Tu-Sa 10:00 AM-5:00 PM
Su Noon-5:00 PM

August 26 - October 27

W-Sa 10:00 AM-5:00 PM
Su Noon-5:00 PM

Pony Ride Hours through October 23

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

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

Fees and Admission

Age	Single Admission	10 Admissions	25 Admissions
Under 2 & over 85	No Fee		
Attendant	No Fee		
Ages 2 - 84	\$2.50	\$20.00	\$50.00

Please Note

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

Barnyard Buddy Pass - Family Pass

\$50.00 Per Year

Includes:

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

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

Birthday Parties

Celebrate a birthday with a farm flair! Meeting the animals, riding pony 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.

Closures

The Farm will be closed to drop-in visitors on October 28, 29, 30 but will remain open for Treatsylvania participants. The Farm will be closed on November 25.



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

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

Facility Profile

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

Pottery classes

There are classes to meet almost any age range. Classes are available for 3 years and up. See pages 35 and 38.

Lab Time

For people currently enrolled in class or lab during the spring session there are 18 hours per week where the Pottery Studio is open for working on projects.

Pottery Pals

This is a group of people who generously donate their time and talents to help with special events and help with certain studio activities. If you are interested, please contact Steve Dietemann 970.224.6028.

Closures

The Pottery Studio will be closed on November 25.



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

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

Facility Profile

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

Hours

M-F 9:00 AM – 5:00 PM
 Sa 9:00 AM – 4:00 PM
 Su Closed after October 1
 After May 1: Noon-5:00 PM

Closures

9/5 Open 10:00 AM-2:00 PM
 11/24 Closed All Day
 11/25 Closed All Day

Fees and Admission

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

More Information on page 69

For more information on The Gardens please see The Gardens section in this issue of the *Recreator* on page 69. Visit fcgov.com/gardens or call 970.416.2486 for updated information, schedules and event details.

Friends of the Gardens on Spring Creek

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

Membership Benefits

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

Membership Levels

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

RECREATION FACILITIES / GOLF COURSES



City Park Nine Golf Course

411 South Bryan Avenue
 970.221.6650
 fcgov.com/golf

City Park Nine is a regulation length 9 hole municipal golf course that offers enjoyment and challenges for players of all ages and abilities. The course features tight fairways, small greens, and mature trees.

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



Collindale Golf Course

1441 East Horsetooth Road
 970.221.6651
 fcgov.com/golf

Collindale Golf Course is a championship length, 18 hole golf course situated on 160 acres in southeast Fort Collins. Consistently recognized as having some of the best (and fastest) greens in the state.

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



SouthRidge Golf Club

5750 South Lemay Avenue
 970.416.2828
 fcgov.com/golf

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

- 18 holes
- 6,690 yards
- Par 71
- Driving Range
- Practice chipping and putting greens
- Pro shop
- Clubhouse
- Mackenzie’s Pub & Grill
- Patio and lounge

FALL GOLF SPECIAL

SEE PAGE 50 FOR MORE INFORMATION.

\$20

PER PERSON
9 HOLES & CART

\$35

PER PERSON
18 HOLES & CART

VALID FOR UP TO 4 PEOPLE
NOT VALID WITH ANY OTHER OFFER

VALID 9/1/2011-11/30/2011



(MUST PRESENT COUPON)



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

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

Facility Profile

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

Hours

Lap Swim/Recreational Swim/Aerobic Room

August 7-14 and September 6-11

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

August 15-September 5

Closed

September 12-November 30

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

Closures

August 15-September 5
 November 24, 25

Adult Supervision

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

Aerobics Room

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

Birthday Party Notice

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

Fees and Admission

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

Towel rental available for 50 cents per towel.

Group Rate*

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

Please Note

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

SuperPass

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

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

Not-So-Prime-Time Discount

September 6 - November 30, 1:00-3:00 PM
 During non-prime swim hours, discounted swim fees are available. No passes will be sold for this special time; however pass holders can use their passes to swim during these hours. **No discount:** 9/19, 10/20, 10/21, 11/23, 11/24, 11/25, 11/28.

Two Buck Sundays

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

Birthdays at Mulberry Pool

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



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

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



Facility Profile

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

Hours

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

For specific drop-in hours call 970.221.6655.

Special Hours

September 5	Closed at 3:00 PM
November 23	Closed at 5:00 PM

Closures

November 24, 25

Facility Rentals

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

Outdoor Amenities

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

Special Events

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

Fees and Admission

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

Please Note

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

SuperPass

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

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

Have your next birthday party at Northside!

Choose from an active indoor gym party or an exciting themed party. Party hosts are available to lead your group in craft and/or cooking activities making for a stress free day for you! For more information please call 970.221.6723. Parties age appropriate for 3-10 year olds. Special requests will be considered.

Youth Nights

Every Thursday is your night! Arena football, dodgeball, indoor soccer, ping pong tournaments, Madden tournaments, teen weights, field trips, dance, fitness, chess, yoga, food, prizes and much much more!

Age: 1-12 grade

Ongoing	Th	3:00-9:00 PM	Free
---------	----	--------------	------

Kids Café

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

Dinner: Ongoing	M-F	5:00-6:00 PM	Free (\$2.00 per adult)
-----------------	-----	--------------	-------------------------

Senior VOA Meals

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 Northside Aztlan Center and the Senior Center. A suggested donation of \$2.50 is requested. Call 970.472.9630 for more information.

Northside Aztlan Center	Tu, W, Th	Noon	Suggested Donation \$2.50
Senior Center	M, Tu, Th, F	Noon	Suggested Donation \$2.50



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

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



Facility Profile

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

Hours

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

Starting September 11

Su 10:00 AM - 9:00 PM

Swim and Lap Hours

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

Special Hours

September 5 6:00 AM - Noon
 November 23 Closed at 5:00 PM
 November 25-26 Closed for drop-in

Closures

August 8-14 Maintenance
 August 7 Pool and Locker Room
 August 15-21 Pool and Locker Room
 November 24 Thanksgiving

Adult Focused

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

Rentals

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

Fees and Admission

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

Please Note

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

SuperPass - Fitness Drop-in

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

ALL ACCESS!

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

Senior Center Membership

Many services at the Senior Center are limited to members only, so join today! Memberships are available beginning at a minimum of \$25, and are good for a 12-month period and can be purchased at any time. Scholarships are available, contact the Senior Center at 970.221.6644 for more information. Learn more about memberships on page 79.

Members Only Information in Recreator

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

Index of Senior Activities, Programs & Events in the Recreator

Aqua Fitness	28	Fitness	63	Services	82
Arts & Crafts	30	Gardening	69	Events	85
Pottery	35	Ice Skating	70	Social Opportunities	84
Dance	39	Outdoor Recreation	75	Trips & Travel	84
Education	51	Clubs/Organizations	81	Calendar of Events	14

Senior Center Staff

Bill Borland	Maintenance	970.224.6079
Peggy Bowers	Recreation Manager	970.221.6357
Greg Daley	Volunteer, Outreach & Marketing	970.224.6136
Steve Dietemann	Arts & Crafts, Pottery	970.224.6028
Christian Hecker	Administration	970.224.6025
Jennifer Mayan	Outdoor Recreation	970.416.2267
Pat Moore	Dance, Special Events & Social Opportunities	970.224.6033
Kelly Meyer	Rentals	970.224.6113
John Pfeiffenberger	Travel & Marketing	970.224.6030
Greg Roberts	Facility Attendant	970.224.6007
Barbara Schoenberger	Adult Programs	970.224.6026
Katie Stieber	Education, Fitness, Wellness	970.224.6029



Natural Areas

970.416.2815

naturalareas@fcgov.com

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



Club Tico

1599 City Park Drive
970.221.6646

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



Lincoln Center

417 W. Magnolia
970.221.6735

The Lincoln Center is entering a new, exciting era as the premier destination for the performing and visual arts in Northern Colorado. Visit Lctix.com or join us on Facebook to learn more.



Rolland Moore Racquet Complex

2201 South Shields
970.493.7000

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



Fort Collins Museum and Discovery Science Center

200 Mathews Street
970.221.6738

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



Youth Activity Center

415 East Monroe
970.221.6655 or 970.221.6309

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

Facility Rental

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

Facility Rental Contact Information

Senior Center/Club Tico	970.224.6113	Youth Activity Center	970.221.6309
Northside Aztlan	970.221.6655	Parks/Park Shelters	970.221.6660
EPIC	970.221.6683	Lincoln Center	970.221.6735
Mulberry Pool	970.221.6657	Museum	970.221.6738
The Farm	970.221.6665	The Gardens	970.416.2486

The Gardens on Spring Creek

First Saturdays at The Gardens

September 3rd: BE WELL in The Gardens
10:00 AM-2:00 PM

yoga, tai chi, acupuncture, meditation, and massage.

October 2nd: CREATE in The Gardens
10:00 AM-2:00 PM

Join in on art projects throughout The Gardens.

Harvest Festival

September 24, 10 a.m. – 3 p.m.

Celebrate the abundance of the harvest with tastings of locally-grown produce, cooking and crafting workshops, a marketplace with local food producers and artisans.

The Halloween Enchanted Garden

October 29, 11 a.m. – 2 p.m.

Meet the Talking Pumpkin, Pond Fairies, and Garden Angels. Watch Halloween Magic, play pumpkin bowling, paint pumpkins and read Halloween books with the Reading Retriever. \$3 at the door

General Events

Adult Madden Tournament

Sign up for this Play Station 3 double elimination tournament that goes on all afternoon on multiple TV's. Cash bar open throughout tournament for anyone of age.

Age: 18 years & up

Location: Northside Aztlan Center

Note: Teams are randomly selected each round and settings are set to default (rosters, playbook, etc). Rules will be emailed out.

10/29 Sa Noon-6:00 PM \$15 85888-01

5th Annual Chili Fest

Experience the smells and flavor of roasted and fresh chillies! Food, crafts, chilli competitions, story telling and more!

Age: All

Location: Museo de Colonias

Note: Location: Museo de las Tres Colonias, 425 10th St., Fort Collins, CO 80524

9/10 Sa Noon-5:00 PM

Gridiron Glory Golf Tournament

You can support youth football by participating in the Gridiron Glory Golf Tournament by becoming a sponsor, entering a team or donating prizes. Join us on September 24 and support one of Fort Collins oldest and brightest youth sports organizations. Call 970.221.6309 for more info.

Collindale Golf Course 1:30 shotgun \$400 per foresome

Dia de los Muertos

Experience the celebration of the dead! Honor your friends and family that have passed. Beautiful Day of the Dead displays food, crafts, music and more!

Age: All

Location: Museo de Colonias

Note: Location: Museo de las Tres Colonias, 425 10th St., Fort Collins, CO 80524

11/5 Sa Noon-4:00 PM

Fort Collins Senior Center Events

Lady Moon

Learn about Lady Catherine Moon and why she is an unforgettable woman in Colorado history. Her story will come alive in this historical presentation by Cheryl Beckett. Lunch will be served after the presentation. Free door-to-door upon request.

Age: 50 years & up

Location: Senior Center

See page 85 for more information.

Grandparents Day

It is a time for Grandparents and their grandchildren to love, guide and befriend the young. Free door-to-door transportation upon request. Sponsored by Humana and Rocky Mountain Health Plans.

Age: All ages

Location: Senior Center

See page 85 for more information.

Three Dudes Sing Berlin

Three retired CSU professors, John Lueck, Art Leissa and Bob Molison, accompanied on piano by Linda Stirman, will sing 22 of Belins best loved songs. Free door-to-door transportation upon request.

Age: All ages

Location: Senior Center

See page 85 for more information.

Veteran's Day Breakfast

The observance of Veterans Day on November 11 not only preserves the historical significance of the date, but it helps focus attention on the important purpose of Veteran's Day:

Age: All ages

Location: Senior Center

See page 85 for more information.

A Salute to Women Singers

Heaven Leight, accompanied by Jim Turner and The Spring Creek Band will present an exceptional concert spanning musical decades, from the 1930's through the 1960's.

Age: 18 years & up

Location: Senior Center

See page 85 for more information.

John's Retirement Party

Have you heard the "news"? John Pfeiffenberger is retiring on December 31, 2011 from the City of Fort Collins Senior Center after 17 years. RSVP to 970.221.6644

Location: Senior Center

See page 85 for more information.

Canadian Trivia

Test your Canadian trivia skills in this afternoon of companionship, competition and food.

Age: 18 years & up

Location: Senior Center

See page 85 for more information.

Canadian Oil

Canadian oil exploration has a long and rich history starting in 1858 with James Miller Williams digging the first well by hand.

Age: 18 years & up

Location: Senior Center

See page 86 for more information.

Adventure Travel Films-

The 2011-2012 Adventure Travel Film series will feature a complete dinner with menu relating to the film. Tickets are \$25 for film and dinner or all three for \$70. Films are only \$8 or all three

Age: 18 years & up

Location: Senior Center

See page 86 for more information.

Canadian Fur Trade

In the 17th century the fur trade in Canada had a significant impact on the history of Canada.

Age: 18 years & up

Location: Senior Center

See page 86 for more information.

Teen Special Events

Zombie Ball

Come one, come all to the gruesome Zombie Ball. We'll start in Old Town with Turning Point's Zombie Crawl then head to the Zombie Ball to party with a live DJ and local bands.

Grade: 9-12

Location: TBD

Note: High school students only. \$10 per person. Pay at the door. Must show high school ID to get in. Proceeds will benefit Turning Point. For more information, visit oldtownzombie.com.

10/22 Sa 8:00-11:00 PM \$10

Youth Night

Arena Football, Dodgeball, Teen Weights, Indoor Soccer, Ping Pong Tournaments, Dance, Fitness, Madden Tournaments, Food, Prizes, Field Trips and much more! All free, all night!

Age: All

Location: Northside Aztlan Center

Note: Planned activities start at 6pm.

9/1-11/17 Th 3:00-9:00 PM No Fee 85856-01

Youth Nights~Active Teens



We will provide support on the second Thursday each month for any teen with a disability to participate in drop-in activities that include dodgeball, ping pong, dance, food, prizes and much more.

Age: 12-18 years

Location: Northside Aztlan Center

Note: For more information and to RSVP, contact Alison Cope at 970.416.2024 or acope@fcgov.com.

9/8, 10/13, 11/10 Th 5:00-8:00 PM No Fee 84610-01

Youth Special Events

65th City Football Birthday

Come celebrate the City of Fort Collins 65th anniversary of our football program! This is a FREE family event for all past, present and future football players and cheerleaders or anyone that just loves football! Join us for swimming, door prizes, football related activities, food and much, much more!

Age: All

Location: City Park

Note: FREE EVENT!!!

9/1 Th 5:30-7:30 PM No Fee



Witches and Wizards! Play some Quidditch and drink some Butter Beer!

Club 45

Kids! Come and join us for the greatest night out ever! This series of night out events are especially geared toward kids in 4th and 5th grades. Come and be part of the fun. Don't forget to bring money for concessions. Limited transportation may be available for an additional fee. Please call 221-6655 for more information Sign up now for only \$10 or pay \$15 at the door.

Grade: 4-5

Location: OD's Sports Crossing

9/17	Sa	1:00-10:00 PM	\$10	85688-01
10/8	Sa	7:00-10:00 PM	\$10	85688-02
11/5	Sa	7:00-10:00 PM	\$10	85688-03

Club 68

This series of night-out events are designed exclusively for Junior High students (grades 6-8). Don't forget money for concessions. Limited transportation may be available for an additional fee. Please call 221-6655 or 416-2528 for more information. Sign up now for \$10 or pay \$15 at the door

Grade: 6-8

Location: OD's Sports Crossing

Note: Class not discountable.

9/24	Sa	7:00-10:00 PM	\$10	85689-01
10/15	Sa	7:00-10:00 PM	\$10	85689-02
11/12	Sa	7:00-10:00 PM	\$10	85689-03

Hogwarts Halloween

Witches and Wizards! Join us for a night of Harry Potter-like Fun! Play some Quidditch. Drink some Butter Beer. Listen to a rockin' witch band. Try your skill at creating potions and charms. Walk through the haunted hallways. Don't forget to wear you wizard's robes! New this year a kids only Junior High time!

Grade: Kindergarten-8

Location: Northside Aztlan Center

Note: Class partially discountable. Parents are permitted to stay and join in the fun for an additional \$5 each. Pre-registration required. Children under the age of 10 must be accompanied by an adult.

Hogwarts Halloween

10/22	Sa	4:00-7:00 PM	\$15	85677-01
-------	----	--------------	------	----------

Parent sign up

10/22	Sa	4:00-7:00 PM	\$5	85677-02
-------	----	--------------	-----	----------

Junior High

10/22	Sa	8:00-10:00 PM	\$15	85677-03
-------	----	---------------	------	----------

Adaptive Recreation Opportunities

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


Inclusion

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

Transition

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

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. Furthermore, attendants may need to register separately and note whom they will be assisting for certain trips, outings or ticketed events.

Volunteers Needed

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

Thank You!

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

Check out our webpage: www.fcgov.com/aro

For more information, please contact the ARO staff.

Renee Lee, CTRS, CPRP 970.224.6027 TTY 970.224.6002 rlee@fcgov.com	Alison Cope, MS,OTR 970.416.2024 acope@fcgov.com
---	--

Jenna Van Fossan, CTRS 970.224.6125 jvanfossan@fcgov.com	ARO Leaders 970.224.6034 aro@fcgov.com
--	--

Area Recreation Opportunities

Adaptive Climbing

Chad O'Connor
970.416.9357
chadoconnor@p-o-group.com

Dance Express

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

Special Needs Swim

The 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
www.ridewithfree.org

Transportation

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

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

Special Olympics

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

Youth Fall Sports Renee Lee 970.224.6027	Adult Volleyball Lois Douthit 970.493.6395
Adult Bowling, Flag Football & Floor Hockey Jenna Van Fossan 970.224.6125	Youth Bowling Patsy Kutchar 970.377.0036

Other ARO Activities in Recreator:

Aquatics		Ice Skating	
Adaptive Swim Lessons	20	Adaptive Skating	73
Aquatic Fitness		Music and Theatre	
MS Aqua	28	Theatre Acting Workshop	54
Twinges-In-The-Hinges	28		
Twinges Plus	28	Outdoor Recreation	
Arts and Crafts		Archery	77
Artistic Abilities/Open Studio	32	Adaptive Climbing Clinic	75
Early Learning		Special Events	
Giant Friends Club	47	Youth Nights For Active Teens	15
Fitness		Sports	
Gentle Yoga For All	67	Goalball	94
MS Dryland Exercise	64	Over the Line	94
Workout Partners	65	Adaptive Junior Sports	98
		Wheelchair Rugby	94

Alternative Programs

All Alternative Programs are for ages 18 & 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.

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

Cooking



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

Instructor: Rick Aulino

Location: Senior Center

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

English Tea Time				
9/21	W	6:30-8:00 PM	\$9	84701-01
Festive Fall Snacks				
10/19-10/26	W	6:30-8:00 PM	\$18	84701-02
Desserts				
11/16	W	6:30-8:00 PM	\$9	84701-03

Crafts



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

Instructor: Alison Cope

Location: Senior Center

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

Making Paper				
9/22	Th	4:15-5:30 PM	\$16	84704-01
Halloween				
10/27	Th	4:15-5:30 PM	\$16	84704-02
Harvest Crafts				
11/17	Th	4:15-5:30 PM	\$16	84704-03

Movie Nights

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!

Location: Senior Center

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

9/13	Tu	6:00-9:00 PM	\$5	84708-01
10/24	M	6:00-9:00 PM	\$5	84708-02
11/28	M	6:00-9:00 PM	\$5	84708-03

Restaurant Night

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

Location: Senior Center

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

9/29	Th	5:30-8:00 PM	\$5	84709-01
10/20	Th	5:30-8:00 PM	\$5	84709-02
11/30	W	5:30-8:00 PM	\$5	84709-03

Outdoor Recreation

Cooperative Campout

Spend a weekend at Cheley Camp in Estes Park with people from other community recreation programs along the Front Range. This annual cooperative event, designed for individuals who are independent in activities of daily living, includes cabin lodging, meals, fishing, hiking, crafts, and more.

Location: Senior Center

Note: A list of items to bring will be mailed one week before the trip. Attendants please pre-register separately for \$75 (#84727-1A). Registration deadline 9/30/11. Class not discountable. For more information, please contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

10/7-10/9	F-Su	2:30-Noon	\$175	84727-01
10/7-10/9	F-Su	2:30-Noon	\$75	84727-1A

Hiking Trip

It's elk bugling season! Let's enjoy the wilderness and go for a hike at Rocky Mountain National Park.

Location: Senior Center

Note: Please dress for the weather and bring a water bottle/camelback and sack lunch. Attendants welcome; please pre-register at no cost. Class not discountable.

9/18	Su	11:00 AM-6:00 PM	\$24	84760-01
------	----	------------------	------	----------

Sports & Fitness

Adaptive Swim Lessons  **See page 20**

Workout Partners  **See page 65**

Adult Flag Football



It's fall and it's football season! A unified team will be created to include people with and without special needs. Flag football is a non-tackle version of the sport, so protective equipment is not needed! Season includes practices and scrimmages.

Age: 16 years & up

Location: City Park

Note: Class partially discountable.

9/12-10/10	M	5:45-6:45 PM	\$16	84705-01
------------	---	--------------	------	----------

Adult Floor Hockey



A unified floor hockey team will be created to include people with and without special needs. Season includes practices and scrimmages and is for all skill levels.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Class partially discountable. Class will not be held on 11/22.

10/18-11/29	Tu	5:15-6:15 PM	\$18	84707-01
-------------	----	--------------	------	----------

Bowling

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

Location: Chipper's Lanes North

Note: Participants may have the opportunity to participate in the Special Olympics Northeast Area bowling Tournament on Sunday, 10/16/11. Class not discountable.

9/17-10/22	Sa	12:30-2:00 PM	\$32	84719-01
------------	----	---------------	------	----------

Special Events

Thanksgiving Meal & Dance

Adults with intellectual disabilities and their families, friends and/or supportive living providers are getting together prior to the ARO monthly dance to enjoy a traditional Thanksgiving meal cooked by the Recreation Staff. The meal will be 4:30 to 6:00 PM, and the dance 6:00-8:00 PM.

Location: Senior Center

Note: Ticket price for participants includes dance. No refunds or cancellations will be given unless your ticket can be resold. Attendants must pre-register separately for \$5 (#84703-1A). Registration deadline 11/10/11. Class not discountable.

11/18	F	4:30-8:00 PM	\$8	84703-01
11/18	F	4:30-8:00 PM	\$5	84703-1A

Monthly Themed Dances

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

Location: Senior Center

Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

Total Request Live

9/30	F	6:00-8:00 PM	\$3	84713-01
------	---	--------------	-----	----------

Halloween Bash

10/28	F	6:00-8:00 PM	\$3	84713-02
-------	---	--------------	-----	----------

Thanksgiving

11/18	F	6:00-8:00 PM	\$3	84713-03
-------	---	--------------	-----	----------

Trips & Outings

Boulder's Dinner Theatre

Watch the musical, "Slow Dance with a Hot Pickup," and enjoy a delicious meal served by the performers. The cost includes the show, dinner entree and soda, tea, or coffee.

Location: Senior Center

Note: Bring extra cash if you would like appetizers or desserts. Transportation home provided for those living within the City of Fort Collins limits. No refund given unless your ticket can be resold. Attendants must pre-register separately for \$36 (#84718-1A). Registration deadline 10/21/11. Class not discountable.

11/2	W	4:00-11:59 PM	\$44	84718-01
11/2	W	4:00-11:59 PM	\$36	84718-1A

CSU Rams Football Game

CSU is playing UNC in Fort Collins. Come cheer on the home team with a great group of friends!

Location: Senior Center

Note: Please dress for the weather and bring cash for snacks or souvenirs, if desired. Attendants must pre-register separately for \$35 (#84725-1A). Registration deadline 9/1/11. Class not discountable.

9/10	Sa	11:00 AM-4:00 PM	\$40	84725-01
9/10	Sa	11:00 AM-4:00 PM	\$35	84725-1A

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 must shower before entering pool.**
- Diapers or plastic pants with elastic around the legs are required to be worn by all individuals who do not have bowel and/or bladder control.
- Patrons recreationally swimming before or after a class or private lesson must pay the drop-in fee.
- Locker rooms will close 15 minutes after the pool closes. Parents must have children picked up when locker rooms are closed
- **Children 6 and older are required to use the appropriate locker room, or they must be accompanied by a parent or guardian in the family locker room.**
- Please bring a lock; the City of Fort Collins is not responsible for lost or stolen items. Lockers are for use while utilizing the facility. Anything left overnight in the locker room will be removed and locks left on will be cut.
- To teach private lessons, coach or provide pool therapy in any aquatic facility, an application form must be completed and approved, and the requirements for teaching/therapy/coaching must be met.

Group Rates for Swimming

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

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

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

Scout Water Badges

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

Private Swim Instructions

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

Learn-to-Swim Policies

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

Edora Pool Ice Center (EPIC) 1801 Riverside

Mulberry Pool (MP) 424 West Mulberry

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

Class Maximums

American Red Cross guidelines to ensure a safe experience.

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

Minimum for all classes based on cost efficiency is 4.

Adaptive Swim 

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

Age: 5 years & up

Instructor: Marcia Bedford

Location: Edora Pool Ice Center

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

9/27-10/18	Tu	4:15-4:45 PM	\$25	84602-01
9/27-10/18	Tu	4:50-5:20 PM	\$25	84602-02
10/25-11/15	Tu	4:15-4:45 PM	\$25	84602-03
10/25-11/15	Tu	4:50-5:20 PM	\$25	84602-04

Drop-In Swim Test

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

Age: 6-12 years

Location: Edora Pool Ice Center

8/6-12/17 Sa Noon-5:00 PM

Location: Mulberry Pool

8/3-12/21 W 4:00-8:00 PM



 Underwater Hockey is a non-contact sport played on the bottom of pool.

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. Participants will learn the basics of underwater hockey while learning skills and playing games. Mask, fins, snorkel and a hockey stick will be provided. Program is ongoing.

Age: 14 years & up

Location: Edora Pool Ice Center

9/12-12/19 M 8:00-9:30 PM \$6

Second Place Team - 2011 State Championships!



Professional coaching staff providing the highest quality coaching with Evan Welting, Head Coach and five highly qualified, USA Swimming registered Assistant Coaches.

Member of USA Swimming and Colorado Swimming

Year Round Competitive Swim Program
FAST Competes at Local, State & National Levels

Year Round • Pre-Competitive • High School Prep • Masters



FAST practices at EPIC, 1801 Riverside Dr., Fort Collins • fortcollinsareaswimteam.org • 690-SWIM



William G. Culver, MD

Anna Kujawska, MD

Daniel J. Laszlo, MD

Let Aspen Allergy Help You Get Back to Life!

Make your appointment today to meet with one of our nationally-recognized physicians to help meet the allergic needs of you and your family.

Get back to life! 970-498-9226



Banner Medical Clinic
Aspen Allergy

www.bannerhealth.com
keyword: Aspen Allergy

608 E. Harmony Rd, Ste101, Fort Collins
(970) 498-9226

2923 Ginnala Drive, Loveland
2010 16th St. Ste C, Greeley
(970) 669-6660

Treating allergic adults and children since 1988.

Learn-to-Swim

Guppy

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

Age: 6-18 months

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:00 PM	\$33	83350-01
9/12-10/5	M,W	5:50-6:20 PM	\$33	83350-02
9/13-10/6	Tu,Th	9:00-9:30 AM	\$33	83350-03
10/10-11/2	M,W	5:10-5:40 PM	\$33	83350-04
10/10-11/2	M,W	6:30-7:00 PM	\$33	83350-05
10/11-11/3	Tu,Th	11:40 AM-12:10 PM	\$33	83350-06
11/7-12/7	M,W	5:50-6:20 PM	\$33	83350-07
11/7-12/7	M,W	6:30-7:00 PM	\$33	83350-08
11/8-12/8	Tu,Th	11:40 AM-12:10 PM	\$33	83350-09

Advanced Guppy

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

Age: 10 months-2 years

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	4:30-5:00 PM	\$33	82360-01
9/17-10/15	Sa	9:00-9:40 AM	\$24	82360-02
9/17-10/15	Sa	10:20-10:50 AM	\$24	82360-03
9/18-10/16	Su	3:15-3:45 PM	\$24	82360-04
9/18-10/16	Su	4:35-5:05 PM	\$24	82360-05
10/11-11/3	Tu,Th	5:50-6:20 PM	\$33	82360-06
10/22-11/19	Sa	9:40-10:10 AM	\$24	82360-07
10/22-11/19	Sa	11:00-11:30 AM	\$24	82360-08
10/23-11/20	Su	3:55-4:25 PM	\$24	82360-09
10/23-11/20	Su	5:55-6:25 PM	\$24	82360-10
11/8-12/8	Tu,Th	4:30-5:00 PM	\$33	82360-11
11/8-12/8	Tu,Th	6:30-7:00 PM	\$33	82360-12

Location: Edora Pool Ice Center

9/12-10/5	M,W	5:10-5:40 PM	\$33	83360-01
9/12-10/5	M,W	6:30-7:00 PM	\$33	83360-02
9/13-10/6	Tu,Th	9:40-10:10 AM	\$33	83360-03
10/10-11/2	M,W	5:50-6:20 PM	\$33	83360-04
10/11-11/3	Tu,Th	9:00-9:30 AM	\$33	83360-05
11/7-12/7	M,W	4:30-5:00 PM	\$33	83360-06
11/7-12/7	M,W	6:30-7:00 PM	\$33	83360-07

LEARN TO SWIM YEAR-ROUND!

- Year-Round Lessons
- Caring, Loving Staff
- 85" Indoor Heated Pool
- We Teach Babies to Adults
- Small, Personal Classes

HighPlainsScuba.com

High Plains SCUBA

High Plains Scuba International
www.scubainternational.com

HIGH PLAINS SCUBA
115 W. HARVARD ST • FT. COLLINS
970-493-8562

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



From Guppy to Tadfish, swimming lessons can be fun and beneficial.

Tadfish

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

Age: 2-4 years

Note: Please have your child wear plastic pants or swim diaper under bathing suit. Class is partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	5:10-5:40 PM	\$33	82370-01
9/13-10/6	Tu,Th	6:30-7:00 PM	\$33	82370-02
9/17-10/15	Sa	9:40-10:10 AM	\$24	82370-03
9/17-10/15	Sa	11:00-11:30 AM	\$24	82370-04
9/18-10/16	Su	3:55-8:25 PM	\$24	82370-05
9/18-10/16	Su	5:15-5:45 PM	\$24	82370-06
10/11-11/3	Tu,Th	4:30-5:00 PM	\$33	82370-07
10/11-11/3	Tu,Th	6:30-7:00 PM	\$33	82370-08
10/22-11/19	Sa	9:00-9:30 AM	\$24	82370-09
10/22-11/19	Sa	10:20-10:50 AM	\$24	82370-10
10/23-11/20	Su	3:15-3:45 PM	\$24	82370-11
10/23-11/20	Su	4:35-5:05 PM	\$24	82370-12
11/8-12/8	Tu,Th	5:10-5:40 PM	\$33	82370-13

Location: Edora Pool Ice Center

9/12-10/5	M,W	5:50-6:20 PM	\$33	83370-01
9/13-10/6	Tu,Th	10:20-10:50 AM	\$33	83370-02
10/10-11/2	M,W	4:30-5:00 PM	\$33	83370-03
10/10-11/2	M,W	6:30-7:00 PM	\$33	83370-04
10/11-11/3	Tu,Th	9:40-10:10 AM	\$33	83370-05
11/7-12/7	M,W	5:10-5:40 PM	\$33	83370-06
11/8-12/8	Tu,Th	9:00-9:30 AM	\$33	83370-07

Preschool 1

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

Age: 3-5 years

Note: Class is partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	4:30-5:00 PM	\$33	82390-01
9/13-10/6	Tu,Th	5:50-6:20 PM	\$33	82390-02
9/17-10/15	Sa	9:00-9:30 AM	\$24	82390-03
9/17-10/15	Sa	10:20-10:50 AM	\$24	82390-04
9/17-10/15	Sa	11:40 AM-12:10 PM	\$24	82390-05
9/18-10/16	Su	3:15-3:45 PM	\$24	82390-06
9/18-10/16	Su	4:35-5:05 PM	\$24	82390-07
9/18-10/16	Su	5:55-6:25 PM	\$24	82390-08
10/11-11/3	Tu,Th	4:30-5:00 PM	\$33	82390-09
10/11-11/3	Tu,Th	5:10-5:40 PM	\$33	82390-10
10/11-11/3	Tu,Th	6:30-7:00 PM	\$33	82390-11
10/22-11/19	Sa	9:40-10:10 AM	\$24	82390-12
10/22-11/19	Sa	11:00-11:30 AM	\$24	82390-13
10/22-11/19	Sa	11:40 AM-12:10 PM	\$24	82390-14
10/23-11/20	Su	3:15-3:45 PM	\$24	82390-15
10/23-11/20	Su	3:55-4:25 PM	\$24	82390-16
10/23-11/20	Su	5:15-5:45 PM	\$24	82390-17
11/8-12/8	Tu,Th	4:30-5:00 PM	\$33	82390-18
11/8-12/8	Tu,Th	5:50-6:20 PM	\$33	82390-19
11/8-12/8	Tu,Th	6:30-7:00 PM	\$33	82390-20

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:00 PM	\$33	83390-01
9/12-10/5	M,W	5:10-5:40 PM	\$33	83390-02
9/12-10/5	M,W	6:30-7:00 PM	\$33	83390-03
9/13-10/6	Tu,Th	11:00-11:30 AM	\$33	83390-04
10/10-11/2	M,W	4:30-5:00 PM	\$33	83390-05
10/10-11/2	M,W	5:10-5:40 PM	\$33	83390-06
10/10-11/2	M,W	5:50-6:20 PM	\$33	83390-07
10/11-11/3	Tu,Th	10:20-10:50 AM	\$33	83390-08
11/7-12/7	M,W	4:30-5:00 PM	\$33	83390-09
11/7-12/7	M,W	5:10-5:40 PM	\$33	83390-10
11/7-12/7	M,W	5:50-6:20 PM	\$33	83390-11
11/8-12/8	Tu,Th	9:40-10:10 AM	\$33	83390-12

Make Vortex Swim Club your Swim Team!



- Competitive year-round USA swim team
- Supportive team environment
- FREE trial period for new swimmers
- Weekly stroke clinics
- Swim team introduction groups
- High school preparation program
- Comprehensive age-group training
- Competition at regional and state meets
- Values the need for balance between swimming, family, school, and other activities

Practice at
Mulberry Pool

424 W. Mulberry
Ft. Collins

970-481-6640

www.teamvortex.org

Your Online Link to Health and Wellness



HealthInfoSource — a comprehensive guide to local healthcare providers, topics and events.

- Includes classes offered by Fort Collins Recreation Department
- Quick and easy searching!
- Free and noncommercial!



Sponsored by Health District of Northern Larimer County, PVHS & Larimer County Health Dept.

Preschool 2

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

Age: 3-5 years

Note: Class is partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	5:10-5:40 PM	\$33	82400-01
9/13-10/6	Tu,Th	5:50-6:20 PM	\$33	82400-02
9/13-10/6	Tu,Th	6:30-7:00 PM	\$33	82400-03
9/17-10/15	Sa	9:40-10:10 AM	\$24	82400-04
9/17-10/15	Sa	11:00-11:30 AM	\$24	82400-05
9/18-10/16	Su	3:55-4:25 PM	\$24	82400-06
9/18-10/16	Su	5:15-5:45 PM	\$24	82400-07
9/18-10/16	Su	5:55-6:25 PM	\$24	82400-08
10/11-11/3	Tu,Th	4:30-5:00 PM	\$33	82400-09
10/11-11/3	Tu,Th	5:50-6:20 PM	\$33	82400-10
10/22-11/19	Sa	9:00-9:30 AM	\$24	82400-11
10/22-11/19	Sa	10:20-10:50 AM	\$24	82400-12
10/22-11/19	Sa	11:40 AM-12:10 PM	\$24	82400-13
10/23-11/20	Su	3:15-3:45 PM	\$24	82400-14
10/23-11/20	Su	4:35-5:05 PM	\$24	82400-15
10/23-11/20	Su	5:55-6:25 PM	\$24	82400-16
11/8-12/8	Tu,Th	5:10-5:40 PM	\$33	82400-17

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:00 PM	\$33	83400-01
9/12-10/5	M,W	5:10-5:40 PM	\$33	83400-02
9/12-10/5	M,W	5:50-6:20 PM	\$33	83400-03
9/13-10/6	Tu,Th	11:40 AM-12:10 PM	\$33	83400-04
10/10-11/2	M,W	5:10-5:40 PM	\$33	83400-05
10/10-11/2	M,W	5:50-6:20 PM	\$33	83400-06
10/10-11/2	M,W	6:30-7:00 PM	\$33	83400-07
10/11-11/3	Tu,Th	11:00-11:30 AM	\$33	83400-08
11/7-12/7	M,W	4:30-5:00 PM	\$33	83400-09
11/7-12/7	M,W	5:50-6:20 PM	\$33	83400-10
11/7-12/7	M,W	6:30-7:00 PM	\$33	83400-11
11/8-12/8	Tu,Th	10:20-10:50 AM	\$33	83400-12

Preschool 3

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

Age: 3-5 years

Note: Class partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	4:30-5:00 PM	\$33	82410-01
9/13-10/6	Tu,Th	5:50-6:20 PM	\$33	82410-02
9/13-10/6	Tu,Th	6:30-7:00 PM	\$33	82410-03
9/17-10/15	Sa	9:00-9:30 AM	\$24	82410-04
9/17-10/15	Sa	10:20-10:50 AM	\$24	82410-05
9/17-10/15	Sa	11:40 AM-12:10 PM	\$24	82410-06
9/18-10/16	Su	3:15-3:45 PM	\$24	82410-07
9/18-10/16	Su	5:15-5:45 PM	\$24	82410-08
9/18-10/16	Su	5:55-6:25 PM	\$24	82410-09
10/11-11/3	Tu,Th	5:10-5:40 PM	\$33	82410-10
10/11-11/3	Tu,Th	6:30-7:00 PM	\$33	82410-11
10/22-11/19	Sa	11:00-11:30 AM	\$24	82410-12
10/22-11/19	Sa	11:40 AM-12:10 PM	\$24	82410-13
10/23-11/20	Su	3:55-4:25 PM	\$24	82410-14
10/23-11/20	Su	4:35-5:05 PM	\$24	82410-15
10/23-11/20	Su	5:15-5:45 PM	\$24	82410-16
11/8-12/8	Tu,Th	4:30-5:00 PM	\$33	82410-17
11/8-12/8	Tu,Th	5:50-6:20 PM	\$33	82410-18

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:00 PM	\$33	83410-01
9/12-10/5	M,W	5:10-5:40 PM	\$33	83410-02
9/12-10/5	M,W	6:30-7:00 PM	\$33	83410-03
10/10-11/2	M,W	4:30-5:00 PM	\$33	83410-04
10/10-11/2	M,W	6:30-7:00 PM	\$33	83410-05
11/7-12/7	M,W	5:10-5:40 PM	\$33	83410-06
11/8-12/8	Tu,Th	11:00-11:30 AM	\$33	83410-07

Level 1

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

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	4:30-5:00 PM	\$33	82420-01
9/13-10/6	Tu,Th	5:10-5:40 PM	\$33	82420-02
9/13-10/6	Tu,Th	6:30-7:00 PM	\$33	82420-03
9/17-10/15	Sa	9:00-9:30 AM	\$24	82420-04
9/17-10/15	Sa	11:00-11:30 AM	\$24	82420-05
9/18-10/16	Su	5:15-5:45 PM	\$24	82420-06
9/18-10/16	Su	5:55-6:25 PM	\$24	82420-07
10/11-11/3	Tu,Th	4:30-5:00 PM	\$33	82420-08
10/11-11/3	Tu,Th	5:50-6:20 PM	\$33	82420-09
10/22-11/19	Sa	10:20-11:10 AM	\$24	82420-10
10/22-11/19	Sa	11:40 AM-12:10 PM	\$24	82420-11
10/23-11/20	Su	3:15-3:45 PM	\$33	82420-12
10/23-11/20	Su	3:55-4:25 PM	\$24	82420-13
10/23-11/20	Su	5:55-6:25 PM	\$24	82420-14
11/8-12/8	Tu,Th	5:50-6:20 PM	\$33	82420-15
11/8-12/8	Tu,Th	6:30-7:00 PM	\$33	82420-16

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:00 PM	\$33	83420-01
9/12-10/5	M,W	5:50-6:20 PM	\$33	83420-02
10/10-11/2	M,W	4:30-5:00 PM	\$33	83420-03
10/10-11/2	M,W	5:10-5:40 PM	\$33	83420-04
11/7-12/7	M,W	4:30-5:00 PM	\$33	83420-05
11/7-12/7	M,W	5:50-6:20 PM	\$33	83420-06

ALL STAR YOUTH SPORTS
PROUD MEMBER OF



REGISTER ONLINE AT: WWW.ALLSTARYOUTHSPORTS.ORG
OR CALL: 970-232-8652 FOR INFO

REGISTER NOW FOR EXCITING NFL FLAG FOOTBALL LEAGUES AND CHEERLEADING!

\$110 EARLY REGISTRATION ENDS 9/1 - \$125 LATE REGISTRATION ENDS 9/15
SEASON BEGINS 9/25 - ENDS 10/30

NON-CONTACT 5 ON 5 NFL FLAG FOOTBALL- COED AGES 5-17-8 GAME SEASON INCLUDES PLAYOFFS
PRACTICES AT LOCAL PARKS-GAMES HELD SUNDAY AFTERNOONS & MONDAY NIGHTS IN FORT COLLINS
REGISTRATION INCLUDES OFFICIAL NFL FLAG JERSEY, FLAGS AND MOUTHPIECE!





Learn-to-Swim programs offer a variety convenient sessions for all ages.

Level 2

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

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 11/21, 11/22, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	5:50-6:20 PM	\$33	82430-01
9/13-10/6	Tu,Th	6:30-7:00 PM	\$33	82430-02
9/17-10/15	Sa	9:40-10:10 AM	\$24	82430-03
9/17-10/15	Sa	10:20-10:50 AM	\$24	82430-04
9/17-10/15	Sa	11:40 AM-12:10 PM	\$24	82430-05
9/18-10/16	Su	3:15-3:45 PM	\$24	82430-06
9/18-10/16	Su	4:35-5:05 PM	\$24	82430-07
9/18-10/16	Su	5:15-5:45 PM	\$24	82430-08
10/11-11/3	Tu,Th	5:10-5:40 PM	\$33	82430-09
10/11-11/3	Tu,Th	6:30-7:00 PM	\$33	82430-10
10/22-11/19	Sa	9:00-9:30 AM	\$24	82430-11
10/22-11/19	Sa	11:00 AM-11:30 PM	\$24	82430-12
10/22-11/19	Sa	11:40 AM-12:10 PM	\$24	82430-13
10/23-11/20	Su	4:35-5:05 PM	\$24	82430-14
10/23-11/20	Su	5:15-5:45 PM	\$24	82430-15
11/8-12/8	Tu,Th	4:30-5:00 PM	\$33	82430-16
11/8-12/8	Tu,Th	5:10-5:40 PM	\$33	82430-17
11/8-12/8	Tu,Th	5:50-6:20 PM	\$33	82430-18

Location: Edora Pool Ice Center

9/12-10/5	M,W	5:10-5:40 PM	\$33	83430-01
9/12-10/5	M,W	5:50-6:20 PM	\$33	83430-02
10/10-11/2	M,W	4:30-5:00 PM	\$33	83430-03
10/10-11/2	M,W	5:50-6:20 PM	\$33	83430-04
11/7-12/7	M,W	4:30-5:00 PM	\$33	83430-05
11/7-12/7	M,W	5:10-5:40 PM	\$33	83430-06
11/7-12/7	M,W	6:30-7:00 PM	\$33	83430-07

Level 3

At the completion of Level 3, participants are starting to show stroke proficiency in the front crawl and elementary backstroke. They demonstrate comfort in deep water and can enter the water headfirst from both sitting and kneeling positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	5:10-5:55 PM	\$47	82440-01
9/17-10/15	Sa	9:40-10:25 AM	\$33	82440-02
9/17-10/15	Sa	11:00-11:45 AM	\$33	82440-03
9/18-10/16	Su	3:55-4:40 PM	\$33	82440-04
9/18-10/16	Su	5:55-6:40 PM	\$33	82440-05
10/11-11/3	Tu,Th	4:30-5:15 PM	\$47	82440-06
10/22-11/19	Sa	9:00-9:45 AM	\$33	82440-07
10/22-11/19	Sa	10:20-11:05 AM	\$33	82440-08
10/23-11/20	Su	3:15-4:00 PM	\$33	82440-09
10/23-11/20	Su	4:35-5:20 PM	\$33	82440-10
11/8-12/8	Tu,Th	5:10-5:55 PM	\$47	82440-11
11/8-12/8	Tu,Th	6:30-7:15 PM	\$47	82440-12

Location: Edora Pool Ice Center

9/12-10/5	M,W	4:30-5:15 PM	\$47	83440-01
9/12-10/5	M,W	5:50-6:35 PM	\$47	83440-02
10/10-11/2	M,W	5:10-5:55 PM	\$47	83440-03
10/10-11/2	M,W	6:30-7:15 PM	\$47	83440-04
11/7-12/7	M,W	5:50-6:35 PM	\$47	83440-05
11/7-12/7	M,W	6:30-7:15 PM	\$47	83440-06

Level 4

At the completion of Level 4, participants are starting to demonstrate effective and efficient strokes in the front crawl and elementary backstrokes and are starting to show stroke proficiency in the breaststroke, back crawl, butterfly and sidestroke. Participants can enter the water headfirst from both compact and stride positions.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 11/21, 11/22, 11/23, 11/24.

