

City of
Fort Collins

SPRING 2026

Recreator



Summer Camp
INFO INSIDE

BASEBALL REGISTRATION BEGINS JANUARY 15, 2026

Registration is open until 3/27/26

Spring/Summer Leagues

Pre-K to 12th Grade (Boys & Girls)

Recreational League, 8u Advanced, and Intermediate League

Details and Online Registration at:

www.FortCollinsBaseballClub.org

970-484-3368

Thanks to all who enjoyed America's Pastime in 2025.





The Youth Clinic
Primary Care



Pediatric
Urgent Care

Your Child's Well Being is Our Shared Mission

From primary care to urgent care, we're your **Kid Experts 365 days/year**



The Kid Experts From Check-Ups to Urgencies

Right Care, Right Time

The Youth Clinic and Pediatric Urgent Care's team of dedicated pediatric providers is committed to caring for your child at any time and every time. From primary care to urgent care, we are your trusted partner for your child's healthcare in Northern Colorado!

- Well Child Exams
- Chronic Disease Management
- Sick Visits and Urgent Care



The Youth Clinic
Primary Care

Looking for a New Pediatrician?

Accepting New Patients

Visit YouthClinic.com | (970)267-6717



Pediatric
Urgent Care

Walk-Ins Welcome & Open to the Community

Mon-Fri: 8am-8pm | Sat, Sun & Holidays: 10am-4pm

4845 Weitzel St., Ste 101 Timnath, CO 80547

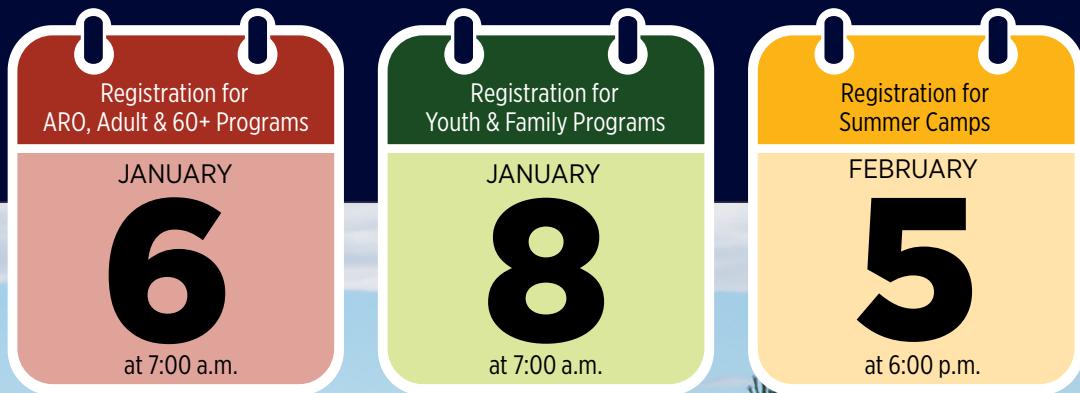
We accept most major insurance plans

Visit PUCNC.com

Primary Care and Urgent Care 365 Days a Year- Here When You Need Us Most

REGISTRATION DATES & TIMES

REVIEW THE REGISTRATION DATES BELOW & MARK YOUR CALENDARS!



HOW TO REGISTER FOR PROGRAMS:

For the fastest service, online registration is highly recommended.

ONLINE



Visit fortcollins.gov/recreator.

Click on "Register for Programs."

New users: Click "Sign In / Register" and select "Sign Up Now," then follow the prompts.

Existing users: Click "Sign In / Register" and enter your username/household ID number and password.

IN PERSON



All City of Fort Collins recreation facilities are able to assist with registering for programs.

See page 6 for information on open hours.

OVER THE PHONE



Call 970-221-6655.