Location: Mulberry Pool

9/13-10/6	Tu,Th	4:30-5:15 PM	\$47	82450-01
9/17-10/15	Sa	9:00-9:45 AM	\$33	82450-02
9/18-10/16	Su	3:15-4:00 PM	\$33	82450-03
10/11-11/3	Tu,Th	5:10-5:55 PM	\$47	82450-04
10/22-11/19	Sa	9:40-10:25 AM	\$33	82450-05
10/23-11/20	Su	5:15-6:00 PM	\$33	82450-06
11/8-12/8	Tu,Th	4:30-5:15 PM	\$47	82450-07

Location: Edora Pool Ice Center

9/12-10/5	M,W	6:30-7:15 PM	\$47	83450-01
10/10-11/2	M,W	4:30-5:15 PM	\$47	83450-02
11/7-12/7	M,W	5:10-5:55 PM	\$47	83450-03

Level 5

At the completion of Level 5, participants are starting to demonstrate effectiveness and efficiency in all strokes. Participants are starting to work on endurance through longer swims that require using open and flip turns. Swimmers will be able to enter the water using the shallow-angle dive and can then continue swimming.

Age: 6-12 years

Note: Class partially discountable. Class will not be held on 11/21, 11/23.

Location: Mulberry Pool

9/17-10/15	Sa	11:00-11:45 AM	\$33	82460-01
9/18-10/16	Su	3:55-4:40 PM	\$33	82460-02
10/11-11/3	Tu,Th	5:50-6:35 PM	\$47	82460-03
10/22-11/19	Sa	9:00-9:45 AM	\$33	82460-04
10/23-11/20	Su	5:55-6:40 PM	\$33	82460-05
11/8-12/8	Tu,Th	6:30-7:15 PM	\$47	82460-06

Location: Edora Pool Ice Center

9/12-10/5	M,W	6:30-7:15 PM	\$47	83460-01
10/10-11/2	M,W	5:50-6:35 PM	\$47	83460-02
11/7-12/7	M,W	4:30-5:15 PM	\$47	83460-03

Lifeguard Training

Lifeguard Training

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

Age: 15 years & up

Location: Edora Pool Ice Center

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

11/5,6,12,13	Sa, Su	9:00-5:00 PM	\$153	83540-01
--------------	--------	--------------	-------	----------

Diving

Youth Diving

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

Age: 5-12 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Class will not be held on 11/21, 11/23.

9/12-10/5	M,W	5:45-6:30 PM	\$35	83490-01
10/10-11/2	M,W	5:45-6:30 PM	\$35	83490-02
11/7-12/7	M,W	5:45-6:30 PM	\$35	83490-03

Teen Diving

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

Age: 13-17 years

Location: Edora Pool Ice Center

Note: Class partially discountable. Class will not be held on 11/21, 11/23.

9/12-10/5	M,W	5:00-5:45 PM	\$35	83500-01
10/10-11/2	M,W	5:00-5:45 PM	\$35	83500-02
11/7-12/7	M,W	5:00-5:45 PM	\$35	83500-03

Adult Swim

Adult Swim Instruction

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

Age: 16 years & up

Note: Class will not meet 11/20

Location: Mulberry Pool

9/12-10/3	M	7:15-8:00 PM	\$33	82570-01
10/10-10/31	M	7:15-8:00 PM	\$33	82570-02
11/7-12/5	M	7:15-8:00 PM	\$33	82570-03



On August 21, 2011

Ride Team PVHS

ENGAGE in life

+



=



Ride Team PVHS in the Echelon Gran Fondo Charity Ride
for the **Poudre Valley Cancer Center**

Choose from 30, 60, or 90 mile routes

Help us reach our **goal of 500 riders!**

Registration information @ ENGAGEinlife.org



Aqua-Fitness

Classes are for ages 18 years & up.

Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session. Drop-in/SuperPass patrons do not count in registration numbers. Participants may attend only the class for which they are registered, and may register for the entire session or the weeks remaining. There are no make-up classes for missed aqua fitness classes.

Drop-In

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

SuperPass

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

Aqua Personal Training

See page 63 for details.

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.

Location: Edora Pool Ice Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/12-9/30	M,W,F	7:30-8:30 AM	\$25.25	83600-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$32	83600-02
10/31-11/18	M,W,F	7:30-8:30 AM	\$25.25	83600-03
9/12-9/30	M,W,F	9:30-10:30 AM	\$25.25	83600-04
10/3-10/28	M,W,F	9:30-10:30 AM	\$32	83600-05
10/31-11/18	M,W,F	9:30-10:30 AM	\$25.25	83600-06
9/13-9/29	Tu,Th	1:30-2:30 PM	\$17	83600-07
10/4-10/27	Tu,Th	1:30-2:30 PM	\$21	83600-08
11/1-11/17	Tu,Th	1:30-2:30 PM	\$17	83600-09

MS Aqua



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.

Location: Mulberry Pool

Note: Please bring an attendant if you need assistance with personal care out of the water. Fee is for a 16 visit punch pass. Class partially discountable. To join or volunteer assist, contact Jenna Van Fossan at (970) 224-6125 or jvanfossan@fcgov.com. Class will not be held on 11/22, 11/24.

9/13-12/15	Tu,Th	9:30-10:30 AM	\$43	
------------	-------	---------------	------	--

Twinges Plus



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

Location: Senior Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/7-9/30	M,W,F	12:15-1:15 PM	\$29.75	87610-01
10/3-10/28	M,W,F	12:15-1:15 PM	\$32	87610-02
10/31-11/18	M,W,F	12:15-1:15 PM	\$25.25	87610-03
9/7-9/30	M,W,F	1:30-2:30 PM	\$29.75	87610-04
10/3-10/28	M,W,F	1:30-2:30 PM	\$32	87610-05
10/31-11/18	M,W,F	1:30-2:30 PM	\$25.25	87610-06

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!

Location: Senior Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/7-9/30	M,W,F	8:30-9:15 AM	\$29.75	87620-01
10/3-10/28	M,W,F	8:30-9:15 AM	\$32	87620-02
10/31-11/18	M,W,F	8:30-9:15 AM	\$25.25	87620-03

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.

Location: Senior Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/7-9/30	M,W,F	6:15-7:00 PM	\$29.75	87630-01
10/3-10/28	M,W,F	6:15-7:00 PM	\$32	87630-02
10/31-11/18	M,W,F	6:15-7:00 PM	\$25.25	87630-03

Medium Intensity

Fitness & Fun

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

Location: Senior Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/7-9/30	M,W,F	7:30-8:30 AM	\$29.75	87645-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$32	87645-02
10/31-11/18	M,W,F	7:30-8:30 AM	\$25.25	87645-03

Classics

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

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

Location: Mulberry Pool

9/7-9/30	M,W,F	7:30-8:30 AM	\$29.75	82640-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$32	82640-02
10/31-11/18	M,W,F	7:30-8:30 AM	\$25.25	82640-03

Location: Edora Pool Ice Center

9/12-9/30	M,W,F	7:30-8:30 AM	\$25.25	83640-01
10/3-10/28	M,W,F	7:30-8:30 AM	\$32	83640-02
10/31-11/18	M,W,F	7:30-8:30 AM	\$25.25	83640-03

Location: Senior Center

9/7-9/30	M,W,F	6:30-7:30 AM	\$29.75	87640-01
10/3-10/28	M,W,F	6:30-7:30 AM	\$32	87640-02
10/31-11/18	M,W,F	6:30-7:30 AM	\$25.25	87640-03

9/7-9/30	M,W,F	9:30-10:30 AM	\$29.75	87640-04
10/3-10/28	M,W,F	9:30-10:30 AM	\$32	87640-05
10/31-11/18	M,W,F	9:30-10:30 AM	\$25.25	87640-06

9/7-9/30	M,W,F	5:15-6:15 PM	\$29.75	87640-07
10/3-10/28	M,W,F	5:15-6:15 PM	\$32	87640-08
10/31-11/18	M,W,F	5:15-6:15 PM	\$25.25	87640-09

9/6-9/29	Tu,Th	6:15-7:15 AM	\$21	87640-10
10/4-10/27	Tu,Th	6:15-7:15 AM	\$21	87640-11
11/1-11/17	Tu,Th	6:15-7:15 AM	\$17	87640-12

9/6-9/29	Tu,Th	8:00-9:00 AM	\$21	87640-13
10/4-10/27	Tu,Th	8:00-9:00 AM	\$21	87640-14
11/1-11/17	Tu,Th	8:00-9:00 AM	\$17	87640-15

9/6-9/29	Tu,Th	9:00-10:00 AM	\$21	87640-16
10/4-10/27	Tu,Th	9:00-10:00 AM	\$21	87640-17
11/1-11/17	Tu,Th	9:00-10:00 AM	\$17	87640-18

9/6-9/29	Tu,Th	10:00-11:00 AM	\$21	87640-19
10/4-10/27	Tu,Th	10:00-11:00 AM	\$21	87640-20
11/1-11/17	Tu,Th	10:00-11:00 AM	\$17	87640-21

9/6-9/29	Tu,Th	4:00-5:00 PM	\$21	87640-22
10/4-10/27	Tu,Th	4:00-5:00 PM	\$21	87640-23
11/1-11/17	Tu,Th	4:00-5:00 PM	\$17	87640-24

9/6-9/29	Tu,Th	7:00-8:00 PM	\$21	87640-25
10/4-10/27	Tu,Th	7:00-8:00 PM	\$21	87640-26
11/1-11/17	Tu,Th	7:00-8:00 PM	\$17	87640-27

AquaNatal

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

Location: Senior Center

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/7-9/30	M,W,F	4:15-5:15 PM	\$29.75	87650-01
10/3-10/28	M,W,F	4:15-5:15 PM	\$32	87650-02
10/31-11/18	M,W,F	4:15-5:15 PM	\$25.25	87650-03

9/7-9/28	M,W	7:00-8:00 PM	\$19	87650-04
10/3-10/26	M,W	7:00-8:00 PM	\$21	87650-05
10/31-11/16	M,W	7:00-8:00 PM	\$17	87650-06

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

Note: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

9/6-9/29	Tu,Th	5:30-6:30 PM	\$21	87670-01
10/4-10/27	Tu,Th	5:30-6:30 PM	\$21	87670-02
11/1-11/17	Tu,Th	5:30-6:30 PM	\$17	87670-03

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: Please check in at the front desk. Classes with fewer than 5 people registered by the end of the first day of class will be canceled for that session.

Location: Mulberry Pool

9/7-9/30	M,W,F	12:15-1:00 PM	\$29.75	82660-01
10/3-10/28	M,W,F	12:15-1:00 PM	\$32	82660-02
10/31-11/18	M,W,F	12:15-1:00 PM	\$25.25	82660-03

Location: Edora Pool Ice Center

9/13-9/29	Tu,Th	5:25-6:25 PM	\$17	83660-01
10/4-10/27	Tu,Th	5:25-6:25 PM	\$21	83660-02
11/1-11/17	Tu,Th	5:25-6:25 PM	\$17	83660-03

Adult Art Classes

Request For Submission, For Photo Display

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

Request For Exhibits

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

Visual Arts Committee

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

Teachers?

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

Volunteers Wanted

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

Basketry

Weave an Artistic Gift Basket



Participants will make and take home a beautiful, hand-made basket. We'll work on one of the very popular melon shapes. Using a variety of materials, colors and artistic accents, you'll be proud to give this basket as a gift or to hold your own precious treasures.

Age: 18 years & up

Instructor: Liz Moncrief

Location: Senior Center

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

11/19	Sa	8:00 AM-Noon	\$49	84169-01
			\$45 for members	

Drawing

Drawing, Effective Perspective

In art, perspective shapes your visual language and gives your pictures a sense of depth and reality. This beginning level course will focus on visual perspective, and will provide a solid foundation for making pictures that convey a true sense of reality.

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list is available at registration (approximate cost \$30-\$40).

10/26-12/7	W	6:30-8:30 PM	\$48	84195-01
------------	---	--------------	------	----------

Essential Cartooning

Learn to make your own cartoon strip or comic book? Use your own style of doodles, stick figures, super heroes, or sophisticate. Learn to apply basic dynamic figure drawing, settings, perspective, storyboarding, and panel layout. Turn your own characters and concepts into finished comics.

Age: 18 years & up

Instructor: Jesse Bonifazi

Location: Senior Center

Note: Bring drawing paper, pencil, eraser, and ruler to first class. Supply list available at registration. No class on 9/28.

9/14-10/26	W	6:30-8:30 PM	\$54	84107-01
------------	---	--------------	------	----------

Drawing, Intermediate/Advanced

Prerequisite: Beginning drawing.

This class will focus on composition and expression while covering advanced illustration techniques, perspective, pencil technique and pen and ink. Through various exercises you will finish several drawings consisting of wildlife, landscape, structures, figures and more.

Age: 18 years & up

Instructor: Frank Vero

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-\$40).

9/20-11/1	Tu	7:00-9:00 PM	\$50	84111-01
-----------	----	--------------	------	----------

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.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable.

9/19-11/14	M	5:00-7:30 PM	\$114	84114-01
------------	---	--------------	-------	----------

Drawing, Animals

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

Age: 16 years & up

Instructor: Larry Tucci

Location: Senior Center

Note: Supply list available at registration (approximate cost \$30-\$40).

9/8-10/13	Th	6:30-8:30 PM	\$48	84145-01
-----------	----	--------------	------	----------

Drawing from Photos

Learn how to create a realistic drawing of a photo with a plotting process. Class will cover special shortcuts to success while concentrating on the value structure and rendering of a 3 dimensional form on 2 dimensional paper. Different drawing tools will be addressed to help facilitate the process.

Age: 18 years & up

Location: Senior Center

Note: Supply list available at registration (approximate cost \$15-\$20). Class partially discountable.

9/18-10/23	Su	1:30-3:00 PM	\$43	84199-01
------------	----	--------------	------	----------

Fiber Arts

Feltmaking Purse

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

Age: 16 years & up
Instructor: Marti Conrad
Location: Senior Center

Note: All supplies provided. Class partially discountable. Children 8-15 years old are welcome to register if accompanied by a parent.
 10/13-10/20 Th 1:30-4:30 PM \$33 84118-01

Knitting, Beginning

In a relaxed setting learn to knit, purl, figure, gauge and read a pattern. If you want to improve your skills or have never held knitting needles but want to learn this class is for you. You will have fun creating a whimsical washcloth.

Age: 16 years & up
Instructor: Susan Wood
Location: Senior Center

Note: Supply list available at registration (approximate cost \$10-\$15).
 10/5-10/26 W 3:30-5:30 PM \$48 84132-01

Learn to Spin Yarns



Class will feature a discussion on the use of natural fibers, processing and basic spinning techniques using a single drop spindle. You will work on spinning wheels and make 'art yarns' using exotic fibers such as mohair, alpaca, and silk. You'll be proud of your results and want to continue this new-found interest.

Age: 18 years & up
Instructor: Liz Moncrief
Location: Senior Center

Note: All supplies provided. You will be given a spindle kit and fiber to take with you. Please wear old clothes. Please wear old clothes. Class partially discountable.
 11/8-11/15 Tu 6:00-8:30 PM \$47 84154-01
 \$47 for members

Sewing, Beginning

In this fast paced class you will learn the basics of machine sewing, how to thread the machine wind a bobbin and different stitches and their uses, all while you work on a pillow form, slipcover, apron and a bag.

Age: 13 years & up
Instructor: Lee Hoff
Location: Senior Center

Note: Supply list available first class. (approx. cost \$35-\$40) First class, material is provided but bring a functional sewing machine, manual and scissors. If you desire a sewing machine, one can be provided. Class will not be held on 9/22.

9/8-10/6 Th 6:00-8:30 PM \$49 84183-01

10/13-11/3 Th 6:00-8:30 PM \$49 84183-02

Needle Felted Dolls

Learn to hand craft figures, dolls, animals from wool roving by needle felting. Make storybook figures or simple creatures.

Age: 16 years & up
Instructor: Mary Elizabeth Lenahan
Location: Senior Center

Note: All supplies provided. Class partially discountable.
 10/15 Sa 1:00-4:00 PM \$22 84189-01



Quilting Quorum: Meet other local quilters, swap tips and share techniques.

Quilting Quorum

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.

Age: 18 years & up
Location: Senior Center

Note: There is no instructor. No fee, but must be a Senior Center member. Sewing machines, mats, cutters, and material are available. Class will not be held on 11/25.
 9/2-11/18 F 1:00-3:00 PM No Fee 84198-01

Glass Arts

Fused Glass Pendants

In this class, you will create six beautiful fused glass pendants while learning the basic glass cutting, fusing techniques, and discovering the magic of dichroic glass.

Age: 18 years & up
Instructor: Kathi Dougherty
Location: Senior Center

Note: Supplies provided, bails and cords sold separately. Class is partially discountable
 10/15 Sa 1:00-3:00 PM \$46 84139-01

Fused Glass Jewelry

Do one of each, a bracelet, pendant and earring set, while you learn to cut, stack and design beautiful fused glass jewelry (including dichroic glass). Friends and family will be jealous of your sparkling gems. All glass, hardware and findings included.

Age: 14 years & up
Instructor: Kathi Dougherty
Location: Senior Center

Note: All supplies provided. Class is partially discountable.
 10/15 Sa 10:00 AM-Noon \$46 84137-01

General Arts

Calligraphy, Beginning

Prerequisite: Good handwriting is not a prerequisite!
 Learn the art of beautiful writing and add a personal touch to your scrapbooks, journals, or notes and invitations. Use a broad edge pen for italic hand writing and get ideas for using your new skill. Class includes discussion about materials, layout and design, and a brief history of writing.
Age: 16 years & up
Instructor: Sylvia Godsey
Location: Senior Center
Note: Supply list available at registration (approximate cost \$20). Class partially discountable.
 9/26-11/7 M 6:00-8:30 PM \$69 84109-01

Bookbinding, Non-Adhesive Workshop

Prerequisite: Beginning Calligraphy or instructor approval
 A good introduction to bookbinding! Learn to make a variety of books using no paste or glue. Participants will make single signature, accordion, stab and multi-signature bindings and get ideas to use their new skills.
Age: 16 years & up
Instructor: Sylvia Godsey
Location: Senior Center
Note: Supply list available at registration (approximate cost \$20). Class partially discountable.
 10/8 Sa 9:00 AM-4:00 PM \$42 84112-01

Lotions & Potions, Body Care

We'll make and take home several bath products using items found in your local health food market. Gain a better understanding of your skin's needs, what makes products work, how to add or delete special elixirs and essential oils, and develop an appreciation for the ingredients in your kitchen cupboard.
Age: 18 years & up
Instructor: Liz Moncrief
Location: Senior Center
Note: All supplies provided. Please wear old clothes. Class partially discountable.
 12/10 Sa 8:00 AM-Noon \$47 84152-01
 \$43 for members

Maintain a Healthy Home Environment

Class will feature making and using natural cleaning and beauty products for yourself, your family and your home. We'll discuss market products, what's good and what isn't, how you can replace your current supply with products that you can feel good about using. We'll make a bar of soap and several items to take home.
Age: 18 years & up
Instructor: Liz Moncrief
Location: Senior Center
Note: All supplies provided. Please wear old clothes. Class partially discountable.
 10/29 Sa 8:00 AM-Noon \$47 84179-01
 \$43 for members

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

Open for scrapbooks, crochet, watercolor, knitting, or some other hobby. Join the relaxed atmosphere where you can meet new friends and share an enthusiasm for the arts and crafts. This group of creative people meets weekly to work on projects and share ideas and techniques. Also, learn from others as you discuss the many aspects of different art related hobbies and crafts.
Age: 18 years & up
Location: Senior Center
Note: No instructor provided. No fee, but must be a Senior Center member. Class will not be held on 11/23.
 9/7-11/30 W 1:00-3:00 PM No Fee

Open Shop

This allows you the opportunity to work with the many tools that are available in areas such as jewelry, stained glass, and woodworking. Also available are scroll saws, wood lathes, other wood related tools and basic tools for mechanical repairs. Users enrolled in a class can utilize the shop to work on projects outside of class time.
Age: 18 years & up
Location: Senior Center
Note: There is no fee for students currently enrolled in an arts and crafts class; for persons not currently enrolled in a class, a Senior Center membership is required and a \$2 fee per open lab time is charged. Program not discountable Class will not be held on 11/23, 11/24.
 6/7-8/30 Tu 8:00 AM-Noon \$2
 9/6-11/29 Tu 8:00 AM-Noon \$2
 9/7-11/30 W 1:00 -5:00 PM \$2
 9/1-11/7 Th 6:00 - 10:00 PM \$2

Artistic Abilities Open Studio

This class is open to participants of all abilities with previous visual art experience, with accommodations provided for various challenges and disabilities. We will have a variety of materials available for creative expression centered around a weekly theme.
Age: 13 years & up
Location: Senior Center
Note: For more information, contact Alison Cope, 970.416.2024, acope@fcgov.com. Class partially discountable.
 10/3-11/7 M 4:00-6:00 PM \$38 84616-01

Jewelry

Jewelry, Lapidary

Prerequisite: Beginning Jewelry preferred
 This class will cover the basic processes with rock and gem cutting and grinding. Evaluation of the best stones for, grinding, and polishing of semi precious stones as well as some attention to the construction of a jewelry piece with a stone will be covered.
Age: 18 years & up
Instructor: Mark Ruby
Location: Senior Center
Note: Some supplies provided, supply list available at registration. Supplies and supply cost vary with your project choice. (approx cost \$15-\$45) Class partially discountable.
 9/13-10/25 Tu 7:45-9:45 PM \$100 84159-01

FALL GOLF SPECIAL SEE PAGE 50 FOR MORE INFORMATION.

\$20 PER PERSON 9 HOLES & CART

\$35 PER PERSON 18 HOLES & CART

VALID FOR UP TO 4 PEOPLE
 NOT VALID WITH ANY OTHER OFFER
 VALID 9/1/2011-11/30/2011 (MUST PRESENT COUPON)

City of Fort Collins

Jewelry, Holiday Gift Finalizing

Prerequisite: Beginning Jewelry
 This class will offer the opportunity to finish work already in progress or pick the instructors brain about different techniques, tools, and aesthetics. It is an open format with the instructor available for questions, critiques and demonstrations.

Age: 18 years & up
Instructor: Mark Ruby
Location: Senior Center
Note: Some supplies provided. Supply list available at registration. Supplies and supply cost vary with your project choice. (approx cost \$20-\$85) Class partially discountable.
 11/1-12/13 Tu 7:45-9:45 PM \$100 84185-01

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 into it.

Age: 18 years & up
Instructor: Mark Ruby
Location: Senior Center
Note: Tools and some supplies provided. Supply list available at registration (approximate cost \$55-\$80). Class partially discountable.

9/13-10/25	Tu	5:30-7:30 PM	\$95	84186-01
11/1-12/13	Tu	5:30-7:30 PM	\$95	84186-02

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.

Age: 18 years & up
Instructor: Peggy Hunt
Location: Senior Center
Note: There will be a 1-hour lunch break (on your own). Please bring a role of paper towels and wear old clothes. One month prior to the start of class an example can be seen at the Senior Center. Class not discountable.

Bob Ross - Landscape

9/8	Th	9:00 AM-4:00 PM	\$60	84127-01
-----	----	-----------------	------	----------

Bob Ross - Landscape

10/6	Th	9:00 AM-4:00 PM	\$60	84127-02
------	----	-----------------	------	----------

Bob Ross - Floral

11/10	Th	9:00 AM-4:00 PM	\$60	84127-03
-------	----	-----------------	------	----------

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.

Age: 16 years & up
Instructor: Larry Tucci
Location: Senior Center
Note: Supply list available at registration (approximate cost \$30-\$50).
 10/20-12/1 Th 6:30-8:30 PM \$55 84146-01

Painting, Chinese Brush

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

Age: 18 years & up
Instructor: Ann Hartzler
Location: Senior Center
Note: Bring an apron or wear old clothing. Bring a jar and a small dish or white saucer. All other supplies provided. Class partially discountable.
 9/21-10/26 W 6:30-8:30 PM \$60 84140-01

Porcelain Painting, Beginning

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

Age: 18 years & up
Instructor: Jackie Mosman
Location: Senior Center
Note: All supplies included. Firing of your work is included in the course fee. Reduced fee when using your own supplies. Class partially discountable.

9/2-9/30	F	1:00-3:30 PM	\$56	84170-01
10/7-10/28	F	1:00-3:30 PM	\$47	84170-02
11/4-11/18	F	1:00-3:30 PM	\$37	84170-03

Porcelain Painting, Intermediate

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

Age: 18 years & up
Instructor: Jackie Mosman
Location: Senior Center
Note: Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 11/23. Class partially discountable.

9/7-9/28	W	9:00-11:30 AM	\$42	84171-01
10/5-10/26	W	9:00-11:30 AM	\$42	84171-02
11/2-11/30	W	9:00-11:30 AM	\$42	84171-03

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.

Age: 18 years & up
Instructor: Jackie Mosman
Location: Senior Center
Note: Firing of your work is included in the course fee. You provide the painting supplies. Class will not be held on 11/23. Class partially discountable.

9/7-9/28	W	1:00-4:00 PM	\$48	84172-01
10/5-10/26	W	1:00-4:00 PM	\$48	84172-02
11/2-11/30	W	1:00-4:00 PM	\$48	84172-03

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.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approximate cost \$50-\$75). Class partially discountable. Class will not be held on 10/6.

9/8-10/20	Th	1:00-3:00 PM	\$64	84180-01
10/28-12/9	Th	1:00-3:00 PM	\$64	84180-02

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.

Age: 18 years & up

Instructor: Julianne Schempf

Location: Senior Center

Note: Supply list available at registration (approx. cost is \$50-\$100). Class partially discountable. Class will not be held on 10/7, 11/24.

9/9-10/21	F	1:00-3:00 PM	\$68	84181-01
10/27-12/8	Th	1:00-3:00 PM	\$68	84181-02



Watercolor: Learn techniques, special effects and color theory.

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.

Age: 16 years & up

Instructor: Dick Myhre

Location: Senior Center

Note: Bring a functional digital or 35mm SLR camera and its manual to class. A field trip will give you practical experience and will be on Saturday after the start of your class.

10/6-10/20	Th	6:00-9:00 PM	\$47	84130-01
10/8	Sa	9:00 AM-Noon		

Photography, Intermediate to 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.

Age: 16 years & up

Instructor: Dick Myhre

Location: Senior Center

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

11/3-11/17	Th	6:00-9:00 PM	\$39	84131-01
------------	----	--------------	------	----------

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.

Age: 18 years & up

Instructor: Leroy Wilson

Location: Senior Center

Note: Some supplies provided. Supply list available first day of class (approx. cost \$20-\$30). Class partially discountable.

9/14-10/19	W	7:00-9:00 PM	\$90	84190-01
------------	---	--------------	------	----------

Woodworking, Intermediate

Prerequisite: Beginning Woodworking

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

Age: 18 years & up

Instructor: Leroy Wilson

Location: Senior Center

Note: Some supplies provided. Other necessary supplies discussed at first class (Approx. cost is relative to project). Class partially discountable. Class will not be held on 11/23.

11/2-12/14	W	7:00-9:00 PM	\$90	84191-01
------------	---	--------------	------	----------



209 Christman Drive
Fort Collins, CO 80524
(970) 416-5979

Open House at NCPG!
Saturday August 27th, noon – 4:00 pm
Visit our working studio & meet the instructors
Door prizes & refreshments



Visit coloradopottery.org
for info on:
Memberships, Classes,
Clay sales & Events
find us on facebook!

Holiday Show & Sale Nov 11-13 2011

50% off
1st month membership fee for new members
expires 11/1/11

10% off
pottery class registration
expires 11/1/11

25% off
one bag of clay
expires 11/1/11

Pottery

All pottery classes are held at the Pottery Studio, 1541 W. Oak Street.

Adult pottery classes are for ages 18 years & up unless otherwise noted.

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

Parents or Grandparents & Children Together
Among the many class offered are classes specifically geared for a parent or grandparent to work with a child on pottery projects. Interesting clay projects will be completed in these unique classes. The projects are constantly being varied so it is possible to reregister for classes as many times as you wish.

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. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Adult Pottery

Pottery, Beginning Wheel/Handbuilding,
This class is for the 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 included. All tools and supplies provided, 25 pounds of clay included in the fee. Class is partially discountable.

9/12-11/14	M	9:00-11:00 AM	\$139	84060-01
9/12-11/14	M	5:45-7:45 PM	\$139	84060-02
9/14-11/16	W	8:00-10:00 PM	\$139	84060-03

Pottery, Beginning PLUS Wheel/Handbuilding,
Prerequisite: One or more sessions of Beginning Wheel/Handbuilding.
This class is paced for students who have previously taken a beginning class and are acquainted with the basic techniques involved in wheel throwing. This class is excellent for students who are not feeling comfortable with the clay and wish to hone their skills some before progressing to intermediate.
Note: Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class is partially discountable.

9/12-11/14	M	8:00-10:00 PM	\$139	84061-01
9/14-11/16	W	5:30-7:30 PM	\$139	84061-02
9/15-11/17	Th	9:00-11:00 AM	\$139	84061-03

Pottery, Intermediate Wheel/Handbuilding,
Prerequisite: Beginning Wheel/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. All tools and supplies provided, 25 pounds of clay included in the fee. Class is partially discountable.

9/13-11/15	Tu	5:30-7:30 PM	\$139	84062-01
9/14-11/16	W	9:00-11:00 AM	\$139	84062-02



Does your diet need an overhaul?

With Healthy Weighs, you'll learn to make delicious and nutritious food choices for you and your family. Not a fad diet, but a lifelong approach to eating that promotes a healthy weight and good health. Now in its 13th year with 100% satisfaction.

Morning & evening classes start Sept. 20.
Space is limited. Call 224-5209.

Health District
OF NORTHERN LARIMER COUNTY
healthdistrict.org/nutrition

Pottery, Advanced Wheel/Handbuilding,

Prerequisite: Intermediate Wheel/Handbuilding or equivalent
This class looks further into the development of form while honing your high-end techniques. Emphasis is placed on combining your own creativity with conceptual thought into design.

Note: Lab time included. All tools and supplies provided, 25 pounds of clay included in the fee. Class is partially discountable.
9/15-11/17 Th 5:30-7:30 PM \$139 84063-01

Pottery Lab

Anyone currently enrolled in an adult pottery class (Sampler class excluded) may utilize the lab. Staff is in attendance but no formal instruction is provided. 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.

Note: This is a recreational and educational facility. Production work is not permitted. Lab fee includes 25 pounds of clay. Lab hours are for adults only. Open lab times are not available for students enrolled in the Sampler Class.

9/12-11/19	Tu,Sa	9:00 AM-Noon	\$139	84066-01
	M, W, Th	11: AM-2:00 PM		
	Tu, S	9:00 AM-Noon		
	Tu, Th	7:30-10:00 PM		

Holiday Pottery

Make personal and unique holiday decorations. You will 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. Tools and supplies provided, 25 pounds of basic clay included in the fee.

11/29-12/10	Tu,Th	6:00-9:00 PM	\$75	84068-01
	Sa	9:00 AM-Noon		

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.
9/17-10/22 Sa 12:15-2:15 PM No Fee 84068-02

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. Class will not be held on 7/4.

9/17-10/15	Sa	12:15-2:15 PM	\$49	84069-01
10/22-11/19	Sa	12:15-2:15 PM	\$49	84069-02

Pottery, Handbuilding

This class will address various 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. This class meets upstairs in the Pottery Studio. All tools and supplies provided, 25 pounds of clay, glazes and all firings are included in the fee. Lab time is included. Class partially discountable.

9/16-10/14	F	5:00-7:00 PM	\$49	84070-01
------------	---	--------------	------	----------

Award-Winning Authors in Fort Collins!



Laura Lippman

Detective novelist Laura Lippman, writer of the Tess Monaghan series, will be at the Hilton Fort Collins on **September 8**, 7 pm.



Camille Dungy

Appearing at Main Library on **September 17**, 2 pm, is this award-winning poet.



Dava Sobel

Masterfully weaving together science, history, and storytelling, is science writer turned author Dava Sobel. Don't miss her presentation at the Hilton Fort Collins on **October 16**, 7 pm.



Natasha Wing

Author of 19 children's books. On Saturday, **November 5** at 10 am, Natasha will be giving a special presentation for kids and her presentation for adults about writing children's books will be on **Tuesday, November 15** at 7 pm. Both will be at Council Tree Library.



Geraldine Brooks

If you ever wanted to meet a Pulitzer Prize winning author, now is your chance. Geraldine Brooks, author of *March*, will be speaking on **November 12**, 2 pm, at the Hilton Fort Collins. \$5 tickets will be available for purchase at local book stores in September. Part of the Fort Collins Reads program.



**POUDRE RIVER
PUBLIC LIBRARY**
DISTRICT

221-6740 PoudreLibraries.org

Youth Arts and Crafts

Art Studio

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

Age: 7-12 years

Instructor: Julie Gillen, C.E.T.

Location: Youth Activity Center

Note: \$12/day if you pre-register, \$15/day drop-in. There is a 15 student limit. Please wear your grubbies.

Abstract

9/8	Th	4:30-6:00 PM	\$12	85504-01
-----	----	--------------	------	----------

Beading

9/15	Th	4:30-6:00 PM	\$12	85504-02
------	----	--------------	------	----------

Clay

9/22	Th	4:30-6:00 PM	\$12	85504-03
------	----	--------------	------	----------

Cartoon Drawing

9/29	Th	4:30-6:00 PM	\$12	85504-04
------	----	--------------	------	----------

Monster Mash

10/6	Th	4:30-6:00 PM	\$12	85504-05
------	----	--------------	------	----------

Creepy Creative Mask

10/13	Th	4:30-6:00 PM	\$12	85504-06
-------	----	--------------	------	----------

Day of the Dead

10/27	Th	4:30-6:00 PM	\$12	85504-07
-------	----	--------------	------	----------

Creative Art

11/3	Th	4:30-6:00 PM	\$12	85504-08
------	----	--------------	------	----------

Painting

11/10	Th	4:30-6:00 PM	\$12	85504-09
-------	----	--------------	------	----------

Show me a Story

11/17	Th	4:30-6:00 PM	\$12	85504-10
-------	----	--------------	------	----------

Holiday

12/1	Th	4:30-6:00 PM	\$12	85504-11
------	----	--------------	------	----------

Holiday

12/8	Th	4:30-6:00 PM	\$12	85504-12
------	----	--------------	------	----------

Mini Gingerbread House

12/15	Th	4:30-6:00 PM	\$12	85504-13
-------	----	--------------	------	----------

Painting Pumpkins

Paint a face or spooky design on a pumpkin to take home. Get as creative as you can! Pumpkins provided.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

10/25	Tu	1:00-2:00 PM	\$15	85506-01
-------	----	--------------	------	----------

Turkey, Turkey

We will paint, sculpt, cut and paste turkeys and more for the November holidays.

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Please wear grubbies.

11/22	Tu	1:00-2:00 PM	\$13	85507-01
-------	----	--------------	------	----------

Art Studio for Preschoolers

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

Age: 3-6 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: \$12/day if you pre-register, \$15/day drop-in. There is a 10 student limit. Please wear your grubbies.

Abstract

9/8	Th	1:00-2:30 PM	\$12	85505-01
-----	----	--------------	------	----------

Beading

9/15	Th	1:00-2:30 PM	\$12	85505-02
------	----	--------------	------	----------

Clay

9/22	Th	1:00-2:30 PM	\$12	85505-03
------	----	--------------	------	----------

Cartoon Drawing

9/29	Th	1:00-2:30 PM	\$12	85505-04
------	----	--------------	------	----------

Monster Mash

10/6	Th	1:00-2:30 PM	\$12	85505-05
------	----	--------------	------	----------

Creepy Creative Mask

10/13	Th	1:00-2:30 PM	\$12	85505-06
-------	----	--------------	------	----------

Day of the Dead

10/27	Th	1:00-2:30 PM	\$12	85505-07
-------	----	--------------	------	----------

Creative Art

11/3	Th	1:00-2:30 PM	\$12	85505-08
------	----	--------------	------	----------

Painting

11/10	Th	1:00-2:30 PM	\$12	85505-09
-------	----	--------------	------	----------

Show me a Story

11/17	Th	1:00-2:30 PM	\$12	85505-10
-------	----	--------------	------	----------

Holiday

12/1	Th	1:00-2:30 PM	\$12	85505-11
------	----	--------------	------	----------

Holiday

12/8	Th	1:00-2:30 PM	\$12	85505-12
------	----	--------------	------	----------

Mini Gingerbread House

12/15	Th	1:00-2:30 PM	\$12	85505-13
-------	----	--------------	------	----------

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! Skills taught are ongoing. Sign up for one or both sessions.

Age: 5-11 years

Location: Youth Activity Center

Age: 5-7 years

9/10-10/1	Sa	1:00-2:30 PM	\$50	85511-01
-----------	----	--------------	------	----------

10/29-11/19	Sa	1:00-2:30 PM	\$50	85511-03
-------------	----	--------------	------	----------

Age: 8-11 years

9/10-10/1	Sa	3:00-4:30 PM	\$50	85511-02
-----------	----	--------------	------	----------

10/29-11/19	Sa	3:00-4:30 PM	\$50	85511-04
-------------	----	--------------	------	----------



RECREATOR PICK!

Mexican Sugar Skulls

Learn the art of Mexican Sugar Skulls. This one day class will explore the art and tradition of the Mexican Day of the Dead.

Age: 6-12 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

10/15 Sa 1:00-2:00 PM \$13 85535-01

Youth Pottery

All pottery classes are held at the Pottery Studio, 1541 W. Oak Street.

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

Parents or Grandparents & Children Together

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

Birthday Parties

The kids will enjoy working in clay and will make a creation of their very own. They will learn the steps and processes that clay goes through and take a short tour. You invite participants and provide the refreshments (cake, ice cream, drinks, etc.) The Pottery staff will provide the "know how", supplies and tools to teach and help them make a precious object that can be treasured for years. Parties last about 90 minutes. We can tailor a birthday package to your needs. Cost is \$12 per child (5 children minimum). Parties with 10 or more children, the birthday child is free. Parties are not discountable. 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 \$12 per child (5 children minimum). Not discountable. Contact Steve Dietemann at 970.224.6028 or sdietemann@fcgov.com.

Pottery Parent & Youth/Teen Wheel & Handbuilding

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

Age: 10-17 years

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

9/16-10/14	F	5:45-7:15 PM	\$89	84052-01
10/21-11/18	F	5:45-7:15 PM	\$89	84052-02

Pottery, Teen Wheel & Handbuilding

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

Age: 13-17 years

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

9/13-10/11	Tu	3:45-5:15 PM	\$48	84057-01
10/18-11/15	Tu	3:45-5:15 PM	\$48	84057-02

Pottery, Parent & Tot Mud

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

Age: 3-5 years

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

9/13-10/11	Tu	12:30-1:30 PM	\$34	84050-01
9/14-10/12	W	2:45-3:45 PM	\$34	84050-02
9/17-10/15	Sa	2:30-3:30 PM	\$34	84050-03
10/18-11/15	Tu	12:30-1:30 PM	\$34	84050-04
10/19-11/16	W	2:45-3:45 PM	\$34	84050-05
10/22-11/19	Sa	2:30-3:30 PM	\$34	84050-06

Pottery, Parent & Child Handbuilding

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

Age: 6-9 years

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

9/17-10/15	Sa	3:45-5:15 PM	\$89	84051-01
10/22-11/19	Sa	3:45-5:15 PM	\$89	84051-02

Child Pottery Handbuilding

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

Age: 6-9 years

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

9/12-10/10	M	4:00-5:30 PM	\$48	84053-01
9/14-10/12	W	4:00-5:30 PM	\$48	84053-02
10/17-11/14	M	4:00-5:30 PM	\$48	84053-03
10/19-11/16	W	4:00-5:30 PM	\$48	84053-04

Pottery, Youth/Wheel and Handbuilding

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

Age: 10-12 years

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

9/15-11/17	Th	3:45-5:15 PM	\$89	84055-01
9/16-10/14	F	4:00-5:30 PM	\$48	84055-02
10/21-11/18	F	4:00-5:30 PM	\$48	84055-03



Ballet: Programs from beginning to intermediate are available this fall.

Dance

Adult dance classes are for ages 18 years & up unless otherwise noted.

Adult Dance

Private Dance Instruction

Do you want to brush up on your dance steps, prepare for a wedding, or surprise your spouse with your new dancing abilities? Instructor Darrick Hildman can help you with many different types of dances in a private setting. Please call Darrick Hildman at 970.310.7778 to set up an appointment. \$25 for one person/hour, \$5 for each additional person. Payment can be made at the Senior Center.

Hula Dance Fusion

Tone your core and learn some new dance moves in this exciting new class! This is for anyone with an interest or desire to learn more about dance. We will learn basic hooping techniques and tricks, while incorporating basic modern dance vocabulary of Graham and Limon, with jazz technique.

Age: 16 years & up

Instructor: Leah McDaniel

Location: Club Tico

Note: 13-15 allowed with instructor permission. 8 adult size hula hoops provided, bringing your own strongly recommended.

9/12-10/31	M	8:15-9:15 PM	\$60	84240-01
------------	---	--------------	------	----------

Jazz, Beginning

Contemporary dance with a hip-hop edge. Learn the basics or refine your dance skills. In this class we will explore different jazz techniques including those of Fosse, Robbins, with some hip-hop and post-modern movement. This class is for adult beginners and anyone interested in this movement.

Instructor: Leah McDaniel

Location: Northside Aztlan Center

Note: 13-17 allowed with instructor permission.

10/6-11/17	Th	5:00-6:30 PM	\$60	84241-01
------------	----	--------------	------	----------

Ballet

Ballet, Beginning

Introduction to classical barre, positions and steps.

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 with instructor permission. Class will not be held on 11/22.

9/20-10/25	Tu	6:45-7:45 PM	\$40	84201-01
11/1-12/13	Tu	6:45-7:45 PM	\$40	84201-02

Ballet, Low Intermediate

Continuing work on basic technique.

Instructor: Sarah Manno

Location: Empire Grange

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 3/28, 11/21.

9/19-10/24	M	5:30-6:45 PM	\$40	84202-01
10/31-12/12	M	5:30-6:45 PM	\$40	84202-02

Ballet, Intermediate

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

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 11/24.

9/22-10/27	Th	5:25-6:40 PM	\$40	84203-01
11/3-12/15	Th	5:25-6:40 PM	\$40	84203-02

Belly Dancing

Belly Dance Recital

Recitals are inspiring learning experiences for students. An opportunity to start learning the performance aspects of the dance, show family and friends what they have learned, and a chance to see what other classes are learning. Open to the public and time for public participation at the end of the performances.

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

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

12/17	Sa	2:00-4:00 PM	\$2	84206-01
-------	----	--------------	-----	----------

Belly Dancing, Beginning

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

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended.

9/1-10/6	Th	6:30-8:00 PM	\$60	84204-01
10/13-11/17	Th	6:30-8:00 PM	\$60	84204-02

Belly Dancing, Intermediate

Prerequisite: Two sessions of Beginning Belly Dance or instructor approval

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

Age: 12 years & up

Instructor: Nancy Montgomery

Location: Senior Center

Note: Please wear yoga/exercise gear and a scarf or sash around your hips. Bare feet, yoga mat, water bottle recommended.

9/1-10/6	Th	8:00-9:30 PM	\$60	84205-01
10/13-11/17	Th	8:00-9:30 PM	\$60	84205-02

Clogging

Clogging, Beginning

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

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

10/10-10/31	M	4:20-5:15 PM	\$24	84261-01
11/7-11/28	M	4:20-5:15 PM	\$24	84261-02

Clogging, Intermediate

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

Age: 14 years & up

Instructor: Jan Waterman

Location: Northside Aztlan Center

10/10-10/31	M	5:20-6:15 PM	\$24	84262-01
11/7-11/28	M	5:20-6:15 PM	\$24	84262-02

Dancing with Don

Ballroom/Latin American Dance

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

Age: 13 years & up

Instructor: Don Roberts

Note: Class not discountable.

Level 1

Location: Club Tico

9/14-9/28	W	8:40-10:00 PM	\$31	84215-04
10/5-10/19	W	8:40-10:00 PM	\$31	84215-05

Location: Senior Center

9/13-9/20	Tu	6:30-8:00 PM	\$24	84215-01
10/11-10/25	Tu	6:30-7:30 PM	\$24	84215-02
11/8-11/15	Tu	6:30-8:00 PM	\$24	84215-03

Level 2

Location: Club Tico

11/2-11/16	W	8:40-10:00 PM	\$31	84216-01
------------	---	---------------	------	----------

ENROLLING FOR FALL PERFORMING TROUPES FOR YOUNG ACTORS AGES 6-16

DEBUTTHEATRE.ORG 224-5774

ACCESS Fort Collins

Easy to Use. Quick Response.

- Questions-
- Comments-
- Requests-

Access Fort Collins is all you need to know.

fcgov.com/accessfortcollins



Salsa: Learn one of the most popular Latin dances.

Country Western Dance

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

Age: 13 years & up

Instructor: Don Roberts

Note: Class not discountable.

Level 1

Location: Club Tico

9/14-9/28 W 7:20-8:40 PM \$31 84222-02

10/5-10/19 W 7:20-8:40 PM \$31 84222-03

Location: Senior Center

10/11-10/25 Tu 7:30-8:30 PM \$24 84222-01

Level 2

Location: Club Tico

11/2-11/16 W 7:20-8:40 PM \$31 84223-01

Jitterbug & East Coast Swing

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

Age: 13 years & up

Instructor: Don Roberts

Location: Club Tico

Note: Class not discountable.

Level 1

9/14-9/28 W 6:00-7:20 PM \$31 84227-01

10/5-10/19 W 6:00-7:20 PM \$31 84227-02

Level 2

11/2-11/16 W 6:00-7:20 PM \$31 84228-01

Salsa

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

Age: 14 years & up

Instructor: Don Roberts

Location: Senior Center

9/13-9/20 Tu 8:00-9:30 PM \$24 84232-01

10/11-10/25 Tu 8:30-9:30 PM \$24 84232-02

11/8-11/15 Tu 8:00-9:30 PM \$24 84232-03

Line Dance

Line Dance Extravaganza

Join us, with Machel Cook Holloway, instructor from Casper, Wyoming, for a fun day of dancing with old friends and making new ones. She will teach dances from beginners level to high intermediate. Something for everyone. Lunch provided.

Age: 16 years & up

Location: Senior Center

Note: \$30 in advance, \$35 at the door. Deadline 10/3. Lunch included.
10/8 Sa 9:30 AM-3:30 PM \$30 84254-01

I. Crooked Lines

Line Dancing, Beginning

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

Instructor: Blanche Adams

Location: Senior Center

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

9/6-9/27 Tu 1:00-2:15 PM \$19 84250-01

10/4-10/25 Tu 1:00-2:15 PM \$19 84250-02

11/1-11/29 Tu 1:00-2:15 PM \$23 84250-03

II. Country Liners

Line Dancing Beginning 2

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

Instructor: Blanche Adams

Location: Senior Center

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

9/12-9/26 M 1:00-2:15 PM \$15 84251-01

10/3-10/31 M 1:00-2:15 PM \$23 84251-02

11/7-11/28 M 1:00-2:15 PM \$19 84251-03

III. Fort Collins Kickers

Line Dance, Intermediate

This class is designed for the more experienced dancer.

Instructor: Blanche Adams

Location: Senior Center

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

9/12-9/26 M 2:15-3:30 PM \$15 84252-01

10/3-10/31 M 2:15-3:30 PM \$23 84252-02

11/7-11/28 M 2:15-3:30 PM \$19 84252-03

Modern

Modern Dance

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

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor permission. Class will not be held on 11/22.

9/20-10/25 Tu 5:25-6:25 PM \$40 84208-01

11/1-12/13 Tu 5:25-6:25 PM \$40 84208-02

Modern Dance, Intermediate

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

Instructor: Sarah Manno

Location: Club Tico

Note: Ages 13-17 allowed with instructor's permission. Class will not be held on 11/22.

9/20-10/25	Tu	5:25-6:40 PM	\$46	84209-01
11/1-12/13	Tu	5:25-6:40 PM	\$46	84209-02

Tap Dance

Tap Advanced Intermediate

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

Instructor: Diane Montgomery

Location: Club Tico

Note: Extensive experience required for all dancers. Ages 14-17 accepted with instructor's permission.

9/12-10/17	M	6:45-8:00 PM	\$49	84210-01
10/24-11/28	M	6:45-8:00 PM	\$49	84210-02

Youth Dance and Movement

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.

Age: 3-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. Class will not be held on 11/23, 11/25.

Age: 3 years

9/7-9/21	W	10:10-10:55 AM	\$27	85556-01
9/7-9/21	W	11:15 AM-Noon	\$27	85556-02
9/9-9/30	F	10:10-10:55 AM	\$44	85556-03
9/28-10/12	W	10:10-10:55 AM	\$27	85556-08
9/28-10/12	W	11:15 AM-Noon	\$27	85556-09
10/14-11/11	F	10:10-10:55 AM	\$42	85556-10
10/19-11/9	W	10:10-10:55 AM	\$34	85556-15
10/19-11/9	W	11:15 AM-Noon	\$34	85556-16
11/16-12/14	W	10:10-10:55 AM	\$34	85556-18
11/16-12/14	W	11:15 AM-Noon	\$34	85556-19
11/18-12/16	F	10:10-10:55 AM	\$34	85556-20

Age: 4-5 years

9/6-9/20	Tu	5:30-6:30 PM	\$34	85556-04
9/7-9/21	W	9:00-9:55 AM	\$34	85556-05
9/9-9/30	F	9:00-9:55 AM	\$44	85556-06
9/27-10/11	Tu	5:30-6:30 PM	\$34	85556-11
9/28-10/12	W	9:00-9:55 AM	\$34	85556-12

Age: 5-7 years

9/7-9/21	W	4:15-5:15 PM	\$34	85556-07
9/28-10/12	W	4:15-5:15 PM	\$44	85556-14

Dancin' Dumplin's Recital

This extended version of our regular Dancin' Dumplin's class will end with your child participating in a recital given for friends and family on December 17. Class focus will be on the recital performance.

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Class partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Fee includes recital costume. Class will not be held on 11/22, 11/23, 11/25.

Age: 4-5 years

10/18-12/13	Tu	5:30-6:30 PM	\$99	85557-01
10/19-12/14	W	9:00-9:55 AM	\$99	85557-02
10/21-12/16	F	9:00-9:55 AM	\$99	85557-03

Age: 5-7 years

10/19-12/14	W	4:15-5:15 PM	\$99	85557-04
-------------	---	--------------	------	----------

Just Tumbling

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

Age: 7-8 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Class will not be held on 11/24.

9/8-9/29	Th	5:45-6:45 PM	\$44	85559-01
10/13-11/10	Th	5:45-6:45 PM	\$54	85559-02
11/17-12/15	Th	5:45-6:45 PM	\$44	85559-03

Tumble Bumbles

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

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. No jeans are allowed. Class will not be held on 10/31, 11/24.

Age: 4-5 years

9/12-10/3	M	4:15-5:15 PM	\$44	85562-01
10/17-11/14	M	4:15-5:15 PM	\$44	85562-04
11/21-12/12	M	4:15-5:15 PM	\$44	85562-07

Age: 5-6 years

9/12-10/3	M	5:30-6:30 PM	\$44	85562-02
10/17-11/14	M	5:30-6:30 PM	\$44	85562-05
11/21-12/12	M	5:30-6:30 PM	\$44	85562-08

Age: 6-7 years

9/8-9/29	Th	4:15-5:15 PM	\$44	85562-03
10/13-11/10	Th	4:15-5:15 PM	\$54	85562-06
11/17-12/15	Th	4:15-5:15 PM	\$44	85562-09

Hula Fusion

This class is designed to combine dance movement with hula hooping. We'll fuse together contemporary jazz and ballet and incorporate hula hooping into the mix. Learn hula hooping skills and tricks along the way!

Age: 8-12 years

Location: Northside Aztlan Center

Note: Class fully discountable.

9/8-9/29	Th	5:00-6:00 PM	\$38	85703-01
10/6-10/27	Th	5:00-6:00 PM	\$38	85703-02

Tappin' Dumplin's

In this variation of our traditional Dancin' Dumplin's, participants will explore a little tap dancing as well as dance steps, movement, tumbling and creativity.

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are encouraged. Loaner shoes may be available from the instructor. Please call 970.416.2528 for more information.

Age: 4-5 years

9/6-9/20	Tu	4:15-5:15 PM	\$34	85561-01
9/9-9/30	F	11:15 AM-12:10 PM	\$44	85561-02
9/27-10/11	Tu	4:15-5:15 PM	\$34	85561-04

Age: 5-7 years

9/7-9/21	W	5:30-6:30 PM	\$34	85561-03
9/28-10/12	W	5:30-6:30 PM	\$34	85561-06

Tappin' Dumplin's Recital

This extended version of our regular Tappin' Dumplin's class will end with your child participating in a recital given for friends and family on December 17th. Class focus will be on the recital performance.

Age: 4-7 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Class partially discountable. Appropriate attire is required: leotard and tights, or T-shirts and shorts. Tap shoes are also required. Price includes recital costume. Class will not be held on 11/22, 11/23, 11/25

Age: 4-5 years

10/18-12/13	Tu	4:15-5:15 PM	\$99	85563-01
10/21-12/16	F	11:15 AM-12:10 PM	\$99	85563-02

Age: 5-7 years

10/19-12/14	W	5:30-6:30 PM	\$99	85563-03
-------------	---	--------------	------	----------

Ballet & Modern

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

Grade: 1-3

Instructor: Sarah Manno

Location: Club Tico

Note: Class will not be held on 11/24.

9/22-10/20	Th	4:15-5:15 PM	\$42	84207-01
10/27-12/1	Th	4:15-5:15 PM	\$42	84207-02

Petite Ballerinas

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

Age: 3-9 years

Instructor: Kidz Explore

Note: This is a child without parent class. Class will not be held on 11/25, 11/26.

Age: 3-4 years

Location: Club Tico

9/9-9/30	F	11:00-11:45 AM	\$44	85574-01
10/7-10/28	F	11:00-11:45 AM	\$44	85574-05
11/4-12/2	F	11:00-11:45 AM	\$44	85574-09

Age: 5-6 years

Location: Club Tico

9/9-9/30	F	11:45 AM-12:30 PM	\$44	85574-02
10/7-10/28	F	11:45 AM-12:30 PM	\$44	85574-06
11/4-12/2	F	11:45 AM-12:30 PM	\$44	85574-10

Location: Northside Aztlan Center

9/3-9/24	Sa	9:00-9:45 AM	\$44	85574-03
10/8-10/29	Sa	9:00-9:45 AM	\$44	85574-07
11/5-12/3	Sa	9:00-9:45 AM	\$44	85574-11

Age: 7-9 years

Location: Northside Aztlan Center

9/3-9/24	Sa	10:00-10:45 AM	\$44	85574-04
10/8-10/29	Sa	10:00-10:45 AM	\$44	85574-08
11/5-12/3	Sa	10:00-10:45 AM	\$44	85574-12

Teen Dance

RECREATOR PICK!

Zombie Flash Mob

Learn the dance to Michael Jackson's 'Thriller'. Then we'll dress up as Zombies on Saturday night (10/29) and stroll into downtown where we'll gather to perform the dance at random - Flash Mob style.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please wear comfortable clothing for dancing on 10/8, 10/15 and 10/22. You will be asked to bring old clothes that you can tear or paint on 10/29. The performance on 10/29 will begin at 7:00 PM.

10/8-10/29	Sa	1:00-3:00 PM	\$24	85711-01
------------	----	--------------	------	----------

LINCOLN CENTER JOIN US FOR OUR GRAND RE-OPENING SEASON!

SINGLE TICKETS
ON SALE
AUGUST 9TH!

REFRESHED. RENEWED. REMARKABLE.

National Tour of

MONTY PYTHON'S SPAMALOT

Thurs., Dec. 1 – Sat., Dec. 3, at 7:30 p.m. (Adult content/language)

Matinee Sat., Dec. 3, at 2:00 p.m. - Tickets \$44 - \$59

Winner of the 2005 Tony Award for Best Musical.

KATHLEEN MADIGAN

Sat., Jan. 7, at 7:30 p.m., Tickets \$28 (Adult content/language)

American Comedy Award winner for "Best Female Comedian."

STOMP

Fri., Jan. 13 and Sat., Jan. 14 at 7:30 p.m.,

Matinee Sat., Jan. 14 at 2 p.m., Tickets from \$44 - \$59

An explosive, sophisticated percussion sensation for all ages!

PILOBOLUS

Wed., Jan. 25, at 7:30 p.m. - Tickets \$31 - \$39

This mind-blowing troupe of wildly creative and physically daring dancers break all the rules.

TAO: THE ART OF THE DRUM

Wed., Feb. 22, at 7:30 p.m. - Tickets \$33 - \$49

Athletic bodies and innovative choreography meet explosive Taiko drumming.

BRIAN REGAN

Presented by **LIVE NATION**

Thurs., Feb. 23 and Fri., Feb. 24 at 7:30 p.m.

All seats \$46.50

One of the premier comedians in the country!

LOS LONELY BOYS

Sun, March 4, at 7:30 p.m., Tickets \$25 - \$29

Acoustic Texican Rock n' Roll, combining rock and roll, blues, soul, country and Tejano.

BÉLA FLECK & THE FLECKTONES

(The Original Line-up)

Wed., April 4, at 7:30 p.m., Tickets \$34 - \$36

They're back with their first new recording in 20 years, Rocket Science, that hit #1 on Billboard and iTunes Jazz Charts.



Monty Python's Spamalot



Kathleen Madigan



STOMP



Pilobolus



Tao



Brian Regan



Los Lonely Boys



Béla Fleck

L I N C O L N  C E N T E R

WATCH VIDEOS, DOWNLOAD TICKET ORDER FORMS ONLINE AT



BOX OFFICE: 970-221-6730 • 12 - 6 PM, TUES - SAT (CLOSED SAT. IN AUG.) • 417 W. MAGNOLIA ST.



Curious? Games, crafts and stories will entertain your child in "Curious Twos."

Early Learning

Lunch Bunch Enrichment

Kids! Bring your lunch, make new friends and learn something new! This fun class offers theme-based enrichment opportunities that compliment most Pre-K and 1/2 day Kindergarten programs.

Age: 4-6 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Must turn 4 by 9/15/2011. Class will not be held on 9/5, 9/19, 10/21.

Edible Science				
8/29-9/16	M,W,F	Noon-2:00 PM	\$64	85586-01

Musical Storytime				
9/21-10/7	M,W,F	Noon-2:00 PM	\$64	85586-02

Making Muck				
10/10-10/28	M,W,F	Noon-2:00 PM	\$64	85586-03

Mystical Math				
10/31-11/18	M,W,F	Noon-2:00 PM	\$64	85586-04

Funtime for Preschoolers

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

Age: 2½-4 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Class partially discountable. Please note food allergies at the time of registration. Funtime closures/holidays correspond to the Poudre School District schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Aging date for the 10:15 am class is 9/15/2011. In the 9 am class children must be 2 1/2 by the first day of class. Class will not be held on 10/20.

Age: 2½-3 years				
8/30-10/6	Tu,Th	9:00-10:00 AM	\$64	85590-01
10/11-11/17	Tu,Th	9:00-10:00 AM	\$59	85590-02
11/29-12/15	Tu,Th	9:00-10:00 AM	\$34	85590-03

Age: 3-4 years				
8/30-10/6	Tu,Th	10:15 AM-12:15 PM	\$124	85590-04
10/11-11/17	Tu,Th	10:15 AM-12:15 PM	\$114	85590-05
11/29-12/15	Tu,Th	10:15 AM-12:15 PM	\$84	85590-06

Funtime Pre-K

Children will develop and refine fundamental skills in a stimulating environment. Weekly curriculum is devised with kindergarten readiness in mind. Continued development of small-motor, literacy, and emerging reading/writing skills, pre-math as well as arts and crafts, movement/physical education, drama, and social skills are central to this class.

Age: 4-6 years

Instructor: Lisa Dachel

Location: Youth Activity Center

Note: Class partially discountable. Please note food allergies at the time of registration. Funtime closures/holidays correspond to the Poudre School district schedule unless otherwise notified in class. Funtime DOES NOT follow PSD weather closures. Children must have turned 4 by 9/15/2011. Class will not be held on 9/5, 9/19, 10/21.

8/29-10/7	M,W,F	9:30 AM-Noon	\$204	85600-01
10/10-11/18	M,W,F	9:30 AM-Noon	\$216	85600-02
11/30-12/16	M,W,F	9:30 AM-Noon	\$104	85600-03

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.

Age: 2 years

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. This is a class for the child without the parents. Class will not be held on 9/5, 9/19.

8/29-9/21	M,W	9:30-10:30 AM	\$34	85585-01
8/29-9/21	M,W	11:00 AM-Noon	\$34	85585-02
8/30-9/22	Tu,Th	9:30-10:30 AM	\$44	85585-03
9/26-10/19	M,W	9:30-10:30 AM	\$44	85585-04
9/26-10/19	M,W	11:00 AM-Noon	\$44	85585-05
9/27-10/18	Tu,Th	9:30-10:30 AM	\$39	85585-06
10/24-11/16	M,W	9:30-10:30 AM	\$44	85585-07
10/24-11/16	M,W	11:00 AM-Noon	\$44	85585-08
10/25-11/17	Tu,Th	9:30-10:30 AM	\$44	85585-09
11/30-12/14	M,W	9:30-10:30 AM	\$29	85585-10
11/30-12/14	M,W	11:00 AM-Noon	\$29	85585-11
11/29-12/15	Tu,Th	9:30-10:30 AM	\$34	85585-12

Alphabet Soup

Your child will have fun making new friends through this terrific learning experience. Crafts, songs and games will entertain your child as they work on letter recognition, letter sounds, numbers, shapes and name recognition along with social and motor development. Each session will have new letters and different activities

Age: 3-5 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Must be toilet trained. Please note food allergies at registration. Class will not be held on 10/20.

8/30-10/6	Tu,Th	9:30-11:30 AM	\$124	85587-01
10/11-11/17	Tu,Th	9:30-11:30 AM	\$114	85587-02
11/29-12/15	Tu,Th	9:30-11:30 AM	\$64	85587-03

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

Concoctions

9/6 Tu 10:00-11:30 AM \$17 85589-01

Anatomy

9/13 Tu 10:00-11:30 AM \$17 85589-02

Paleontology

9/20 Tu 10:00-11:30 AM \$17 85589-03

Entomology

9/27 Tu 10:00-11:30 AM \$17 85589-04

Astronomy

10/4 Tu 10:00-11:30 AM \$17 85589-05

Vet Medicine

10/11 Tu 10:00-11:30 AM \$17 85589-06

Oceanography

10/18 Tu 10:00-11:30 AM \$17 85589-07

Reptiles

10/25 Tu 10:00-11:30 AM \$17 85589-08

Mammals

11/1 Tu 10:00-11:30 AM \$17 85589-09

Magic Mixtures

11/8 Tu 10:00-11:30 AM \$17 85589-10

Simple Experiments

11/15 Tu 10:00-11:30 AM \$17 85589-11

Astronomy

11/22 Tu 10:00-11:30 AM \$17 85589-12

Tool Time

This class is designed for the little do-it-yourselfer. Children will learn about safety, tools and their uses; and will have the opportunity to use real hammers, nails and screw drivers in a highly supervised environment.

Age: 3-6 years

Location: Youth Activity Center

9/26-10/3 M 1:00-2:30 PM \$20 85591-01

Mother Goose Adventure

Explore the world of Mother Goose! Learn more about your favorite characters through crafts, stories, fun and games.

Age: 2-3 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. This is a child without parent class.

9/12-9/26 M 1:00-2:00 PM \$20 85596-01

11/7-11/21 M 1:00-2:00 PM \$20 85596-02

Preschool offered by Poudre School District



Quality preschool, both no-cost and tuition-based, for children **ages 3 to 5** is available through Poudre School District's Early Childhood Program.

Regardless of your family situation or your child's strengths and growth needs, an early childhood program is critical to your child's future success.

Enroll Now!
970-490-3204



www.psdschools.org/schools/earlychildhoodeducation



"Where children grow spiritually, emotionally, physically & intellectually"



Two- or three-day morning and afternoon sessions; reasonable rates

Located at Saint John's Lutheran Church:
305 EAST ELIZABETH STREET
(Three blocks east of College, near CSU)
Alma Kirk - Director/Teacher

970-482-1357



EPIC Adventures

Basic ice skating, art, pool fun, indoor/outdoor games, story time and snack included. Your child will receive an ice skating lesson conducted by an EPIC skate pro each day of EPIC adventures. There will be one day of recreational swimming per week. This class serves as a great complement to preschool or kindergarten.

Age: 4-7 years

Location: Edora Pool Ice Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. Clothing for skating and swimming is needed. Please arrive 10 minutes early to help your child put on his/her ice skates. Warm clothing needed Tuesdays and Thursdays. Swimsuits needed for Thursdays.

8/30-9/22	Tu,Th	12:30-3:00 PM	\$104	85598-01
9/27-10/18	Tu,Th	12:30-3:00 PM	\$92	85598-02
10/25-11/10	Tu,Th	12:30-3:00 PM	\$79	85598-03
11/29-12/15	Tu,Th	12:30-3:00 PM	\$79	85598-04

Trucks, Trains, Airplanes

This class is designed for preschoolers who are on the go! Each class will be filled with truck, train and airplane fun. Crafts, stories, games and role-playing are all part of the experience!

Age: 3-6 years

Location: Youth Activity Center

11/7-11/14	M	1:00-2:30 PM	\$19	85601-01
------------	---	--------------	------	----------

On Parade

In this fun class the children will make instruments to use in their own marching band parade!

Age: 3-6 years

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

9/12	M	1:00-2:30 PM	\$12	85699-01
------	---	--------------	------	----------

Hat & Cupcakes Party

Have fun creating your own party! Children will decorate fancy hats and bake yummy cupcakes.

Age: 3-6 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

10/26	W	1:00-2:30 PM	\$21	85687-01
-------	---	--------------	------	----------

It's Raining Cats & Dogs!

In this fun class children will get to pretend they are cats and dogs! They will eat snacks from their own dog dish, have their faces painted like cats or dogs, create ears and tails for themselves and have a tail-wagging good time!

Age: 3-6 years

Location: Youth Activity Center

Note: Class partially discountable.

10/17-10/24	M	1:00-2:30 PM	\$26	85693-01
-------------	---	--------------	------	----------

Building on Books

Laying the foundation for getting ready to read is more than ABC's! Preschoolers will focus on the development of early literacy skills by exploring children's literature through arts and crafts, music, drama, and storytelling.

Age: 4-5 years

Instructor: Lisa Dachel

Location: Northside Aztlan Center

Note: This is a child without parent class.

10/10-10/24	M	1:00-2:30 PM	\$27	85595-01
-------------	---	--------------	------	----------

Those Amazing Dinosaurs

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

Age: 3-5 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

9/14-9/28	W	1:00-2:30 PM	\$27	85593-01
11/9-11/23	W	1:00-2:30 PM	\$27	85593-02

Ultimate Fort Making

Blankets, towels, parachutes, boxes, hula hoops, floor mats and anything else we can think of will be used to make and create fun forts for an ultimate afternoon of building!

Age: 3-6 years

Location: Youth Activity Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655.

9/19	M	1:00-2:30 PM	\$12	85697-01
11/21	M	1:00-2:30 PM	\$12	85697-02

Munchkin Math

Pre-school math is more than just counting! This hands-on class will have your child exploring a broad range of skill sets including sorting, sequencing, recognizing patterns and shapes and simple measurement along with number/humeral recognition.

Age: 3-4 years

Location: Northside Aztlan Center

10/12-10/26	W	1:00-2:30 PM	\$27	85602-01
-------------	---	--------------	------	----------

Giant Friends Club Special Event

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. Fairy Tale activities, entertainment, crafts and more will be in planned for a gigantic good time!

Age: All

Location: Inspiration Playground

Note: This special event is provided for free with support from Shane's Inspiration Inc. and the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee at 970.224.6027 or rlee@fcgov.com.

9/17	Sa	1:00-3:00 PM	No Fee	
------	----	--------------	--------	--



Art Discovery: Explore the world of art with your child.

Parent with Child

Little Explorers

Four classes in one! Curious toddlers and their parents will get a chance to experience a different kind of class each week. Science, movement, arts and crafts, and music. All of our favorite toddler classes rolled into one!

Age: 2 years

Location: Northside Aztlan Center

Note: If your child has a food allergy, please tell the registration staff when you register or call NACC at 970.221.6655. This is a child with parent class.

9/14-9/28	W	9:30-10:30 AM	\$20	85597-01
10/12-10/26	W	9:30-10:30 AM	\$20	85597-02
11/9	W	9:30-10:30 AM	\$20	85597-03

Art Discovery

Come with your child to explore the world of art. We will play with all different mediums and materials. This is a very messy class; please wear your grubbies.

Age: 2-4 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Bring a bag to carry home your projects.

9/13-9/20	Tu	1:00-2:00 PM	\$22	85640-01
10/4-10/18	Tu	1:00-2:00 PM	\$31	85640-02
11/1-11/15	Tu	1:00-2:00 PM	\$31	85640-03

Cookin' & Crafts with Kids

This class is designed for toddlers to explore simple cooking and craft experiences around a single theme. Stirring, spreading, mixing, tasting, painting, gluing, and do-it-yourself fun.

Age: 2 years

Location: Northside Aztlan Center

Note: Class partially discountable.

<i>Pizza</i>				
9/15	Th	10:00-11:30 AM	\$19	85657-01
<i>Fun desserts</i>				
10/13	Th	10:00-11:30 AM	\$19	85657-02
<i>Snacks</i>				
11/17	Th	10:00-11:30 AM	\$19	85657-03

21st Annual
Treatsylvania
Trick-or-Treat Street

The Farm
 at Lee Martinez Park
 600 N. Sherwood
 970.221.6665

Friday, October 28 **Sunday, October 30**
 5:30-7:30 PM 1:00-3:00 PM

Saturday, October 29 **Sunday, October 30**
 5:30-7:30 PM 5:00-7:00 PM

Tickets must be purchased in advance.
 Beginning October 1 during open hours at The Farm or Monday thru Friday from 8:00 AM-5:00 PM at Northside Aztlan Center or EPIC.
 \$5 per child. Children 10 and under must be accompanied by an adult.
 For accessibility assistance, call 970.224.6027 or email rlee@fcgov.com.

City of Fort Collins
 Recreation

Educating for a Lifetime of Success

PRE-SCHOOL & ELEMENTARY

Registering for Fall

rivendell-school.org

CALL NOW TO ARRANGE FOR YOUR PERSONAL TOUR
 Colorado Licensed Teachers · NCA CASI Accredited
 Full Academic Curriculum · Full Day Programs
 Computer Instruction · Foreign Languages
 Music · P.E. · Art · Family Atmosphere
 Summer Programs · Before/After School Care

Kate Duncan, Principal
 970.493.9052
 1800 E. Prospect · Fort Collins

Helping Children Achieve Academic & Personal Excellence through Individualized Education since 1976

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.

Age: 2-3 years

Instructor: Marsha Portelance

Location: Mulberry Pool

Note: Please wear appropriate clothing: leotards/footless tights , or T-shirt and shorts/sweats. No jeans or jewelry please. Class will not be held on 11/24 and 11/22.

Age: 2 years

9/12-10/3	M	10:00-10:45 AM	\$34	85649-01
9/12-10/3	M	11:05-11:50 AM	\$34	85649-02
9/6-9/20	Tu	11:00-11:45 AM	\$27	85649-03
10/17-11/7	M	10:00-10:45 AM	\$34	85649-06
10/17-11/7	M	11:05-11:50 AM	\$34	85649-07
9/27-10/11	Tu	11:00-11:45 AM	\$27	85649-08
11/14-12/12	M	10:00-10:45 AM	\$42	85649-11
11/14-12/12	M	11:05-11:50 AM	\$42	85649-12
10/18-11/8	Tu	11:00-11:45 AM	\$34	85649-13
11/15-12/13	Tu	11:00-11:45 AM	\$34	85649-18

Age: 3 years

9/12-10/3	M	9:00-9:45 AM	\$34	85649-04
9/8-9/22	Th	11:00-11:45 AM	\$27	85649-05
10/17-11/7	M	9:00-9:45 AM	\$27	85649-09
9/29-10/13	Th	11:00-11:45 AM	\$27	85649-10
11/14-12/12	M	9:00-9:45 AM	\$42	85649-14
10/20-11/10	Th	11:00-11:45 AM	\$34	85649-15
11/17-12/15	Th	11:00-11:45 AM	\$34	85649-20

I Can Do it Myself

This series of classes is aimed at the young toddler who, along with a parent, can enjoy a number of different activities including arts and crafts, movement , making new friends and more.

Age: 15-24 months

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: This is a child with parent class.

Colorful Fall

9/17	Sa	11:00-11:45 AM	\$10	85642-01
------	----	----------------	------	----------

Its Spooky

10/15	Sa	11:00-11:45 AM	\$10	85642-02
-------	----	----------------	------	----------

Turkey, Turkey

11/12	Sa	11:00-11:45 AM	\$10	85642-03
-------	----	----------------	------	----------

Let it Snow

12/10	Sa	11:00-11:45 AM	\$10	85642-04
-------	----	----------------	------	----------



Shake, Rattle & Roll: Have fun with games, singing and finger plays.

I Can Do it, Too

These classes are for the toddler who is “not quite ready” to take a class by himself/herself. Parents and toddlers can enjoy a number of different activities together.

Age: 2-3 years

Instructor: Julie Gillen, C.E.T.

Location: Northside Aztlan Center

Note: Please note food allergies at registration.

Colorful Fall

9/17	Sa	9:30-10:30 AM	\$10	85643-01
------	----	---------------	------	----------

Its Spooky

10/15	Sa	9:30-10:30 AM	\$10	85643-02
-------	----	---------------	------	----------

Turkey, Turkey

11/12	Sa	9:30-10:30 AM	\$10	85643-03
-------	----	---------------	------	----------

Let it Snow

12/10	Sa	9:30-10:30 AM	\$10	85643-04
-------	----	---------------	------	----------

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

Instructor: Saja Butler

Location: Northside Aztlan Center

Age: 12 months-2 years

9/2-9/16	F	9:00-9:45 AM	\$24	85650-01
9/23-10/7	F	9:00-9:45 AM	\$24	85650-03
10/14-10/28	F	9:00-9:45 AM	\$24	85650-05
11/4-11/18	F	9:00-9:45 AM	\$24	85650-07

Age: 2-3 years

9/2-9/16	F	10:00-10:45 AM	\$24	85650-02
9/2-9/16	F	10:00-10:45 AM	\$24	85650-04
9/2-9/16	F	10:00-10:45 AM	\$24	85650-06
11/4	F	10:00-10:45 AM	\$24	85650-08

Mom & Tot Science

Would your child like to make concoctions 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.

Age: 2-3 years

Location: Youth Activity Center

Note: This is a parent participation class.

9/14-9/28	W	9:30 AM-10:30 PM	\$26	85651-01
10/12-10/26	W	9:30 AM-10:30 PM	\$26	85651-02
11/9-11/23	W	9:30 AM-10:30 PM	\$26	85651-03

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. No need to register, just come on in. Children must be accompanied by an adult. \$2.50 per child. Adults are free!

Age: 0-18 months

Location: Northside Aztlan Center

Note: Class will not be held on 11/25.

9/16-12/16	F	10:30 AM-Noon	\$2.50	85673-01
------------	---	---------------	--------	----------

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.

Age: 0-6 years

Location: Northside Aztlan Center

9/13-12/14	Tu,W	10:00 AM-Noon	\$2.50	85674-01
------------	------	---------------	--------	----------

Splish Splash Play Group

You and your child will have fun meeting and playing with others! Activities will include arts & crafts, music, social time and pool play on the last day of the session. Older siblings may attend and participate for a drop-in fee of \$5. Please bring a sack lunch/snack for you and your child.

Age: 12-18 months

Location: Edora Pool Ice Center

9/9-9/23	F	10:30 AM-Noon	\$27	85654-01
9/30-10/14	F	10:30 AM-Noon	\$27	85654-02
11/4-11/18	F	10:30 AM-Noon	\$27	85654-03
12/2-12/16	F	10:30 AM-Noon	\$27	85654-04

Toddler time

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

Age: 18 months-2 years

Location: Northside Aztlan Center

Note: This is a child with parent class.

9/12-9/26	M	9:30-10:30 AM	\$20	85665-01
10/10-10/24	M	9:30-10:30 AM	\$20	85665-02
11/7-11/21	M	9:30-10:30 AM	\$20	85665-03

FALL GOLF SPECIAL

\$20 PER PERSON
9 HOLES & CART

\$35 PER PERSON
18 HOLES & CART

CITY PARK NINE
GOLF COURSE
417 South Bryan Avenue • 970.221.8688

COLLINDALE
GOLF COURSE
1481 East Movement Road • 970.221.8851

SOUTHRIDGE
GOLF CLUB
8700 South Lantry Avenue • 970.415.2828

City of Fort Collins | fcgov.com/golf

VALID 9/1/2011-11/30/2011

SUPERHEROES NEEDED
Cape Optional

Join Us!
Lutheran Family Services
2032 Lowe St., Ste. 200 - Fort Collins, CO
Call 970.266.1788
(no religious affiliation necessary)

BE A FOSTER PARENT...BE A SUPERHERO

Education & Enrichment

Adult Classes

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

Card Games

Beginning Bridge Lessons

If you have always wanted to learn to play bridge this is a great class to start with. Although some card playing skill is required, you will be instructed in the basics of counting your points, bidding, taking tricks and defensive play.

Instructor: Curtis Camaron

Location: Senior Center

Note: All supplies, including the book, provided.

9/27-11/15 Tu 6:30-8:30 PM \$40 85025-01
\$36 for members

Advanced Bridge



Prerequisite: Beyond Beginning Bridge or instructor permission

If you have been playing for quite a while and would like to move to the next level of bridge, this class is for you. Marilyn Pultz, will help you with playing Negative Doubles, New Minor Forcing, various Cue Bids and/or contemporary conventions.

Instructor: Marilyn Poltz

Location: Senior Center

Note: Notebook with articles, exercises and sample bridge hands included.

10/5-11/2 W 6:30-9:00 PM \$40 85026-01
\$36 for members

Computer

Computer Basics

This four session class will provide basic computer terminology for anyone who has never used a computer. The class will start with a non-technical discussion of basic computer use, and include writing letters, using email, and using the Internet to listen to music and watch movies.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructors provided by Front Range PC Users Group.

9/27-9/30 Tu-F 10:00 AM-Noon \$24 84502-01

Microsoft Word, Beyond The Basics

Version 2010. Learn about the word processing features that will make you an expert at work or help you write that book. Hands-on exercises on part of a book chapter will demonstrate such features as styles, creating a table of contents, index and much more.

Instructor: Mike Morris, Mike Loughlin

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

10/15 Sa 8:30 AM-12:30 PM \$14 84503-01

Excel

Prerequisite: Computer Basics class/basic computer knowledge. Version 2010. This class covers the basics of data entry, formulas, formatting, charts and printing.

Instructor: Mike Morris

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

9/17 Sa 8:30 AM-12:30 PM \$14 84505-01

Getting Started with Social Media

Feeling left out of the social media world? This class begins with introducing some common social media tools such as Twitter, Facebook, LinkedIn and blogging. Participants will set up their own accounts and learn how to connect with friends and groups related to both personal and professional interests.

Instructor: Brett Manges

Location: Senior Center

Note: Class not discountable.

9/6-10/4 Tu 6:15-7:15 PM \$44 84532-01

Social Media for Business

Facebook, YouTube, blogs, & other social media platforms are becoming standard business tools. More than setting up accounts, you will learn strategies to connect with your community, enhance your brand, and measure your effectiveness. Participants will ideally have some experience with existing social media accounts.

Location: Senior Center

10/11-11/8 Tu 6:15-7:15 PM \$44 84534-01



RECREATOR PICK!

Facebook for Beginners

Facebook is a great tool for keeping in touch with friends and sharing messages, photos, and videos. But it can be intimidating if you don't know who sees what you're sharing. Learn the nuts & bolts, including privacy control, to comfortably and safely network with family, friends, celebs, and more.

Location: Senior Center

9/27-10/25 Tu 7:30-8:30 PM \$44 84536-01

Blogging for Passion or Profit

Want to know what the blogging buzz is all about? Would you like to get started with building a new website or updating an old site using blogging tools? Whether your message is political, professional, poetic, or personal, a blog can help you spread your message and build a community.

Location: Senior Center

Note: Class not discountable

11/1-11/29 Tu 7:30-8:30 PM \$44 84537-01

Internet Part 1

Prerequisite: Computer Basics or basic computer knowledge

This class introduces the Internet, including some history of its development into the World Wide Web, descriptions of selected types of programs used to connect to the Internet, the language used in those programs, and hands-on exercises that will provide practice in safely using the Internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

9/3 Sa 8:30 AM-12:30 PM \$14 84551-01

Internet Part 2

Prerequisite: Internet Part 1

This class provides descriptions of various search services (search engines, such as Google® and Yahoo®) available on the internet and how to use them. You are provided with resources that, with practical exercises, will demonstrate how to effectively search (and NOT to search) the Internet.

Instructor: Charles McJilton

Location: Columbine Health Computer Lab

Note: Instructor provided by the Front Range PC Users Group.

9/10 Sa 8:30 AM-12:30 PM \$14 84552-01

Using Windows 7 Parts 1, 2, 3

Prerequisite: Computer Basics class/ basic computer knowledge
 This three-session class covers the basic terms and tools of Windows 7. Included are hands-on exercises that demonstrate working with windows, menus, and files, plus how to customization and a brief, non-technical description of the computer and simple maintenance tasks.

Instructor: Chris Ingham, Mike Morris
Location: Columbine Health Computer Lab
Note: Instructor provided by the Front Range PC Users Group.
 10/29-11/12 Sa 8:30 AM-12:30 PM \$29 84553-01

Internet Email

Prerequisite: Introduction to the Internet or equivalent.
 This class will teach you different addressing modes in e-mail. You will also learn etiquette, finding addresses, attaching files, creating mailing lists, and handling junk mail.

Instructor: Charles McJilton
Location: Columbine Health Computer Lab
Note: Instructor provided by the Front Range PC Users Group.
 9/24 Sa 8:30 AM-12:30 PM \$14 84554-01

Quicken

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.

Instructor: Don Anderson, Mike Meyer, Al Van Nice
Location: Senior Center
Note: Instructors provided by Front Range PC Users Group
 10/29 Sa 8:30 AM-12:30 PM \$14 84555-01

Microsoft Word, Beginning Part 1 & 2

Prerequisite: Basic computer knowledge/computer basics class. Version 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.

Instructor: Mike Morris
Location: Columbine Health Computer Lab
Note: Instructor provided by the Front Range PC Users Group.
 10/1-10/8 Sa 8:30 AM-12:30 PM \$16 84572-01

Cooking

Full Vegetarian Course North India

Rice or Flat bread is the staple carbohydrate of an Indian meal. The meal builds on that with vegetables (subji), curries, chutneys, pickles, etc. as concurrent courses and ends with traditional desserts. A typical Indian vegetarian plays on the numerous variations of this plan to get a nutritionally balanced diet.

Instructor: Sapna Von Reich
Location: Senior Center
Note: Menu Includes: Basmati Rice, Lentil Curry, Spicy Cumin Potatoes, Cilantro Chutney, Carrot Pudding. Class partially discountable.
 9/8 Th 6:00-8:30 PM \$29 84512-01

Delicious Indian Harvest

Enjoy the fall and all its bounty with dishes prepared by Indian Chef Sapna Von Reich. Learn the techniques and flavors to add to your old favorites! Menu Includes: Spicy Sweet Potato, Butternut Squash Curry, Vegetable Pulao (Basmati Rice Cooked with Veggies) and Pomegranate Raita (Yogurt Salad).

Instructor: Sapna Von Reich
Location: Senior Center
Note: Class not discountable.
 10/12 W 6:00-8:30 PM \$29 84513-01



CPR: Learn basic first aid procedures as well as adult, child and infant CPR.

Curry in a Hurry

What do you get when American efficiency meets the authentic Indian curry? Sapna introduces you to making curry by teaching three different styles of making Indian curry, each taking less than 20 minutes without compromising taste or flavor. All hot and spicy dishes are not curries. All Curries are not fiery hot.

Instructor: Sapna Von Reich
Location: Senior Center
Note: Class partially discountable. Menu Includes: Red and Black Bean Curry with Spinach, Mixed Vegetable Curry, Shrimp Curry, Mango Fruit Cream.
 11/1 Tu 6:00-8:30 PM \$29 84514-01

Cooking Around the World

What better way to learn about a country than to learn its cuisine? All you need to do is come prepared to have fun and learn to cook a healthy meal using locally available items. All supplies are included.

Instructor: Sharmila Rajopadhye
Location: Senior Center
Note: Class partially discountable.
 9/13-9/27 Tu 7:00-8:00 PM \$50 84515-01

Cheese Making

The ancient art of cheese making has been practiced since the domestication of animals. You will create a mozzarella and ricotta. Cultured milk products such as yogurt will also be explored. Includes hands-on. Leave with the knowledge and recipes to create more cheeses. Also taste Rich's homemade artisan hard cheeses.

Instructor: Rich McGaughey
Location: Senior Center
Note: Class partially discountable.
 10/4-10/18 Tu 6:00-9:00 PM \$59 84528-01

Mexican Cooking

Age: 16 years & up
Location: Northside Aztlan Center
Note: Bring an apron to your class.

Fajitas & Rice

9/12 M 6:30-8:00 PM \$15 85849-01

Burritos & Frijoles

9/26 M 6:30-8:00 PM \$15 85849-02

Enchiladas & Sauces

10/10 M 6:30-8:00 PM \$15 85849-03

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.

Instructor: Mark Rosoff

Location: Senior Center

Note: Class not discountable.

9/10	Sa	9:00 AM-5:00 PM	\$67	84524-01
10/1	Sa	9:00 AM-5:00 PM	\$67	84524-02
11/12	Sa	9:00 AM-5:00 PM	\$67	84524-03

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.

Instructor: Mark Rosoff

Location: Senior Center

Note: Includes AHA student text. New certifications begin at 6pm and re-certifications will begin at 7pm. Class not discountable.

9/21	W	6:00-9:30 PM	\$67	84525-01
10/19	W	6:00-9:30 PM	\$67	84525-02
11/16	W	6:00-9:30 PM	\$67	84525-03

Cultural

Hindi Introduction

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.

Instructor: Sharmila Rajopadhye

Location: Senior Center

9/19-10/24	M	6:00-7:15 PM	\$70	84516-01
------------	---	--------------	------	----------

Financial

These FREE classes are presented by GreenPath, Inc., formerly Consumer Credit Counseling Service. Registration required: call 970.494.3307.

Instructor: Kathy Cox

Location: Senior Center

Protect Your Identity

Learn how to deter, detect and defend against identity theft. It takes time and money to clean up the problems from identity theft, so learn how to take action to prevent it from happening. An investigator with the Better Business Bureau will discuss scams occurring in Northern Colorado.

9/12	M	1:00-2:30 PM	No fee	
------	---	--------------	--------	--

VETERAN'S DAY

Honor veterans for their patriotism, love of country, service and sacrifice and the Centennial Anniversary of Naval Aviation.

Friday, November 11 at the Senior Center

7:00 AM: Breakfast begins

8:00 AM: Color presentation by the CSU Wing Walkers Honor Guard, Pledge of Allegiance, Invocation, Nation Anthem and Service Songs and presentation by Kelly Gallagher-Abbott. Also, quilts commemorating the 100th anniversary of Naval Aviation will be on display.

For more information, call 970.221.6644.

2011 SUNDANCE FAMILY FESTIVAL & CHILI COOK-OFF

Fort Collins Senior Center
1200 Mainframe Drive

FRIDAY • OCT. 21 • DOORS OPEN AT 6 P.M.

Prime Rib Dinner by Sundance Steakhouse
Western Art Show • Live Auction
Live entertainment by:
K99's Brian Gary & singer, humorist Gary McMahon
Tickets: \$32 in advance, \$37 at the door. Good for Friday & Saturday!

SATURDAY • OCT. 22 • NOON - 5 P.M.

Chili, salsa, hot wing competition and tasting
Beer Tasting by Wilbur's Total Beverage
Live Music • Face Painting • Carriage Rides • Western Market • Petting Zoo • Cash Bar

Tickets: \$5 Adult; \$3 (7-17) & under younger: FREE!

Tickets on sale at the Senior Center, Sundance Steakhouse, and Wilbur's.