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

CONTENTS

Registration Dates & Times	4
Rec Admissions / Fees / Passes	6
Class & Program Information	7
Recreation Facility Hours & Map	9



Adaptive Recreation Opportunities	15
-----------------------------------	----



Adult Programs	23
Aqua Fitness	23
Aquatics	25
Creative Arts	26
Education	32
Fitness	35
Ice Skating	42
Outdoor Education & Recreation	43
Sports	46



Retirement Age Programs	49
60+ Programs For Passholders	49
Retirement Age Programs - Open To All	53



Youth & Family Programs	59
Aquatics	59
Learn To Swim Class Schedule	63
Arts & Crafts	64
Dance & Movement	66
Early Learning	67
Farm	70
Ice Skating	72
School Age Enrichments	75
School's Out Days	76
Sports	78



Summer Day Camps	85
Funtime Adventures Summer Camp	85
Farm Summer Camps	87
Camp Funquest	88
Outdoor & Adventure Camps	90
Skyhawks Summer Sports Camps	92

Parks Guide	99
Recreation Policies & Procedures	104

CREDITS

Community Relations & Marketing

Emily Haukeness

Liv Hultgren

Taylor Roberts

Valerie Van Ryn

Cover Photo

Rachel Booth

Pagination

Rachel Booth

Contact Us

970-221-6655

recreation@fortcollins.gov

Interested in advertising in the Recreator or sponsoring a recreation event? Contact recreation@fortcollins.gov

Follow us

@ParksandRecFC



NEW

RECREATION PASSES & FEES

Starting January 1, 2026, all recreation facilities will adopt unified pricing. There are two pricing structures – one for Fort Collins residents and one for non-residents. Within these two structures, a single drop-in fee will apply to all locations and passes will grant access to all facilities.

FORT COLLINS RESIDENT RATES

Drop-in Fees

- \$8 for Youth (ages 2-18) and Seniors (ages 60-84)
- \$10 for Adults (ages 19-59)
- Free for those 85 years and older

Reduced Fees

- Those with a demonstrated financial need who are full-time residents of Fort Collins, or reside within the surrounding growth management area, are invited to apply at GetFoCo.fcgov.com.

Passes

- \$100 Barnyard Buddy Pass (for duration of 12 months; with access to The Farm only)
- Individual Passes (for durations of one month, six months and 12 months with access to all facilities)
- Family Passes (two adults and unlimited children up to age of 26 with access to all facilities)
- City golf courses are not included in Recreation passes, fees or discounts.

Visit fortcollins.gov/golf for info on golf fees and passes.

	One Month Pass	Six Month Pass	12 Month Pass
Youth & Senior	\$40	\$200	\$360
Adult	\$50	\$250	\$450
Family Pass	\$80	\$400	\$720

Six Month & 12 Month Pass holders receive 70% discounts on fitness classes and 20% off personal training!

NON-RESIDENT RATES

Drop-in Fees

- \$10 for Youth (ages 2-18) and Seniors (ages 60-84)
- \$12 for Adults (ages 19-59)
- Free for those 85 years and older

Passes

- \$120 Barnyard Buddy Pass (for duration of 12 months; with access to The Farm only)
- Individual Passes (for durations of one month, six months and 12 months with access to all facilities)
- Family Passes (two adults and unlimited children up to age of 26 with access to all facilities)
- City golf courses are not included in Recreation passes, fees or discounts.

Visit fortcollins.gov/golf for info on golf fees and passes.

	One Month Pass	Six Month Pass	12 Month Pass
Youth & Senior	\$50	\$250	\$450
Adult	\$60	\$300	\$540
Family Pass	\$96	\$480	\$864

CLASS & PROGRAM INFORMATION

Each program or class will be listed in the format detailed below.