EVENT BENEFITS: BUILDING A STRONGER COMMUNITY

Financial Fitness

Learn the basics of money management in this upbeat course. This first session focuses on creating goals and reviewing methods for setting up the strong money plan necessary to make them happen. Useful tips for stretching your dollar are presented as well as information about community resources that can help you save money.
 9/13-9/20 Tu 6:30-8:30 PM No fee

Where's My Stuff? Organize Your Financial Life

Whether your system is non-existent or just too cluttered to enable you to find the documents you need, this class offers you answers. We will examine documents that need to be saved, for how long and where! You will create a filing system to meet your financial needs. A workbook and materials list will be provided.
 9/27 Tu 6:30-8:30 PM No fee

Financial Fitness Budgeting Basics

Learn the basics of money management in this upbeat course. We will focus on creating goals and methods of setting up a strong money plan necessary to make them happen. Useful tips for stretching your dollar is presented as well as information about community resources that can help you save money. (This class will be repeated October 12, 2011 call for details!)
 10/10 M 1:00-2:30 PM No fee

Cash in With Coupons

Everyone can use help reducing the amount of money spent at the grocery store! Learn how to use coupons effectively along with ads, sales and rebates to spend less. Find out how to plan and carry out your shopping trip.
 11/14 M 1:00-2:30 PM No fee

General

Energy Savers Workshop

Want to save money on your energy bills? Learn low-cost energy saving tips, receive planning tools on cutting energy use and a free compact fluorescent light bulb!
Instructor: Colorado Interfaith Power and Light
Location: Senior Center
Note: Must register by calling 303.429.5792.
 9/14 W 1:00-2:00 PM No Fee 84506-01

Wines for the Holidays

Learn the basics of matching wines with your holiday meals no matter the menu. Taste wine in a casual atmosphere and work through perfect pairings with traditional holiday favorites to experience which wines complement which flavor profiles and why. Gain the knowledge of how to select, serve and savor the best wines.
Age: 21 years & up
Instructor: Stacy Slinkard
Location: Senior Center
Note: Class not discountable.
 11/2 W 7:00-9:00 PM \$40

Genealogy

Learn what information there is and where to find it. Topics include researching Census, Cemetery, Vital, Military, Land, Immigration and Naturalization records, how to record and organize research. Extensive list of best websites will be given for each topic plus demonstrations on how to navigate these.
Instructor: Ceil Damshroder
Location: Senior Center
Note: Class will not be held on 10/13.
 9/29-11/17 Th 4:00-6:15 PM \$49 84560-01



Wines for the Holidays: Learn the basics of matching wines with meals.

Inherit A Pitchfork?

The interactive presentation, Who Would Inherit a Pitchfork, is about dividing possessions based on the book, The Choose Around. It includes a starting point for people in similar situations to begin discussing alternatives while building mutual respect.
Instructor: Marilyn Brown
Location: Senior Center
Note: Register as a single or couple for the same price. Fee includes the book The Choose Around.

10/20	Th	6:30-8:00 PM	\$19	84508-01
11/12	Sa	10:00-11:30 AM	\$19	84508-02

Music & Theater

Theatre Acting Workshop

Learn to express yourself on stage! We will have fun with theater games, improvisation and skits. This workshop is designed for people with and without disabilities.
Age: 14 years & up
Location: Northside Aztlan Center
Note: Bring an attendant if personal care assistance is needed. For more information, contact Alison Cope at 970.416.2024 or acope@fcgov.com. Class partially discountable.
 11/12 Sa 1:00-4:00 PM \$12 84607-01

Adult Guitar, Beginning

In just a few short weeks, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tablatures, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.
Age: 18 years & up
Instructor: Saja Butler
Location: Northside Aztlan Center
Note: Must bring your own guitar.

8/29-9/26	M	6:45-8:00 PM	\$39	85706-01
11/7-11/28	M	6:45-8:00 PM	\$39	85706-02

Adult Guitar, Intermediate

In just a few short weeks, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tablatures, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.
Age: 19 years & up
Instructor: Saja Butler
Location: Northside Aztlan Center
Note: Must bring your own guitar.
 10/3-10/24 M 6:45-8:00 PM \$39 85709-01

Travel

Fly, Stay & Travel Cheap

Did you miss the recently posted \$295 round trip Denver to Moscow flight? If so, this class is for you. Find the lowest fares, alternative cruises for less, frequent flyer tickets for less than \$1, stay for free around the world and many other internet bargains.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$15 material fee for a companion book. Class not discountable.

9/6	Tu	6:00-8:00 PM	\$25	84535-01
10/5	W	6:00-8:00 PM	\$25	84535-02

How To Be A Travel Writer

Travel photojournalist Ron Stern will show you how to write, broadcast or otherwise promote yourself as a travel journalist in this new and changing economy. Learn about alternative outlets such as You Tube or just how a website can be the key to free travel.

Instructor: Ron Stern

Location: Senior Center

Note: There is an optional \$25 material fee for a companion book. Class not discountable.

9/7	W	6:00-9:00 PM	\$29	84546-01
11/4	F	6:00-9:00 PM	\$29	84546-02

Wellness

Reflexology for Self Care

Reflexology is simple to learn and apply. Learn the history, how and why it works and simple techniques. Class includes consultation for specific sequences to address an aspect of healing for each person.

Instructor: Suzanne Rouge

Location: Senior Center

9/19	M	10:00 AM-Noon	\$24	84501-01
10/15	Sa	10:00 AM-Noon	\$24	84501-02

Peripheral Neuropathy

Learn about various neuropathies including diabetic, chemo related and idiopathic. Also the causes and treatment of peripheral neuropathy from the perspective of a physical therapist. And about some of the research that has shown good results with light therapy treatment.

Age: All

Instructor: Dr. Susan Kuhling, PT

Location: Senior Center

9/22	Th	10:00-11:30 AM	No Fee	84504-01
------	----	----------------	--------	----------

Age Related Eye Changes

It's a fact that vision changes occur as you get older, but these changes don't have to compromise your lifestyle. Knowing what to expect and when to seek professional care are important steps to safeguarding your vision. Learn about many of the age-related eye diseases, symptoms, treatments, and prevention.

Instructor: Dr. Chris Eddy

Location: Senior Center

9/22	Th	6:30-7:30 PM	No Fee	84511-01
------	----	--------------	--------	----------

Treating Hearing Loss

Technology updates and candidacy criteria in amplification & implantable devices will be discussed. Learn about assistive listening devices that help people with hearing loss ease the use of everyday devices, like the telephone. Learn communication & listening strategies to communicate better in various environments.

Location: Senior Center

Note: Dr. Natalie Phillips, board certified Doctor of Audiology with Advanced Otolaryngology, P.C., will present information about treating types and degrees of hearing loss.

11/18	F	9:30-11:00 AM	No fee	84529-01
-------	---	---------------	--------	----------

Assessment of the Dizzy Patient

Hear information about the importance of case history & symptoms to accurately diagnose ear-related dizziness & balance disorders. Evaluation & assessment will be reviewed along with possible diagnoses & appropriate referrals in order for you to be familiar with what may occur when you see a physician or audiologist.

Location: Senior Center

Note: Dr. Natalie Phillips presenter

9/9	F	9:30-11:00 AM	No Fee	84571-01
-----	---	---------------	--------	----------

Tinnitus Treatment

Learn about tinnitus & other symptoms including incidence, documented treatments, and how they work from your ear to the brain. Sound therapy treatments including tinnitus retraining therapy (TRT) and Neuromonics will be discussed that have over a 90% success rate in reducing the awareness & disturbance of tinnitus.

Location: Senior Center

Note: Dr. Natalie Phillips, board certified Doctor of Audiology with Advanced Otolaryngology, P.C.

10/14	F	9:30-11:00 AM	No fee	84573-01
-------	---	---------------	--------	----------

Aspen Club Presentation

These presentations are co-sponsored by the City of Fort Collins.

Instructor: Suzanne Rouge

Location: Senior Center

Register: Call the Aspen Club at 970.495.8560.

Wonders of the Poudre Wilderness

We are so lucky to have incredible wilderness and back country areas to enjoy in northern Colorado. Meet a representative from the Poudre Wilderness Volunteers (PWV) who will show beautiful slides and talk about some of the areas they cover: Poudre Canyon Trails, Cameron Pass, Red Feather Lakes, Pawnee Buttes and more.

9/27	Tu	6:00-7:30 PM	No fee	
------	----	--------------	--------	--

Medicare Update 2012

The Annual Enrollment Period during which you can make changes to your Medicare Prescription Drug Plans and Medicare Advantage Plans is October 15 - December 7. This presentation will prepare you by providing an overview of changes to plans and to Medicare in general.

10/20	Th	9:00-10:30 AM	No fee	
-------	----	---------------	--------	--

Stress Reduction Strategies for the Holidays

Are you stressed out? We know that stress can have a negative effect on our work, our relationships, and our health. In this class, you will learn to identify signs of stress, strategies to decrease the sources of stress in your environment, and methods to manage your responses to stress. Join us for an interactive session.

11/17	Th	9:00-10:30 AM	No fee	
-------	----	---------------	--------	--



Teen Guitar: learn chording and the basic blues progression.

Writing

Grammar, Spelling, Punctuation

Don't know proper punctuation? Confused about verb tenses? Don't memorize rules; acquire tools that help you improve your writing. Receive a packet of useful resources and free editing of five pages. If you have a favorite grammar rule book, bring it with you.

Age: All
Instructor: Nancy L. Reed
Location: Senior Center

9/24 Sa 10:00-11:30 AM \$30 84521-01

Computer Shortcuts for Writers

Spend more time and energy on the creative aspect of your writing and less on the technicalities of your word processing program by using computer key combinations, function keys, and word processing color codes. Shortcuts will be demonstrated in class, and participants will receive a collection of shortcut resources.

Instructor: Nancy L. Reed
Location: Senior Center

10/15 Sa 10:00-11:30 AM \$30 84522-01

Story Keeping

Storytelling is in our genes! And we all have stories! Storytellers were the first instructors, story was the first "medicine." We are losing our stories – impacting not only this generation, but generations to come. Enjoy becoming re-acquainted with the wisdom, humor, healing, and energy of storykeeping.

Instructor: Dale Mary Grenfell
Location: Senior Center

10/1 Sa 9:00 AM-Noon \$14 84527-01

Teen Classes

Teen Guitar, Beginning

Students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Age: 13-18 years
Instructor: Saja Butler
Location: Northside Aztlan Center

Note: Must bring own guitar. Class will not be held on 9/5.

8/29-9/26 M 5:15 AM-6:30 PM \$32 85705-01

11/7-11/28 M 5:15 AM-6:30 PM \$32 85705-02

Teen Guitar, Intermediate

This class will cover new first position chords as well as more advanced chording, finger picking patterns, basic blues progression, notation and advanced tablature, while adding to the student's repertoire.

Age: 13-18 years
Instructor: Saja Butler
Location: Northside Aztlan Center

Note: Must bring own guitar.
 10/3-10/24 M 5:15-6:30 PM \$32 85708-01

Lion King at the Buell Theater

Join us for a trip down to Denver to see the Disney Broadway musical "The Lion King" at the Temple Buell Theater! See amazing creatures come to life with breathtaking voices and unbelievable dancing. This is a show you don't want to miss!

Age: 12 years & up
Location: Northside Aztlan Center
Note: Transportation to and from Buell Theater provided. Trip partially discountable. Please bring a few snacks and extra cash if you'd like to buy food or merchandise.

11/23 W Noon-6:30 PM \$50 85710-01

Fashion Design

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

Age: 11-17 years
Location: Northside Aztlan Center
Note: All materials will be provided. Class partially discountable.

9/7-9/28 W 4:00-6:00 PM \$46 85702-01

10/1-10/22 Sa 10:00 AM-12:30 PM \$46 85702-02

School's Out Trips

Just because mom and dad have to work when school is out doesn't mean you can't have fun! Join us for a day long field trip. We'll check out the hottest spots and coolest sights. The Denver trip will include a visit to the aquarium. The Estes Park trip will include a visit to Rocky Mountain National Park.

Age: 11-16
Location: Northside Aztlan Center
Note: Bring a lunch, snacks and water bottle. Partially discountable.

Estes Park

10/21 F 8:00 AM-5:00 PM \$46 85722-01

Denver

11/23 W 8:00 AM-5:00 PM \$46 85722-02

Babysitting Bootcamp

This American Red Cross course will cover everything from the babysitting basics to a certification in infant and child CPR.

Age: 11-15 years
Location: Northside Aztlan Center
Note: Please bring a sack lunch and snacks. Class partially discountable.

9/19 M Noon-8:00 PM \$75 85850-01

10/18-10/20 Tu,Th 4:00-8:00 PM \$75 85850-02

11/15-11/17 Tu,Th 4:00-8:00 PM \$75 85850-03

Fall Desserts

Learn how to make delicious desserts to contribute to the dinner table. Make pumpkin pie, apple dumplings, cranberry tarts and more.

Age: 12-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Class partially discountable.

10/29-11/19	Sa	1:00-3:00 PM	\$42	85701-01
-------------	----	--------------	------	----------

Dinner & A Movie

What's more fun than dinner and a movie with friends on a Friday night? We'll watch an all time favorite movie and make a dinner that matches the theme of the movie.

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. All supplies will be provided. Class partially discountable.

9/9	F	6:00-9:00 PM	\$15	85715-01
9/23	F	6:00-9:00 PM	\$15	85715-02
10/7	F	6:00-9:00 PM	\$15	85715-03
10/28	F	6:00-9:00 PM	\$15	85715-04
11/4	F	6:00-9:00 PM	\$15	85715-05
11/18	F	6:00-9:00 PM	\$15	85715-06

Culinary Bootcamps

This is a series of specialty cooking classes that will explore many different kinds of cooking, baking, and decorating. Sign up for one class or take them all!

Age: 11-17 years

Location: Northside Aztlan Center

Note: Please note food allergies at registration. All supplies will be provided. Class partially discountable.

Gluten Free Cooking

9/10	Sa	1:00-4:00 PM	\$26	85716-01
------	----	--------------	------	----------

Vegan Cooking

9/24	Sa	1:00-4:00 PM	\$26	85716-02
------	----	--------------	------	----------

Sustainable Cooking

10/8	Sa	1:00-4:00 PM	\$26	85716-03
------	----	--------------	------	----------

Crazy Cakes

10/29	Sa	1:00-4:00 PM	\$26	85716-04
-------	----	--------------	------	----------

Colossal Cupcakes

11/5	Sa	1:00-4:00 PM	\$26	85716-05
------	----	--------------	------	----------

Thanksgiving Feast

11/19	Sa	1:00-4:00 PM	\$26	85716-06
-------	----	--------------	------	----------

Haunted Gingerbread Houses

Make a creepy, freaky edible haunted house complete with blood, guts, eyeballs, brains and more. Gross your friends and family out when they watch you eat these gruesome treats!

Age: 11-16 years

Location: Northside Aztlan Center

Note: Please note any food allergies at time of registration. Dinner on 10/26 and lunch on 10/30 will be provided. Class partially discountable.

10/26	W	5:30-7:30 PM	\$15	85717-01
10/30	Su	Noon-2:00 PM	\$15	85717-02

Youth Classes

Little Chefs

Let's get creative in the kitchen! These theme-based classes are all hands-on. An occasional craft is offered to enhance the experience.

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

Pizza

9/8	Th	9:30-11:00 AM	\$21	85552-01
-----	----	---------------	------	----------

Fun Desserts

10/6	Th	9:30-11:00 AM	\$21	85552-02
------	----	---------------	------	----------

Snacks

11/10	Th	9:30-11:00 AM	\$21	85552-03
-------	----	---------------	------	----------

Saturday Chefs NEW

Your child will have a blast in the kitchen learning to create a variety of fun menu items!

Age: 7-10 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

Cute Cupcakes

Bake and decorate fancy mini and regular-sized cupcakes.

9/10	Sa	10:00 AM-Noon	\$26	85553-01
------	----	---------------	------	----------

Brunch

Cook your own weekend brunch.

9/24	Sa	10:00 AM-Noon	\$26	85553-02
------	----	---------------	------	----------

Gross Goodies

Deliciously disgusting desserts.

10/15	Sa	10:00 AM-Noon	\$26	85553-03
-------	----	---------------	------	----------

Gross Grub

10/29	Sa	10:00 AM-Noon	\$26	85553-04
-------	----	---------------	------	----------

Lunch

Make your own lunch.

11/12	Sa	10:00 AM-Noon	\$26	85553-05
-------	----	---------------	------	----------

Pies

Learn to make pies in time for the holidays.

11/19	Sa	10:00 AM-Noon	\$26	85553-06
-------	----	---------------	------	----------

Girls Day Out

Schools out! Spend the day with your girlfriends. Movies, manicures, make your own snacks, and arts and crafts. Pool time included.

Grade: 1-6

Location: Edora Pool Ice Center

Note: Please note any food allergies at the time of registration. Bring a sack lunch, bathing suit and towel. Class is partially discountable.

9/19	M	9:00 AM-3:00 PM	\$47	85576-01
------	---	-----------------	------	----------

Lego Crazy Schools Out Day

Lego enthusiasts, spend your schools out day with other lego fanatics! Along with lego construction, kids will enjoy other fun activities such as arts and crafts, a movie, snacks and swim time!

Grade: 1-6

Location: Edora Pool Ice Center

Note: Class partially discountable. Bring sack lunch, bathing suit and towel.

9/19	M	8:00 AM-5:00 PM	\$51	85580-01
------	---	-----------------	------	----------

School's Out Adventure

This is a two-day down-sized version of our popular Summer Adventure Camp. Let us keep your child busy on these days. Along with crafts and games, we will be swimming and skating Thursday and going on a fun field trip Friday!

Grade: 1-6

Location: Edora Pool Ice Center

Note: Please bring a sack lunch and a water bottle. Bring clothes for swimming and skating on Thursday.

10/20-10/21	Th,F	8:00 AM-5:00 PM	\$61	85578-01
-------------	------	-----------------	------	----------

Survival in the Woods Bootcamp

All of the best elements of our popular Survival in the Woods Summer Camp will be presented in this 1 day boot camp. Kids will enjoy a day of activities such as fishing, shelter building, water safety, and basic camping skills.

Age: 8-12 years

Location: Lee Martinez Park

Note: Please bring a sack lunch, a water bottle and dress appropriate for the weather.

9/10	Sa	9:00 AM-3:00 PM	\$34	85581-01
9/17	Sa	9:00 AM-3:00 PM	\$34	85581-02
9/24	Sa	9:00 AM-3:00 PM	\$34	85581-03
10/1	Sa	9:00 AM-3:00 PM	\$34	85581-04

"Fun"tastical Fridays

These Friday events will delight your child. Explore, learn, create and play! Activities will be centered around a FUN theme that will include games, arts & crafts, refreshments and more. Classes are for children only.

Age: 3-6 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

Disney Princesses

9/16	F	1:00-2:30 PM	\$16	85599-01
------	---	--------------	------	----------

Pirates

9/30	F	1:00-2:30 PM	\$16	85599-02
------	---	--------------	------	----------

Dragons & Castles

10/14	F	1:00-2:30 PM	\$16	85599-03
-------	---	--------------	------	----------

Super heros

11/18	F	1:00-2:30 PM	\$16	85599-04
-------	---	--------------	------	----------

Go Kart Camp

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

Age: 8-12 years

Location: Fort Fun

Note: Students must be at least 50" tall. In case of inclement weather we will call you with a make-up date. If classes are full, please put your name on a wait list. Class partially discountable.

9/10	Sa	8:00-10:00 AM	\$30	85629-01
9/19	M	8:00-10:00 AM	\$30	85629-02
9/24	Sa	8:00-10:00 AM	\$30	85629-03
10/8	Sa	8:00-10:00 AM	\$30	85629-04

Lego Club

Get together with other Lego enthusiasts, share ideas and use your imagination to create your own Lego masterpieces. Afterschool snack provided.

Age: 6-10 years

Location: Youth Activity Center

Note: Please note any food allergies at the time of registration.

9/14-9/28	W	4:30-6:00 PM	\$20	85627-01
11/2-11/16	W	4:30-6:00 PM	\$20	85627-02

Legomania

Lego enthusiasts will work with and learn from each other while creating a master city with a wide variety of legos. Bring your creativity with you and join us for a fun afternoon of construction.

Age: 6-10 years

Location: Northside Aztlan Center

Note: Snack provided. Please note any food allergies at the time of registration.

10/15	Sa	1:00-3:00 PM	\$16	85628-01
-------	----	--------------	------	----------

Young Authors

Calling all budding writers! Here's your opportunity to learn how to express your ideas in writing and see them in print! During these classes you will write a short story or poem, research the market and submit your story to multiple publishers.

Age: 8-12 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable. \$5 supply fee payable to instructor on the first day of class.

9/12-10/3	M	4:30-5:15 PM	\$44	85630-01
1 0 / 1 0 - 10/31	M	4:30-5:15 PM	\$44	85630-02
11/7-11/28	M	4:30-5:15 PM	\$44	85630-03

Scooby Doo Mystery

Help! Scooby Doo is missing! We need you to help us find him!

Age: 6-10 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

10/29	Sa	1:00-3:00 PM	\$19	85678-01
-------	----	--------------	------	----------

Kids Helping Kids

Here is an opportunity for your child to learn a new skill that will help them give back to their community. Children will learn to use a sewing machine to make fleece hats. Children will make one hat for themselves and all other hats made will be donated to kids in need. Celebrate the season with the gift of giving!

Age: 9-12 years

Location: Northside Aztlan Center

Note: Class partially discountable.

10/8-10/15	Sa	10:00 AM-Noon	\$33	85679-01
11/12-11/19	Sa	10:00 AM-Noon	\$33	85679-02

Jedi Knights

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

Age: 3-6 years

Location: Northside Aztlan Center

9/24	Sa	1:00-3:00 PM	\$19	85680-01
------	----	--------------	------	----------

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.

Age: 6-10 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

11/12 Sa 1:00-3:00 PM \$19 85690-01

Gag Me!

Inspired by the Captain Underpants book series, kids will make fun, gross "gags" to fool their friends with.

Age: 6-10 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration.

9/10 Sa 1:00-3:00 PM \$19 85692-01

Kids Night In

Kids will enjoy a night in while parents enjoy a well deserved night out! Pizza, movies, gym time and arts & crafts will all be part of the fun!

Age: 3-11 years

Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Parents! Kids Night In dates coincide with DBA's First Friday Gallery Walk.

9/2	F	5:00-9:00 PM	\$21	85694-01
9/30	F	5:00-9:00 PM	\$21	85694-02
11/4	F	5:00-9:00 PM	\$21	85694-03

Build A Telescope

Come build your own telescope! Discover the basic principles of light and lenses. Learn about images and color. Best of all, build your very own, very cool working telescope that you get to keep and take home!

Location: Northside Aztlan Center

Note: All supplies will be provided. Class not discountable.

Grade: 1-2				
9/24-10/15	Sa	3:00-4:00 PM	\$69	85725-01
10/29-11/19	Sa	Noon-1:00 PM	\$69	85725-03
Grade: 3-4				
9/24-10/15	Sa	4:30-5:30 PM	\$69	85725-02
10/29-11/19	Sa	1:30-2:30 PM	\$69	85725-04

School's Out Days

Join us for games, movies, crafts, sports and more on these days out from school! Lunch will be provided.

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: Must be in correct grade.

9/19 M 9:00 AM-3:00 PM \$30 85819-01

Storybook Theater

Using old time favorite stories as a basis, your child will enrich their theater experience through acting, singing, crafts, and make believe.

Age: 3-5 years

Location: Youth Activity Center

Note: Please note any food allergies at the time of registration.

9/14-9/28	W	1:00-2:30 PM	\$29	85616-01
10/5-10/19	W	1:00-2:30 PM	\$29	85616-02

Rockin' Rollers Day Camp @ Rollerland Skate Center
*Elementary School-Age Day Camp

After School Day Camp ONLY \$15.00

Before School Day Camp ONLY \$10.00

- *Fully Licensed Child Care
- *Before & After School Programs
- *Transportation To & From Local Schools
- *Servicing All of Fort Collins & Wellington
- *All Day Care For School-Out Days (Call for "School-Out Day" Rates)

@ Rollerland SKATE CENTER

324 S. Link Lane - Ft. Collins (Inside Rollerland Skate Center)
www.rockinrollersdaycamp.com License #1596413

970.215.9211

Expert Knowledge
indoor archery range • adult & youth leagues

bow arrows targets sights

ARROW-dynamics JAX

1200 N College Ave • Fort Collins CO • (970) 221-0544 • www.jaxgoods.com

Grown-Up And Still Having FUN!

DELTA TARGETS **NAP NEW ARCHERY PRODUCTS** **PLANO**

EASTON **BLACK GOLD** **MATHews SOLOCAM** **BOUGIERA**

GOLD TIP **TRITON** **THORNTON** **CARBON EXPRESS**

After-School Enrichment

The After-School Enrichment Program provides homework help, games, crafts, computers, sports, field trips, and more. Limited transportation is provided from select schools.

Grade: Kindergarten-5

Location: Northside Aztlan Center

Note: Must be in correct grade. Register at Northside Aztlan Community Center only.

8/29-9/2	M-F	3:30-6:00 PM	\$20	85820-01
9/6-9/9	Tu-F	3:30-6:00 PM	\$20	85820-02
9/12-9/16	M-F	3:30-6:00 PM	\$20	85820-03
9/20-9/23	Tu-F	3:30-6:00 PM	\$20	85820-04
9/26-9/30	M-F	3:30-6:00 PM	\$20	85820-05
10/3-10/7	M-F	3:30-6:00 PM	\$20	85820-06
10/10-10/14	M-F	3:30-6:00 PM	\$20	85820-07
10/17-10/19	M-W	3:30-6:00 PM	\$20	85820-08
10/24-10/28	M-F	3:30-6:00 PM	\$20	85820-09
10/31-11/4	M-F	3:30-6:00 PM	\$20	85820-10
11/7-11/11	M-F	3:30-6:00 PM	\$20	85820-11
11/14-11/18	M-F	3:30-6:00 PM	\$20	85820-12
11/21-11/22	M,Tu	3:30-6:00 PM	\$20	85820-13

Fairytales Come to Life!

Give your little ones a joyful experience. We will become our favorite characters in best known fairy tales such as Snow White and the Seven Dwarfs and Little Red Riding Hood! We will make simple costumes or props, learn simple lines, songs and dances to make this a musical theater extravaganza!

Age: 5-8 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable.

9/12-10/3	M	5:30-6:15 PM	\$44	85619-01
10/10-10/31	M	5:30-6:15 PM	\$44	85619-02
11/7-11/28	M	5:30-6:15 PM	\$44	85619-03

Stage Right to Drama

You will be a class act after taking this class! We will costume up and perform a short drama after learning simple lines. It's amazing what kids can produce in only a few days! Get your tickets now!

Age: 8-12 years

Instructor: Kidz Explore

Location: Northside Aztlan Center

Note: Class partially discountable.

9/12-10/3	M	6:30-7:30 PM	\$44	85618-01
10/10-10/31	M	6:30-7:30 PM	\$44	85618-02
11/7-11/28	M	6:30-7:30 PM	\$44	85618-03

Lights! Camera! Action!

In this class we will film the children acting out one of their favorite fairytales. Dependent on the story, the kids will make simple costumes and props for their story. On the last day of class parents, siblings and grandparents are invited to watch our movie.

Age: 3-5 years

Location: Northside Aztlan Center

11/1-11/22	Tu	1:00-2:30 PM	\$40	85623-01
------------	----	--------------	------	----------

Youth Guitar, Beginning

In just four lessons, students will learn the fundamental chords and basic tablature skills needed to play many of their favorite songs. Chords, strum patterns, tuning, and basic music theory will be incorporated. Participants may bring an acoustic, classical, or electric guitar.

Age: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Students must bring their own guitar. Class will not be held on 9/5.

8/29-9/26	M	4:00-5:00 PM	\$32	85704-01
11/7-11/28	M	4:00-5:00 PM	\$32	85704-02

Youth Guitar, Intermediate

This class will cover new first position chords as well as more advanced chording, finger picking patterns, basic blues progression, notation and advanced tablature while adding to the student's repertoire.

Age: 9-12 years

Instructor: Saja Butler

Location: Northside Aztlan Center

Note: Must bring own guitar.

10/3-10/24	M	4:00-5:00 PM	\$46	85707-01
------------	---	--------------	------	----------



ALL STAR YOUTH SPORTS
PROUD MEMBER OF

REGISTER ONLINE AT: WWW.ALLSTARYOUTHSPORTS.ORG
OR CALL: 970-232-8652 FOR INFO

**REGISTER NOW FOR EXCITING
NFL FLAG FOOTBALL LEAGUES
AND CHEERLEADING!**

\$110 EARLY REGISTRATION ENDS 9/1 - \$125 LATE REGISTRATION ENDS 9/15
SEASON BEGINS 9/25 - ENDS 10/30

NON-CONTACT 5 ON 5 NFL FLAG FOOTBALL- COED AGES 5-17-8 GAME SEASON INCLUDES PLAYOFFS
PRACTICES AT LOCAL PARKS-GAMES HELD SUNDAY AFTERNOONS & MONDAY NIGHTS IN FORT COLLINS
REGISTRATION INCLUDES OFFICIAL NFL FLAG JERSEY, FLAGS AND MOUTHPIECE!



The Farm

Classes are held at The Farm, 600 N. Sherwood

Pumpkin Patch

Get into the season, come to The Farm for yet another reason! Pumpkins will be sold by the pound, head to the barn where they can be found!

Note: Pumpkins will be sold during open hours at The Farm; however, groups are welcome to reserve a time any day to purchase their pumpkins. The Pumpkin Patch will be closed October 28-30.

10/5-0/27	W-Sat	10:00 AM-5:00 PM
10/5-10/27	Su	Noon-5:00 PM

Hayrides

Join us for a scenic hayride along the Poudre River. Cost is for a 20 minute ride, children must be accompanied with a paying adult. (Paid admission is required.)

10/8-10/23	Sa	11:30 AM	\$2 per person
	Sa, Su	1:30 PM	\$2 per person
	Sa, Su	3:00 PM	\$2 per person

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.

Pony Club

Calling all pony lovers! Have you ever wanted to spend more time with The Farm's ponies? Join us in Pony Club where you will get exclusive access to Buzz, Gomer, Scout, Ruby and of course the rest of the pony gang during Pony Club hours. You will be on a Pony Club email list keeping you informed about the ponies and upcoming Club activities. A monthly fee of \$15 is charged with additional fees for some activities such as trail rides. To be in Pony Club you must have completed at least one of The Farm's Pony Camps. (This is the camp for 8-12 year olds) Or the Horsemanship camps (for 12 year olds and older). If you are interested in joining please call The Farm, 970.221.6665 or email Bridget at bbrownell@fcgov.com.

Birthday Parties

Celebrate your child's birthday with a farm flair! Meeting the animals, riding pony 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. For more information, contact The Farm at 970.221.6665 or visit us online at fcgov.com/recreation/thefarm.

After School Farmers

Experience life on a farm by participating in farm activities such as milking the cow, taking a hayride, feeding the animals and some surprises too!

Age: 6-10 years

8/23-9/13	Tu	4:00-5:30 PM	\$38	85401-01
-----------	----	--------------	------	----------

Pee Wee Farmers

The Pee Wee Farmer classes have been favorites since The Farm opened. Your child will learn what life on a farm is like through hands-on experience. Milking a cow, gathering eggs, helping make their own snacks and riding the ponies are all part of the fun at The Farm!

Age: 4-5 years

Note: Parents will be asked to lead their child's pony on the day they ride.

8/23-9/13	Tu	1:30-3:00 PM	\$38	85406-01
8/24-9/14	W	9:30-11:00 AM	\$38	85406-02
8/24-9/14	W	1:30-3:00 PM	\$38	85406-03
8/25-9/15	Th	1:30-3:00 PM	\$38	85406-04
8/26-9/16	F	9:30-11:00 AM	\$38	85406-05
8/26-9/16	F	1:30-3:00 PM	\$38	85406-06

Li'l Dumplin' Farmer

Mom, Dad, or any other favorite adult, you and your two-year-old can meet the animals in this class. Join us in farm chores that include gathering eggs and milking a cow. Learn about life on a farm. After the chores are finished we will enjoy a picnic with the animals.

Age: 2 years

Note: Everyone will bring their own sack lunch. The Farm staff will provide homemade dessert. Parents are expected to stay with the child. Class will not be held on 9/5.

8/22-9/12	M	11:00 AM-Noon	\$30	85409-01
9/19-10/3	M	11:00 AM-Noon	\$30	85409-02

Little Peepers

Little Peepers explore the barnyard in each class by gathering eggs, milking a cow, reading stories in the hayloft and so much more! Parents leave their three-year-old for an hour of discovery on The Farm.

Age: 3 years

Note: Parents cannot stay with their little peepers.

8/25-9/8	Th	9:00-10:00 AM	\$29	85410-01
8/25-9/8	Th	10:15-11:15 AM	\$29	85410-02
9/20-10/4	Tu	9:00-10:00 AM	\$29	85410-03
9/20-10/4	Tu	10:15-11:15 AM	\$29	85410-04
9/21-10/5	W	9:00-10:00 AM	\$29	85410-05
9/21-10/5	W	10:15-11:15 AM	\$29	85410-06

Pony Riding Lessons

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. You will lead your child's pony as the basics of riding are taught.

Age: 3-5 years

8/30-9/8	Tu,Th	1:30-2:30 PM	\$58	85414-01
9/13-9/22	Tu,Th	1:30-2:30 PM	\$58	85414-02
9/3-9/24	Sa	9:30-10:30 AM	\$58	85414-03

Age: 6-7 years

9/11-10/2	Su	11:15 AM-12:15 PM	\$58	85414-04
-----------	----	-------------------	------	----------

After School Pony Lessons

Get to know our equine friends after school. Cowboys and cowgirls will learn about safety and horsemanship as they groom, saddle and ride the ponies.

Age: 6-12 years
 9/7-9/16 W,F 4:00-5:30 PM \$70 85425-01

Treatsylvania

Your trick or treaters won't want to miss this community event. Take a stroll through the "Not-so-Spooky" barn, knock on doors at the trick or treat street, hayrides and cookies for everyone. Jack-o'lanterns will guide your path to an evening of Halloween fun. Admission is \$5 per trick or treat, tickets need to be purchased in advance. Children must be accompanied by an adult, the event is geared for children 10 and younger, however, people of any age are welcome. There is no charge for adults. Tickets go on sale October 5 until they are gone. You must purchase a ticket for each child. Tickets are not discountable. No refunds. Tickets can be purchased at The Farm, 600 N. Sherwood St., Northside Aztlan Center, 112 E. Willow, and EPIC, 1801 Riverside.

If Treatsylvania is cancelled due to weather or any other ghoulish catastrophe, Monday, October 31, 6:00-8:00 PM will be the make up night.

Age: All
 10/28-10/30 F-Sat 6:00-8:00 PM \$5 per child
 Su 1:00-3:00 PM
 Su 5:00-7:00 PM



RECREATOR PICK!

Bow Wowvania

Trick or Treating has gone to the dogs! Bring your costumed canine friends to The Farm for this special Halloween event. Dogs will parade through barnyard, trick or treat, have photo opportunities, and leave with a treat bag just for them. All dogs must be on a leash. Each dog can have as many humans along, however there must be at least one adult. Tickets are \$5 per dog, humans are free. Tickets can be purchased at The Farm during open hours beginning October 1.

Age: All
 10/29 Sa 12:00-1:00 PM \$5 per dog

Li'l Dumplin's & Beyond

This Dumplin' class brings all the favorite chores Lil' Dumplin's enjoy plus a few added touches. Along with gathering eggs, milking a cow and riding the ponies, we will create a mini-scrapbook using pictures taken during class, and each Dumplin' will receive a souvenir T-shirt.

Age: 2 years
Note: Parents are expected to stay with their child. This class does not include lunch. Class will not be held on 9/5.

8/22-9/12	M	9:30-10:30 AM	\$44	85424-01
9/19-10/3	M	9:30-10:30 AM	\$44	85424-02

9TH ANNUAL
Harvest Farm Fall Festival & Corn Maze
 September 10th through October 30th


Harvest Farm

Come Join the Family Fun at Harvest Farm! www.HarvestFarm.net

970.568.9488 | 4240 E. County Road 66 in Wellington (Exit 278 off I-25)

Fitness

Adult

For ages 18 years & up unless otherwise noted.

General Information

It is recommended that your physician be consulted before beginning any exercise program. If you are 45 or older, sedentary or exhibit any of the major coronary risk factors, you should have a maximal treadmill test performed by your doctor prior to participation.

Registration Options

For fitness classes, participation options are available:

- Participants may register for an entire class session.
- For late registrants, session fees can be prorated for the days remaining in a session (\$4.00/class rounded up to nearest dollar)
- Participants may pay a drop-in fee of \$4.00/class, except for Aikido, Karate
- **SuperPass:** The City of Fort Collins Recreation Department has expanded the use of their SuperPass. The 10 and 25 admission SuperPass can be used to drop in to land and aqua fitness classes except Aikido and karate. The SuperPass is good at all major facilities: Northside Aztlan Center, Senior Center, Club Tico, EPIC, Mulberry Pool and The Farm.
- Reduced fee drop-in cards

General

Personal Training

Want to get back in shape? Want to fine tune your exercise regime? Want to exercise with your spouse or friends? You can now do that at the Senior Center or Northside Aztlan Community Center with the guidance of Jimmie Laney, ISSA Certified Personal Fitness Trainer; Talissa Gula-Yeast, Certified Personal Fitness Trainer; Dominick Jones, Certified Personal Fitness Trainer; Deborah Knobel, Certified Personal Fitness Trainer. They will help you to develop an exercise program that meets your personal goals and needs. We now offer small group rates also: (Sessions are approximately one hour) 1 person \$22, 2 people \$40, 3 people \$58, 4 people \$76. Payment must be received in advance for the training at the training facility.

Further information can be obtained by contacting Katie Stieber at 970.224.6029, kstieber@fcgov.com or stop by the main desk at Northside or the Senior Center. To schedule an appointment call Jimmie at 970.581.9017, Talisa at 970.302.8414, Dominick at 970.481.2416, Deborah at 970.493.7377.

Aqua Personal Training

Get a challenging workout with the most expensive piece of equipment in the gym—the pool! Have an effective workout designed to reach your own fitness goals with a non-swimming, water based personal prescription. You will be encouraged by a certified trainer as you utilize the properties of the water to tone muscles, build endurance, lose body fat, and develop core strength, balance and flexibility. Deborah Knobel is a certified Personal Fitness Professional. Rates are \$22 per session and we offer small group rates. Sessions are approximately one hour. 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 970.493.7377.

Back & Body Strengthening

Strengthen and stretch the major muscle groups of the body in this class. Physical conditions like back, hip, knee and neck problems can be prevented or alleviated through a holistic training routine.

Instructor: Jan Orecchio

Location: Senior Center

Note: Class will not be held on 9/5, 11/23, 11/25.

9/2-9/30	M,W,F	9:00-10:00 AM	\$40	84401-01
10/3-10/31	M,W,F	9:00-10:00 AM	\$43	84401-02
11/2-11/30	M,W,F	9:00-10:00 AM	\$37	84401-03

Strength Training

Increase muscle strength, bone mass and stamina. The first class of each session includes an orientation to training principles and equipment.

Instructor: Dominick Jones

Location: Northside Aztlan Center

Note: Class will not be held on 11/24.

9/12-9/28	M,W	8:30-9:30 AM	\$25	84405-01
10/3-10/31	M,W	8:30-9:30 AM	\$31	84405-02
11/2-11/30	M,W	8:30-9:30 AM	\$31	84405-03
9/1-9/29	Tu,Th	9:15-10:10 AM	\$31	84405-04
10/4-10/27	Tu,Th	9:15-10:10 AM	\$31	84405-05
11/1-11/29	Tu,Th	9:15-10:10 AM	\$28	84405-06

Lose To Win

Do you want to lose weight? Here is your chance to join a class designed to help you lose weight. If you have seen the Biggest Loser on TV and wondered if you could do that, here is your chance.

Instructor: Dominick Jones

Location: Northside Aztlan Center

Note: Class will not be held on 11/25.

9/2-9/30	M,W,F	9:30-10:30 AM	\$34	84410-01
10/3-10/31	M,W,F	9:30-10:30 AM	\$40	84410-02
11/2-11/30	M,W,F	9:30-10:30 AM	\$37	84410-03

Strength & Tone

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

Instructor: Walter Lamia

Location: Northside Aztlan Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	12:10-12:55 PM	\$27	84414-01
10/4-10/27	Tu,Th	12:10-12:55 PM	\$24	84414-02
11/1-11/29	Tu,Th	12:10-12:55 PM	\$24	84414-03

Buff, Bike, Balance

An intense, fat-burning, workout that will include cycling intervals, strength training exercises and balance practice to provide a sculpting workout.

Age: 14 years & up

Instructor: Julia Tompkins

Location: Northside Aztlan Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	Noon-12:45 PM	\$24	84420-01
10/4-10/27	Tu,Th	Noon-12:45 PM	\$22	84420-02
11/1-11/29	Tu,Th	Noon-12:45 PM	\$22	84420-03

Spin

Bikes are specifically designed to simulate the feel of the road without the bumps and obstacles. Customize to be as challenging as you like.

Age: 14 years & up

Instructor: Liane Emerson

Location: Northside Aztlan Center.

9/7-9/28	M,W	12:10-12:55 PM	\$21	84424-01
10/3-10/31	M,W	12:10-12:55 PM	\$27	84424-02
11/2-11/30	M,W	12:10-12:55 PM	\$27	84424-03

Spin & Tone

Class includes the same challenging workout as the Spin classes with an additional toning segment at the end of the workout. A great cardiovascular workout and total body strengthening and toning.

Age: 14 years & up

Instructor: Colleen Townsend, Tallisa Gulla

Location: Northside Aztlan Center

Note: Class will not be held on 11/23, 11/24.

9/7-9/28	M,W	5:30-6:30 PM	\$25	84425-01
10/3-10/31	M,W	5:30-6:30 PM	\$31	84425-02
11/2-11/30	M,W	5:30-6:30 PM	\$28	84425-03
9/1-9/29	Tu,Th	6:15-7:15 AM	\$31	84428-01
10/4-10/27	Tu,Th	6:15-7:15 AM	\$28	84428-02
11/1-11/29	Tu,Th	6:15-7:15 AM	\$28	84428-03

Silver, Strength & Balance

Improve your strength, balance, dexterity and coordination. Also will help to prevent injuries particularly to low back.

Instructor: Walter Lamia

Location: Senior Center

Note: Class will not be held on 10/6.

9/1-9/29	Tu,Th	11:00-11:45 AM	\$22	84426-01
10/4-10/27	Tu,Th	11:00-11:45 AM	\$18	84426-02
11/1-11/29	Tu,Th	11:00-11:45 AM	\$20	84426-03

Total Body on the Ball

Work your upper body, lower body and core while also improving your balance with this challenging and fun ball class.

Instructor: Roberta Mecklenburg

Location: Northside Aztlan Center

Note: Class will not be held on 11/23.

9/7-9/28	M,W	12:15-1:00 PM	\$22	84435-01
10/3-10/26	M,W	12:15-1:00 PM	\$27	84435-02
11/2-11/30	M,W	12:15-1:00 PM	\$27	84435-03

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.

Instructor: Jan Orecchio

Location: Senior Center

9/7-9/28	M,W	11:00-11:55 AM	\$25	84436-01
10/3-10/31	M,W	11:00-11:55 AM	\$31	84436-02
11/2-11/30	M,W	11:00-11:55 AM	\$31	84436-03

Theraball/Stability Ball

Enjoy gentle, effective low-impact exercises on the Theraball/Fitball. Improve balance, endurance, flexibility, reflexes, and strength in a relaxing routine. Please dress in comfortable fitness or dance attire. Theraballs are provided.

Instructor: Mary Elizabeth Lenahan, OT

Location: Senior Center

9/1-9/29	Th	4:00-5:00 PM	\$19	84438-01
10/6-10/27	Th	4:00-5:00 PM	\$16	84438-02
11/3-11/17	Th	4:00-5:00 PM	\$13	84438-03

Zumba

Do you enjoy dancing and want to get a low impact cardio workout? This zumba class will explain each move and breakdown the exercise routines and we will learn the moves together. Enjoy this great dance fitness program and get a great workout!

Instructor: Maureen Plotnicki

Location: Senior Center

Note: Class will not be held on 11/23.

9/7-9/28	M,W	5:30-6:25 PM	\$22	84440-01
10/3-10/26	M,W	5:30-6:25 PM	\$27	84440-02
11/2-11/30	M,W	5:30-6:25 PM	\$24	84440-03

Nia

Non-impact, aerobic, fun fusion of dance, healing and martial arts, connecting body, mind, emotions and spirit. Sensory-based movement practice leading to health, wellness and fitness. Thursday emphasis is Gentle Nia for moving at Level 1 and still with great spirit.

Age: 14 years & up

Instructor: Jana Knezovich

Location: Club Tico

Note: Class will not be held on 9/8.

9/12-9/26	M	5:30-6:30 PM	\$10	84443-01
10/3-10/31	M	5:30-6:30 PM	\$14	84443-02
11/7-11/28	M	5:30-6:30 PM	\$12	84443-03
9/1-9/29	Th	7:00-8:00 PM	\$12	84443-04
10/6-10/27	Th	7:00-8:00 PM	\$12	84443-05
11/3-11/17	Th	7:00-8:00 PM	\$10	84443-06

Swing Into Shape

A fitness class for active older adults that begins with a fun aerobic warm-up to traditional swing music and continues with strength training and stretching exercises.

Instructor: Sandy Barnes

Location: Senior Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	8:00-8:50 AM	\$18	84451-01
10/4-10/27	Tu,Th	8:00-8:50 AM	\$16	84451-02
11/1-11/29	Tu,Th	8:00-8:50 AM	\$16	84451-03

Cancer Fit

This is a six-month exercise program designed for adult cancer survivors to aid in recovery and general fitness during and after treatment. Program includes flexibility, cardiovascular and strength training. Also included is a pre and post fitness assessment.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Must call Katie Stieber to register at 970.224.6029.

Days and Times TBD

Parklane Fitness

Receive instruction while sitting in a chair to improve flexibility, strength, coordination and cardiovascular fitness.

Instructor: Jan Orecchio

Location: Parklane Towers North

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	9:30-10:30 AM	\$31	84468-01
10/4-10/27	Tu,Th	9:30-10:30 AM	\$28	84468-02
11/1-11/29	Tu,Th	9:30-10:30 AM	\$28	84468-03

Workout Partners

Workout partners with and without disabilities will be matched to meet weekly at a time and day that works in both partners' schedules. Strength training, cardiovascular equipment, aquatic exercises and more are all available to create the workout best for you.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Participants must attend the match up day listed below. Previous participants will be put on a waiting list and matched as partners are available. Class partially discountable. For more information or to volunteer, contact Renee Lee, 970. 224.6027, rlee@fcgov.com

9/15	Th	5:00-6:00 PM	\$20	84603-01
------	----	--------------	------	----------

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Zumba is the most fun you will ever have exercising!

Age: 14 years & up

Location: Northside Aztlan Center

Note: Drop-in only. Class will not be held on 11/23, 11/24

9/12-11/28	M	9:00-10:00 AM	\$2	
9/7-11/30	W	9:00-10:00 AM	\$2	
9/7-11/30	W	6:15-7:15 PM	\$2	
9/1-11/17	Th	6:15-7:15 PM	\$2	
9/4-11/20	Su	3:30-4:30 PM	\$2	

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!

Location: Northside Aztlan Center

9/1-12/1	Tu,Th	8:00-10:00 AM	Drop-in fees apply	
----------	-------	---------------	--------------------	--

AOA Basketball

Still got game? Suit-up and get on the court for some hoops! These Active Older Adults own the court on Monday, Wednesday, and Friday mornings!

Location: Northside Aztlan Center

9/1-12/1	Tu,Th	8:00-10:00 AM	Drop-in fees apply	
----------	-------	---------------	--------------------	--

Lunchtime Basketball

If you're looking for a lunch time workout and want to have fun doing it come at noon and run ball with the nooners. These group of 18+ year old men run every afternoon at noon.

Location: Northside Aztlan Center

9/1-11/30	M-F	Noon-2:00 PM	Drop-in fees apply	
-----------	-----	--------------	--------------------	--



Low Impact Aerobics: Floor exercise and cool-down periods emphasized.

Aerobics

Low Impact Aerobics

Emphasis is on low-impact aerobics including floor exercise and a cool-down period. Especially good for previously sedentary persons.

Instructor: Marsha Portelance

Location: Senior Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	9:00-10:00 AM	\$31	84411-01
10/4-10/27	Tu,Th	9:00-10:00 AM	\$28	84411-02
11/1-11/29	Tu,Th	9:00-10:00 AM	\$28	84411-03

Your Choice Aerobics

Slightly fast-paced with routines designed to work specific muscle groups. Includes floor exercise and weight training. (Low to High Impact...your choice!) Targeted for active, heart-healthy individuals.

Instructor: Janet Meine

Location: Senior Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	5:30-6:25 PM	\$31	84413-01
10/4-10/27	Tu,Th	5:30-6:25 PM	\$28	84413-02
11/1-11/29	Tu,Th	5:30-6:25 PM	\$28	84413-03

Step Aerobics

Stepping is a high energy aerobic workout using a low bench. This class will introduce basic steps and combine them into fun, upbeat choreographed routines. This class is suitable for beginning and experienced steppers.

Age: 16 years & up

Instructor: Walter Lamia

Location: Northside Aztlan Center

Note: Class will not be held on 11/25.

9/2-9/30	W,F	7:30-8:30 AM	\$22	84421-01
10/5-10/28	W,F	7:30-8:30 AM	\$20	84421-02
11/2-11/30	W,F	7:30-8:30 AM	\$20	84421-03

Pilates

Tri-Planar Method Pilates

Want a leaner, healthier you? Try this new craze. Gain flexibility, tone and build new muscle. You'll look and feel great.

Instructor: Matthew Deal

Location: Northside Aztlan Center

Note: Class will not be held on 11/24.

9/1-9/29	Tu,Th	1:00-2:00 PM	\$31	84406-01
10/4-10/27	Tu,Th	1:00-2:00 PM	\$28	84406-02
11/1-11/29	Tu,Th	1:00-2:00 PM	\$28	84406-03

Martial Arts

Aikido

Aikido is a traditional Japanese martial art that improves not only physical conditioning-strength, stamina, flexibility, and coordination, but also mental conditioning, self-confidence, concentration, intuitiveness, alertness, and concern for others

Instructor: Victor Hung

Location: Northside Aztlan Center

Note: More information www.aikidoofco.com. Email will be sent for uniform sizes to youth only. Class will not be held on 9/6, 11/24.

Age: 18 years & up

9/7-9/28	M,W	6:30-8:30 PM	\$32	84437-01
10/3-10/26	M,W	6:30-8:30 PM	\$36	84437-02
11/2-11/30	M,W	6:30-8:30 PM	\$36	84437-03

Age: 8-11 years

9/8-9/29	Th	6:30-7:30 PM	\$49	85883-01
10/6-10/27	Th	6:30-7:30 PM	\$49	85883-02
11/3-12/1	Th	6:30-7:30 PM	\$49	85883-03

Age: 12-17 years

9/8-9/29	Th	7:30-8:30 PM	\$49	85883-04
10/6-10/27	Th	7:30-8:30 PM	\$49	85883-05
11/3-12/1	Th	7:30-8:30 PM	\$49	85883-06

Shotokan Karate

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: 6 years & up

Instructor: Dennis Bower

Location: Club Tico

9/3-9/24	Sa	9:30-10:30 AM	\$18	84433-01
10/1-10/29	Sa	9:30-10:30 AM	\$22	84433-02
11/12-11/19	Sa	9:30-10:30 AM	\$11	84433-03

Karate Color Belts

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School

Note: Class will not be held on 10/10, 11/23, 11/28

9/7-9/28	M,W	6:15-7:15 PM	\$37	84429-01
10/3-10/31	M,W	6:15-7:15 PM	\$42	84429-02
11/2-11/30	M,W	6:15-7:15 PM	\$42	84429-03

Karate Color Belts with Saturday

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Bauder Elementary School

Note: Saturday classes held at Club Tico. Class will not be held on 9/5, 10/10, 11/5, 11/23, 11/26, 11/28.

9/7-9/28	M,W	6:15-7:15 PM	\$56	84431-01
	Sa	7:15-8:15 PM		
10/3-10/31	M,W	6:15-7:15 PM	\$66	84431-02
	Sa	7:15-8:15 PM		
11/2-11/30	M,W	6:15-7:15 PM	\$66	84431-03
	Sa	7:15-8:15 PM		

Karate Brown & Black

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Club Tico

Note: Class will not be held on 10/10, 11/23, 11/28.

9/7-9/28	M,W	7:15-8:15 PM	\$37	84430-01
10/3-10/31	M,W	7:15-8:15 PM	\$42	84430-02
11/2-11/30	M,W	7:15-8:15 PM	\$42	84430-03

Karate Brown & Black with Saturday

Benefits are numerous, physical and mental. Enhanced physical condition, increased stamina and coordination. Increased confidence, self-esteem, discipline and concentration.

Age: 6 years & up

Instructor: Dennis Bower

Location: Club Tico

Note: Class will not be held on 10/10, 11/23, 11/28.

9/7-9/28	M,W	7:15-8:15 PM	\$56	84432-01
	Sa	7:15-8:15 PM		
10/3-10/31	M,W	7:15-8:15 PM	\$66	84432-02
	Sa	7:15-8:15 PM		
11/2-11/30	M,W	7:15-8:15 PM	\$52	84432-03
	Sa	7:15-8:15 PM		

Qi Gong

Qi Gong

Literally meaning “energy work,” Qi Gong will focus on low-impact, bodily-circuit training movements and developing a feeling of connection and rootedness to the earth. This will be presented in small sequences of “forms” that each train specific internal energetic concepts.

Instructor: Taylor Reid

Location: Senior Center

Note: Class will not be held on 10/22.

9/3-9/24	Sa	3:15-4:15 PM	\$16	84442-01
10/1-10/29	Sa	3:15-4:15 PM	\$16	84442-02
11/5-11/19	Sa	3:15-4:15 PM	\$13	84442-03

Tai Chi

Tai Chi, Beginning

Tai Chi is an orthodox internal martial art from China. This class will present the four “Mother Forms” of the art which are low-impact, meditative repeating movements.

Instructor: Taylor Reid

Location: Senior Center

Note: Class will not be held on 10/22.

9/3-9/24	Sa	2:00-3:00 PM	\$16	84423-01
10/1-10/29	Sa	2:00-3:00 PM	\$16	84423-02
11/5-11/19	Sa	2:00-3:00 AM	\$13	84423-03

Tai Chi, Continuing

Additional Tai Chi concepts and training. This class is recommended after taking the Beginning Tai Chi class to further your development and understanding and it will cover a small Yang style form sequence called Grasp Sparrow’s Tail.

Instructor: Taylor Reid

Location: Senior Center

Note: Class will not be held on 10/22.

9/3-9/24	Sa	12:45-1:45 PM	\$16	84441-01
10/1-10/29	Sa	12:45-1:45 PM	\$16	84441-02
11/5-11/19	Sa	12:45-1:45 PM	\$13	84441-03

Stretching

Strictly Stretching

Participants perform a variety of arm and leg movements while sitting in chairs. Class is designed for adults with physical limitations.

Instructor: Jan Orecchio

Location: Senior Center

Note: Class will not be held on 9/5, 11/25.

9/2-9/30	M,W,F	10:00-10:55 AM	\$28	84417-01
10/3-10/31	M,W,F	10:00-10:55 AM	\$30	84417-02
11/2-11/30	M,W,F	10:00-10:55 AM	\$28	84417-03
9/7-9/28	M,W	10:00-10:55 AM	\$20	84417-04
10/3-10/31	M,W	10:00-10:55 AM	\$22	84417-05
11/2-11/30	M,W	10:00-10:55 AM	\$22	84417-06
9/2-9/30	M,F	10:00-10:55 AM	\$22	84417-07
10/3-10/31	M,F	10:00-10:55 AM	\$22	84417-08
11/4-11/28	M,F	10:00-10:55 AM	\$18	84417-09

Yoga

Yoga, Beginning

By practicing yoga breathing & physical exercises, students gain physical strength, tone, flexibility and stamina. Students may also experience a sense of inner calm.

Instructor: Mareye Bullock, Norma Glad, Chetana White

Location: Senior Center

Note: Class will not be held on 11/24,

9/1-9/29	Tu,Th	2:45-3:45 PM	\$31	84403-01
10/4-10/27	Tu,Th	2:45-3:45 PM	\$28	84403-02
11/1-11/29	Tu,Th	2:45-3:45 PM	\$28	84403-03
9/1-9/29	Tu,Th	4:00-5:00 PM	\$31	84403-04
10/4-10/27	Tu,Th	4:00-5:00 PM	\$28	84403-05
11/1-11/29	Tu,Th	4:00-5:00 PM	\$28	84403-06
9/1-9/29	Tu,Th	5:15-6:15 PM	\$31	84403-07
10/4-10/27	Tu,Th	5:15-6:15 PM	\$28	84403-08
11/1-11/29	Tu,Th	5:15-6:15 PM	\$28	84403-09
9/6-9/27	Tu	6:30-7:30 PM	\$16	84403-10
10/4-10/25	Tu	6:30-7:30 PM	\$16	84403-11
11/1-11/29	Tu	6:30-7:30 PM	\$19	84403-12

Slow Flow Hatha Yoga

Nurturing, non-competitive session to improve balance, strength and flexibility. Poses will be linked together slowly, with attention to breath. Advanced beginner level, modifications offered, class is suitable for beginning and intermediate students.

Instructor: Nina Kunze

Location: Northside Aztlan Center

Note: Class will not be held on 11/23.

9/7-9/28	W	4:00-5:00 PM	\$16	84415-01
10/5-10/26	W	4:00-5:00 PM	\$16	84415-02
11/2-11/30	W	4:00-5:00 PM	\$16	84415-03
9/6-9/27	Tu	5:00-6:00 PM	\$16	84415-04
10/4-10/25	Tu	5:00-6:00 PM	\$16	84415-05
11/1-11/29	Tu	5:00-6:00 PM	\$19	84415-06

Gentle Yoga For All ♿

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 to be adapted for people of all physical abilities and to help you incorporate Yoga principals into everyday life.

Age: 16 years & up

Instructor: Faith Brandt

Location: Northside Aztlan Center

Note: Bring an attendant if personal care assistance is needed. For more information, contact Alison Cope at 970.416.2024 or acope@fcgov.com. Drop-in rate is \$8 per class. This class is not discountable.

9/2-9/23	F	8:45-10:00 AM	\$28	84620-01
9/30-10/21	F	8:45-10:00 AM	\$28	84620-02
10/28-11/18	F	8:45-10:00 AM	\$28	84620-03

Family Yoga

Parents and children take this opportunity to explore yoga together! Improve your body and mind with a fun approach to breathing and movement. Increase strength, flexibility, coordination and posture. Learn relaxation techniques & fun posture poses that will create a foundation for health and wellness.

Age: 3 years & up

Instructor: Staci Schmidt

Location: Northside Aztlan Center

Note: Price is flat rate for up to 4 immediate family members. Class will not be held on 10/20.

10/6-10/27	Th	6:30-7:30 PM	\$45	85723-01
11/3-11/17	Th	6:30-7:30 PM	\$45	85723-02

Teen

Intermediate Teen Yoga

This class is focused on teens and will help improve the body and mind. Experience this fast-paced, fun and upbeat Vinyasa Flow fitness program. Participants will improve strength, coordination, flexibility and posture.

Age: 12-17 years

Location: Northside Aztlan Center

Note: Equipment provided. Wear comfortable, flexible clothing and bring a water bottle. Class fully discountable.

10/1-10/29	Sa	11:00 AM-Noon	\$36	85719-01
11/5-11/26	Sa	11:00 AM-Noon	\$30	85719-02

Yoga for Concentration & Calm

Slow flow movement and yoga awareness for middle school aged, young adults. Improve your body and mind while increasing posture, strength, coordination, self-awareness, self-esteem and concentration. Enjoy a new sense of calm.

Age: 12-17 years

Location: Northside Aztlan Center

Note: Class fully discountable. Please wear comfortable, flexible clothes and bring a water bottle. Mats will be provided if needed. Class will not be held on 11/23.

10/5-10/26	W	4:30-5:30 PM	\$30	85720-02
11/2-11/30	W	4:30-5:30 PM	\$30	85720-03

Youth

Jump N Rope

This energetic class will get your kid's hearts pumping with a fun and challenging environment. Learn single rope skills, double dutch and Chinese wheel. With over 10,000 tricks, your kids are guaranteed to never have a dull moment! Free jump rope with registration!

Age: 7-16 years

Location: Northside Aztlan Center

Note: Please wear proper tennis shoes and comfortable clothing. Jump rope is provided. For more information please visit www.jumpNrope.com or email MollyMetz@jumpNrope.com.

9/6-9/27	Tu	5:00-6:00 PM	\$36	85712-01
10/4-10/25	Tu	5:00-6:00 PM	\$36	85712-02
11/1-11/22	Tu	5:00-6:00 PM	\$36	85712-03



CEMETERY STROLL
Valuing our Veterans:
SERVICE AND SACRIFICE

Honor the guardians of world peace who have devoted their lives to our country.

SATURDAY, SEPTEMBER 17
GRANDVIEW CEMETERY

10:00 AM & 1:30 PM

COST: \$6.00 FOR ADULTS

\$3.00 FOR YOUTH

(AGES 12 & UNDER)



All ages are welcome! Refreshments will be available. Tickets available at the Senior Center or Grandview Cemetery.

All proceeds benefit programs and services at the Fort Collins Senior Center.

For more information call 970.221.6644.



Holiday Market
Crafts & Food

Friday, November 25
Saturday, November 26
10:00 AM - 4:00 PM
Fort Collins Senior Center

Over 90 vendors from the Front Range
Baked goods and lunch
Unique gifts and food

Admission: \$1.00
Children 12 & under free



Gardens on Spring Creek

Adult

Classes are for ages 18 years & up and located at the Gardens at Spring Creek unless otherwise noted.

Create A Living Wall

Curious about the new trend in living walls (also called vertical gardens)? Here's your chance to learn the ins and outs of planting and caring for your own living wall with indoor plants. All materials will be provided.

Instructor: Diane Waltman

10/1 Sa 9:00 AM-Noon \$50 89801-01

Basic Basketweaving

This class teaches beginning methods to construct a melon basket. You'll learn how to shape your basket, weave runners and splice reeds. The instructor will discuss how to use dried twigs, branches, and other natural materials into your basket.

Instructor: Liz Moncrief

Note: Students can bring their own dried materials to incorporate in their basket: grasses, sedges, twigs, etc... Bring a snack or lunch.

10/8 Sa 10:00 AM-2:00 PM \$45 89802-01

Putting the Garden to Bed

Now that fall has arrived, what tasks should be done to put your garden to bed for the winter? You'll learn what to do with your vegetable garden, perennials, trees, and shrubs to ensure beautiful, productive gardens in the spring. This class is for novice gardeners.

Instructor: Michelle Provaznik

10/8 Sa 3:00-4:30 PM \$15 89803-01

Wreathmaking with Natural Materials

Students will create their own 16" wreath from natural materials, including fall grasses and dried flowers, and will learn how to gather and dry their own materials. Class will include helpful handouts and illustrations to get your creative juices flowing.

Instructor: Ruth White

10/22 Sa 1:00-3:00 PM \$25 89804-01

Hypertufa for the Holidays

Create a living gift of succulents beautifully displayed within a tiled hypertufa trough. Evergreen succulents will be accented with decorative plant material.

Instructor: Marion Jones

Note: Class fee includes 16" tile trough, live plants, and decorative accent material.

11/5 Sa 10:00 AM-Noon \$60 89805-01

In Celebration of Root Veggies

Unearth tasty mashes, casseroles, and stews made with rutabagas, beets, onions, carrots, and more! Hearty fare to sample. All gluten-free.

Instructor: Gina Mohr-Callahan

Note: Class held outside so please dress for the weather.

9/29 Th 6:30-8:00 PM \$25 89806-01

Low-Cal Cooking

Students will use fresh veggies and herbs to create delicious low-cal meals, high on flavor and nutrition. Recipes will feature garden greens and hearty vegetables supplemented by whole grains and beans.

Instructor: Sarah Morales

Note: Class held outside so please dress for the weather.

9/15 Th 6:30-8:00 PM \$25 89807-01

Youth

Read & Seed

Story time plus an educational and fun hands-on activity. An excellent preparation for pre-school! Parents or caregivers are asked to participate.

Ages: 2-4 years

Note: Class not discountable

M	10:00-10:45 AM	\$3 at the door
M	11:00-11:45 AM	\$3 at the door
Tu	10:00-10:45 AM	\$3 at the door
Tu	11:00-11:45 AM	\$3 at the door

Ready! Set! Grow!

Introduce your child to nature, gardening, and the four seasons with hands-on projects, crafts, and books. Parents need not attend. See fcgov.com/gardens for weekly activities.

Age: 4-5 years

Location: Gardens on Spring Creek

Note: Discount available with a family membership to The Gardens. Dress for the weather. Class will not be held on 9/9, 3/18.

9/2-9/30	F	9:30-11:00 AM	\$40	89808-01
10/7-10/28	F	9:30-11:00 AM	\$40	89808-02
11/4-11/25	F	9:30-11:00 AM	\$40	89808-03

Special Events

First Saturdays at The Gardens

Join us for interactive fun for adults and youth and grab a cupcake at the Cupcake Cruiser!

BE WELL in The Gardens

Feel good in The Gardens with yoga, tai chi, acupuncture, meditation, and massage.

9/3 Sa 10:00 AM-2:00 PM No fee

CREATE in The Gardens

Bring your creativity and join in on art projects throughout The Gardens.

10/2 Su 10:00 AM-2:00 PM No fee

Harvest Festival

Celebrate the abundance of the harvest with tastings of locally-grown produce, cooking and crafting workshops, a marketplace with local food producers and artisans, kids' activities including sing-a-longs, games and entertainment.

9/24 Sa 10:00 AM-3:00 PM No fee



RECREATOR PICK!

The Halloween Enchanted Garden

A day of magic and enchantment for young children! Meet the Talking Pumpkin, Pond Fairies, and Garden Angels. Watch Halloween Magic, play pumpkin bowling, paint pumpkins and read Halloween books with the Reading Retriever.

10/29 Sa 11:00 AM-2:00 PM \$3 at the door

Ice Skating

All Ice Skating classes are held at Edora Pool Ice Center unless otherwise stated.

Welcome to the City of Fort Collins ice skating program!

Please take a few moments to read over these guidelines. Our purpose is to serve you better and make your experience with the City safe and enjoyable. Thank you for participating in our ice skating program. Lessons are taught by Certified P.S.A instructors and follow guidelines of the US Figure Skating Association.

- Parents may observe lessons from the upstairs bleachers. It is distracting for skaters and coaches to have parents at the gate, and it also creates an obstruction for skaters that are entering or exiting the ice.
- Individuals are not allowed on the ice with their shoes on. However, parents are welcome to skate with their child during the 15-minute practice time; rental skates are available free of charge.
- Our Instructor-to-student ratio is 1:10 students. Any classes with more than 10 students will include an assistant. Minimum for all classes based on cost efficiency is 5. (Class levels may be combined to meet this minimum.)
- Skating lesson are 30 minutes in length with a 15-minute practice time, which may be before or after the lesson depending on scheduling. The Instructors have this time in between classes to talk to parents and address their concerns. Free Skate classes are 45 minutes.
- Please be aware that some levels will need to be repeated to master all the skills.
- The first day of each lesson is generally termed as level evaluation day. At this time, the Instructors will evaluate all of the participants in their assigned classes to make certain they have been correctly enrolled. If there is a problem, the Instructor may discuss the best course of action with the parent. Students will be moved if there is space available in the appropriate level of class.
- There are no make-up lessons for missed skating classes.
- If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class. Classes that do not meet the minimum may be canceled or combined.
- If you are unable to attend the last day of classes for testing, please request a progress card on the last day you attend.

Good ideas for proper clothing include:

- Bicycle helmet (Tot 1 & 2 required)
- Gloves (thin – not ski mittens)
- Fleece or lightweight jacket
- Skating dresses, tights/leggings/pants that are easy to move in.
- Loose or bulky clothing is not recommended

Thank you for taking the time to read these guidelines.

Freestyle

Interested in know more about competitive or recreational figure skating programs? Call 970.221.6683 and ask to speak with one of the professional skate Instructors on staff. Program not discountable.

Conditioning for Skaters

For more information, please see our conditioning information center located in the green rink. Program not discountable.

Private Skating Instruction

Private ice skating instruction is available for all abilities in Figure Skating, Dance, Edges, Style, Choreography, Hockey and Power. Fees vary depending on Instructor. Ice time and skate rental is not included in Instructor fee. Program not discountable.

Ice Skating Organization Contacts

Adult Hockey

Ft. Collins Adult Hockey Assoc.
fcaha.org

Womens Hockey

Flames/Phoenix/Comets
wachockey.com

Youth Hockey

Northern Co. Youth Hockey
ncyh.org

College Hockey

Colorado State University
csuhockey.com

Figure Skating

Fort Collins Figure Skating Club
fortcollinsfsc.org

High School Hockey

High Plains Hockey
highplainshockey.com

Special Events

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 970.416.2770 arrangements for your Troop.

Winter Wishes Ice Show

Skaters from our Learn-to-skate program will be featured in the 24th annual "Winter Wishes" Ice Show, December 17-18. Call 970.221.6683 for times and ticket information. Ticket sales will begin Monday, November 21 at 7:00 AM (EPIC only) or by phone, 970.221.6683 (press 3) Bring one canned good for \$1 off ticket price (one canned good per ticket). No internet sales.

Drop-In Activities

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 & Advanced). Program developed by 1998 and 2002 Olympic speed skater, Jondon Trevena.

Age: 7 years & up

Note: Session not discountable. Class will not be held on 11/16, 11/18, 11/25.

Beginning

8/24-11/30	W	4:45-5:30 PM	\$12	83000-01
------------	---	--------------	------	----------

Intermediate

8/26-11/25	F	4:15-5:15 PM	\$15	83000-02
------------	---	--------------	------	----------

Advanced

8/24-11/30	W	5:45-6:45 PM	\$15	83000-03
------------	---	--------------	------	----------

Senior Coffee Club Drop-In

This program takes place during regular recreational skate sessions and is for older adults interested in social skating. Regular fees apply.

Age: All

Note: Class will not be held on 11/16.

8/24-11/30	W	9:00-10:45 AM	\$4	83001-01
------------	---	---------------	-----	----------

Drop-In Hockey

This open practice session is for hockey players who want to sharpen their skating and shooting skills.

Age: 16 years & up

Note: Rental skates \$2.50. 10- or 30-admission punch passes may be purchased. Sign up at the front desk beginning at 6:00 AM. Payment must be made when signing up unless a hockey punch pass in on file for phone-ins. Limited to 30 players. Session not discountable. Full equipment required. Class will not be held on 9/5, 11/15, 11/16, 11/17, 11/18, 11/24, 11/25.

8/22-11/30 M-F 11:15 AM-12:45 PM \$4.00/session

Fitness Skate Drop-In

Intermediate to advanced skaters will benefit from this aerobic exercise.

Age: 16 years & up

Note: Rental skates \$2.50. 10- or 30-admission punch passes may be purchased. Class will not be held on 9/1, 9/5, 10/14, 11/11, 11/15, 11/16, 11/17, 11/18, 11/24, 11/25. Session not discountable.

8/22-11/30 M-F 11:15 AM-12:45 PM \$5.50/session

Stick & Puck Drop-In

This open session requires helmet, gloves, stick, and shin guards; full equipment is recommended for younger skaters. Open to all ages. Session not discountable.

Age: All

Note: Rental skates \$2.50. Class will not be held on 11/19.

8/27-11/26 Sa 2:00-3:00 PM \$4/session

8/28-11/27 Su 2:15-3:15 PM \$4/session

Learn-to-Skate

Tot 1 Ice Skating

Tots will be introduced to the ice at a relaxed pace. We require that tots wear protective helmets which are available at the rental room, or they may wear bicycle helmets. Warm clothes including gloves or mittens are needed. We prefer that parents observe from the seating area. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, forward marching in place, standing swizzle, introduced to rocking horse, dip in place, marching forward 8 steps, forward marching with two-foot glide, and introduced to backward wiggles.

Age: 4-5 years

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 9/3.

8/30-9/22 Tu,Th 4:45-5:15 PM \$52 83010-01

9/1-9/22 Th 9:30-10:00 AM \$28 83010-02

8/20-9/24 Sa 10:30-11:00 AM \$34 83010-03

9/27-10/20 Tu,Th 4:45-5:15 PM \$52 83010-04

9/29-10/20 Th 9:30-10:00 AM \$28 83010-05

10/1-10/29 Sa 10:30-11:00 AM \$34 83010-06

Tot 2 Ice Skating

Participants must have successfully completed Tot 1. At the completion of this level participants will be able to satisfactorily perform the following skills: march forward across ice, forward two-foot glide, dip while moving, rocking horse, forward swizzles, snowplow stop, two-foot hop, and backward wiggles.

Age: 4-5 years

Note: We require that tots wear protective helmets which are available at the rental room, free of charge, or they may wear bicycle helmets. Warm clothes, including gloves or mittens are needed. We prefer that parents observe from the seating area. Class will not be held on 9/3.

8/30-9/22 Tu,Th 4:45-5:15 PM \$52 83020-01

9/1-9/22 Th 9:30-10:00 AM \$28 83020-02

8/20-9/24 Sa 10:30-11:00 AM \$34 83020-03

9/27-10/20 Tu,Th 4:45-5:15 PM \$52 83020-04

9/29-10/20 Th 9:30-10:00 AM \$28 83020-05

10/1-10/29 Sa 10:30-11:00 AM \$34 83020-06

Basic 1 Ice Skating

For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two-foot swizzles, two-foot snowplow stop, two-foot hop on spot, backward wiggles, and introduction to forward one-foot glide.

Age: 5-9 years

Note: Class will not be held on 9/3.

8/30-9/22 Tu,Th 4:45-5:15 PM \$56 83030-01

9/1-9/22 Th 10:00-10:30 AM \$30 83030-02

8/20-9/24 Sa 10:30-11:00 AM \$37 83030-03

9/27-10/20 Tu,Th 4:45-5:15 PM \$56 83030-04

9/29-10/20 Th 10:00-10:30 AM \$30 83030-05

10/1-10/29 Sa 10:30-11:00 AM \$37 83030-06

Basic 2 Ice Skating

Participants must have successfully completed Basic 1 or be between the ages of 10-15 and never skated. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one-foot glides, forward pumping on a circle, continuous forward slalom, backward two-foot swizzles, backward two-foot glide, two-foot turn, moving snowplow stop, and T-position.

Age: 5-15 years

Note: Class will not be held on 9/3.

8/30-9/22 Tu,Th 4:45-5:15 PM \$56 83040-01

9/1-9/22 Th 10:00-10:30 AM \$30 83040-02


8/20-9/24 Sa 10:30-11:00 AM \$37 83040-03

9/27-10/20 Tu,Th 4:45-5:15 PM \$56 83040-04

9/29-10/20 Th 10:00-10:30 AM \$30 83040-05

10/1-10/29 Sa 10:30-11:00 AM \$37 83040-06



 **Learn-to-Skate:** Learn skills like forward stroking and gliding backward.

Basic 3 Ice Skating

Participants must have successfully completed Basic 2. At the completion of this level participants will be able to satisfactorily perform the following skills: forward stroking, forward pumping on a circle, backward pumping on a circle, continuous backward slalom, moving forward to backward two-foot turn, gliding backward on one-foot, hold inside edge and outside edge on a circle, and two-foot spin.

Age: 5-15 years

Note: Class will not be held on 9/3.

8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83050-01
9/1-9/22	Th	10:30-11:00 AM	\$30	83050-02
8/20-9/24	Sa	11:15-11:45 AM	\$37	83050-03
9/27-10/20	Tu,Th	4:45-5:15 PM	\$56	83050-04
9/29-10/20	Th	10:30-11:00 AM	\$30	83050-05
10/1-10/29	Sa	11:15-11:45 AM	\$37	83050-06

Basic 4 Ice Skating

Participants must have successfully completed Basic 3. At the completion of this level participants will be able to satisfactorily perform the following skills: forward stroking with power, backward one-foot glide, forward inside edge on an axis, forward Outside edge on an axis, forward crossovers, forward outside three turn right and left, and moving backward snowplow stop.

Age: 5-15 years

Note: Class will not be held on 9/3.

8/30-9/22	Tu,Th	4:45-5:15 PM	\$56	83060-01
9/1-9/22	Th	10:30-11:00 AM	\$30	83060-02
8/20-9/24	Sa	10:30-11:00 AM	\$37	83060-03
9/27-10/20	Tu,Th	4:45-5:15 PM	\$56	83060-04
9/29-10/20	Th	10:30-11:00 AM	\$30	83060-05
10/1-10/29	Sa	10:30-11:00 AM	\$37	83060-06

Basic 5 Ice Skating

Participants must have successfully completed Basic 4. At the completion of this level participants will be able to satisfactorily perform the following skills: forward crossovers, hold outside edge on a circle, hold inside edge on a circle, backward crossovers, one-foot spin, T-stop, side toe hop, and forward outside three turn.

Age: 5-15 years

Note: Class will not be held on 9/3.

8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83070-01
8/20-9/24	Sa	11:15-11:45 AM	\$37	83070-02
9/27-10/20	Tu,Th	5:30-6:00 PM	\$56	83070-03
10/1-10/29	Sa	11:15-11:45 AM	\$37	83070-04

Basic 6 Ice Skating

Participants must have successfully completed Basic 5. At the completion of this level participants will be able to satisfactorily perform the following skills: backward crossovers, forward inside three-turn, moving backward to forward two-foot turn, hockey stop, bunny hop, forward straight line spiral, forward lunge, beginning one foot spin

Age: 5-15 years

Note: Class will not be held on 9/3.

8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83080-01
8/20-9/24	Sa	11:15-11:45 AM	\$37	83080-02
9/27-10/20	Tu,Th	5:30-6:00 PM	\$56	83080-03
10/1-10/29	Sa	11:15-11:45 AM	\$37	83080-04

Basic 7 Ice Skating

Participants must have successfully completed Basic 6. At the completion of this level participants will be able to satisfactorily perform the following skills: moving backward to forward two-foot turn, forward inside open and closed mohawk, backward outside edge to forward outside edge, ballet jump, backward crossovers to a backward outside edge landing position, one-foot spin, and inside forward three turn .

Age: 8-15 years

Note: Class will not be held on 9/3.

8/20-9/24	Sa	11:15-11:45 AM	\$37	83090-01
10/1-10/29	Sa	11:15-11:45 AM	\$37	83090-02

Basic 7 & 8 Ice Skating

Please see individual class descriptions under Basic 7 and Basic 8.

Age: 8-15 years

8/30-9/22	Tu,Th	5:30-6:00 PM	\$56	83095-01
9/27-10/20	Tu,Th	5:30-6:00 PM	\$56	83095-02

Basic 8 Skating

Participants must have successfully completed Basic 7. At the completion of this level participants will be able to satisfactorily perform the following skills: moving forward outside three turn, moving forward inside three turn, stand still waltz jump, mazurka, combination move, forward inside pivot, and backward inside pivot.

Age: 8-15 years

8/20-9/24	Sa	11:15-11:45 AM	\$37	83100-01
10/1-10/29	Sa	11:15-11:45 AM	\$37	83100-02

Field Moves

Participants will learn Pre-preliminary/ Preliminary Moves in the Field. At the completion of this level participants will be able to satisfactorily perform the following skills: stroking with power and full extension, crossovers with power and extension, forward and backward outside consecutive edges, forward and backward inside consecutive edges, waltz eight with power, control, and quickness, straight line spiral, figure eight forward and backward crossovers, right and left power 3 turns, outside and inside consecutive spirals, alternating outside and inside 3 turns.

Age: 8-15 years

9/1-9/22	Th	6:15-6:45 PM	\$32	83110-01
9/29-10/20	Th	6:15-6:45 PM	\$32	83110-02

Beginning Free Skate 1 & 2

Participants must have successfully completed Basic 8. At the completion of this level participants will be able to satisfactorily perform the following skills: advanced forward stroking, forward outside consecutive edges, forward inside consecutive edges, scratch spin, waltz jump, half flip jump, backward outside three turn, and waltz threes. Consecutive backward outside and inside edges, waltz jump- side toe hop - waltz jump sequence, forward outside and forward inside spirals, toe-loop jump, beginning back spin, continuous forward progressive chasse sequence, backward outside three-turn, and scratch spin.

Age: 5-15 years

Location: Edora Pool Ice Center

8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83120-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83120-02
9/27-10/20	Tu,Th	5:15-6:00 PM	\$88	83120-03
10/1-10/29	Sa	9:30-10:15 AM	\$57	83120-04

Intermediate Free Skate 3 & 4

Participants must have successfully completed Free Skate 2. At the completion of this level participants will be able to satisfactorily perform the following skills: backward outside three-turn, forward and backward figure eight crossovers, salchow jump, forward consecutive swing rolls, half lutz jump, waltz jump/toe-loop jump combination, salchow jump/toe-loop jump combination, backward inside three turn, back spin, and waltz eight. Waltz jump/falling leaf/ toe loop, loop jump, waltz jump/loop jump combination, sit spin, spiral sequence, forward power three turns, continuous backward progressive chasse sequence, and back three tur

Age: 5-15 years

8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83130-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83130-02
9/27-10/20	Tu,Th	5:15-6:00 PM	\$88	83130-03
10/1-10/29	Sa	9:30-10:15 AM	\$57	83130-04

Adaptive Skating 

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

Age: 5 years & up

Note: Please bring an attendant if you need assistance off the ice. Class will not be held on 9/3.

8/20-9/24	Sa	9:45-10:15 AM	\$39	83260-01
10/1-10/29	Sa	9:45-10:15 AM	\$39	83260-02

Advanced Free Skate 5 & 6

Participants must have successfully completed Free Skate 4. At the completion of this level participants will be able to satisfactorily perform the following skills: flip jump, loop/loop jump combination, camel spin, forward upright spin to back upright spin, footwork sequence, spiral sequence, and forward outside slide chasse swing roll sequence. Split jump and stag jump, lutz jump, waltz jump/half-loop/salchow, camel/sit spin combination, alternating backward crossovers to backward outside edge, alternating five-step mohawk, and a short program consisting of 3 spins and 4 jumps.

Age: 5-15 years

8/30-9/22	Tu,Th	5:15-6:00 PM	\$88	83140-01
8/20-9/24	Sa	9:30-10:15 AM	\$57	83140-02
9/27-10/20	Tu,Th	5:15-6:00 PM	\$88	83140-03
10/1-10/29	Sa	9:30-10:15 AM	\$57	83140-04

Winter Wishes Ice Show Registration

Skaters who are enrolled in our fall Learn-to-Skate program are eligible to participate in the 2011 "Winter Wishes" ice show. Interested persons must register before September 6, if they wish to participate in the show. All participants must attend a casting call on Saturday, September 10. Costume fee will range from \$50-\$85. A deposit will be taken at time of measuring and balance will be due at time of delivery. Groups are arranged according to level and age. Rehearsals for group numbers will take place for four to six weeks prior to the show. Show dates are set for December 17 & 18.

Winter Wishes Dates: 12/16-12/18

Cost: \$12

Age: 4 years & up

Note: The casting call will be Saturday, September 11. You will receive detailed information in September. Ticket sales will begin Monday, November 21, at 7:00 AM (EPIC only) or by phone 970.221.6683 (press 3). Bring one canned good for \$1 off ticket price (one canned good per ticket). No Internet sales.

Age: 4-5 years

Tot 1	83310-01
Tot 2	83310-02

Age: 5-9 years

Basic 1	83310-03
---------	----------

Age: 5-15 years

Basic 2	83310-04
Basic 3	83310-05
Basic 4	83310-06
Basic 5	83310-07
Basic 6	83310-08
Basic 7	83310-09
Basic 8	83310-10

Age: 8-15 years

Beg FS 1&2	83310-11
Int 3&4	83310-12
Adv FS 5&6	83310-13

Age: 16 years & up

Adult Beg	83310-14
Adult Int	83310-15
Adult Adv	83310-16



Cub Hockey: Basic hockey instruction such as skating, passing and stick handling.

Adult

Adult Beginner Ice Skate

These classes are for the person with little or no previous experience on ice. See Basic 1 & 2.

Age: 16 years & up

9/1-9/22	Th	6:15-6:45 PM	\$32	83210-01
9/29-10/20	Th	6:15-6:45 PM	\$32	83210-02

Adult Intermediate Ice Skate

Better skaters needing to strengthen basic skills should enroll in the intermediate level. See Basic 3 & 4.

Age: 16 years & up

9/1-9/22	Th	6:15-6:45 PM	\$32	83220-01
----------	----	--------------	------	----------

Adult Advanced Ice Skate

Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

Age: 16 years & up

Note: Good skaters wishing to learn new skills may take the advanced level. See Basic 5 & 6.

9/1-9/22	Th	6:15-6:45 PM	\$32	83230-01
9/29-10/20	Th	6:15-6:45 PM	\$32	83230-02

Adult Freestyle

Half jumps and basic spin positions will be taught.

Age: 16 years & up

9/1-9/22	Th	6:15-6:45 PM	\$32	83240-01
9/29-10/20	Th	6:15-6:45 PM	\$32	83240-02

Youth Synchronized Skating

Intro Synchronized Skating

Prerequisite: BASIC 7

Learn unison team skating in formations.

Age: 6-12 years

9/1-9/22	Th	6:15-6:45 PM	\$32	83150-01
9/29-10/20	Th	6:15-6:45 PM	\$32	83150-02

Youth Hockey

Basic 1 Hockey Skate

Hockey equipment NOT required. For skaters who have never skated before. At the completion of this level participants will be able to satisfactorily perform the following skills: sit on ice and stand up, march forward across the ice, skate forward and glide on two feet, skate forward and glide with dip, rocking horse, forward two foot swizzles, two foot snowplow stop, two foot Hop On spot, backward wiggles, and introduce forward one foot glide.

Age: 5-9 years

Note: Class will not be held on 9/3.

8/20-9/24	Sa	11:15-11:45 AM	\$37	83035-01
10/1-10/29	Sa	11:15-11:45 AM	\$37	83035-02

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. At the completion of this level participants will be able to satisfactorily perform the following skills: forward one foot glides, forward pumping on a circle, continuous forward slalom, backward two foot swizzles, backward two foot glide, Two foot turn, moving snowplow stop, and T-position.

Age: 5-15 years

Note: Class will not be held on 9/3.

8/20-9/24	Sa	10:30-11:00 AM	\$37	83045-01
10/1-10/29	Sa	10:30-11:00 AM	\$37	83045-02

Beginner Cub Hockey

Prerequisite: Tot 1 or Basic 1

A 45-minute practice will be held on Mondays where the focus will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Wednesdays. Full equipment can be checked out with a \$150 deposit (deposit check is not cashed unless missing equipment needs to be replaced). Rental skates are included; participants will need to purchase a hockey stick (a junior straight stick is available for purchase at equipment checkout for \$10). Equipment check-out: Wednesday, September 7 at 5:30-7:00 PM at EPIC. Check-in immediately following last game of session.

Age: 4-7 years

Note: The equipment handout is Wednesday, September 7th from 5:30-7:00 PM. The Monday class meets from 5:15-6:00 PM and the Wednesday class meets from 4:45 - 5:30 PM.

9/12-11/9	M,W	5:15-6:00 PM	\$153	83330-01
-----------	-----	--------------	-------	----------

Intermediate Cub Hockey

Prerequisite: Basic 1

A 45-minute practice will be held on Mondays where the focus will be on basic hockey skating, passing, and stick handling skills, and a recreational game will be held on Wednesdays. Full equipment can be checked out with a \$150 deposit (deposit check is not cashed unless missing equipment needs to be replaced). Rental skates are included; participants will need to purchase a hockey stick (a junior straight stick is available for purchase at equipment checkout for \$10). Equipment check-out: Saturday, September 10th at 8:00 AM - Noon at EPIC. Check-in immediately following last game of session. This class

Age: 8-10 years

Note: The equipment handout is Saturday, September 10th from 10:00 AM - Noon. The Monday class meets from 6:00 - 6:45 pm and the Wednesday class meets from 5:30 - 6:15 pm.

9/12-11/9	M,W	6:00-6:45 PM	\$153	83335-01
-----------	-----	--------------	-------	----------

Outdoor Recreation

Cancellation Policy

Trips may be cancelled or destinations may be changed due to weather conditions that are deemed hazardous or unsafe for driving/ transportation or activity. We regret any such cancellation, but we are committed to safe programming.

Adult

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

Adaptive Climbing Clinic 

Climbing techniques and equipment will be adapted for climbers with physical disabilities. Chad O'Connor, P&O Group, will share his talents and expertise about climbing, prosthetics and more. Come join us for an afternoon of food, fun, community and climbing!

Age: 16 years & up

Location: Inner Strength Climbing Gym, 3713 S. Mason

Note: Climbing shoe rental is available, \$4. For more information, contact Renee at 970.224.6027, rlee@fcgov.com. Class partially discountable.

11/19 Sa 1:00-3:00 PM \$19 84618-01

Cheyenne Mountain Zoo

The highest zoo in the country at 6,800 ft. is world famous for its diverse and exotic collection of more than 500 animals. Included in the admission is the Will Rogers Shrine. Bring a sack lunch or stop for a meal at the zoo cafe.

Location: Senior Center

Note: Participants should be in good health and capable of moderate levels of physical activity. Bring rain gear and wear comfortable shoes and clothes. Fee includes transportation, ticket and escort. Lunch cost is on your own. Trip not discountable.

9/8 Th 8:00 AM-5:00 PM \$34 84902-01

Hikes

These hikes will provide an opportunity to enjoy the great outdoors. Please keep in mind that hikes can be easy or difficult, depending on what you want to get out of them. These hikes are designed for mid-aged adults. Cancellation must be made by 10:00 AM two (2) days prior to trip for refund or credit.

Location: Senior Center

Date	Day	Time	Location	This Trail is Best For...	Difficulty	Fee	Activity #
9/7	W	8:00 AM-4:00 PM	Mt. Margaret	Explore Red Feather area	Moderate	\$19	84918-01
9/13	T	8:00 AM-4:00 PM	Homestead Meadows	Historic homesteads near Estes Park	Moderate	\$19	84918-02
9/16	F	8:00 AM-2:00 PM	Lady Moon	Newest trail near Red Feather	Easy-mod	\$19	84918-03
9/23	F	8:00 AM-3:00 PM	Fowler Trail	Amazing views of Eldorado Canyon	Moderate	\$19	84918-04
9/30	F	8:00 AM-3:00 PM	Gem Lake	Views of Estes Park and Long's Peak	Mod-diff	\$19	84918-05
10/4	T	8:00 AM-3:00 PM	Chataqua	Boulder Flat Irons	Moderate	\$19	84918-06
10/14	F	8:00 AM-3:00 PM	Red Mountain Open Space	Red Rocks and the "Big Hole"	Moderate	\$19	84918-07
10/20	Th	8:00 AM-4:30 PM	Roxborough State Park	Amazing views and rock formations	Easy-mod	\$19	84918-08
10/24	M	8:00 AM-2:00 PM	Caribou Ranch Open Space	3 mile Boulder County Open Space	Moderate	\$19	84918-09

Difficulty level as follows:

Easy- Distance of less than 4 miles, with little or no elevation gain.