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

Course Title

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

Course Description

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

Location

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

Date, Day, Time

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

Happy Little Trees - Painting Cohort

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

Location: Foothills Activity Center

4/24-5/29 Th 6:00-7:00 PM

\$120

205671-31

Pricing

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

Activity Number

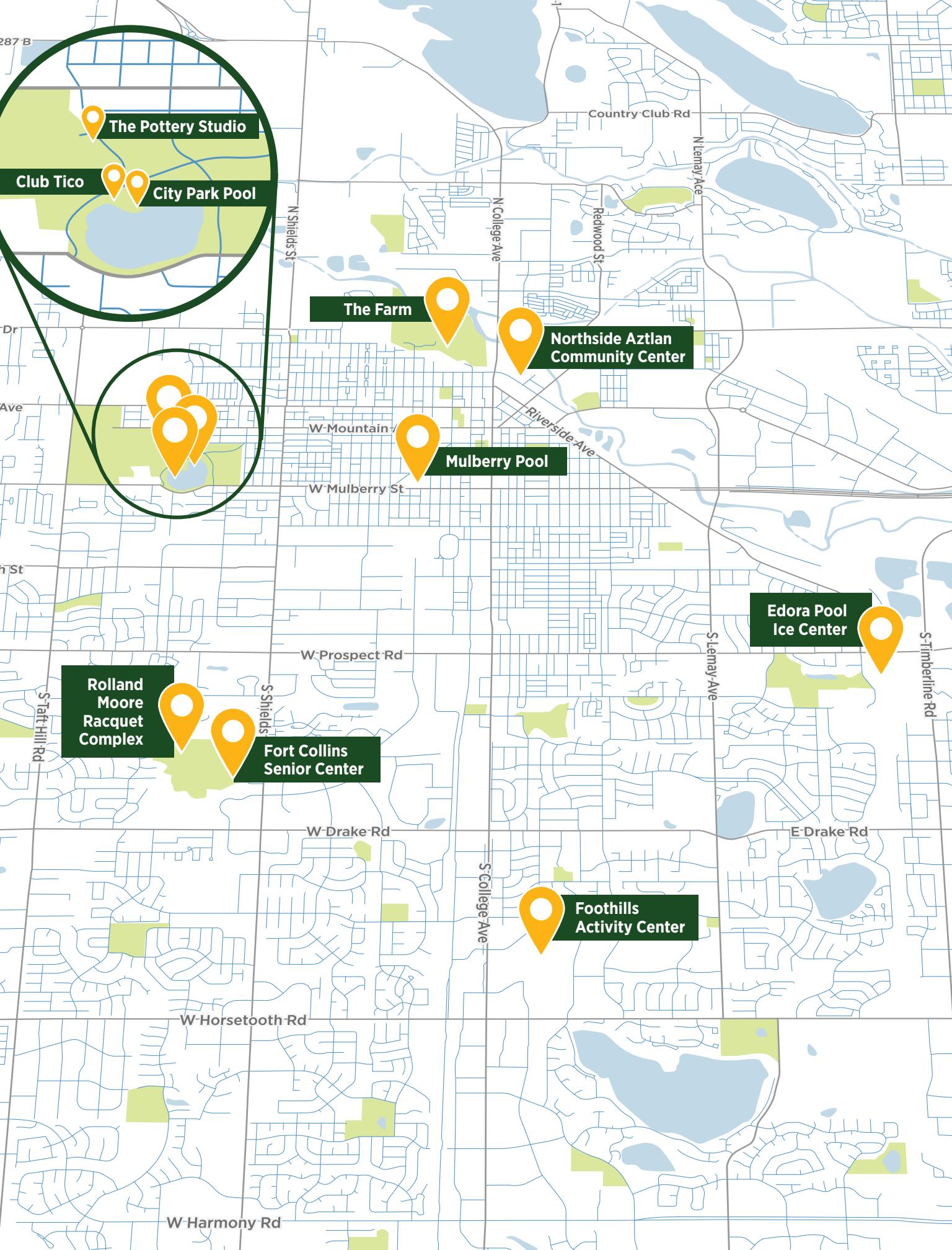
The activity number is a unique registration code. This code should be referenced when registering.

FINDING THE RIGHT CLASS

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

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





RECREATION FACILITY

HOURS & MAP

CITY PARK POOL

1597 City Park Dr. • 970.221.6658

MAY 25-AUGUST 12

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

Tu, Th 11 AM - 7 PM

AUGUST 13-SEPTEMBER 7

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

M-Th 4:30 - 7 PM

Sa, Su 11 AM - 5 PM

*Hours vary on Poudre School District in-session days and holidays. For more information, please see fortcollins.gov/cityparkpool.

CLUB TICO

1599 City Park Dr. • 970.224.6113

Reservations required.

EDORA POOL ICE CENTER (EPIC)

1801 Riverside Ave. • 970.221.6683

M-F 5:30 AM - 8 PM

Sa, Su 8 AM - 5 PM

Lap lanes and ice rink availability varies.

View the updated schedule online at fortcollins.gov/epic.

THE FARM

600 Sherwood St. • 970.221.6665

NOVEMBER 1-MARCH 31

W-Sa 10 AM - 4 PM

Su Noon - 4 PM

APRIL 1-OCTOBER 31

W-Sa 10 AM - 5 PM

Su Noon - 5 PM

JUNE 1-AUGUST 31

Also open on Tuesdays from 10 AM - 5 PM

FOOTHILLS ACTIVITY CENTER

Programs available for all ages, with a primary focus on youth.