Moderate- Distance of less than 5.5 miles with elevation reaching 9,000 feet.

Difficult- Distance of greater than 5.5 miles with elevation of over 10,000 feet possible.

Archery, Introduction

Participants will learn archery safety, differences between the three styles of bows, warm-up techniques, basic-intermediate shooting form, skills and drills.

Instructor: Brian Ficker

Location: Rocky Mtn. Archery

Note: No experience is required and all equipment is provided. Bring water. Class not discountable.

10/13-10/14 Th,F 6:00-7:00 PM \$25 84901-01

Breckenridge Trip 

This 2 night, 3 day excursion includes a fall colors drive in the mountains, hiking, shopping in Breckenridge a visit to the Leadville Mining Museum and much more.

Location: Senior Center

Note: Registration and cancellation deadline is Sept. 21. Includes transportation, lodging, meals, tickets and escort. Trip is not discountable.

10/6-10/8 Th-Sa 8:00 AM-5:00 PM single \$380 84903-01
double \$280

Ski Social

Join us for a pre-season gathering to discuss preparing for the season with refreshments, giveaways and time to meet and visit with other cross-county, downhill skiers and snowshoers. We encourage new participants!

Location: Senior Center

Note: This event is free

11/30 W 4:00-6:00 PM No Fee

Mountain View Picnics  

Join us for a scenic drive to Lake Estes in Estes Park for an afternoon picnic and enjoy a nature walk if you like. We provide the fixin's and transportation. Lunch is provided by McKenzie Place.

Location: Senior Center

Note: Door-to-door transportation is available. Bring rain gear.

9/14 W 10:00 AM-2:00 PM \$14 84920-01
\$11 for members



The Great Stupa: Visit the Shambhala Mountain Center in Northern Colorado.

Pingree Park Tour

We will tour Pingree Park campus, located between Rocky Mountain National Park and the Poudre Canyon, to learn the history of early homesteaders in the area and see the Pingree Museum. Lunch and short hike will follow.

Location: Senior Center

Note: Bring water and rain gear. Participants should be in good health and capable of moderate levels of activity. Trip not discountable
10/5 W 8:00 AM-4:00 PM \$34 84921-01

Shambhala Mountain Center

Join us for a tour of the Shambhala Mtn. Center, a 600-acre mountain valley retreat in northern Colorado. We will visit the Great Stupa of Dharmakaya, a 20-minute walk from the parking lot.

Location: Senior Center

Note: There will be moderate walking. Cost includes escort, transportation, guided tour and lunch. Wear comfortable shoes and warm clothes. Trip not discountable.
10/11 Tu 11:15 AM-5:15 PM \$35 84922-01

Wildlife Sanctuary

The wild animal rescue sanctuary near Keensburg recently took part in a Bolivian lions rescue and 25 African lions that were in circuses are now in Colorado. We will take a guided tour to learn about the rescue, and observe a feeding. After the tour we will have lunch at a local restaurant.

Location: Senior Center

Note: Lunch cost is on your own. Fee includes transportation, admission and escort. Bring rain gear. Trip not discountable
10/15 Sa 8:30 AM-2:30 PM \$34 84923-01

canoes pfd's kayaks boat racks rafts
Family FUN...
Staying Cool



1200 N College Ave • Fort Collins CO • (970) 221-0544 • www.jaxgoods.com

Grown-Up And Still Having FUN!



Cholesterol Screening

Fast • Easy • Accurate

Never had your cholesterol checked by the Health District? Your first screening is FREE.*

(Cost for all others is \$15. Sliding fees available.)

Learn your total cholesterol, HDL, LDL, triglycerides & glucose results.



Fasting cholesterol screenings are offered at convenient locations around town. Appointments are required. For upcoming dates and locations, or to make an appointment, call 224-5209.

* You must be a Health District resident to be eligible for free screening.

Health District
OF NORTHERN LARIMER COUNTY

Complete schedule: healthdistrict.org/heart

PLEASE JOIN US
SEPTEMBER 24



CELEBRATING 60 YEARS OF FOOT COLLINS YOUTH FOOTBALL

SPONSORED BY
City of Fort Collins

SEPTEMBER 24, 2011
GRIDIRON GLORY GOLF TOURNAMENT
TO BENEFIT FORT COLLINS YOUTH FOOTBALL

COLLINDALE GOLF CLUB
1:30 PM
SHOTGUN START

36 TEAMS OF FOURSOMES
BEST-BALL SCRAMBLE

\$400 PER FOURSOME TEAM
18 HOLES • CARTS • DRINKS • DINNER • CONTESTS
GIFTS • PRIZES • AWARDS • FRIENDS • FUN • FOOTBALL



CALL 970.221.6309 TO ENTER A TEAM TODAY.

General Outdoor Recreation

Hunter Education

This course will give students the skills and information necessary to hunt without accidents. Colorado Division of Wildlife certificates will be issued to those successfully completing the course. Saturday's class involves reviewing of class material, written testing and live fire testing.

Age: 12 years & up
Instructor: Jan Manning
Location: The Farm

Note: Attendance at all 5 classes is mandatory (total of 19 hours). All firearms are provided - do not bring them to class. Class not discountable.

9/20-9/29	Tu,Th	7:00-10:00 PM	\$10	84905-01
10/1	Sa	8:00 AM-3:00 PM		
11/1-11/10	Tu,Th	7:00-10:00 PM	\$10	84905-02
11/12	Sa	8:00 AM-3:00 PM		

Youth & Teen

Adaptive Archery ~~AND~~

Adapted for individuals with varying physical abilities, this class will teach the basics of safely shooting a bow and arrow.

Age: 8 years & up
Location: Archery Range

Note: Classes will be held at the outdoor archery range off of the Prospect frontage road with one class held at the indoor archery range at JAX Sporting Goods. Please dress for the weather. Class partially discountable.

9/14-10/12	W	4:30-5:30 PM	\$30	84605-01
------------	---	--------------	------	----------

Backpacking Trips



RECREATOR PICK!

Join us for some beautiful overnight hikes in the Poudre Canyon. We will take in the fall colors, see some moose if we get lucky, and camp out under the stars. Please bring a lunch and snacks for each day, we will make dinner and breakfast at our campsite.

Age: 12-16 years
Location: Northside Aztlan Center

Note: Please note any food allergies at the time of registration. Participants are asked to bring a backpack, sleeping pad and sleeping bag, a water bottle and appropriate clothing for hiking and camping. Any needed equipment can be rented at REI or Jax Mercantile. Tents will be provided. Trip partially discountable.

Cirque Meadow

9/10-9/11	Sa,Su	9:00 AM-4:00 PM	\$49	85724-01
-----------	-------	-----------------	------	----------

American Lakes

9/23-9/25	F-Su	5:00-4:00 PM	\$59	85724-02
-----------	------	--------------	------	----------

40 Years of Caring for Seniors!



Independent Living

The Wexford
The Winslow
The Worthington

Assisted Living

Lakeview Commons
New Mercer Commons

Health & Rehab

Centre Avenue
Health & Rehab Facility
Columbine West
Health & Rehab Facility
Lemay Avenue
Health & Rehab Facility
North Shore
Health & Rehab Facility

Health Services

Caring Solutions, LLC
Non-Medical Home Care
Centre Pharmacy, Inc.
Columbine Poudre
Home Care
Medical Home Care
Columbine Therapy Services
Lifestyle Centre
Health Club
Market Centre
Medical Equipment
& Supplies
Market Centre
Rehabilitation Services
Poudre Infusion Therapy



Fort Collins Senior Center

The Fort Collins Senior Center was recognized in the top 12 by the National Council on Aging and the National Institute of Senior Centers for 2008 and 2009. The center was awarded National Accreditation in 2003 and 2009. Of 15,000 centers in the U.S., fewer than 200 receive this distinction; the Senior Center is one of only two in Colorado. The Senior Center provides a focal point for programs and services for aging adults and their families. For more information call 970.221.6644.

Senior Center Volunteers

Those who donate their time, energy and talents play a vital role in the Senior Center operation. There are opportunities for people with strong customer service, clerical, organizational and leadership skills to contribute to an important community resource. Please contact Greg Daley at 970.224.6136 or by email at gdaley@fcgov.com for more information. Volunteers are needed for the arts and crafts show, special events, hikes, clerical help, library and driving.

Senior Center Membership Information and Benefits

Many services and activities at the Senior Center are limited to members only, so join today. Don't miss your opportunity to access all we have to offer. **Memberships are good for a 12-month period and can be purchased at any time.**

Age 18-49: Minimum donation of \$49 per year

- One guest pass for select fitness and social programs monthly (upon request)
- Use of pool tables, art studio/shop, library/media center
- Opportunity to rent a community garden plot
- Discounted fees on select services, classes and drop in
- Two day advance registration for classes

Throughout the Recreator Fort Collins Senior Center member only programs are denoted with a **MO** & member specials are denoted with a **MS**.

Scholarships are available. Contact a Recreation registration staff member for information.

Age 50+: Minimum donation of \$25 per year

- **Everything to the left plus:**
- Recreator magazine mailed to your home
- Opportunity to join "member" only clubs
- Join Senior Sports Club and have the opportunity to purchase the Senior Sports Club pass
- Opportunity to purchase discounted Walk/Jog pass
- Member only activities like bingo, cards, and celebrations
- Free notary service
- Brief health chat with Health District nurse and blood pressure check
- Free limited legal counseling
- Opportunity to purchase discounted duplicate bridge pass



Between 2000 and 2010, the group of residents ages 60-64 in our community grew nearly 110 percent, becoming the single fastest growing age group in Larimer County. Within the next 10 years, the city of Fort Collins will be facing a real “Silver Tsunami,” that is, a rapidly growing population of emerging seniors as Baby Boomers enter retirement. Currently over 63,000 residents in Larimer County (24%) are over age 50, and this group is expected to grow to more than 85,000 by the year 2020.

Fort Collins has a reputation as an ideal community for citizens to live, age, and embrace a better quality of life. Naming Fort Collins as “One of America’s Top Places for Boomers to Retire”, CNBC notes that Baby Boomers are the most economically powerful population in United States history, and as they enter retirement they will make financial decisions about protecting their wealth and preserving their health. How Fort Collins chooses to respond to the Silver Tsunami will have a major impact on our local economy, for better or worse.

The Fort Collins Senior Center (FCSC) is poised to be the focal point for addressing the impact of the growing population of seniors on our community. Recognized as one of the top 12 senior centers in the nation by the National Council on Aging (NCOA) in 2008, and one of only two NCOA-accredited senior centers in Colorado, FCSC has received national recognition for its excellence in service to its patrons. Senator Mark Udall has said about FCSC, “Senior centers like this one are vital because they help promote wellness and activity”.

It is estimated that the Fort Collins Senior Center must nearly double in size to meet the growing needs of our expanding aging population. Through the Building on Basics capital improvement project, Fort Collins City Council has allocated \$5,147,533 for the estimated \$12 million expansion. The FCSC Building on Basics Expansion Committee, a citizen-led 501C3, was launched in 2009 and plans to raise the additional \$7 million needed for the project.

As a tax-supported, public facility with an excellent track record of service, the Fort Collins Senior Center will play a central role in meeting the challenges the Silver Tsunami and in keeping Fort Collins a world class city for years to come.

Keep Fort Collins great by joining the effort to expand the Senior Center!

Volunteer Opportunities:

The Board of Directors is recruiting new members who serve a three-year term. Contact President Linda Hopkins at lindah@frii.com. The Expansion Committee hosts a number of events throughout the year and needs volunteer assistance for many projects. If you would like to get involved, contact Volunteer Chair Bonnie Markstrom at bdmarkstrom303@yahoo.com. The Committee will be working with the City of Fort Collins Senior Advisory Board and the CSU Center for Public Deliberation as they host a series of community conversations about the role that citizens and city government should play in planning for the growth of the aging population in Fort Collins. Contact SAB staff liaison Barbara Schoenberger at bschoenberger@fcgov.com for more information.

Presentations:

The Committee is also organizing a speaker’s bureau to give presentations about the role of the Senior Center in our community and need for the expansion to address the challenges of the “Silver Tsunami.” If you would like a presentation to your organization, neighborhood group, or service club, please contact Maggie Dennis at maggiedennis@storyforgeonline.com.

Tours:

Perhaps the best way to learn about the need for the Expansion is to take a tour of the Senior Center. We invite citizens of Fort Collins to come see for themselves seniors in action, from the wide variety of programs we offer to the extensive daily use of our facility. Let us show you around and tell you why we are proud of what we do best - taking care of the social, physical, and psychological needs of seniors in our community. While you’re here, we would love to listen to your ideas of how we can best expand our facility to meet the needs of seniors in the 21st century. Contact Katie Stieber at 970.224.6029 or kstieber@fcgov.com.

Events:

The Expansion will benefit from these two programs scheduled in October. Plan to attend and bring the whole family. Guaranteed to entertain and delight! See more information on page 85.

Three Dudes Sing Berlin (Irving, that is!) page 85

Sundance Family Festival and Chili Cook-off page 53

2011 Board of Directors

President

Linda Hopkins, lindah@frii.com

Vice-President

Eric Biedermann, bied3@comcast.net

Secretary

Lizbeth Case Denkers, lizbden@aol.com

Treasurer

Peggy McGough, bmcgough7@comcast.net

Members

Jim Barnett, jbarnett@bankofchoice.net

Brenda Carns, Brenda_carns@yahoo.com

Ann Leffler, ann.leffler1@gmail.com

Bonnie Markstrom, bdmarkstrom303@yahoo.com

Robert W. Phillips, rwpnbp@Q.com

Mary Shultz, shultzmary@gmail.com

Stan Ulrich, sulrich2@msn.com

Steve Vessey, vesseyreager@gmail.com



Senior Center Staff Liaisons:

Barbara Schoenberger

Katie Stieber

Peggy Bowers

What do the icons or symbols mean?

- MO** Senior Center members only
- MS** Program/activity has member special pricing
-  Online registration not available for program
-  Adaptive Recreation Opportunity program.

Senior Advisory Board

The Senior Advisory Board advises City Council on issues related to older adults and is comprised of individuals of all ages who share a concern for the aging members of our community. The board consists of 11 members; nine members are appointed by City Council, and two members are appointed from the Senior Center Council. The Senior Advisory Board meets the second Wednesday of each month at 1:30 PM. The first 20 minutes of each meeting is devoted to public participation.

Organizations assisting Senior Center staff

Senior Center Council **MO**

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. Council representatives meet the third Monday of each month at 1:30 PM. Members are invited to attend. Written information for the Council to consider can be submitted on comment cards that can be found at the Greeter's Desk.

Clubs & Organizations

Adventure Travel Club

This club meets the second Thursday of each month at 2:30 PM and features IMAX films or other travel films or speakers on travel. There is no fee. We can't print the video titles here, but they are available in the brown brochure rack in the Senior Center lobby.

"AOA" Badminton Players

If you enjoy the energetic, fast-paced game of badminton, join the group of Active Older Adults that play up to five times a week! All abilities are welcome; however it is recommended that individuals who are new to badminton begin participation at the Senior Center and advance to the Northside Aztlan Community Center. Ongoing. Drop-in fees apply.
 Northside Aztlan Center Tu/Th 8:00-10:00 AM

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

Participants meet on a weekly basis to present their arts and crafts projects to others in the group. Individuals are encouraged to share new ideas and techniques, all this while they enjoy the camaraderie of other artisans.

Location: Senior Center
 Ongoing W 1:00-3:00 PM

Fort Collins Senior Sports Club **MO**

Senior Sports Club is an active group of seniors 50 and older who have a love for playing sports. Take advantage of this opportunity to interact with people who share your same interests both through sport activities and social events. Annual dues are \$5. As a member, you will qualify to participate in the Senior Games and availability of purchasing fitness passes at a reduced rate.

Senior Sports Club Fitness Passes **MO**

Senior Sports Club fitness passes are available for \$50 for 25 visits, which saves you \$22.50, and can be used during the following times: *(Call 970.221.6644 to verify current schedule.)*

Badminton	M, W, F	8:00-10:00 AM	Senior Center
Badminton	T, Th	6:30-8:30 PM	Senior Center
Badminton	T, Th	8:00-10:00 AM	NACC
Basketball	M, W, F	8:00-10:00 AM	NACC
Pickle Ball	T	6:30-9:00 PM	Senior Center
Beginners	Th	6:30-9:00 PM	Senior Center
Advanced	Su	12:30-3:15 PM	Senior Center
Table Tennis	T, Th, Sa	3:00-5:00 PM	Senior Center
Tennis	M-F	9:30 AM	Rolland Moore Park
Ice Skating	W	9:00-11:00 AM	EPIC
Swimming	T, F	10:00-11:30 AM	EPIC

Senior Sports Club Meetings **MO**

Senior Sports Club meetings are held every other month on the second Monday with a potluck supper at 5:30 PM at the Senior Center. Each meeting features helpful information on living a healthy and active life. Information is shared about events and activities. All members are asked to bring their own dinnerware and a dish to share. The activities of the Club are guided by a volunteer board with the assistance of a staff liaison. Board meetings are held every 2nd Monday of the even months at 9:30 AM at the Senior Center.

Current list of sport contacts:

Swimming	Kathy Garwood	970.482.5162
Badminton	Doris Taylor	970.221.3335
Bicycling	Robert Manbeck	970.226.3477
Bowling	Rob Seagraves	970.282.9204
Table Tennis	Clarence Elbert	970.221.0269
Basketball	Fritz Kitowski	970.282.1626
Tennis	Fritz Kitowski	970.282.1626
Golf	Open	
Track	Jim Frances	970.225.2902
Pickle Ball	Clarence Elbert	970.221.0269

Front Range Forum

MO

The Front Range Forum is an organization designed to promote life-long learning. It is meant to be challenging and innovative, and to foster open discussion and social interaction among its members. The Forum depends entirely upon the talents and expertise of its members for administration and instruction. Participants electing to take a course prepare and make assigned presentations in keeping with the topic. Membership for Front Range Forum is \$15 per year. For class information see the In-Former newsletter. You can pick up a copy at the Senior Center or view it online at www.fcgov.com/recreation/frf-index.php. For more information call Katie Stieber at 970.224.6029. Senior Center members 50+ only.

Harmonettes

MO

This singing band has been together for over 30 years performing at schools, long-term care residences, and special events. No experience is necessary. Senior Center members 50+ only.

Location: Senior Center

Practice Mondays, 8:30-11:00 AM (except 3rd Monday)

Men's Tennis Group

All male enthusiasts 3.0 and above are welcome to participate in an open walk-on each morning, seven days a week. Play begins about 8:00 AM and lasts until the final warriors are exhausted. Summer play is at Lee Martinez Park and fall and winter play at Rolland Moore Park. For further information call Fritz Kitowski at 970.282.1626 or email at fkito@msn.com.

Older Gay Lesbian Bisexual Transgender (OGLBT)

This group meets monthly for breakfast or dinner. The locations and times change monthly. It is a social network for persons that are OGLBT and age 50+. Contact Katie Stieber on her private phone line at 970.224.6029 or kstieber@fcgov.com.

SOAP Troupe (Slightly Older Adult Players)

MO

SOAP Troupe produces two major shows per year featuring a variety of acts/short skits, monologues, stand-up comedy, song, dance or instrumental performances, a short play and usually a melodrama or short comedy. Whether you are experienced or a beginner, your talent can be used to act, pound nails, sew, sing and/or write. Monthly programs and activities are planned. Interested persons are encouraged to attend a meeting. SOAP Troupe is only open to Senior Center members who are 50+. Dues are \$10 annually. SOAP meets at 3:00 PM on the fourth Tuesday of each month on the stage of the Senior Center. Contact Katie Stieber at 970.224.6029 for membership information.

The Writers Group

MO

Express yourself through writing in any manner you choose regardless of content, genre, or skill. Participants gather weekly to share their work and occasionally write on a topic selected by all. No registration necessary; new participants are always welcome. Senior Center members 50+ only.

Location: Senior Center

Ongoing T 10:00 AM-Noon

Index of 50+ Programs in the Recreator

Aqua Fitness	28	Ice Skating	70
Arts & Crafts	30	Outdoor Recreation	75
Pottery	35	Clubs/Organizations	81
Dance	39	Services	82
Education	51	Events	85
Fitness	63	Social Opportunities	84
Gardening	69	Trips & Travel	87

Members Register Early, August 16!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **August 16** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Services

Recreation Services Procedures

Payment is required in advance for services. Services will include, but are not limited to, foot care and full body massage. A service reservation must be canceled at least 24 hours in advance. If not, the fee for this service will not be refunded. Following three missed appointments, the participant will no longer be able to schedule that service at the Senior Center.

Arthritis Support Group

This group is designed to offer information and support for those who have arthritis, their family members, friends and/or caregivers. Every meeting provides an opportunity to learn more about arthritis and related resources to meet other people with the condition, network, and share common experiences. Bring your lunch.

Location: Senior Center

9/12, 10/10, 11/14 M 11:30 AM-1:30 PM No Fee

Balance Screens

MO

Free balance screenings will be conducted by Hannah Lamitie, MSPT, Physical Therapist with Alpine Balance and Rehabilitation Center. Hannah has been a P.T. for 16 years and specializes in the rehabilitation of balance and dizziness disorders. Anyone with concerns about declining balance may benefit from this service. You will be provided with written objective information regarding your specific problems and actual risk of falls. You will also receive some suggestions about what might be done to reduce your risk of falling.

Location: Senior Center

10/10 M 9:00-10:30 AM No Fee

Blood Pressure Checks



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

Care Provider: Health District Nurse

Location: Senior Center

9/19, 10/17, 11/21 M 10:00 AM-Noon No Fee

Legal Services



Free half-hour sessions every first Thursday of the month provided by Marla Hehn. Please call the Senior Center at 970.221.6644 to schedule an appointment. No fee.

Location: Senior Center

9/1, 10/6, 11/3 Th 1:00-5:00 PM No Fee

Los Ancianos Unidos

This program is held for seniors. Join them for arts and crafts, quilting, educational programs, field trips and more. For more information call Elaine at 970.221.6723.

Location: Northside Aztlan Center

Cholesterol Testing & Blood Pressure

Blood pressure, cholesterol and glucose screenings, along with counseling and recommendations from registered nurses are provided within 15 minutes. Clients are requested to fast 12 hours before the screenings (water and medications can be taken) to get complete results. Appointments are required. Please call the Health District at 970.224.5209.

Care Provider: Health District Nurse

Location: Senior Center

10/4, 11/1	Tu	8:30-10:30 AM	Sliding Fee
9/7	W	8:30-10:30 AM	Sliding Fee
9/15, 10/20, 11/17	Th	8:30-10:30 AM	Sliding Fee

Foot Care Clinics



The visit starts with a foot soak followed by an assessment of your feet. Your nails are then trimmed, corns and/or calluses are addressed, a skin sloughing treatment is given and a light massage concludes the visit.

Location: Senior Center

Care Provider: Erin Sunshine Keefe

Note: Cancellations must be made at least 24 hours in advance.

Ongoing Tu 9:00 AM-4:00 PM \$28 member
\$34 non-member

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.

Massage Therapy



Swedish, integrative and deep tissue massage.

Therapist: Mareye Bullock, 970.224.4082

Location: Senior Center

Note: Payment due when appointment is made (at least 24 hours in advance). Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing M 12:30-6:30 PM \$45 member
\$50 non-member

Half Hour

Ongoing M 12:30-6:30 PM \$23 member
\$26 non-member

Audiology Screens



A certified audiologist from All About Hearing will be available for hearing screenings, cleaning of hearing aids and to check hearing aids and do simple maintenance.

Location: Senior Center

Audiologist: Rachel White

10/12 W 8:30-9:30 AM

Chair Massage

Receive a therapeutic chair massage to increase circulation, reduce stress, and provide relief from muscle tension and fatigue. No clothing removed. Care provider is a certified massage therapist.

Therapist: Marcy Clark

Location: Senior Center

Ongoing Th 9:00 AM-Noon \$8 (10 minutes)
\$15 (20 minutes)

Location: Northside Aztlan Center

Ongoing F 9:00 AM-Noon \$8 (10 minutes)
\$15 (20 minutes)

Reiki

Try a relaxing and healing Reiki session that will soothe your body, reduce pain, tension and stress, support your immune system and more. Appointments must be made in advance.

Reiki Master: Julie Bleau, 970.484.2392.

Location: Senior Center

Note: Cancellation must be made 24 hours in advance in order to receive a refund.

One Hour

Ongoing W, F 12:30-5:00 PM \$44 member
\$48 non-member

Half Hour

Ongoing W, F 12:30-5:00 PM \$44 member
\$48 non-member

Social Opportunities

Bingo MO
 Drop-in cards for members. The Senior Center members compete against each other and play for prizes.

Age: 50 years & up
Location: Senior Center

9/12	M	1:00-2:00 PM
10/10	M	1:00-2:00 PM
11/14	M	1:00-2:00 PM

Donut It Make You Wonder? MO
 Drop-in cards for members. Ongoing topical discussions with donuts and coffee.

Age: 50 years & up
Location: Senior Center
 9/2-11/18 F 10:00-11:30 AM No Fee

Celebrations MO
 Monthly Birthday and Anniversary Celebration Party. Celebrate April, May and June birthdays and anniversaries of the Senior Center members with cake, gifts and entertainment.

Age: 18 years & up
Instructor: Katie Stieber, Pat Moore
Location: Senior Center
 6/23 Th 1:30-3:30 PM No Fee

New Release Movies MO
 Join us for new release movies!

Location: Senior Center

9/2	F	1:00-4:00 PM
9/16	F	1:00-4:00 PM
10/7	F	1:00-4:00 PM
10/21	F	1:00-4:00 PM
11/4	F	1:00-4:00 PM
11/18	F	1:00-4:00 PM

Bridge Mentoring MO
 Drop-in cards for members. Mentoring instruction is based on Standard American Bridge. Nila Hobbs will help you with working through the play of the hands.

Age: 50 years & up
Instructor: Nila Hobbs
Location: Senior Center

9/12	M	6:30-8:30 PM
9/26	M	6:30-8:30 PM
10/10	M	6:30-8:30 PM
10/24	M	6:30-8:30 PM
11/14	M	6:30-8:30 PM
11/28	M	6:30-8:30 PM

Cards & Games MO
 Drop-in cards and games for members. Cards and board games including canasta, mahjonn, scrabble, and cribbage.

Age: 50 years & up
Location: Senior Center

Ongoing	M	9:00 AM-Noon	No fee
Ongoing	W	1:00-4:00 PM	No fee

Party Bridge MO
 Drop-in cards and games for members. Party Bridge Tuesdays Members Only

Age: 50 years & up
Instructor: Pat Moore, Katie Stieber
Location: Senior Center
Note: Class will not be held on 8/8.

Ongoing	Tu	1:00-4:00 PM	No fee
Ongoing	Th	6:00-8:30 PM	No fee

Pinochle MO
 Drop-in cards and games for members

Age: 50 years & up
Location: Senior Center

Ongoing	Tu	1:00-4:00 PM	No fee
Ongoing	Th	6:00-8:30 PM	No fee

Duplicate Bridge
 Duplicate Bridge.

Location: Senior Center
 Ongoing F 11:30 AM-4:00 PM \$2.80 members \$3.50 non-members



RECREATOR PICK!

Moonlight Melody Dances
 Social dance to live music. Refreshments served.

Age: 50 years & up
Location: Senior Center

Colorado Sunshine

9/19	M	7:00-10:00 PM	\$4 at the door
------	---	---------------	-----------------

C.C. Collier

10/3	M	7:00-10:00 PM	\$4 at the door
------	---	---------------	-----------------

Brad Lindsey

10/17	M	7:00-10:00 PM	\$4 at the door
-------	---	---------------	-----------------

Darrell Sullivan

10/31	M	7:00-10:00 PM	\$4 at the door
-------	---	---------------	-----------------

Jim Erlich

11/7	M	7:00-10:00 PM	\$4 at the door
------	---	---------------	-----------------

C.C. Collier

11/21	M	7:00-10:00 PM	\$4 at the door
-------	---	---------------	-----------------

Historical Cafe**Lady Moon**

Learn about Lady Catherine Moon and why she is an unforgettable woman in Colorado history. Her story will come alive in this historical presentation by Cheryl Beckett. At eighteen this pretty adventurous Irish colleen set out for the West from Iowa. She married an older man, Cecil Moon, an English remittance man in 1888. She did not fit the sedate Victorian mores of the time. She spent much of her time on the Moon ranch with her animals, drinking whiskey and swearing with the ranch hands. Lunch will be served after the presentation. Free door-to-door upon request.

Cheryl Beckett is a professional educator and started performing in ghost re-enactments in New Orleans. She was attracted to portraying Lady Moon because of her light hearted character.

Location: Senior Center

9/8 Th 11:30 AM-1:30 PM \$20 85014-01
\$16 for members

Events**Grandparents Day**

At the Fort Collins Senior Center we take the opportunity to observe Grandparents Day each year. It is a time for Grandparents and their grandchildren to spend sharing in a day of fun, food and new experiences. There will be inflatables to jump in and slide down, a petting zoo, carriage rides, bingo, and lots of food. There is nothing better than bonding over a cherry snow-cone. Sponsored by Humana and Rocky Mountain Health Plans. Pay at the door.

Age: All ages

Location: Senior Center

9/11 Su Noon-4:00 PM \$3

Three Dudes Sing Berlin

Three retired CSU professors, John Lueck, Art Leissa and Bob Molison, accompanied on piano by Linda Stirman, will sing 22 of Belin's best loved songs including Do'in What Comes Natur'lly and God Bless America. The event is a thank you to the senior community of Fort Collins so there will be no admission charge. Donations to help support the Fort Collins Senior center Expansion will happily be accepted. Refreshments will be served after the performance. Free door-to-door transportation upon request. Tickets for admission will be available at the Senior Center.

Location: Senior Center

10/9 Su 3:00-5:00 PM Donations accepted

A Salute to Women Singers

Heaven Leight, accompanied by Jim Turner and The Spring Creek Band will present an exceptional concert spanning musical decades, from the 1930's through the 1960's. Artists featured will include Billie Holliday, Ella Fitzgerald, Judy Garland and Diana Ross.

Location: Senior Center

11/5 Sa 7:00-9:00 PM \$15 in advance
\$20 at the door



Grandparents Day: Nothing is better than bonding over a cherry snow-cone.

Veteran's Day Breakfast

The observance of Veterans Day on November 11 not only preserves the historical significance of the date, but it helps focus attention on the important purpose of Veteran's Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. This year's celebration will feature Ms. Kelly Gallagher-Abbott, and her leadership in the national quilt challenge centering around the 100th anniversary of aviation. The Centennial will be celebrated throughout 2011 with over 400 Naval Aviation themed quilts traveling to as many air shows as possible. The morning will include a pancake breakfast with sausage, fruit, juice and coffee.

The honor guard from the CSU Wing Walkers will present the colors at 8:00 AM, followed by the pledge of allegiance and invocation, National Anthem and all the service songs. Breakfast will be served until 10:00 AM. Representatives from the honor Flight will also be in attendance.

Location: Senior Center

11/11 F 7:00-10:00 AM No Fee 85021-01

John's Retirement Party

Have you heard the news? John Pfeiffenberger is retiring on December 31, 2011 from the City of Fort Collins Senior Center after 17 years. After leaving the newspaper and publication business, he was only going to work for the City for a couple of years. Who knew he would enjoy the work so much that he would stay two decades. At this party he wants to take the opportunity to thank all of the loyal "Trips and Travel Program" participants. He attributes his success to those participants, many who have become personal friends. The Reception will include remarks from the staff. Also, participants are invited to offer their favorite Pfeiffenberger story. Appetizers will be served after the presentation. John requests no gifts please. Free door-to-door transportation upon request. RSVP to 970.221.6644.

Location: Senior Center

12/1 Th 1:00-4:00 PM

Experience the World

Experience...Canada

Experience...Canada is our next chapter in exploring the world together through Experience...the World. Members of the Fort Collins community who generously share their hereditary culture or those who have had the privilege of world travel and experience, provide us with a glimpse and the opportunity to better understand the ways of the world through art, music, food, dance, religion and traditions, history, geology and influence of politics. This successful and long-established series highlights cultures each year. Presented by the City of Fort Collins Recreation Department and Our Global Village: Museum and Learning Center.

Canadian Trivia



Test your Canadian trivia skills in this afternoon of companionship, competition and food. Do you know how many provinces there are in Canada? How many national languages does Canada have? What leaf is on the Canadian flag? There will be a multi-media program with pictures, songs and audience participation and prizes for the winners. Form a team with your friends and/or family or come on your own and we'll put you on a team. Snacks will be provided and a cash bar.

Age: 18 years & up

Location: Senior Center

10/2 Su 2:00-5:00 PM \$12 85030-01
\$10 for members

Canadian Oil



Canadian oil exploration has a long and rich history starting in 1858 with James Miller Williams digging the first well by hand. This was a year before the first well was dug in the United States. The Canadian Oil Company was the world's first integrated oil company. Canada's is the sixth largest oil producing country in the world. Canada's unique geography, geology, resources and patterns of settlement have been key factors in the history of Canada. The development of the petroleum sector helps illustrate how they have helped make the nation quite distinct from the United States. Lunch will be served after the presentation.

Age: 18 years & up

Location: Senior Center

10/13 Th 11:30 AM-1:30 PM \$20 85031-01
\$16 for members

Adventure Travel Films

The 2011-2012 Adventure Travel Film series will feature a complete dinner with menu relating to the film. This new film concept kicks off in "Canada's National Parks" with filmmaker Dale Johnson on hand narrating this beautiful video. The dinner will feature your choice of baked salmon or marinated Canadian beef plus chicken strawberry spinach salad with ginger-lime dressing and Canadian dessert. Other films: "Hello, Louisiana" January 22, 2012 with a Cajun boil dinner and "Afghanistan and Pakistan" March 25 with an authentic Afghan meal. Tickets are \$25 for film and dinner or all three for \$70.

Age: 18 years & up

Location: Senior Center

10/23 Su 3:00-6:30 PM \$25 85033-01



Experience Canada: Learn more about our neighbors up north.

Canadian Health Care

Glenn Pearson will explore with the audience how the Canadian health care system works. He will explain how Canada and other wealthy nations have achieved universal health insurance at a minimal cost to its government and citizens. He will talk about how all Canadian citizens have excellent health insurance and good access to health care, while spending half of what an American would. Additionally, he will address how Americans could adopt a similar system and help the economy.

Age: 18 years & up

Location: Senior Center

10/19 W 11:30 AM-1:30 PM \$20 85032-01
\$16 for members

Canadian Fur Trade



In the 17th century the fur trade in Canada had a significant impact on the history of Canada. The Hudson Bay Company and the North West Company built trading forts at strategic locations where the Hurons and Iroquois could bring their furs to trade. Mike Guli will discuss the stranglehold the big companies had on the trade and how many young men broke the law and moved out into the wilds of Canada to trade for furs. They became known as coureurs-des-bois (runners of the woods) because of their distinctive style and dress. Lunch: roast turkey and corn bread stuffing, Brussels sprouts, mashed potatoes and pumpkin pie.

Age: 18 years & up

Location: Senior Center

10/26 W 11:30 AM-1:30 PM \$32 85034-01

Also included will be Canadian displays of art and collectable. Canadian films 10/7 and 10/21, and at Travel Club on 10/20.

Trips**Trips are for ages 50 & up unless otherwise noted.**

All trips depart from the Senior Center unless otherwise noted.

General Information

Pre-registration is required for all trips. Some ticketed events will have an early registration deadline. Call 970.221.6644 to register. WebTrac registration is not available for trips.

Unless otherwise noted, all trips depart from the Fort Collins Senior Center, 1200 Raintree Drive.

No discounts are allowed for trips.

Trips are smoke-free whenever possible. No smoking is allowed on vans or buses.

When you purchase seats for any ticketed event, the sale is considered final. No refunds are given unless we resell that ticket.

All trip prices include transportation and escort.

Due to traffic situations, length of show/program or other unknown occurrences, all return times are approximate.

Individuals who are not independent in daily living activities or in need of extra supervision are encouraged to register and participate with a person 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 those individuals they are assisting so we can make sure to provide necessary seating, meals, tickets, etc.

Door-to-Door Transportation

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.

Cheyenne Mountain Zoo

See page 75 for details.

Pingree Park History & Lunch

See page 76 for details.

Shambhala Retreat Tour & Lunch

See page 76 for details.

Wildlife Sanctuary Trip

See page 76 for details.

Three Great Reasons To Live At MacKenzie Place:

There are many many more great reasons to live here, of course. But excuse us while we elaborate on those three a bit. **Number 1:** Leisure Care has been in the business for over 30 years. They have perfected the art of creating retirement communities that are more “resort” than “retirement.” **Number 2:** Services, programs, and amenities straight out of a luxury resort? And rents starting at just \$2,950 per month? We think you’ll definitely see an amazing value. **Number 3:** Actually, no bragging will be necessary. Everyone will see you living it up and having so much fun. Why rub it in? Call now to schedule your complimentary lunch and tour. And let us show you the other hundred or so reasons you’ll love it here. Assisted Living services available, too.

Rents Starting From Just \$2,950 Per Month!

4750 Pleasant Oak Drive • Fort Collins
970.207.1939 • www.MacKenziePlace.com

Independent, Assisted Living
& Memory Care Apartments



1. It's run by Leisure Care.
2. It's a great value.
3. You can brag to your friends.



August Trips

Marie Osmond



Entertainment icon Marie Osmond will dazzle and delight the audience with songs, music, laughter and lessons on life and love. This concert is at Greeley's Union Colony Civic Center.

Note: Fee includes van transportation, concert and escort. This trip is not discountable.

8/31 W 5:30-10:30 PM \$52 84802-01

September Trips

Willie Nelson



Country legend Willie Nelson will perform at Greeley's Union Colony Civic Center. He's 'On the Road Again' with his latest tour singing all his classic songs. Willie is arguably the biggest living legend in country music today.

Note: Fee includes van transportation, concert and escort. This trip is not discountable.

9/5 M 6:00-11:00 PM \$52 84803-01

Rockies vs. Diamondbacks



The Colorado Rockies host divisional foes the Arizona Diamondbacks. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

9/5 M 11:15 AM-6:00 PM \$30 84804-01

Doc Holiday Casino



Doc Holiday Casino in Central City is our destination this month.

Location: Rolland Moore Park

Note: Fee includes motorcoach or van transportation, casino package and escort. This trip is not discountable.

9/6 Tu 8:00 AM-5:00 PM \$16 84805-01

'Les Miserables'



Cameron Mackintosh presents a brand new 25th anniversary production of legendary musical, "Les Miserables", with glorious new staging and spectacular re-imagined scenery inspired by the paintings of Victor Hugo. This new production has already been acclaimed by critics, fans and new audiences. The London Times hails the new show 'a five star hit, astonishingly powerful and as good as the original.' The Western Mail says it's 'an outstanding success - the best version yet.' This production is at Denver's Buell Theatre.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

9/7 W Noon-5:00 PM \$64 84806-01

Sunday Out To Lunch



Travel with us to an area restaurant to enjoy a day out of the house. We won't tell you where we are going because that's always part of the fun. Meal costs are on your own.

Note: Fee includes transportation and escort.

9/11 Su Noon-4:00 PM \$8 84807-01



Upcoming Events



970-672-1203

2350 Limon Drive • Ft. Collins, CO 80525

RigdenFarmSeniorLiving.com

♿ A SPECTRUM RETIREMENT COMMUNITY 🏠

Please Join Us!

July

Saturday, July 16

5:00pm
3rd Annual
Community BBQ

Friday, July 29

3:00pm
Hawaiian Luau

August

Tuesday, Aug 2

10:00am
Celebrity Chef

Saturday, Aug 20

4:30pm
Dance n' Dessert

September

Sunday, Sept 30

4:00pm
Oktoberfest Happy Hour

Ongoing Events

July - Sept

Tuesday, July 12

Tuesday, Aug 9
Tuesday, Sept 13

10:00am
Chef on Display

Friday, July 15

Friday, Aug 19

Friday, Sept 16

3:00pm
Speaking of Seniors
New topic every month

Save with \$0** monthly premiums. Save with more benefits.

Did your monthly Medicare health plan premium just go up?

You have choices. Learn what's available in your area at a FREE neighborhood meeting. AARP® MedicareComplete® from SecureHorizons® Medicare Advantage health plans may be right for you.

Our plans include more benefits than Original Medicare like:

- \$0 copay for many preventive services including an annual routine physical
- More benefits than Original Medicare
- \$15 copay for primary care visits

Join your neighbors to learn about your health care options, including Medicare Advantage plans, Part D coverage and Medicare Supplement plans.

10/24/2011

10:00 am

Ft Collins Senior Center
1200 Raintree Drive
Fort Collins, CO 80526

11/09/2011

6:00 pm

Ft Collins Senior Center
1200 Raintree Dr
Fort Collins, CO 80526

11/15/2011

2:00 pm

Fort Collins Club
1307 East Prospect Road
Fort Collins, CO 80526



Call today. Reserve your seat. Bring a friend.

Dana Griffin



970-407-9399, TTY 711



www.AARPMedicareComplete.com

Contracted, independent, licensed agent authorized to sell products within the UnitedHealthcare® Medicare Solutions portfolio.

**You must continue to pay your Part B premiums.

A UnitedHealthcare® Medicare Solution

The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 970-407-9399, TTY 711.

The AARP® MedicareComplete® plans are SecureHorizons® plans insured or covered by an affiliate of UnitedHealthcare Insurance Company, a Medicare Advantage organization with a Medicare contract. AARP® MedicareComplete® plans carry the AARP name, and UnitedHealthcare pays a royalty fee to AARP for use of the AARP intellectual property. Amounts paid are used for the general purpose of AARP and its members. AARP is not the insurer. You do not need to be an AARP member to enroll. AARP does not recommend health related products, services, insurance or programs. You are strongly encouraged to evaluate your needs. Limitations, copayments and coinsurance may apply. Benefits may vary by county and plan. AARP and its affiliate are not insurance agencies or carriers and do not employ or endorse insurance agents, brokers, representatives or advisors.

If you prefer, you can contact SecureHorizons directly for more information or to enroll at 1-800-559-9095, TTY 711 from 8 a.m. to 8 p.m. local time, 7 days a week. Or visit our Web site at www.SecureHorizons.com.

Y0066_101028_082026_FINAL_5553C54D_CMS Approved 11012010

OVMEX3282248_000

AARP® | MedicareComplete®
from **SecureHorizons**

Out to Lunch



Our destination today is the Cattlemen's Steakhouse in Greeley. You will have lots of choices from the menu with inexpensive prices. Meal costs are on your own.

Note: Fee includes vans transportation and escort. This trip is not discountable.

9/13 Tu 11:00 AM-2:30 PM \$11 84808-01

Rockies vs. Giants



The Colorado Rockies play host to divisional foes the San Francisco Giants. Enjoy the game from shaded seats in Denver's Coors Field.

Note: Fee includes vans transportation, ticket and escort. This trip is not discountable.

9/18 Su 11:15 AM-6:00 PM \$30 84811-01

Fall Colors Bus Trip



On this four-day trip, you will experience Colorado's fall colors on the Grand Mesa and the Aspen/Snowmass/Maroon Bells area, plus ride the Leadville Colorado and Southern Scenic Train with photo stops, stay at a Snowmass lodge and more.

Note: Fee includes bus transportation, three nights lodging, four lunches, one dinner, train ride and escort. This trip is not discountable.

9/18-9/21 M-W,Su 8:00 AM-6:00 PM \$409 dbl 74837-01
\$523 single

Traveling Gourmet



Enjoy a meal at a Longmont favorite, Martini's Bistro, with a nice variety of meals at reasonable prices. Meal costs are on your own.

Note: Fee includes van transportation and escort. This trip is not discountable.

9/28 W 4:00-8:00 PM \$12 84812-01

Cripple Creek Casino



Travel to Cripple Creek to enjoy fall colors and a day at the Wildwood Casino in Cripple Creek. It's an early start but the colors should be great.

Location: Rolland Moore Park

Note: Fee includes motorcoach transportation, a casino package including discounted meal and escort.

9/29 Th 7:00 AM-6:00 PM \$37 84813-01

October Trips

Colorado Symphony



Former music director Jeffrey Kahane returns as pianist in Beethoven's youthful first concert. The concert concludes with 'The Planets - An HD Odyssey' a multimedia event combining the live performance of Gustav Holst's orchestra suite with the latest, state-of-the-art, NASA-generated images. The symphony performs at Denver's Boettcher Concert Hall.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

10/2 Su Noon-6:00 PM \$64 84814-01
\$60 for members



Go Rockies: Head to Coors Field to watch the Rockies take on the Giants.

Out to Lunch



Fat Alberts in Greeley is an all-time favorite. So that's where we are going this month. The menu is extensive and prices are inexpensive. Plus the desserts are great.

Note: Fee includes van transportation and escort. This trip is not discountable.