241 E. Foothills Pkwy. • 970.416.4280

M-F 6 AM - 8 PM

Sa 8 AM - 6 PM

Su 8 AM - 5 PM

FORT COLLINS SENIOR CENTER

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

1200 Raintree Dr. • 970.221.6644

M-F 6 AM - 9 PM

Sa, Su 8 AM - 5 PM

Lap lanes and pool availability varies. View the updated schedule online at fortcollins.gov/seniorcenter.

MULBERRY POOL

424 Mulberry St. • 970.221.6657

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

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

Sa 12:30 - 5:30 PM

Su Noon - 3 PM

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow St. • 970.221.6256

M-F 6 AM - 9 PM

Sa, Su 8 AM - 5 PM

THE POTTERY STUDIO

1541 Oak St. • 970.221.6644

ROLLAND MOORE RACQUET COMPLEX

2201 S. Shields • 970.493.7000

For the most current information about special hours and closures, visit FortCollins.gov/Recreation



WE ALL INTRINSICALLY KNOW THAT FORT COLLINS PARKS AND RECREATION FACILITIES ARE WONDERFUL-

BUT IS THERE A WAY TO PROVE IT?

Nick Armstrong, Chair of the Parks & Recreation Advisory Board

Restaurants have Michelin Stars, banks have the FDIC, businesses have associations and awards, and, as it turns out, Parks and Recreation departments have certification through CAPRA (Commission for Accreditation of Park and Recreation Agencies).

It's sort of like an A+ rating from an independent auditor for Parks and Recreation departments.

Our City received proof in late 2025 that our Parks and Recreation departments meet the highest professional standards in the nation by earning recertification through the Commission for Accreditation of Park and Recreation Agencies (administered by the National Recreation and Park Association). This isn't a one-off award; it proves the City maintained its commitment to the highest standards of excellence day after day for years.

Part of our natural and built environment, our 51 parks, nearly 50 miles of trails, and 10 recreational facilities throughout the City are the places we go to connect with each other. Whether playing frisbee golf or practicing free throws, lifting weights or learning to swim, enjoying a climbing wall or learning a new skill, we connect with each other and nature using these fantastic community resources.

In receiving CAPRA Certification, Fort Collins became one of only twelve local agencies in the state of Colorado, and one of 222 accredited agencies nationwide.

Our City Parks and Recreation staff have processes to help guide their day-to-day work. CAPRA certification evaluates those processes, from essentials like a clear mission, risk management, and financial policies, to standards covering the full breadth of operations.

COMMISSION FOR ACCREDITATION OF
PARK AND RECREATION AGENCIES

CAPRA
ACCREDITED



CAPRA looks at a total of 154 peer-reviewed standards including planning for the future, gathering citizen input, running the department with sound financial and structural footing, hiring, training, public safety, and more. In order to be recertified, a Parks and Recreation Department has to meet nearly all of them.

So what does CAPRA certification mean to you? It's way more than a plaque on a wall. Fort Collins' CAPRA recertification translates into real, tangible benefits for you and your family.

A huge part of the CAPRA standards evaluate risk management. Meeting these standards signals the City has rigorous, documented plans for everything from playground safety inspections to lifeguard certifications.

It also means better value for your tax dollars. CAPRA standards require sound financial planning. Meeting CAPRA standards means Fort Collins will be more competitive when applying for state and federal grants, hopefully making more money available for maintenance, renewals, and new projects.

CAPRA standards also lead to direct quality improvements for parks and programs. Being certified reflects well-maintained facilities and programs that are based around community input.

Ultimately, CAPRA re-accreditation for the City of Fort Collins is an elite honor that places our City's Parks and Recreation department in the top 1-2% of all park agencies nationwide.

More than just bragging rights, the next time you're on the Poudre River Trail, playing at your neighborhood park, or enjoying a class or a game at a rec center, you can be proud that your experience isn't just locally loved, it's nationally recognized for excellence.

Tailwinds Park



Spring Canyon Community Park



SPECIAL EVENTS

SPRING 2026



APRIL

11



Spring Artisan Market

Spring is in the air, and handmade goods are at the Fort Collins Senior Center! Support more than 50 artisans and crafters as they gather to share handmade creations with visitors. Interested in being a vendor? Email your contact information to recreationevents@fortcollins.gov. The application will be emailed to interested vendors in mid/late-January.

Location: Fort Collins Senior Center

4/11 Sa 10:00 AM-4:00 PM No Fee

MAY

1



Spring S.O.A.P. Troupe Show

Spring into some fun and join us for the annual Spring S.O.A.P. Show! The S.O.A.P. Troupe (Slightly Older Adult Players) has been hard at work, writing, preparing and creating this special show. Tickets are available at the Fort Collins Senior Center by calling 970-221-6644. Seating is limited to 200.

Location: Fort Collins Senior Center

5/1	F	1:30 PM	\$10
5/1	F	6:30 PM	\$10

JUNE

15

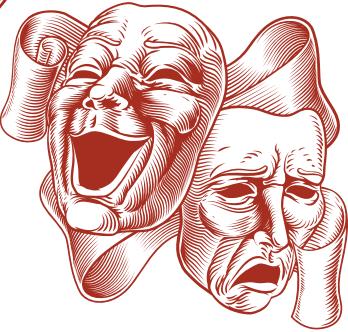


Wellness & Retirement Expo

Tour community resources and opportunities that enrich personal health and wellness, including retirement options and related resources. For organizations interested in being a vendor, email your contact information to recreationevents@fortcollins.gov. The application will be emailed to interested vendors in mid-April.

Location: Fort Collins Senior Center

6/15 M 10:00 AM-2:00 PM No Fee



Slightly Older Adult Players

CELEBRATING 35 YEARS OF THEATER, CONNECTION & CREATIVITY

Since 1990, the Slightly Older Adult Players (S.O.A.P.) have been a shining example of creativity, camaraderie and community spirit in Fort Collins.

S.O.A.P. began as the vision of Marjorie McTaggert, who sought to create a space where older adults could express themselves through performance and share their talents with the broader community. What started as a small melodrama performed at Holy Family Catholic Church soon evolved into an enduring performing arts troupe dedicated to showcasing the creativity and vitality of the 50+ community.

With the opening of the Fort Collins Senior Center in 1995, S.O.A.P. found its home on stage and has continued to bring laughter, reflection and connection to audiences for more than three decades.

Twice a year—each May and December—the troupe has delighted audiences with original plays and musical performances, proving that the joy of theater knows no age limit.

S.O.A.P.'s mission remains as vital as ever: to encourage and support members of the 50+ community, to entertain local audiences, and to continue learning, growing, and having fun together.

Whether you've always dreamed of performing, enjoy working behind the scenes, or simply want to meet new friends, there's a place for you in the Slightly Older Adult Players. Join the cast, lend your talents and help ensure that this beloved tradition continues to inspire future generations.

For more information about joining or supporting the troupe, contact the Fort Collins Senior Center at 970-221-6644 or register for **S.O.A.P. Sneak Peek: Behind the Curtain** (see page 54).

"I have always loved the arts and community theatre. SOAP has been a great outlet for me to express myself in a variety of ways, singing, acting, even working behind the scenes on props etc. Everyone involved has become a new friend, I would recommend the Troupe to anyone who enjoys community theatre."

—Jerry Peer

S.O.A.P. Troupe Member since 2018



Meet Freddy the Yeti

— A fun way for kids to learn about money —

Ready, Freddy, Save with First Tracks™

Open a youth savings account with just \$1 and get:

- A free money management kit
- Fun rewards for saving
- Tools to build lifelong financial skills



Catch Freddy in Fort Collins & Loveland

Scan the QR code for Freddy's Spring 2026 appearances, and download Freddy's fun activity sheets.

Get started!

members.elevationscu.com/freddy



$$\$50.00 + \$25.00 = \$75.00$$

$$\times 0.08 \text{ (tax)} = \$6.00$$

$$\text{Total: } \$75 + \$6 = \$81.00$$





ADAPTIVE RECREATION OPPORTUNITIES

Adaptive Recreation Opportunities (ARO) supports quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through two basic service areas: specialized programs and transition services. Inclusion support is also available to all Recreation participants. ARO services strive to foster independence for the participating individuals within their recreation experiences. To learn more, visit fortcollins.gov/aro.

THINGS TO KNOW

Adaptive Programs

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

Transition Support

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



Inclusion Support

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

Attendants

Individuals who are not independent in activities of daily living may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Attendant forms can be completed in person or over the phone. For questions, call 970-221-6655 or email recreation@fortcollins.gov.