10/4 Tu 11:00 AM-6:00 PM \$10 84815-01

Sunday Out to Lunch



Come with us for a Sunday drive and we will stop for lunch. Where? We're not telling. Just come along and enjoy the day. You pay for the lunch.

Note: Fee includes van transportation and escort.

10/9 Su Noon-4:00 PM \$8 84816-01

'Annie Warbucks'



The world's favorite orphan returns in the long-awaited sequel to the smash hit "Annie". With all the familiar characters and new memorable songs, "Annie Warbucks" is a heartwarming and entertaining production at the Candlelight Dinner Playhouse.

Note: Fee includes van transportation, dinner, shows, gratuity and escort. This trip is not discountable.

10/16 Su Noon-6:00 PM \$60 84817-01

IKEA Superstore



Now that the excitement over the opening is settling down it's your time to visit this monster Swedish home furnishings store in Centennial. This IKEA store has 415,000 sq. ft. of floor space, 50 room settings, three complete model home interiors and a 500-seat restaurant with Swedish specialties. You will have 4.5 hours to roam the store and eat lunch (on your own) before returning home.

Note: Fee includes van transportation and escort. This trip is not discountable.

10/18 Tu 8:30 AM-4:30 PM \$18 84818-01
\$16 for members

MO Members only

MS Member special

No online registration

ARO Adaptive Recreation Opportunity

Stanley Hotel Ghost Tour  

The historic Stanley Hotel holds plenty of ghost stories and October is about the right time to investigate. We will get a guided tour of this 104-year-old hotel that inspired Stephen King to write "The Shining" including the room where he stayed and the "most haunted" rooms. After the tour, we will have lunch at the Stanley.

Note: Fee includes van transportation, tour, lunch and escort. This trip is not discountable.

10/19 W 8:30 AM-3:30 PM \$44 84819-01
\$40 for members

Longmont Concert 

Each season the Longmont Council of the Arts and the Longmont Senior Center present Friday afternoon concerts. This month is Jazz Link Enterprises and Dale Bruning and Jude Hibler presenting a tour of the U.S. via songs such as "Autumn in New York," "Moonlight in Vermont" and "Chicago". No lunch stop is included this year.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

10/21 F 1:00-5:30 PM \$20 84820-01

Celtic Thunder  

You've seen them on PBS now see them in person in Denver. Five Irish lads will bring you to tears and to your feet with their amazing voices. The ensemble songs reflect the power of the soloists, who range in age from 14 to 40 and share a common Celtic heritage. We have a very limited number of tickets.

Note: Fee includes transportation, ticket and escort.

10/22 Sa 6:00-11:00 PM \$95 84821-01
\$89 for members

Traveling Gourmet 

The Huckleberry in Louisville has been voted the best restaurant in Louisville, Lafayette, Erie and Superior. It is unique restaurant with a nice variety and moderate prices. Meal costs are on your own.

Note: Fee includes van transportation and escort. This trip is not discountable.

10/26 W 4:00-8:00 PM \$12 84822-01

Lady Luck Casino 

Lady Luck Casino in Black Hawk is the destination this time.

Location: Rolland Moore Park

Note: Fee includes motorcoach/van transportation, casino package and escort.

10/27 Th 8:00 AM-5:00 PM \$12 84823-01

'Slow Dance with A Hot Pickup' 

This world premier will play at the Boulder Dinner Theatre is a slice of the American pie. "Slow Dance With a Hot Pickup" is an inspiring musical story of the American experience - of ordinary lives touched by an unusual challenge. Forced to share countless hours in close proximity to one another in a marathon contest of surreal proportions - holding on to a shiny new pickup truck for hours in hopes of taking it home - the contestants in this trial of endurance reveal secrets about their lives. Slow Dance struts an American cultural experience across the stage with musical heart. It is an entertainment event like you've never before seen.

Note: Fee includes van transportation, dinner, show, gratuity and escort. This trip is not discountable.

10/30 Su 11:15 AM-6:00 PM \$60 84824-01

You're still marching. Now it's just into retirement.

You need some qualified Medicare advice. Our specialists can help.

If you're signing up for Medicare for the first time, take heart. Rocky Mountain Health Plans is here to explain it all to you. A to Z. Front to back. And clear as a bell. We're a terrific non-profit company that can provide coverage you can count on. As a company that's been serving the Colorado Medicare community since 1977, we have a unique contract with Medicare that helps us provide coverage at an excellent value. Plain and simple.

Check out our Green Plan, starting at just \$7 a month. On some plans, generic drugs cost only \$2.

To request more information:

www.coloradomedicareinfo.org
www.rmhpmedicare.org

Toll Free: 888-251-1330
TTY: 800-704-6370



Rocky Mountain Health Plans is a not-for-profit, Colorado-based health plan with a Medicare contract and a Medicare approved Part D sponsor. Medicare & Medigap plans are available for people with Medicare, regardless of their age.

H0602_4103001 MCAAd203 File & Use 09192010 ©2010



November Trips

'The Lion King'



The Serengeti comes to life as never before through the extraordinary vision that is "The Lion King". More than 50 million people have felt the thrill of this Tony Award winner for Best Musical, which tells the classic journey of young royal heir Simba. Giraffes strut, birds swoop and gazelles leap in a dazzling panorama that overwhelms the sense and inspires you with the wonder of life. This production is at Denver's Buell Theatre.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

11/5 Sa Noon-6:00 PM \$102 84825-01

'Menopause the Musical'



This musical is a hilarious celebration of women and The Change. Laugh along as four women with nothing in common discuss memory loss, hot flashes, night sweats, not enough sex, too much sex and more at the Greeley's Union Colony Civic Center.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

11/6 Su 12:30-6:00 PM \$49 84826-01

Out to Lunch



Mike O'Shays in Longmont has the best fish and chips in the region - according to John Pfeiffenberger - and a variety of good food at reasonable prices. Meal costs are on your own.

Note: Fee includes van transportation and escort. This trip is not discountable.

11/8 Tu 11:00 AM-2:30 PM \$10 84827-01

Vienna Boys Choir



The Vienna Boys Choir has been a staple in Europe for more than 400 years. Each version is a delight to hear and see. This internationally popular choir will perform at Greeley's Union Colony Civic Center.

Note: Fee includes van transportation, ticket and escort.

11/10 Th 5:30-10:00 PM \$33 84828-01

Sunday Out to Lunch



Travel with us to an area restaurant to enjoy the day out of the house. We won't tell you where we are going it's a surprise!

Note: Fee includes van transportation and escort.

11/13 Su Noon-4:00 PM \$8 84829-01

Members Register Early, August 16!

Fort Collins Senior Center members can take advantage of early registration for Senior Center programs and classes. Senior Center members can register on **August 16** at the Fort Collins Senior Center, 1200 Raintree Drive. Walk-in registration begins at 8:00 AM and phone-in registration starts at 10:00 AM.

Keeping Your Mind as Active as You Are

Dive into stimulating intellectual adventures as a member of the Osher Lifelong Learning Institute. This unique community was designed for those aged 50 and better who are active, engaged in their communities, and want to continue learning throughout their lives.

"A mind is a wonderful thing to expand at any age, and Osher is a splendid opportunity to do just that." - Chuck Draves

Learn more at www.OsherCSU.com



Courses offered through the Division of Continuing Education

Spoil your grandkids & yourself!

Celebrate Grandparents Day
September 11, 2011
Please join us!

Fort Collins Senior Center - 1200 Raintree Drive
Noon to 4:00 PM

Share in a day of fun, food and new experiences!
Bring your grandchildren to the Senior Center on September 11 and enjoy a day of fun including: inflatables to jump in and slide down, a petting zoo, carriage rides, bingo and lots of food! There is nothing better than bonding over a cherry sno-cone!
The swimming pool, gym and 8-ball pool room are included.

\$3.00 Per Person
Children under 2 free



Lady Luck Casino ☒

Lady Luck Casino in Black Hawk is our destination this month.

Age: 50 years & up

Location: Rolland Moore Park

Note: Fee includes motorcoach or van transportation, casino package and escort.

11/17 Th 8:00 AM-5:00 PM \$12 84830-01

Longmont Concert ☒

The Longmont Senior Center Concert this month features lyric soprano Kara Guggenmos with Robert Spillman on piano performing Schubert, Strauss, Spirituals and Songs from the Stage. Guggenmos recently returned from a week-long tour with Keith Mill, bass/baritone from the Metropolitan Opera. There is no lunch stop on this trip this year.

Age: 50 years & up

Location: Senior Center

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

11/18 F 1:00-5:30 PM \$20 84831-01

Colorado Symphony ☒

Enduring works by Mozart and Schubert open this concert with guest conductor Andrew Litton. The famed Cleo Parker Robinson Dance ensemble joins the Colorado Symphony in a dramatic retelling of Prokofiev's Romeo and Juliet with colorful costumes and atmospheric lighting. The symphony performs at Denver's Boettcher Concert Hall.

Note: Fee includes van transportation, ticket and escort.

11/20 Su Noon-6:00 PM \$60 84832-01

The Church Basement Ladies Sequel ☒

The "Church Basement Ladies" return for another sequel this time bringing a Christmas theme. This time it's 1959 and the day of the Sunday School Christmas Program. These funny shows have been best-sellers at Greeley's Union Colony Civic Center the last two years.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

11/20 Su 12:45-6:00 PM \$39 84833-01

'Young Frankenstein' ☒

This Mel Brooks comedy will scare the laughs right out of you. Nothing is sacred with a Brooks comedy so sit back and enjoy this production at Greeley's Union Colony Civic Center.

Note: Fee includes van transportation, ticket and escort. This trip is not discountable.

11/29 Tu 5:30-10:00 PM \$49 84834-01

Traveling Gourmet ☒

Tortuga's Restaurant in Longmont features Caribbean and Cajun style foods. Great seafood and traditional dishes are available. If you like it spicy, you can have that too. Prices are reasonable.

Note: Fee includes van transportation and escort. This trip is not discountable.

11/30 W 3:30-8:00 PM \$12 84835-01

Adventure Cinema Travel Film Series

"Canada's National Parks"

with Dale Johnson October 23, Sunday, 3:00 PM

"Hello, Louisiana"

with Monty Brown January 22, Sunday, 3:00 PM

"Afghanistan & Pakistan"

with Marlin Darrah March 25, Sunday, 3:00 PM

All films are at the Fort Collins Senior Center.

Films followed by a dinner that relates to the location.

Tickets for film/dinner are only \$25.00 each.


But buy all three for only \$70.00.

Films only are \$8 each or \$22 for all three.

Cash bar available.





 **Wheelchair Rugby:** Check out this fast paced full contact sport.

Sports

Adaptive Sports

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available.

Age: 14 years & up

Location: Northside Aztlan Center

Note: Contact Renee Lee for more information, 970.224.6027 or rlee@fcgov.com. Class partially discountable. Class will not be held on 11/22.

9/20-11/29 Tu 6:30-8:00 PM \$20 84606-01

Over the Line

This event is an adapted version of wheelchair softball. There will be 3 people per team. The batter and pitcher will be on the same team and the objective is to hit the ball over the line without any of the other team players catching it. Don't miss out on the fun!

Age: 14 years & up

Location: Rolland Moore Park

Note: This event is designed for people with physical disabilities who use wheelchairs. However, able bodied people may join in the fun if extra manual wheelchairs are available. For more information, please contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class not discountable.

10/1 Sa 3:00-5:00 PM \$10 84611-01

Goalball

Goalball is a fast paced sport, played by people with blindness or visual impairments. Sighted players can also join in the fun, using vision adaptations. It has become a favorite Para Olympic sport, so don't miss out!

Age: 12 years & up

Location: Youth Activity Center

Note: Participants of all levels are welcome. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class partially discountable. Class will not be held on 10/8, 10/15.

9/17-11/5 Sa 9:30-11:30 AM \$24 84612-01

Adult / General

Coed Kickball League

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; 8 games scheduled, 8 games guaranteed. Registration begins 7/25, ends 8/5 or when leagues fill. League begins the week of 8/26.

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 9/2.

8/26-10/21 F 6:00-10:00 PM \$258 86153-01

Indoor Ultimate Frisbee

5-on-5 Ultimate Frisbee is now being offered at the Edge Sports Center. Register in teams of 12. Minimum of 4 women on the roster, with 2 women and 3 men on the field at all times. Registration begins 9/26, \$444/team, deadline 10/14 or when league fills.

Age: 16 years & up

Location: The Edge

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

10/25-12/8 Tu,Th 8:30-11:30 PM \$444 86167-01



RECREATOR PICK!

Rattle Snake Rumble - Adult Kickball

Wrap up the 2011 Kickball season by getting a team together and playing in this double-elimination tournament! This tournament is your last chance to play on outside kickball fields before the cold weather puts an end to the 2011 season. Adult Coed Kickball tournament played on Saturday, November 5th; \$140.00 per team. Tournament played on Saturday, November 5th; \$140.00 per team.

Age: 16 years and up

Location: Spring Canyon Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Tournament not discountable.

11/5 Sa 8:00 AM-6:00 PM \$140 86171-01

Adult / Basketball

Adult Basketball Mini League

Men's leagues will be offered. Teams will sign up for their level of play preference on a first come basis. 4 games scheduled, 4 games guaranteed.

Registration: Begins 10/3, ends 10/21 or when leagues fill

League Begins: Week of 11/7

Cost: \$231

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 11/21.

Mon. Men's Comp. 86165-01

Mon. Men's Rec 86165-02

Winter Adult Basketball

Men's and women's leagues will be offered. Teams will sign up for their level/playing night preference on a first come basis. 8 games scheduled.

Registration: Begins 11/28, ends 12/16 or when leagues fill

League Begins: Week of 1/2

Cost: \$448

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Mon Men's Comp	16110-01	Wed Women's Comp	16110-04
Mon Men's Rec	16110-02	Wed Women's Rec	16110-05
Wed Men's Rec	16110-03		

Adult Tennis**General Information**

Visit Lewistennis.com for complete adult Fall class information.

Beginner Lessons 6:00-7:30 PM Mondays and Wednesdays

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 6:00-7:30 PM Tuesdays and Thursdays

Refine your skills. Learn the "Modern Game". Experience the techniques that are used by the pros. Develop your topspin and slice forehand, backhand and serves. Learn doubles and singles strategies that win! Drills, Strategies and Competition.

League Coaching Programs

Get your team ready for the USA Tennis Leagues. Professional coaching will improve your team's strategy, technique and mental toughness to enable you to compete at your best. A variety of coaching programs are available.

Premier Clinics

These clinics are designed for the beginning through advanced player who wants more personal attention in their group instruction. Great for friends who want to learn together. Clinic times are flexible. Low student to Pro ratio.

All Fall Sessions run for four weeks.

Session 1	August 29 – September 24
Session 2	September 26 – October 22
Session 3	October 24 – November 19
Session 4	November 21 – December 17

Tournaments

9/9-9/11	Indian Summer Open	BG(18-10)sd
9/17	Lewis Tennis September Swing Novice	BG(18-10)s
9/30-10/2	Lewis Tennis Pumpkin Open	BG(18-10)s
10/7-10/9	Lewis Tennis Autumn Satellite	BG(18-10)sd
10/14-10/16	Lewis Tennis October Fest Open	BG(18-10)sd

Please visit www.Lewistennis.com to check court availability.

**JOIN THE LARGEST TENNIS PROGRAM
IN NORTHERN COLORADO**

40 years experience teaching all levels of players
the great game of tennis! 3 USPTA certified pros on staff!

Lewis Tennis School strives to provide a positive learning environment for players of all ages. Players learn techniques to become accomplished competitors and also life skills that help them to excel and enjoy tennis and other areas in their life.

- Junior & Adult Clinics for All Levels
- Performance Training
- USTA Team Coaching
- Private Lessons
- Tournaments
- Free Clinics
- 10 & Under Quickstart
- Middle School & High School
- Training for Top Level Players
- High School Preseason Camp
- Adult Daytime & Evening Clinics
- Round Robins
- Game Arrangement
- Ball Machine Rental

Rolland Moore Park Pro Shop

- Internet Pricing on Racquets & Shoes
- 24 hour Professional Stringing

**2201 South Shields Street
Rolland Moore Park in Fort Collins**

**Check out lewistennis.com for
more info!**

Complete Program Information & Registration Online at www.Lewistennis.com Pro Shop 970.493.7000





Men's Softball: Keep playing after summer leagues wrap up.

Adult / Softball

Fall Men's Softball

Teams will have the opportunity to continue playing softball after the summer leagues have concluded! 8 games scheduled, 8 games guaranteed.

Registration: Begins 7/25, ends 8/5 or when leagues fill

League Begins: Week of 8/21

Cost: \$439

Age: 16 years & up

Location: Tba

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 9/2, 9/4.

Sun Men's III	86154-01	Thu Men's III	86158-01
Sun Men's IV	86154-02	Fri Men's III	86159-01
Mon Men's III	86155-01	Fri Men's IV	86159-02
Mon Men's IV	86155-02	Tue Women's III	86160-01
Tue Men's II	86156-01	Sun Coed Rec	86161-01
Tue Men's III	86156-02	Tue Coed Rec	86162-01
Tue Men's IV	86156-03	Wed Coed Comp	86163-01
Wed Men's II	86157-01	Wed Coed Rec	86163-02
Wed Men's III	86157-02	Thu Coed Rec	86166-01
Wed Men's IV	86157-03		

Adult / Flag Football

Adult Flag Football

Leagues will be 8-on-8 non-contact. 8 games scheduled, 8 games guaranteed.

Registration: Begins 7/25, ends 8/5 or when leagues fill

League Begins: Week of 8/22

Cost: \$424

Age: 16 years & up

Location: Rolland Moore Park

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 9/5.

Monday Recreational	86152-01
Tuesday Recreational	86152-02
Wednesday Comp	86152-03
Thursday Comp	86152-04

Indoor Adult Flag Football

NEW! Indoor league will be 8-on-8 non-contact. 6 games scheduled, 6 games guaranteed.

Registration: Begins 10/3, ends 10/26 or when leagues fill

League Begins: Week of 11/6

Cost: \$444

Age: 16 years & up

Location: The Edge

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Sunday Recreational 86169-01

Indoor Softball

NEW! Softball games will be played indoors after the snow falls, for those who just can't get enough! 8-person coed teams will play on Friday nights, 8 person mens teams will play on Saturday night, 6 games scheduled, 6 games guaranteed.

Registration: Begins 10/3, ends 10/26 or when leagues fill

League Begins: Week of 11/4

Age: 16 years & up

Location: The Edge

Note: Rosters are unlimited. (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 11/26.

11/5-12/17	Coed	Friday Night	\$444	86170-01
11/5-12/17	Mens	Saturday Night	\$444	86170-02



Adult Sports / Volleyball

Fall Adult Volleyball

Coed and women's leagues will be offered for 6-person and 4-person teams. Teams will sign up for their level/playing night preference on a first come basis. Levels of Play: A - Competitive, BB - Intermediate, B - Recreational; 8 games scheduled.

Registration: Begins 7/25, ends 8/12 or when leagues fill

League Begins: Week of 8/29

Cost: \$274/6 person team, \$174/fours

Age: 16 years & up

Location: Northside Aztlan Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable. Class will not be held on 9/5, 9/2.

Mon Coed BB	86151-01	Wed. Women's A	86151-05
Mon Coed B	86151-02	Wed. Women's BB	86151-06
Tue Coed A	86151-03	Fri Coed A/BB 4's	86151-07
Tue Coed BB	86151-04		

Adult Volleyball Tournament

Coed and women's tournaments will be offered for 6-person teams. Teams will sign up for their level/playing night preference on a first come basis. Levels of Play: A - Competitive, BB - Intermediate, B - Recreational. Pool play format ending in a seeded, single elimination tournament.

Registration: Begins 10/3, ends 10/21 or when divisions fill

League Begins: Week of 11/7

Cost: \$136

Age: 16 years & up

Location: Senior Center

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). Not discountable. Class will not be held on 11/21, 11/22, 11/23.

Tue Coed A	86164-02	Wed Women's A	86164-04
Tue Coed BB	86164-03	Wed Women's BB	86164-05

Winter Adult Volleyball

Coed and women's leagues will be offered for 6 person and 4 person indoor leagues. Teams will sign up for their level/playing night preference on a first come basis. Level A - Competitive, BB - Intermediate, B - Recreational. 8 games scheduled.

Registration: Begins 11/28, ends 12/16 or when leagues fill

League Begins: Week of 1/2

Cost: \$274/Doubles, \$174/Fours

Age: 16 years & up

Note: Rosters are unlimited (Participants age 16 & 17 need parent signature on roster prior to participation). League not discountable.

Location: Northside Aztlan Center

Tues. Coed A	16121-03
Tues. Coed BB	16121-04
Fri. Coed A/BB Fours	16121-07

Location: Senior Center

Mon. Coed B	16121-01
Mon. Coed BB	16121-02
Wed. Women's A	16121-05
Wed. Women's BB	16121-06



Fencing: Learn body position, blade control and footwork.

Fencing / Adult & Youth

Youth 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.

Age: 10-12 years

Location: Northside Aztlan Center

Note: Equipment provided. Wear athletic shoes, T-shirt and long loose pants. Class will not be held on 10/21, 10/22.

9/16-11/11	F	4:30-6:00 PM	\$64	85870-01
9/17-11/12	Sa	9:00-10:30 AM	\$64	85870-02

Teen/Adult 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.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Wear athletic shoes, T-shirt, and long loose pants. Equipment provided. Class will not be held on 10/31, 10/22.

9/12-11/7	M	5:30-7:00 PM	\$64	85871-01
9/17-11/12	Sa	11:00 AM-12:30 PM	\$64	85871-02

Teen/Adult Sparring

Enjoy sparring with fellow students to develop a diverse technical and tactical repertoire in a low-key atmosphere. Improve your overall athletic readiness, speed, strength and stamina. Footwork and bladework exercises most sessions. Minimal coaching provided.

Age: 13 years & up

Location: Northside Aztlan Center

Note: Participants must have prior fencing experience. Wear athletic shoes, comfortable shirt, and long loose pants. Equipment provided.

9/2-9/23	F	6:15-8:15 PM	\$32	85872-01
9/30-10/28	F	6:15-8:15 PM	\$32	85872-02

Youth Sparring

This class is designed for the experienced youth fencing participants who have not reached the age for Teen/Adult Sparring. The youth will 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.

Age: 10-12 years

Location: Northside Aztlan Center

9/3-9/24	Sa	1:00-2:30 PM	\$36	85873-01
----------	----	--------------	------	----------

Youth Sports / Ages 5 & under

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!

Age: 4-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

9/14-9/28	W	10:00-10:45 AM	\$25	86380-01
11/1-11/15	Tu	10:00-10:45 AM	\$25	86380-02
11/30-12/14	W	10:00-10:45 AM	\$25	86380-03

Football For Shorties

Let's explore the football! We will work on large and small motor skills as they relate to throwing, kicking, and catching. Come play ball with us! Learn the football basics in this fun and exciting class!

Age: 4-5 years

Location: City Park

Note: Parents/guardians will not be allowed as spectators near the field in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

9/13-9/27	Tu	10:00-10:45 AM	\$25	86381-01
-----------	----	----------------	------	----------

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!

Age: 3-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

10/6-11/16	W	10:00-10:45 AM	\$25	86382-01
------------	---	----------------	------	----------

Basketball For Shorties

Let's explore basketball! 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!

Age: 3½-5 years

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

11/29-12/13	Tu	10:00-10:45 AM	\$25	86383-01
-------------	----	----------------	------	----------

Youth Sports

JAA Cheerleading

Basic skills in jumps, tumbling, and cheers/chants will be emphasized. Cheerleaders learn various cheers, formations and dances throughout the season and perform at JAA football games. Fee includes cheerleading uniform.

Grade: 3-6

Location: Youth Activity Center

Note: Class partially discountable. Practices are held on Tuesday evenings; performances are on Saturday mornings at City Park.

8/30-10/18	Tu	6:00-7:30 PM	\$99	85621-01
------------	----	--------------	------	----------

Adaptive Junior Sports



Youth with and without disabilities join to play volleyball, kickball, fitness and more!

Age: 8-15 years

Location: Northside Aztlan Center

Note: Class partially discountable. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com

10/19-11/16	W	4:30-5:30 PM	\$20	84604-01
-------------	---	--------------	------	----------

Baton Twirling is Catching

Here's your opportunity to perform in parades/shows! National twirl instructor Yvonne Pedersen is known for bringing out full potential while making learning fun. Build self-esteem, self-discipline, & teamwork skills, and enhance your coordination, rhythm, poise, & grace. Classes focus on twirling, dance, & drilling.

Age: 5-14 years

Instructor: Yvonne Pedersen

Note: Class partially discountable. Professional ABC baton required & available for purchase from instructor for additional \$25. Intro Level I is for first-time twirlers. Levels II+ are for more advanced twirlers who opt to participate in select performances; admitted to class by instructor assignment/invitation only. Additional costs for performances (optional). Class will not be held on 11/23, 11/25.

Location: Youth Activity Center

Intro Level I

9/16-10/14	F	4:30-5:30 PM	\$57	85620-01
10/21-12/2	F	4:30-5:30 PM	\$68	85620-02
9/18-10/16	Su	2:00-3:00 PM	\$57	85620-03
10/23-12/4	Su	2:00-3:00 PM	\$68	85620-04

Intro Level II

9/14-10/12	W	5:00-6:00 PM	\$57	85620-05
------------	---	--------------	------	----------

Intro Level III

9/14-10/12	W	6:00-7:00 PM	\$57	85620-07
------------	---	--------------	------	----------

Intro Level IV

9/16-10/14	F	5:30-6:30 PM	\$57	85620-09
10/21-12/2	F	5:30-6:30 PM	\$68	85620-10

Location: Tba

Intro Level II

10/19-11/30	W	5:00-6:00 PM	\$68	85620-06
-------------	---	--------------	------	----------

Intro Level III

10/19-11/30	W	6:00-7:00 PM	\$68	85620-08
-------------	---	--------------	------	----------

Boxing

Are you looking for a way to stay motivated and disciplined? Join the Aztlan Boxing Team! Our USA Boxing certified instructors are here to train and condition you or your child for recreation or competition. No experience needed.

Age: 8 years & up

Location: Northside Aztlan Center

9/5-9/28	M,W	6:30-7:30 PM	\$48	85880-01
10/3-10/26	M,W	6:30-7:30 PM	\$48	85880-02
10/31-11/23	M,W	6:30-7:30 PM	\$48	85880-03

NFL Punt, Pass & Kick

The NFL PUNT, PASS & KICK (PPK) program is free to every youngster who wants to participate! The PPK program is a national skills competition for boys and girls between the ages of 6 -15 (age as of December 31, 2011) to compete separately against their peers. Established in 1961, the PPK program is the oldest NFL Youth Football program with more than four million girls and boys taking part every year! Participants must pre-register at www.nflppk.com by noon on September 15th. Girls and boys in 5 separate age divisions (6-7, 8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking.

Registration: Participants must pre-register at www.nflppk.com by Noon on 9/15.

Age: 6-15 years

Location: City Park

Note: No cleats allowed.

9/15 Th No Fee

65th City Football Birthday

Come celebrate the City of Fort Collins 65th anniversary of our football program! This is a FREE family event for all past, present and future football players and cheerleaders or anyone that just loves football! Join us for swimming, door prizes, football related activities, food and much, much more!

Age: All

Location: City Park

Note: FREE EVENT!!!

9/1 Th 5:30-7:30 PM No Fee

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 while also building self-confidence, practicing teamwork, and improving their fine and gross motor skills. Our coaches are trained to work with every child at their own developmental level in a non-competitive, learning based environment. Each class focuses on 2 sports and incorporates activities proven to increase your child's overall cardiovascular fitness, muscle tone, hand-eye coordination, and reaction time! Your athlete will explore soccer, volleyball, football, basketball, tennis, golf, lacrosse, hockey and baseball. Class partially discountable.

Location: Youth Activity Center

Note: Class will not be held on 9/5.

Age: 2½-3½ years

8/29-10/3	M	9:00-9:30 AM	\$34	86386-01
9/1-10/6	Th	9:00-9:30 AM	\$39	86386-02
10/10-11/14	M	9:00-9:30 AM	\$39	86386-03
10/13-11/17	Th	9:00-9:30 AM	\$39	86386-04
11/21-12/19	M	9:00-9:30 AM	\$34	86386-05

Age: 3½-5 years

8/29-10/3	M	9:45-10:30 AM	\$39	86387-01
9/1-10/6	Th	9:45-10:30 AM	\$45	86387-02
10/10-11/14	M	9:45-10:30 AM	\$45	86387-03
10/13-11/17	Th	9:45-10:30 AM	\$45	86387-04
11/21-12/19	M	9:45-10:30 AM	\$39	86387-05

Rocky Mountain Family Physicians, P.C.

Now scheduling school & sports physicals
Call today for an appointment

970-484-0798



Visit us at
www.rmfamilyphys.com

Youth Volleyball Class

Learn the basics of volleyball. We will work on the basics of game play, passing, serving, and hitting. Come play ball with us! Each session will highlight different skills and team work!

Grade: 1-3

Location: Youth Activity Center

Note: Parents/guardians will not be allowed as spectators in the gym in order to provide a more efficient class. Players will demonstrate what they learned the last 10 minutes of each class.

9/13-9/21 Tu,W 4:00-5:00 PM \$28 86319-01

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.

Age: 8-16 years

Location: Rocky Mountain Archery, 4518 Innovation Drive

Note: Equipment is provided.

10/13-10/14 Th,F 4:15-5:30 PM \$30 85875-01

Holiday Camp

Need a little extra time for last minute holiday shopping? Send your child to our Amazing Athletes Camp for 3 action packed days! For 2 hours each day your child will learn the basic fundamentals of 9 different sports, hitting three each day. Your child will explore soccer, football, volleyball, basketball, baseball, tennis, lacrosse, tennis, hockey and golf!

Age: 3½-5 years

Location: Youth Activity Center

12/19-12/21 M,W 9:00-11:00 AM \$49 86388-01

X-treme Gym

What a fun place to bring your kindergartner through 5th grader! Come join your friends for one or all of the Xtreme Gym nights at the Youth Activity Center (YAC). On scheduled Saturday nights from 6-8 PM the YAC gym will be opened up for an exciting two hours of climbing ropes, obstacle courses, heart-pounding activities and a zip-line! Remember, you must pre-register for this kind of fun! We hope to see you there.

Grade: Kindergarten-6

Location: Youth Activity Center

9/17	Sa	6:00-8:00 PM	\$10	86396-01
10/15	Sa	6:00-8:00 PM	\$10	86396-02
11/12	Sa	6:00-8:00 PM	\$10	86396-03
12/10	Sa	6:00-8:00 PM	\$10	86396-04

C.A.R.A. Cross Country

Get involved in this exciting recreational cross country program that promotes healthy lifestyles and is a lot of fun! Practices are held twice per week in various parks around Fort Collins. Meets are held in various Front Range cities. Meet schedules are available at first practice. Fee includes team shirt and fees for cross country meets.

Parent Meeting: W, 9/7, 5:30 PM at City Park Shelter #7

Age: 6-14 years (as of 10/31/11)

Location: Practices will be held at various locations around the Fort Collins area.

Note: Meet schedules at first practice. Fee includes team shirt, water bottle and fees for track meets. Participants are responsible for their own transportation to practices and meets.

9/7-10/15 M,W,Sa 5:30-6:45 PM \$59 86398-01

Middle School Cross Country

Whether you've been in Cross Country before or you've just thought about giving the sport a try, this Cross Country program will provide you with the knowledge and skills to have a successful season! Register to run with your middle school! All participants will receive a t-shirt with their school colors!

Start Date: Week of 8/29

Cost: \$59

Grade: 6-8

Note: Participants register by middle school; Week night meets and practices included. Practice dates and times are determined by coach and will therefore vary.

Blevins	86399-01	Leshner	86399-05
Boltz	86399-02	Lincoln	86399-06
CLP	86399-03	Preston	86399-07
Kinard	86399-04	Webber	86399-08

Youth Team Sports / General**Wrestling**

Participants of the 4th through 6th grade wrestling program will learn the fundamentals and skills of wrestling and compete in interschool dual meets. This program is designed for the beginner as well as the experienced wrestler and is a great sport for all sizes and types of athletes. Sportsmanship, wrestling techniques and conditioning will be taught. All participants are eligible to attend an end of season tournament. Participants will be able to show off their school spirit by receiving a Wrestling shirt with the colors of their middle school or future middle school.

Start Date: Week of 10/24

Cost: \$59

Grade: 4-6

Note: 6th graders sign up under your middle school, while 4th and 5th graders sign up under your prospective middle school. Practices will begin the week of Monday, October 24th; All practices will be held at various middle schools. Dual meets are included in this session. Practice dates and times are determined by gym availability and will therefore vary.

Blevins	86390-01	Lincoln	86390-06
Boltz	86390-02	Preston	86390-07
CLP	86390-03	Webber	86390-08
Kinard	86390-04	Wellington	86390-09
Leshner	86390-05		

World Cup Rugby

Celebrate the 2011 Rugby World Cup! This event will begin with a Rugby clinic. Following the clinic teams will be formed and we will play a non-contact flag world cup rugby tournament. Youth will be put on a world cup team and compete as that country!

Grade: 1-8

Location: Spring Canyon Park

Grade: 1-5

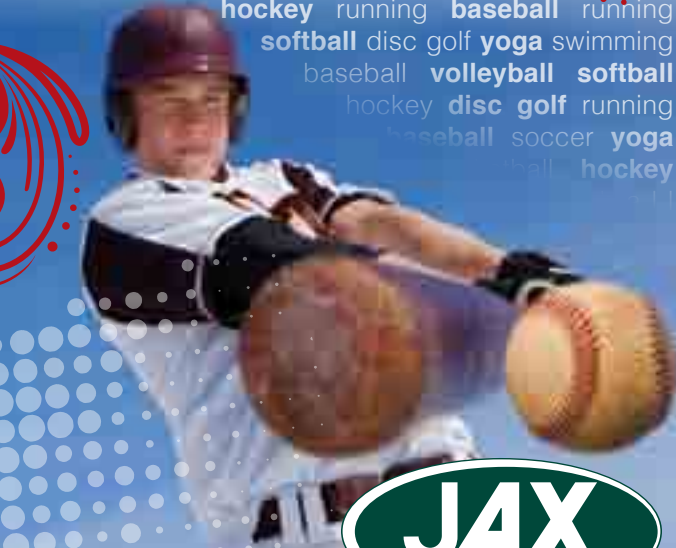
9/25 Su 1:00-4:00 PM \$11 86395-01

Grade: 6-8

9/25 Su 1:00-4:00 PM \$11 86395-02

Your Favorite Sport ... We have The Gear!

softball soccer volleyball hockey basketball running
baseball disc golf swimming disc golf softball soccer
hockey running baseball running
softball disc golf yoga swimming
baseball volleyball softball
hockey disc golf running
baseball soccer yoga
baseball soccer ball hockey



Grown-Up And Still Having FUN!



1200 N College Ave • Fort Collins CO • (970) 221-0544 • www.jaxgoods.com

Youth Team Sports / Basketball

Pre Season Girls Hoops Camp

Get ready for the Girls Basketball season! This mini camp will cover the fundamentals (with an emphasis on offense) of basketball through drills and fun activities.

Grade: 2-5

Location: Youth Activity Center

Grade: 2-3

10/6-10/20 Th 5:30-6:45 PM \$24 86331-01

Grade: 4-5

10/6-10/20 Th 7:00-8:15 PM \$24 86331-02

Girls Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are randomly formed in the sports office and not by when the players registered. Teams are randomly selected and not by school but by practice location (NACC or YAC). Special requests are not guaranteed. 2nd and 3rd graders are in the same basketball league. Special requests are not guaranteed. 4th and 5th graders are in the same basketball league.

League Begins: Week of 10/24

Cost: \$59

Note: Practice dates and times are determined by coach and will therefore vary, and may go as late as 8:30 PM. Two practices (sometimes one depending on availability of facilities) are scheduled per week. Most games are played on Saturday mornings. Coaches will call the week before the program with practice days and times.

Grade: 2-3

	Kruse	86333-23
Northside Aztlan	86332-01	Laurel 86333-25
YAC	86332-02	Linton 86333-27

Grade: 4-5

	Lopez	86333-29
Bacon	86333-01	McGraw 86333-31
Bauder	86333-03	O'dea 86333-33
Beattie	86333-05	Olander 86333-35
Bennett	86333-07	Putnam 86333-37
Bethke	86333-09	Rice 86333-39
CLP	86333-11	Riffenburgh 86333-41
Dunn	86333-13	Shepardson 86333-43
Eystone	86333-15	Tavelli 86333-45
Harris	86333-17	Traut 86333-47
Irish	86333-19	Werner 86333-49
Johnson	86333-21	Zach 86333-51

Hanrahan

GOLF SCHOOL

AT THE FORT COLLINS COUNTRY CLUB

Just because summer is done doesn't mean golf needs to be...

Fall and Winter Golf Instruction

Open to the Public

Junior and adult packages available!

Ryan DeHaan, Director of Instruction
Call 970-690-4500
www.hanrahangolfschool.com

Girls 6th, 7th & 8th Grade Basketball

6th, 7th & 8th graders will be able to show off their school spirit by receiving a T-shirt with the colors of their middle school. Sign up for teams based on practice location. The focus of this program is on team play where participation, fun, skills, and sportsmanship are stressed and winning is secondary. Teams are randomly formed in the sports office and not determined by when the player registers. Special requests are not guaranteed.

League Begins: Week of 10/24

Cost: \$59

Note: Practice dates and times are determined by coach and will therefore vary, and may go as late as 8:30 PM. Two practices (sometimes one depending on availability of facilities) are scheduled per week (usually after 6:00 PM). Practices will not be held during school holidays or closures. Most games are played on Saturday mornings. 6th graders only. Coaches will call the week before the program with practice days and times.

Grade: 6

Blevins	86334-01
Boltz	86334-03
CLP	86334-05
Leshner	86334-07
Lincoln	86334-09
Preston	86334-11
Webber	86334-14
Wellington	86334-17

Grade: 7 & 8

Blevins	86336-01
Boltz	86336-03
CLP	86336-05
Kinard	86336-07
Leshner	86336-09
Lincoln	86336-11
Preston	86336-13
Webber	86336-15
Wellington	86336-17

Boys Basketball

Develop a sense of team play where participation, fun, skills, and sportsmanship are stressed; winning is secondary. Teams are formed by school attended. Teams are randomly formed in the sports office and not by when the players registered. 2nd /3rd Grade teams are randomly selected and not by school but by practice location (NACC or YAC). Special requests are not guaranteed. 2nd and 3rd graders are in the same basketball league.

League Begins: Week of 1/23

Cost: \$59

Note: The start date listed on the receipt is the week practice starts, but actual practice times and dates listed on the receipt are approximate. The end date is also approximate and may vary due to the number of teams or the weather. The coach will call with the 1st practice time and date, but not until the week before practice starts. If you need to purchase the green and gold reversible jersey, please come to Northside Aztlan Community Center or to EPIC between 8 am and 5 pm, Monday through Friday. The cost is an additional \$15. If you registered by phone, please sign the liability waiver and mail it as soon as possible.

Grade: 2-3

Linton	16304-40
Northside Aztlan	16302-01
YAC	16302-10
Lopez	16304-43
McGraw	16304-46

Grade: 4-5

Bacon	16304-01
Bauder	16304-04
Beattie	16304-07
Bennett	16304-10
Bethke	16304-13
CLP	16304-16
Dunn	16304-19
Eyestone	16304-22
Harris	16304-25
Irish	16304-28
Johnson	16304-31
Kruse	16304-34
Laurel	16304-37
O'dea	16304-49
Olander	16304-52
Putnam	16304-55
Rice	16304-58
Riffenburgh	16304-61
Shepardson	16304-64
Tavelli	16304-67
Timnath	16304-70
Traut	16304-73
Werner	16304-76
Zach	16304-79

**RECREATOR PICK!****Boys 6th, 7th & 8th Grade Basketball**

6th, 7th & 8th graders will be able to show off their school spirit by receiving a t-shirt with the colors of their middle school. Sign up for teams based on practice location. The focus of this program is on team play where participation, fun, skills, and sportsmanship are stressed and winning is secondary. Teams are randomly formed in the sports office and not determined by when the player registers. Special requests are not guaranteed.

League Begins: Week of 1/23

Cost: \$59

Note: The start date listed on the receipt is the week practice starts, but actual practice times and dates listed on the receipt are approximate. The end date is also approximate and may vary due to the number of teams or the weather. The coach will call with the 1st practice time and date, but not until the week before practice starts. If you registered by phone, please sign the liability waiver and mail it as soon as possible.

Grade: 6

Blevins	16306-01
Boltz	16306-03
CLP	16306-06
Kinard	16306-08
Leshner	16306-12
Lincoln	16306-15
Preston	16306-17
Webber	16306-21
Wellington	16306-25

Grade: 7-8

Blevins	16307-01
Boltz	16307-03
CLP	16307-06
Kinard	16307-09
Leshner	16307-12
Lincoln	16307-15
Preston	16307-18
Webber	16307-21
Wellington	16307-24

Youth Team Sports / Football

3rd, 4th & 5th Grade Tackle Football

This tackle football program will teach youngsters skills and fundamentals. The main emphasis is on sportsmanship and equal participation with winning being secondary. Physicals are highly recommended before competing in this program. Youth Football and the Fort Collins Soccer Club's fall season coincide; youngsters may not participate in both sports. Practice attendance is mandatory; players must attend practices to receive fair playing time in games. Practices are held two to three times per week with most games being played on Saturday mornings. 8 games scheduled!

League Begins: Week of 8/27

Cost: \$99

Location: Club Tico

Note: The start date listed on the receipt is the week practice starts, but actual practice times and dates listed on the receipt are approximate. The end date is also approximate and may vary due to the number of teams or the weather. The coach will call with the 1st practice time and date, but not until the week before practice starts.

Grade: 3		Grade: 4		Grade: 5	
NE	86303-01	NE	86304-01	NE	86305-01
NW	86303-02	NW	86304-02	NW	86305-02
SE	86303-03	SE	86304-03	SE	86305-03
SW	86303-04	SW	86304-04	SW	86305-04

6th Grade Tackle Football

This tackle football program will teach youngsters skills and fundamentals. The main emphasis is on sportsmanship and equal participation with winning being secondary. Physicals are highly recommended before competing in this program. Youth Football and the Fort Collins Soccer Club's fall season coincide; youngsters may not participate in both sports. Practice attendance is mandatory; players must attend practices to receive fair playing time in games. Practices are held two to three times per week with most games being played on Saturday mornings. 8 games scheduled!

Grade: 6

League Begins: Week of 8/27

Cost: \$99

Note: The start date listed on the receipt is the week practice starts, but actual practice times and dates listed on the receipt are approximate. The end date is also approximate and may vary due to the number of teams or the weather. The coach will call with the 1st practice time and date, but not until the week before practice starts.

Blevins	86306-01
Boltz	86306-02
CLP	86306-03
Kinard	86306-04
Leshner	86306-05
Lincoln	86306-06
Preston	86306-07
Webber	86306-08
Wellington	86306-09



The flyer features a large '65' logo with a football player running through it. Below the logo is a banner that reads 'FROM THE YEARS OF GRIDIRON GLORY'. Underneath is the 'City of Fort Collins' logo. The main headline is 'HUDDLE UP.' followed by 'CELEBRATE A LEGACY OF SPORTSMANSHIP.' Two events are listed: 'SEPTEMBER 1, 2011 65TH CITY FOOTBALL BIRTHDAY CITY PARK POOL 5:30 TO 7:30 PM • FREE EVENT FUN • FOOD • FAMILY • FOOTBALL CALL 970.221.6385 FOR INFO.' and 'SEPTEMBER 24, 2011 GRIDIRON GLORY GOLF TOURNAMENT TO BENEFIT FORT COLLINS YOUTH FOOTBALL COLLINDALE GOLF COURSE 1:30 SHOTGUN START • \$400 PER FOURSOME GOLF • FOOD • DRINKS • PRIZES • GIFTS CALL 970.221.6309 FOR INFO.' The bottom of the flyer shows a group of football players in white jerseys and helmets, with a coach in a green shirt and cap looking on.

CELEBRATE 65 YEARS OF GRIDIRON GLORY

For 65 years football has been an important part of the Fort Collins youth sports landscape. Thousands of children have benefitted from learning important values like sportsmanship, teamwork and respect while staying physically active and creating lifelong friendships.

The City of Fort Collins Recreation Department invites you to join us as we celebrate the legacy of JAA (Junior All-American) football. This fall the Recreation Department will host two events that will commemorate the 65th anniversary of youth football in Fort Collins. A family friendly **City of Fort Collins Youth Football Birthday Party** will be held on September 1, 2011 at City Park Pool. Enjoy a day of fun, food and family as we say goodbye to the summer and welcome the football season. The **Gridiron Glory Golf Tournament** tees off on September 24, 2011 at Collindale Golf Club. Support Fort Collins youth football by becoming a sponsor, entering a team or donating prizes.

Please join us at either of these events as we celebrate a legacy of sportsmanship, teamwork and respect. Call Marc Rademacher at 970.221.6309 for more information on how you can support one of Fort Collins oldest and brightest youth sports organizations.