Volunteer

Whether assisting with events or being a weekly inclusion support partner, volunteers are always needed to help support individuals in the ARO program. To apply, visit engage.fcgov.com. For more information, email recreation@fortcollins.gov.

Contact Information

For additional information about ARO programs, visit fortcollins.gov/aro or email recreation@fortcollins.gov.

Transportation

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

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

All ARO programs, except youth specific, are open for registration on Tuesday, January 6, 2026.

AQUATICS**Adaptive
Swim Lessons**

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



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

Adaptive H2O Fitness

Water-based exercise class designed for those who could benefit from low-impact exercises. Modified aqua fitness exercises and equipment are used to accommodate varying mobility and fitness levels. The class focuses on maximizing and maintaining flexibility, balance and strength while empowering individuals by promoting physical and emotional well-being in an inclusive environment. Note: Personal care attendants are welcome to assist in and out of the water.

Age: 16 years & up

Location: Mulberry Pool

2/9-3/11	M,W	10:00-11:00 AM	\$72	102228-02
3/23-4/22	M,W	10:00-11:00 AM	\$72	202228-01
4/27-5/27	M,W	10:00-11:00 AM	\$72	202228-02

ART & THEATRE PROGRAMS**Artistic Abilities**

Creative expression for all! Use a variety of materials to make unique 2D and 3D art. All abilities welcome!

Age: 16 years & up

Location: Fort Collins Senior Center

2/5-3/5	Th	4:00-5:30 PM	\$70	202990-01
3/26-4/23	Th	4:00-5:30 PM	\$70	202990-02

EDUCATION PROGRAMS**Adaptive Cooking**

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

Age: 16 years & up

Location: Fort Collins Senior Center**Surprise**

2/4	W	5:00-6:30 PM	\$24	202401-01
-----	---	--------------	------	-----------

Valentine's Desserts

2/18	W	5:00-6:30 PM	\$24	202401-02
------	---	--------------	------	-----------

Surprise

3/4	W	5:00-6:30 PM	\$24	202401-03
-----	---	--------------	------	-----------

Taco Night

4/1	W	5:00-6:30 PM	\$24	202401-04
-----	---	--------------	------	-----------

Surprise

4/15	W	5:00-6:30 PM	\$24	202401-05
------	---	--------------	------	-----------

Stir Fry

5/20	W	5:00-6:30 PM	\$24	202401-06
------	---	--------------	------	-----------

Adaptive Music

Jam out with friends! Engage in a mix of creative vocal and instrumental music activities while learning more about musicianship. Note: Bring your own instruments or borrow basic rhythm instruments.

Age: 16 years & up

Location: Fort Collins Senior Center

2/2-3/2	M	6:00-7:00 PM	\$48	202525-01
---------	---	--------------	------	-----------

ARO Drumming

Share in the joyful and revitalizing energy of making rhythmic music in community with others. Learn poems with a beat and perform easy and relaxed hand and feet rhythms with hand drums and other percussion instruments from around the world. Drumming stimulates brain wave activity, providing benefits of creative thinking, relaxation and blood pressure regulation while also improving coordination and motor skills. Note: Class will not be held on 3/20 and 5/8.

Age: 16 years & up

Location: Fort Collins Senior Center

2/6-4/3	F	4:00-5:00 PM	\$109	202472-01
4/10-5/29	F	4:00-5:00 PM	\$95	202472-02



Game Night

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

Age: 16 years & up

Location: Fort Collins Senior Center

2/24	Tu	4:00-5:00 PM	\$12	202414-01
3/24	Tu	4:00-5:00 PM	\$12	202414-02
4/28	Tu	4:00-5:00 PM	\$12	202414-03
5/26	Tu	4:00-5:00 PM	\$12	202414-04

Laser Cutting

Choose designs from online libraries for laser cutting projects. Chosen designs can be modified with personal enhancements for creative outcome. Participants should enjoy working on computers and be able to assemble and finish their creations.

Location: Fort Collins Creator Hub, 1304 Duff Drive, Suite 11

2/9, 2/23, 3/9	M	4:30-6:00 PM	\$150	202415-01
----------------	---	--------------	-------	-----------

ICE PROGRAMS

Adaptive Skating

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

Age: 5-15 years

Location: Edora Pool and Ice Center

2/17-3/12	Tu,Th	6:15-6:45 PM	\$98	210356-01
-----------	-------	--------------	------	-----------



OUTDOOR PROGRAMS

Adaptive Climbing

Join us for an inclusive, indoor adaptive climbing experience designed for individuals of all abilities. Whether you are a first-timer or a seasoned climber, our staff will ensure that everyone can safely challenge themselves and enjoy the thrill of rock climbing. This supportive and fun environment encourages participants to build strength, confidence and community while reaching their personal goals. Note: Climbing fee and equipment included.