TEAMWORK, SPORTSMANSHIP & RESPECT

Youth football in Fort Collins provides thousands of children per year the opportunity to develop important life skills, make friends and stay healthy. The program emphasizes and promotes character values such as teamwork, respect and sportsmanship. These values are at the core of every football program offered by the City of Fort Collins. We believe that by prioritizing these important values we can contribute to the overall success of the individual in life and on the field.

Today children can participate in a variety of football related programs including: ultimate, flag football, tackle football, football camps and cheerleading. Recreation's football programs are offered to children ages 5 to 14. Coaches and volunteers help Recreation produce the highest level programs and these coaches and volunteers firmly believe in Recreation's commitment to teaching important character values as well as football skills and fundamentals.



Ultimate Football

Introduce your 1st or 2nd grader to the concepts of football by enrolling them in Ultimate Football where every player can be quarterback! This non-contact football program consists of the fundamentals of football while combining the rules of football, soccer, hockey, ultimate Frisbee and basketball. League features one practice per week and games on Saturday mornings.

Grade: 1-2 (Based on 2011-2012 school year)

League Begins: Week of 8/29

Cost: \$56 (plus \$15 jersey, if needed)

Note: Participants register by practice location, not by school. 8 games scheduled! You will be notified the week before the program for your practice day and time.

City Park	86313-01	Rolland Moore Park	86313-06
Harmony Park	86313-05	Spring Canyon Park	86313-07
Edora Park	86313-02	Spring Park	86313-08
Fossil Creek Park	86313-03	Troutman Park	86313-09
Greenbriar Park	86313-04	Warren Park	86313-10

Flag Football

Our flag football program teaches the basic fundamentals of football with no tackling or blocking. The main emphasis will be equal participation with winning being secondary. Practices will be held twice a week with games on Saturday mornings.

League Begins: Week of 8/29

Cost: \$56 (plus \$15 jersey, if needed)

Note: Players register by practice location. 8 games scheduled! The week before practices begin, the coach will call you with the practice days and times. **Grades based on 2011-2012 school year.**

Grade: 3-4		Rolland Moore	86314-16
Park	Reg #	Rosborough	86314-18
Beattie	86314-01	Spring Canyon	86314-19
Blevins	86314-02	Spring Park	86314-21
Case	86314-03	Troutman	86314-22
City Park	86314-04	Warren	86314-23
Edora	86314-06	Grade: 5-6	
English Ranch	86314-07	City Park	86315-01
Fossil Creek	86314-09	English Ranch	86315-02
Golden Meadows	86314-11	Fossil Creek	86315-03
Greenbriar	86314-12	Greenbriar	86315-04
Harmony	86314-13	Rolland Moore	86315-05
Miramont	86314-14	Spring Canyon	86315-06
Ridgeview	86314-15		

Rattle Snake Rumble - Flag Football Tournament

Wrap up the Fall Football season by getting a team together and playing in this double-elimination flag football tournament! This tournament is your last chance to play on outside football fields before the cold weather puts an end to the Fall Football season.

Grade: 3-6

Tournament Date: Saturday, 11/5, Begins at 8:00 AM

Cost: \$129

Location: Spring Canyon Park

Note: 3rd & 4th grade tournament and the 5th & 6th grade tournament. Tournament is not discountable.

Grade: 3-4 86316-01

Grade: 5-6 86316-02

Indoor Tackle Football League

Didn't get enough tackle football in the fall? Just when you're starting to get in the groove and have fun with fall football it's over, and that's why this winter you have the opportunity to join the 6-man tackle football league at the Edge Sports Center. Continue to work on football skills and fundamentals in this fast paced and exciting football league. Teams will be formed on the first night to create teams of equal size and ability. All Weights/Grades will compete in the same program. All tackle football equipment is provided!

Grade: 5-6

Location: The Edge

Note: All skill levels are welcome; 6 week league; Practices and games will be held weekday nights at the Edge Sports Center; Class not discountable. Please note that this indoor football league will NOT offer a Heavy and Lightweight league. Only players who played tackle football in the fall of 2011 in an organized league will be eligible to participate. League consists of practices and 4 games.

11/2-12/15 M,W,Th 12:00-12:00 AM \$143 86317-01

Youth Team Sports / Softball

6th Grade Fall Girls Softball

Start off your middle school softball career the right way by registering for 6th grade softball! Participants will be able to show off their school spirit by receiving a shirt with the colors of their middle school.

Grade: 6

League Begins: Week of 8/29

Cost: \$59

Note: 6th graders will register by middle school attended; Week night practices with Saturday morning games. Practice dates and times are determined by coach and will therefore vary. Coaches will call the week before the program with practice days and times.

Blevins	86300-01	Lincoln	86300-06
Boltz	86300-02	Preston	86300-07
CLP	86300-03	Webber	86300-08
Kinard	86300-04	Wellington	86300-09
Leshner	86300-05		



* **SEPTEMBER 24, 2011** *
 * TO BENEFIT FORT COLLINS YOUTH FOOTBALL *
 * **COLLINDALE GOLF CLUB** *
 * * * * *
 * **\$400 PER FOURSOME TEAM** *
 * **CALL 970.221.6309 TO ENTER A TEAM TODAY.** *



Junior Tennis

General Information

Full Program Information and online registration at 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, Fossil Creek Park and our indoor facility.

Check www.lewistennis.com for details.

Fall Junior Classes – check www.Lewistennis.com for complete information

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.

#1 Little Lobber (4-6 years)	Sa	1:00-1:45 PM
#2 Future Star (7-8 years)	M, W	4:30-6:00 PM
	Sa	9:00-10:30 AM
#3 Aces (9-10 years)	M, W	4:30-6:00 PM
	Sa	9:00-10:30 AM

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.

#1 Challenger (New player)	Tu, Th	4:00-6:00 PM
11-13 years	Sa	10:30 AM-12:30 PM
#2 Competitive (Int./Adv.)	Tu, Th	4:00-6:00 PM
11-13 years	Sa	10:30 AM-12:30 PM



 **Tennis:** From beginning to high school players, check out our tennis programs.

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.

#1 Wimbledon (new)	Tu, Th	4:00-6:00 PM
14-18 years	Sa	10:30 AM-12:30 PM
#2 Grand Slam (Int./Adv.)	Tu, Th	4:00-6:00 PM
14-18 years	Sa	10:30 AM-12:30 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.

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.

After school enrichment

These tennis classes are held after school in the gymnasiums of local elementary schools. Check with your school for details.

Tournaments

USTA sanctioned junior tournaments are offered for novice, intermediate and advanced players.

Class Schedule

Lesson programs are offered at Rolland Moore. Starting with session indoor classes are available at The Edge. You may sign up for as many days as you like (we recommend at least two days per week). Complete schedule and times can be viewed at www.Lewistennis.com.

Fall Sessions Run For Four Weeks.

Session 1	August 29 – September 24
Session 2	September 26 – October 22
Session 3	October 24 – November 19
Session 4	November 21 – December 17

0-12 months

Learn to Swim	19
Baby Gym	50
Tot Gym	50

12-18 months

Baby Gym	50
Tot Gym	50
Learn to Swim	19
Splash Splash Play Group	50
Shake, Rattle & Roll	49
I Can Do It Myself	49

18-24 months

Shake, Rattle & Roll	49
I Can Do It Myself	49
Toddler time	50
Tot Gym	50
Learn to Swim	19

2 years old

Amazing Athletes	99
Art Discovery	48
Cookin' & Crafts with Kids	48
Curious Twos	45
Funtime for Preschoolers	45
I Can Do It , Too	49
Learn to Swim	19
Li'l Dumplin' Farmers	61
Li'l Dumplin's & Beyond	62
Little Explorers	48
Mom & Tot Science	50
Mother Goose Adventure	46
Read & Seed	69
Roly Polys	49
Shake, Rattle & Roll	49
Tot Gym	50

3 years old

Adopt An Animal	61
Alphabet Soup	45
Amazing Athletes	99
Art Discovery	48
Art Studio for Preschoolers	37
Basketball for Shorties	98
Basketball for Shorties	98
Bow WowVania	62
Dancin' Dumplin's	42
Family Yoga	68
Funtastical Fridays	58
Funtime for Preschoolers	45
Hat & Cupcakes Party	47
Hayrides	61
Holiday Camp	100
I Can Do It , Too	49
I Want to Be A Scientist	46
It's Raining Cats & Dogs!	47
Jedi Knights	58
Kids Night In	59
Learn to Swim	19
Lights! Camera! Action!	60

Little Chefs	57
Little Peepers	61
Mom & Tot Science	50
Mother Goose Adventure	46
Munchkin Math	47
On Parade	47
Painting Pumpkins	37
Petite Ballerinas	43
Pony Riding Lessons	61
Pumpkin Patch	61
Read & Seed	69
Roly Polys	49
Shake, Rattle & Roll	49
Storybook Theater	59
Those Amazing Dinosaurs	47
Tool Time	46
Tot Gym	50
Treatsylvania	62
Trucks, Trains & Airplanes	47
Turkey, Turkey	37
Ultimate Fort Making	47

4 years old

Adopt An Animal	61
After-School Enrichment	60
Alphabet Soup	45
Amazing Athletes	99
Art Discovery	48
Art Studio for Preschoolers	37
Basketball for Shorties	98
Basketball for Shorties	98
Bow WowVania	62
Building on Books	47
Dancin' Dumplin's	42
Dancin' Dumplin's Recital	42
EPIC Adventures	47
Family Yoga	68
Football for Shorties	98
Funtastical Fridays	58
Funtime for Preschoolers	45
Funtime Pre-K	45
Hat & Cupcakes Party	47
Hayrides	61
Hockey	74
Hogwarts Halloween	15
Holiday Camp	100
I Want to Be A Scientist	46
It's Raining Cats & Dogs!	47
Jedi Knights	58
Kids Night In	59
Learn to Swim	19
Learn-To-Skate	70
Lights! Camera! Action!	60
Little Chefs	57
Lunch Bunch Enrichment	45
Munchkin Math	47
On Parade	47
Painting Pumpkins	37

Pee Wee Farmers	61
Petite Ballerinas	43
Pony Riding Lessons	61
Pumpkin Patch	61
Read & Seed	69
Ready! Set! Grow!	69
School's Out Days	59
Sporties for Shorties	98
Storybook Theater	59
Tappin' Dumplin's	43
Tappin' Dumplin's Recital	43
Tennis	106
Those Amazing Dinosaurs	47
Tool Time	46
Tot Gym	50
Treatsylvania	62
Trucks, Trains & Airplanes	47
Tumble Bumbles	42
Turkey, Turkey	37
Ultimate Fort Making	47
X-treme Gym	100

5 years old

65th City Football Party	15
Adopt An Animal	61
After-School Enrichment	60
Alphabet Soup	45
Amazing Athletes	99
Art Studio for Preschoolers	37
Ballet & Modern	43
Basketball for Shorties	98
Basketball for Shorties	98
Baton Twirling is Catching	98
Bow WowVania	62
Build A Telescope	59
Building on Books	47
Dancin' Dumplin's	42
Dancin' Dumplin's Recital	42
EPIC Adventures	47
Fairytales Come to Life!	60
Family Yoga	68
First Saturdays at The Gardens	14
Football for Shorties	98
Funtastical Fridays	58
Funtime Pre-K	45
Giant Friends Club Special Event	47
Girls Day Out	57
Halloween Enchanted Garden	14
Harvest Festival	14
Hat & Cupcakes Party	47
Hayrides	61
Hockey	74
Hogwarts Halloween	15
Holiday Camp	100
I Want to Be A Scientist	46
Intro to Painting	37

It's Raining Cats & Dogs!	47
Jedi Knights	58
Kids Night In	59
Learn to Swim	19
Learn-To-Skate	70
Lego Crazy Schools Out Day	57
Lights! Camera! Action!	60
Little Chefs	57
Lunch Bunch Enrichment	45
On Parade	47
Painting Pumpkins	37
Pee Wee Farmers	61
Petite Ballerinas	43
Pony Riding Lessons	61
Pumpkin Patch	61
Ready! Set! Grow!	69
School's Out Adventure	58
School's Out Days	59
Sporties for Shorties	98
Storybook Theater	59
Tappin' Dumplin's	43
Tappin' Dumplin's Recital	43
Tennis	106
Those Amazing Dinosaurs	47
Tool Time	46
Tot Gym	50
Treatsylvania	62
Trucks, Trains & Airplanes	47
Tumble Bumbles	42
Turkey, Turkey	37
Ultimate Football	105
Ultimate Fort Making	47
World Cup Rugby	100
X-treme Gym	100
Youth Night	15
Youth Volleyball Class	100

6 years old

65th City Football Party	15
Adopt An Animal	61
After School Farmers	61
After School Pony Lessons	62
After-School Enrichment	60
Art Studio for Preschoolers	37
Ballet & Modern	43
Baton Twirling is Catching	98
Bow WowVania	62
Boys Basketball	102
Build A Telescope	59
C.A.R.A. Cross Country	100
Dancin' Dumplin's	42
Dancin' Dumplin's Recital	42
EPIC Adventures	47
Fairytales Come to Life!	60
Family Yoga	68
First Saturdays at The Gardens	14
Funtastical Fridays	58

Funtime Pre-K	45	Baton Twirling is Catching	98	Youth Volleyball Class	100	Shotokan Karate	66
Gag Me!	59	Bow WowVania	62	8 years old		Speed Skating	70
Giant Friends Club Special Event	47	Boys Basketball	102	65th City Football Party	15	Stage Right to Drama	60
Girls Basketball	101	Build A Telescope	59	Adaptive Archery	77	Survival in the Woods Bootcamp	58
Girls Day Out	57	C.A.R.A. Cross Country	100	Adaptive Junior Sports <ARO>	98	Synchronized Skating	74
Halloween Enchanted Garden	14	Dancin' Dumplin's	42	Adopt An Animal	61	Tackle Football	103
Harvest Festival	14	Dancin' Dumplin's Recital	42	After School Farmers	61	Tennis	106
Hat & Cupcakes Party	47	EPIC Adventures	47	After School Pony Lessons	62	Treatsylvania	62
Hayrides	61	Fairytales Come to Life!	60	After-School Enrichment	60	Ultimate Football	105
Hockey	74	Family Yoga	68	Archery	100	World Cup Rugby	100
Hogwarts Halloween	15	First Saturdays at The Gardens	14	Art Studio	37	Wrestling	100
I Want to Be A Scientist	46	Flag Football	105	Ballet & Modern	43	X-treme Gym	100
Intro to Painting	37	Gag Me!	59	Baton Twirling is Catching	98	Young Authors	58
It's Raining Cats & Dogs!	47	Giant Friends Club Special Event	47	Bow WowVania	62	Youth Night	15
Jedi Knights	58	Girls Basketball	101	Boxing	98	Youth Volleyball Class	100
Kids Night In	59	Girls Day Out	57	Boys Basketball	102	9 years old	
Learn to Swim	19	Halloween Enchanted Garden	14	Build A Telescope	59	65th City Football Party	15
Learn-To-Skate	70	Harvest Festival	14	C.A.R.A. Cross Country	100	Adaptive Archery	77
Lego Club	58	Hayrides	61	Club 45	15	Adaptive Junior Sports <ARO>	98
Lego Crazy Schools Out Day	57	Hockey	74	Fairytales Come to Life!	60	Adopt An Animal	61
Legomania	58	Hogwarts Halloween	15	Family Yoga	68	After School Farmers	61
Little Chefs	57	Intro to Painting	37	First Saturdays at The Gardens	14	After School Pony Lessons	62
Lunch Bunch Enrichment	45	JAA Cheerleading	98	Flag Football	105	After-School Enrichment	60
Mexican Sugar Skulls	38	Jump N Rope	68	Gag Me!	59	Archery	100
NFL Punt, Pass & Kick	99	Just Tumbling	42	Giant Friends Club Special Event	47	Art Studio	37
On Parade	47	Kids Night In	59	Girls Basketball	101	Ballet & Modern	43
Petite Ballerinas	43	Learn to Swim	19	Girls Day Out	57	Baton Twirling is Catching	98
Pony Riding Lessons	61	Learn-To-Skate	70	Go Kart Camp	58	Bow WowVania	62
Pottery	38	Lego Club	58	Halloween Enchanted Garden	14	Boxing	98
Pre-Season Girls Hoops Camp	101	Lego Crazy Schools Out Day	57	Harvest Festival	14	Boys Basketball	102
Pumpkin Patch	61	Legomania	58	Hayrides	61	Build A Telescope	59
S.P.Y. Academy	59	Mexican Sugar Skulls	38	Hockey	74	C.A.R.A. Cross Country	100
School's Out Adventure	58	NFL Punt, Pass & Kick	99	Hogwarts Halloween	15	Club 46	15
School's Out Days	59	Petite Ballerinas	43	Hula Fusion	43	Family Yoga	68
Scooby Doo Mystery	58	Pony Riding Lessons	61	Intro to Painting	37	First Saturdays at The Gardens	14
Shotokan Karate	66	Pottery	38	JAA Cheerleading	98	Flag Football	105
Synchronized Skating	74	Pre-Season Girls Hoops Camp	101	Jump N Rope	68	Gag Me!	59
Tappin' Dumplin's	43	Pumpkin Patch	61	Just Tumbling	42	Giant Friends Club Special Event	47
Tappin' Dumplin's Recital	43	Rattle Snake Rumble - Flag Football Tournament	105	Kids Night In	59	Girls Basketball	101
Tennis	106	S.P.Y. Academy	59	Learn to Swim	19	Girls Day Out	57
Tool Time	46	Saturday Chefs	57	Learn-To-Skate	70	Go Kart Camp	58
Tot Gym	50	School's Out Adventure	58	Lego Club	58	Go Kart Camp	58
Treatsylvania	62	School's Out Days	59	Lego Crazy Schools Out Day	57	Guitar Lessons	60
Trucks, Trains & Airplanes	47	Scooby Doo Mystery	58	Legomania	58	Halloween Enchanted Garden	14
Tumble Bumbles	42	Shotokan Karate	66	Mexican Sugar Skulls	38	Harvest Festival	14
Ultimate Football	105	Speed Skating	70	NFL Punt, Pass & Kick	99	Hayrides	61
Ultimate Fort Making	47	Synchronized Skating	74	Petite Ballerinas	43	Hockey	74
World Cup Rugby	100	Tackle Football	103	Pottery	38	Hogwarts Halloween	15
X-treme Gym	100	Tappin' Dumplin's	43	Pre-Season Girls Hoops Camp	101	Hula Fusion	43
Youth Night	15	Tappin' Dumplin's Recital	43	Pumpkin Patch	61	Indoor Tackle Football League	105
Youth Volleyball Class	100	Tennis	106	Rattle Snake Rumble - Flag Football Tournament	105	Intro to Painting	37
7 years old		Treatsylvania	62	S.P.Y. Academy	59	JAA Cheerleading	98
65th City Football Party	15	Tumble Bumbles	42	Saturday Chefs	57	Jump N Rope	68
Adopt An Animal	61	Ultimate Football	105	School's Out Adventure	58	Kids Helping Kids	58
After School Farmers	61	World Cup Rugby	100	School's Out Days	59	Kids Night In	59
After School Pony Lessons	62	X-treme Gym	100	Scooby Doo Mystery	58	Learn to Swim	19
After-School Enrichment	60					Learn-To-Skate	70
Art Studio	37					Lego Club	58
Ballet & Modern	43						

Lego Crazy Schools Out Day	57	Go Kart Camp	58	Bow WowVania	62	Young Authors	58
Legomania	58	Guitar Lessons	60	Boxing	98	Youth Night	15
Mexican Sugar Skulls	38	Halloween Enchanted Garden	14	Boys Basketball	102	Zombie Flash Mob	43
NFL Punt, Pass & Kick	99	Harvest Festival	14	C.A.R.A. Cross Country	100	12 years old	
Petite Ballerinas	43	Hayrides	61	Club 48	15	65th City Football Party	15
Pottery	38	Hockey	74	Club 69	15	Adaptive Archery	77
Pre-Season Girls Hoops Camp	101	Hogwarts Halloween	15	Culinary Bootcamps	57	Adaptive Junior Sports <ARO>	98
Pumpkin Patch	61	Hula Fusion	43	Family Yoga	68	Adopt An Animal	61
Rattle Snake Rumble - Flag Football Tournament	105	Indoor Tackle Football League	105	Fashion Design	56	After School Pony Lessons	62
S.P.Y. Academy	59	Intro to Painting	37	Fencing	97	Archery	100
Saturday Chefs	57	JAA Cheerleading	98	First Saturdays at The Gardens	14	Art Studio	37
School's Out Adventure	58	Jump N Rope	68	Flag Football	105	Babysitting Bootcamp	56
School's Out Days	59	Kids Helping Kids	58	Giant Friends Club Special Event	47	Backpacking Trips	77
Scooby Doo Mystery	58	Kids Night In	59	Girls Basketball	101	Baton Twirling is Catching	98
Shotokan Karate	66	Learn to Swim	19	Girls Day Out	57	Belly Dance	39
Speed Skating	70	Learn-To-Skate	70	Girls Softball	105	Bow WowVania	62
Stage Right to Drama	60	Lego Club	58	Go Kart Camp	58	Boxing	98
Survival in the Woods Bootcamp	58	Lego Crazy Schools Out Day	57	Guitar Lessons	60	Boys Basketball	102
Synchronized Skating	74	Legomania	58	Halloween Enchanted Garden	14	C.A.R.A. Cross Country	100
Tackle Football	103	Mexican Sugar Skulls	38	Harvest Festival	14	Club 70	15
Tennis	106	Middle School Cross Country	100	Haunted Gingerbread Houses	57	Culinary Bootcamps	57
Treatsylvania	62	NFL Punt, Pass & Kick	99	Hayrides	61	Fall Desserts	57
World Cup Rugby	100	Pottery	38	Hockey	74	Family Yoga	68
Wrestling	100	Pre-Season Girls Hoops Camp	101	Hogwarts Halloween	15	Fashion Design	56
X-treme Gym	100	Pumpkin Patch	61	Hula Fusion	43	Fencing	97
Young Authors	58	Rattle Snake Rumble - Flag Football Tournament	105	Indoor Tackle Football League	105	First Saturdays at The Gardens	14
Youth Night	15	S.P.Y. Academy	59	Intro to Painting	37	Flag Football	105
Youth Volleyball Class	100	Saturday Chefs	57	JAA Cheerleading	98	Giant Friends Club Special Event	47
10 years old		School's Out Adventure	58	Jump N Rope	68	Girls Basketball	102
65th City Football Party	15	School's Out Days	59	Kids Helping Kids	58	Girls Day Out	57
Adaptive Archery	77	Scooby Doo Mystery	58	Kids Night In	59	Girls Softball	105
Adaptive Junior Sports <ARO>	98	Shotokan Karate	66	Learn to Swim	19	Go Kart Camp	58
Adopt An Animal	61	Speed Skating	70	Learn-To-Skate	70	Goalball <ARO>	94
After School Farmers	61	Stage Right to Drama	60	Lego Crazy Schools Out Day	57	Guitar Lessons	60
After School Pony Lessons	62	Survival in the Woods Bootcamp	58	Mexican Sugar Skulls	38	Halloween Enchanted Garden	14
After-School Enrichment	60	Synchronized Skating	74	Middle School Cross Country	100	Harvest Festival	14
Archery	100	Tackle Football	103	NFL Punt, Pass & Kick	99	Haunted Gingerbread Houses	57
Art Studio	37	Tennis	106	Pottery	38	Hayrides	61
Baton Twirling is Catching	98	Treatsylvania	62	Pre-Season Girls Hoops Camp	101	Hockey	74
Bow WowVania	62	World Cup Rugby	100	Pumpkin Patch	61	Hogwarts Halloween	15
Boxing	98	Wrestling	100	Rattle Snake Rumble - Flag Football Tournament	105	Hula Fusion	43
Boys Basketball	102	X-treme Gym	100	School's Out Adventure	58	Hunter Education	77
Build A Telescope	59	Young Authors	58	School's Out Days	59	Indoor Tackle Football League	105
C.A.R.A. Cross Country	100	Youth Night	15	School's Out Trips	56	JAA Cheerleading	98
Club 47	15	11 years old		Shotokan Karate	66	Jump N Rope	68
Club 68	15	65th City Football Party	15	Speed Skating	70	Kids Helping Kids	58
Family Yoga	68	Adaptive Archery	77	Stage Right to Drama	60	Learn to Swim	19
Fencing	97	Adaptive Junior Sports <ARO>	98	Survival in the Woods Bootcamp	58	Learn-To-Skate	70
First Saturdays at The Gardens	14	Adopt An Animal	61	Synchronized Skating	74	Lego Crazy Schools Out Day	57
Flag Football	105	After School Pony Lessons	62	Tackle Football	103	Lion King at the Buell Theater	56
Gag Me!	59	After-School Enrichment	60	Tennis	106	Mexican Sugar Skulls	38
Giant Friends Club Special Event	47	Archery	100	Treatsylvania	62	Middle School Cross Country	100
Girls Basketball	101	Art Studio	37	World Cup Rugby	100	NFL Punt, Pass & Kick	99
Girls Day Out	57	Babysitting Bootcamp	56	Wrestling	100	Pottery	38
Girls Softball	105	Baton Twirling is Catching	98	X-treme Gym	100	Pumpkin Patch	61

Rattle Snake Rumble - Flag Football Tournament	105	Learn to Swim	19	Jump N Rope	68	Hayrides	61
School's Out Adventure	58	Learn-To-Skate	70	Learn to Swim	19	Hockey	74
School's Out Trips	56	Lion King at the Buell Theater	56	Learn-To-Skate	70	Hunter Education	77
Shotokan Karate	66	Middle School Cross Country	100	Lion King at the Buell Theater	56	Jitterbug & East Coast Swing	41
Speed Skating	70	NFL Punt, Pass & Kick	99	Middle School Cross Country	100	Jump N Rope	68
Stage Right to Drama	60	Pottery	38	NFL Punt, Pass & Kick	99	Learn to Swim	19
Survival in the Woods Bootcamp	58	Pumpkin Patch	61	Over the Line <ARO>	94	Learn-To-Skate	70
Synchronized Skating	74	School's Out Trips	56	Pottery	38	Lion King at the Buell Theater	56
Tackle Football	103	Sewing, Beginning	31	Pumpkin Patch	61	NFL Punt, Pass & Kick	99
Tennis	106	Shotokan Karate	66	Salsa	41	Over the Line <ARO>	94
World Cup Rugby	100	Speed Skating	70	School's Out Trips	56	Pottery	38
Wrestling	100	Tennis	106	Sewing, Beginning	31	Pumpkin Patch	61
X-treme Gym	100	World Cup Rugby	100	Shotokan Karate	66	Salsa	41
Yoga	68	Yoga	68	Speed Skating	70	School's Out Trips	56
Young Authors	58	Youth Night	15	Spin	64	Sewing, Beginning	31
Youth Night	15	Youth Nights - Active Teens	15	Spin & Tone	64	Shotokan Karate	66
Youth Nights - Active Teens	15	Zombie Ball	15	Tennis	106	Speed Skating	70
Zombie Flash Mob	43	Zombie Flash Mob	43	Theatre Acting Workshop <ARO>	54	Spin	64
13 years old		14 years old		Theatre Acting Workshop <ARO>	54	Spin & Tone	64
65th City Football Party	15	65th City Football Party	15	Wheelchair Rugby <ARO>	94	Tennis	106
Adaptive Archery	77	Adaptive Archery	77	World Cup Rugby	100	Theatre Acting Workshop <ARO>	54
Adaptive Junior Sports <ARO>	98	Adaptive Junior Sports <ARO>	98	Yoga	68	Wheelchair Rugby <ARO>	94
Adopt An Animal	61	Adopt An Animal	61	Youth Night	15	Yoga	68
Archery	100	Archery	100	Youth Nights - Active Teens	15	Youth Night	15
Artistic Abilities Open Studio	32	Artistic Abilities Open Studio	32	Zombie Ball	15	Youth Nights - Active Teens	15
Babysitting Bootcamp	56	Babysitting Bootcamp	56	Zombie Flash Mob	43	Zombie Ball	15
Backpacking Trips	77	Backpacking Trips	77	Zumba	65	Zombie Flash Mob	43
Ballroom & Latin American Dance	40	Ballroom & Latin American Dance	40	15 years old		Zumba	65
Baton Twirling is Catching	98	Baton Twirling is Catching	98	65th City Football Party	15	16 years old	
Belly Dance	39	Belly Dance	39	Adaptive Archery	77	65th City Football Party	15
Bow WowVania	62	Bow WowVania	62	Adaptive Junior Sports <ARO>	98	Adaptive Archery	77
Boxing	98	Boxing	98	Adopt An Animal	61	Adaptive Climbing Clinic	75
Boys Basketball	102	Boys Basketball	102	Archery	100	Adopt An Animal	61
C.A.R.A. Cross Country Club 71	100	Buff, Bike, Balance	63	Artistic Abilities Open Studio	32	Adult Flag Football	18
Country Western Dance	41	C.A.R.A. Cross Country	100	Babysitting Bootcamp	56	Adult Floor Hockey	18
Culinary Bootcamps	57	Clogging	40	Backpacking Trips	77	Archery	100
Fall Desserts	57	Club 72	15	Ballroom & Latin American Dance	40	Artistic Abilities Open Studio	32
Family Yoga	68	Country Western Dance	41	Belly Dance	39	Backpacking Trips	77
Fashion Design	56	Culinary Bootcamps	57	Bow WowVania	62	Ballroom & Latin American Dance	40
Fencing	97	Fall Desserts	57	Boxing	98	Basketball Mini League	94
First Saturdays at The Gardens	14	Family Yoga	68	Buff, Bike, Balance	63	Belly Dance	39
Giant Friends Club Special Event	47	Fashion Design	56	Clogging	40	Bookingbinding	32
Girls Basketball	102	First Saturdays at The Gardens	14	Country Western Dance	41	Bow WowVania	62
Goalball <ARO>	94	Fused Glass Jewelry	31	Culinary Bootcamps	57	Boxing	98
Guitar Lessons	56	Giant Friends Club Special Event	47	Fall Desserts	57	Buff, Bike, Balance	63
Halloween Enchanted Garden	14	Giant Friends Club Special Event	47	Family Yoga	68	Calligraphy, Beginning	32
Harvest Festival	14	Girls Basketball	102	Fashion Design	56	Cancer Fit	64
Haunted Gingerbread Houses	57	Goalball <ARO>	94	First Saturdays at The Gardens	14	Clogging	40
Hayrides	61	Guitar Lessons	56	Fused Glass Jewelry	31	Coed Kickball League	94
Hockey	74	Halloween Enchanted Garden	14	Giant Friends Club Special Event	47	Country Western Dance	41
Hogwarts Halloween	15	Harvest Festival	14	Goalball <ARO>	94	Culinary Bootcamps	57
Hunter Education	77	Haunted Gingerbread Houses	57	Guitar Lessons	56	Drawing, Effective Perspective	30
Jitterbug & East Coast Swing	41	Hayrides	61	Halloween Enchanted Garden	14	Fall Desserts	57
Jump N Rope	68	Hockey	74	Harvest Festival	14	Fall Softball	96
		Hogwarts Halloween	15	Hunter Education	77	Fall Volleyball	97
		Hunter Education	77	Jitterbug & East Coast Swing	41	Family Yoga	68
		Jitterbug & East Coast Swing	41			Fashion Design	56
						Feltmaking Purse	31

First Saturdays at The Gardens	14	Adult Flag Football	18	Shotokan Karate	66	Feltmaking Purse	31
Flag Football	96	Adult Floor Hockey	18	Speed Skating	70	Fused Glass Jewelry	31
Fused Glass Jewelry	31	Artistic Abilities Open Studio	32	Spin	64	Fused Glass Pendants	31
Giant Friends Club Special Event	47	Ballroom & Latin American Dance	40	Spin & Tone	64	Jewelry, Beginning	33
Goalball <ARO>	94	Basketball Mini League	94	Tennis	106	Jewelry, Holiday Gifts	33
Guitar Lessons	56	Belly Dance	39	Theatre Acting Workshop <ARO>	54	Jewelry, Lapidary	32
Halloween Enchanted Garden	14	Bookingbinding	32	Volleyball Tournament	97	Knitting, Beginning	31
Harvest Festival	14	Bow WowVania	62	Wheelchair Rugby <ARO>	94	Learn to Spin Yarns	31
Haunted Gingerbread Houses	57	Boxing	98	Winter Basketball	96	Lotions & Potions, Body Care	32
Hayrides	61	Buff, Bike, Balance	63	Winter Volleyball	97	Maintain A Healthy Home Environment	32
Hula Dance Fusion	39	Calligraphy, Beginning	32	Workout Partners <ARO>	65	Needle Felted Dolls	31
Hunter Education	77	Cancer Fit	64	Yoga	68	Open Shop	32
Indoor Flag Football	96	Clogging	40	Youth Night	15	Painting, Beginning Acrylic	33
Indoor Softball	96	Coed Kickball League	94	Youth Nights - Active Teens	15	Painting, Bob Ross Style	33
Indoor Ultimate Frisbee	94	Country Western Dance	41	Zombie Ball	15	Painting, Chinese Brush	33
Jitterbug & East Coast Swing	41	Culinary Bootcamps	57	Zumba	65	Photography	34
Jump N Rope	68	Dia de los Muertos	14	21 years & up		Porcelain Painting, Advanced	33
Knitting, Beginning	31	Drawing, Effective Perspective	30	Wines for the Holidays	54	Porcelain Painting, Beginning	33
Learn to Swim	19	Fall Softball	96	Adult (18 years & up)		Porcelain Painting, Intermediate	33
Learn-To-Skate	70	Fall Volleyball	97	Aqua Fitness		Pottery	35
Line Dance	41	Family Yoga	68	Aqua Box	29	Quilting Quorum	31
Lion King at the Buell Theater	56	Fashion Design	56	AquaNatal	29	Sewing, Beginning	31
Mexican Cooking	52	Feltmaking Purse	31	Basic H2O Workout	28	Watercolor, Beginning	34
Needle Felted Dolls	31	First Saturdays at The Gardens	14	Classics	29	Watercolor, Intermediate	34
Over the Line <ARO>	94	Flag Football	96	Deep H2O	29	Weave an Artistic Gift Basket	30
Painting, Beginning Acrylic	33	Fused Glass Jewelry	31	Fitness & Fun	28	Woodworking	34
Photography	34	Giant Friends Club Special Event	47	MS Aqua	28	Dance & Movement	
Pottery	38	Goalball <ARO>	94	Stretch & Tone	28	Ballet	39
Pumpkin Patch	61	Gridiron Glory Golf Tournament	14	Twinges Plus	28	Ballroom & Latin American Dance	40
Rattle Snake Rumble - Adult Kickball	94	Guitar Lessons	56	Twinges-In-The-Hinges	28	Belly Dance	39
Salsa	41	Halloween Enchanted Garden	14	Aquatics		Clogging	40
School's Out Trips	56	Harvest Festival	14	Learn to Swim	19	Country Western Dance	41
Sewing, Beginning	31	Hayrides	61	ARO		Hula Dance Fusion	39
Shotokan Karate	66	Hula Dance Fusion	39	Adult Flag Football	18	Jazz	39
Speed Skating	70	Hunter Education	77	Adult Floor Hockey	18	Jitterbug & East Coast Swing	41
Spin	64	Indoor Flag Football	96	Boulder's Dinner Theatre	18	Line Dance	41
Spin & Tone	64	Indoor Softball	96	Bowling	18	Modern Dance	41
Tennis	106	Indoor Ultimate Frisbee	94	Cooking	17	Salsa	41
Theatre Acting Workshop <ARO>	54	Indoor Ultimate Frisbee	94	Cooperative Campout	18	Tap Dance	42
Volleyball Tournament	97	Jitterbug & East Coast Swing	41	Crafts	17	Education	
Wheelchair Rugby <ARO>	94	Knitting, Beginning	31	CSU Rams Football Game	18	Age-Related Eye Changes	55
Winter Basketball	96	Learn to Swim	19	Hiking Trip	18	Aspen Club Presentations	55
Winter Volleyball	97	Learn-To-Skate	70	Monthly Themed Dances	18	Assessment of the Dizzy Patient	55
Workout Partners <ARO>	65	Line Dance	41	Movie Nights	17	Blogging for Passion or Profit	51
Yoga	68	Lion King at the Buell Theater	56	Restaurant Night	17	Bridge	51
Youth Night	15	Mexican Cooking	52	Thanksgiving Meal & Dance	18	Cash in with Coupons	54
Youth Nights - Active Teens	15	Needle Felted Dolls	31	Arts & Crafts		Cheese Making	52
Zombie Ball	15	Over the Line <ARO>	94	Artistic Abilities Open Studio	32	Computer Basics	51
Zombie Flash Mob	43	Painting, Beginning Acrylic	33	Bookingbinding	32	Computer Shortcuts for Writers	56
Zumba	65	Photography	34	C.H.A.T.	32	Cooking Around the World	52
17 years old		Photography	34	Calligraphy, Beginning	32	CPR & First Aid	53
65th City Football Party	15	Pottery	38	Drawing from Photos	30	CPR Professional	53
Adaptive Archery	77	Pumpkin Patch	61	Drawing from the Right Side of the Brain	30	Curry in A Hurry	52
Adaptive Climbing Clinic	75	Rattle Snake Rumble - Adult Kickball	94	Drawing, Animals	30	Delicious Indian Harvest	52
Adopt An Animal	61	Salsa	41	Drawing, Effective Perspective	30	Energy Savers Workshop	54
		Sewing, Beginning	31	Drawing, Intermediate/Advanced	30	Excel	51
				Essential Cartooning	30		

Facebook	51	Yoga	67	Goalball <ARO>	94	Donut It Make You Wonder	84
Financial Fitness	54	Zumba	64	Indoor Flag Football	96	Duplicate Bridge	84
Fly, Stay & Travel Cheap	55	Zumba	65	Indoor Softball	96	Moonlight Melody Dances	84
Full Vegetarian Course North India	52	The Gardens on Spring Creek		Indoor Ultimate Frisbee	94	New Release Movies	84
Genealogy	54	Basic Basketweaving	69	Over the Line <ARO>	94	Party Bridge	84
Getting Started with Social Media	51	Create A Living Wall	69	Rattle Snake Rumble - Adult Kickball	94	Pinochle	84
Grammar, Spelling, Punctuation	56	Hypertufa for the Holidays	69	Tennis	95	Special Events	
Guitar Lessons	54	In Celebration of Root Vegetables	69	Tennis	106	A Salute to Women Singers	14
Guitar Lessons	56	Low-Cal Coking	69	Volleyball Tournament	97	Adventure Travel Films	15
Hindi, Introduction	53	Putting the Garden to Bed	69	Wheelchair Rugby <ARO>	94	Canadian Fur Trade	15
How to Be A Travel Writer	55	Wreathmaking with Natural Materials	69	Winter Basketball	96	Canadian Oil	14
Inherit A Pitchfork?	54			Winter Volleyball	97	Canadian Trivia	14
Internet	51	Ice Skating		The Farm		Experience Canada	86
Internet Email	52	Learn-To-Skate	70	Adopt An Animal	61	Grandparents Day	14
Lion King at the Buell Theater	56	Speed Skating	70	Bow WowVania	62	John's Retirement Party	14
Mexican Cooking	52	Outdoor Recreation		Hayrides	61	Lady Moon	14
Microsoft Word	51	Adaptive Archery	77	Pumpkin Patch	61	Three Dudes Sing Berlin	14
Microsoft Word	52	Adaptive Climbing Clinic	75	Treatsylvania	62	Veteran's Day	14
Peripheral Neuropathy	55	Archery	75				
Protect Your Identity	53	Breckenridge Trip	75	50 years & up			
Quicken	52	Cheyenne Mountain Zoo	75	Clubs & Organizations		Trips	
Reflexology for Self Care	55	Hikes	75	Adventure Travel Club	81	Annie Warbucks	90
Social Media for Business	51	Hunter Education	77	C.H.A.T.	81	Celtic Thunder	91
Story Keeping	56	Mountain View Picnics	75	Senior Sports Club	81	Colorado Symphony	90
Theatre Acting Workshop <ARO>	54	Pingree Park Tour	76	Front Range Forum	82	Colorado Symphony	93
Tinnitus Treatment	55	Shambhala Mountain Center	76	Harmonettes	82	Cripple Creek Casino	90
Treating Hearing Loss	55	Ski Social	75	Men's Tennis Group	82	Doc Holiday Casino	88
Where's My Stuff?	54	Wildlife Sanctuary	76	OGLB	82	Fall Colors Bus Trip	90
Windows 7	52	Special Events		Senior Advisory Board	81	IKEA Superstore	90
Fitness		65th City Football Party	15	Senior Center Council	81	Lady Luck Casino	91
Aerobics	65	A Salute to Women Singers	14	Senior Sports Club Meetings	81	Lady Luck Casino	93
Aikido	66	Adult Madden Tournament	14	SOAP Troupe	82	Les Miserables	88
Aqua Personal Training	63	Adventure Travel Films	15	The Writers Group	82	Longmont Concert	91
Back & Body Strengthening	63	Canadian Fur Trade	15			Longmont Concert	93
Buff, Bike, Balance	63	Canadian Oil	14	Fitness		Marie Osmond	88
Cancer Fit	64	Canadian Trivia	14	AOA Badminton	65	Menopause the Musical	92
Family Yoga	68	Chili Fest	14	AOA Basketball	65	Out to Lunch	90
Lose To Win	63	Dia de los Muertos	14			Out to Lunch	90
Lunchtime Basketball	65	First Saturdays at The Gardens	14	Services		Out to Lunch	92
MS Dryland Exercise	64	Grandparents Day	14	Arthritis Support Group	82	Rockies v Diamondbacks	88
Nia	64	Gridiron Glory Golf Tournament	14	Audiology Screens	83	Rockies v Giants	90
Parklane Fitness	65	Halloween Enchanted Garden	14	Balance Screens	82	Slow Dance/Hot Pickup	91
Personal Training	63	Harvest Festival	14	Blood Pressure Checks	83	Stanley Hotel Ghost Tour	91
Qi Gong	67	John's Retirement Party	14	Chair Massage	83	Sunday Out to Lunch	88
Shotokan Karate	66	Lady Moon	14	Cholesterol & Blood Pressure	83	Sunday Out to Lunch	90
Silver, Strength & Balance	64	Three Dudes Sing Berlin	14	Foot Care Clinics	83	Sunday Out to Lunch	92
Spin	64	Veteran's Day	14	Legal Services	83	The Church Basement Ladies	93
Spin & Tone	64	Youth Nights - Active Teens	15	Los Ancianos Unidos	83	The Lion King	92
Strength & Tone	63	Zombie Ball	15	Massage Therapy	83	Traveling Gourmet	90
Strength Training	63	Sports		Reiki	83	Traveling Gourmet	91
Strictly Stretching	67	Basketball Mini League	94	VOA Senior Nutrition	83	Traveling Gourmet	93
Swing into Shape	64	Boxing	98			Vienna Boys Choir	92
Tai Chi	67	Coed Kickball League	94	Social Opportunities		Willie Nelson	88
Theraball/Stability Ball	64	Fall Softball	96	Bingo	84	Young Frankenstein	93
Total Body on the Ball	64	Fall Volleyball	97	Bridge Mentoring	84		
Tri-Planar Method Pilates	66	Flag Football	96	Cards & Games	84		
Workout Partners <ARO>	65			Celebrations	84		

Real Parents. Real Patients.



"My husband Barry and I have been patients of the Youth Clinic since our childhood years. We didn't think twice about who our primary caregiver would be when we were expecting Wyatt, our son. We had heard great things about Dr. Guenther and so we chose him for our kids. Chauna Scanga is our preferred PA and has become part of the family."

"Our daughter Rylee, was born with a heart condition called SVT (Super Ventricular Tachycardia) and WPW (Wolf-Parkinson-White Syndrome) and was immediately referred to one of the monthly "Heart Clinics" held at the Youth Clinic at 1 week of age. The Cardiologist and Dr. Guenther worked hand in hand on her care until she was old enough for corrective surgery at the age of 5. We are happy to say that she has made a complete recovery, and is an active 6 year old, thanks to the Youth Clinic and their comprehensive resources."

Nicole, Barry, Wyatt and Rylee Habel

"We couldn't be more grateful for the outstanding care The Youth Clinic provided and for the convenience of their monthly cardiology outreach clinics."

When it comes to your child's health, trust the Dr.'s and Physician Assistants of the Youth Clinic.



For an appointment, call

970.482.2515

NORTH FORT COLLINS
1200 East Elizabeth Street

SOUTH FORT COLLINS
1214 Oak Park Drive

LOVELAND
2695 Rocky Mountain Avenue, Suite 260

MAIN NUMBER (970) 267-9510 • www.youthclinic.com • FAX (970) 207-9967

gymnastics

It's a great foundation for sports readiness!



*Mountains of possibilities!
Begin here, go anywhere.*
USA GYMNASTICS
Member Club

Celebrating
35
Years!

dance



a great place to grow

Beginning to Professional level dance instruction!



Gymnastics



Dance



Preschool



Summer Day Camp



Warm Water Swimming



Birthday Parties



After School Camp & Transportation



Warmups Coffee & Clothing

www.mountain-kids.com

(970)482-3118

419 E. Stuart St. Fort Collins, CO 80525

infoftc@mountain-kids.com