Age: 7 years & up

Location: Whetstone Climbing Gym, 220 Smokey Street

2/10-3/10	Tu	5:30-7:00 PM	\$146	202768-01
3/24-4/21	Tu	5:30-7:00 PM	\$146	202768-02

Learn-to-Ride Adaptive Cycling

Whether you are new to cycling or need adaptive equipment, this program offers personalized instruction and support to help you learn the basics of riding. Our experienced staff and specialized bikes accommodate various physical needs, ensuring every rider feels safe, confident and empowered.

Age: 16 years & up

Location: Fort Collins Senior Center

4/23-5/28	Th	4:30-5:15 PM	\$50	202936-03
-----------	----	--------------	------	-----------

Adaptive Cycling

Enjoy scenic Fort Collins and experience the freedom of cycling in this group ride on the Spring Creek Trail. Variety of adaptive cycles available or you can bring your own. Note: This is not a learn-to-ride class.

Age: 16 years & up

Location: Fort Collins Senior Center

4/23-5/28	Th	5:30-7:00 PM	\$76	202936-01
-----------	----	--------------	------	-----------

INCLUSION SUPPORT

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

fortcollins.gov/aro for more details.

BOEC Adaptive Ski & Snowboard Trips

Breckenridge Outdoor Education Center (BOEC) Keystone Adaptive Ski Program provides individual ski instruction, lift tickets, all fitting and adaptive equipment for stand-up or sit skiers/boarders with disabilities. ARO provides group registration rates, trained staff, round trip transportation and individualized support. Note: Provide your own lunch and snack. Attendants welcome at no cost; please pre-register to reserve your seat. Registration deadline for each trip is seven days before trip date.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

1/29	Th	5:45 AM-7:00 PM	\$200	102432-01
2/26	Th	5:45 AM-7:00 PM	\$200	102432-02

Attendant

1/29	Th	5:45 AM-7:30 PM	No Fee	102432-1A
2/26	Th	5:45 AM-7:30 PM	No Fee	102432-2A

Ignite Adaptive Ski, Snowboard or Snowshoe

Adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort with the Ignite Program. Individuals have the option to downhill ski, snowboard or snowshoe. Instruction, lift ticket, all fitting and adaptive equipment included. Mono-ski and bi-skis available for those with physical disabilities. Note: Attendants welcome at no cost; please pre-register to reserve your seat. Registration deadline for each trip is seven days before trip date.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

1/20	Tu	7:00 AM-6:00 PM	\$240	102431-01
2/5	Th	7:00 AM-6:00 PM	\$240	102431-02
3/3	Tu	7:00 AM-6:00 PM	\$240	202431-01

Attendant

1/20	Tu	7:00 AM-6:00 PM	No Fee	102431-1A
2/5	Th	7:00 AM-6:00 PM	No Fee	102431-2A
3/3	Tu	7:00 AM-6:00 PM	No Fee	202431-1A

Nature Exploration

Discover the outdoors in a fun, inclusive setting! This class invites individuals of all abilities to explore local natural areas alongside knowledgeable Natural Area Volunteers and ARO staff. Participants will enjoy guided walks, sensory activities, and opportunities to learn about plants, wildlife, and nature in an a

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Winter

2/3-2/24	Tu	9:30-11:30 AM	\$45	202912-01
----------	----	---------------	------	-----------

Spring

4/7-4/28	Tu	9:30-11:30 AM	\$45	202912-02
----------	----	---------------	------	-----------

Pars From Mars Adaptive Golf

Tee up at Collindale Golf Academy for an adaptive golf program led by the Pars From Mars coaches. Open to all skill levels and designed for golfers of all abilities, this program offers adaptive techniques, equipment, and instruction to ensure everyone can experience the joy of golf.

Age: 7 years & up

Location: Collindale Golf Academy, 1441 E Horsetooth Rd.

4/3-5/29	F	5:00-6:30 PM	\$165	202934-01
----------	---	--------------	-------	-----------

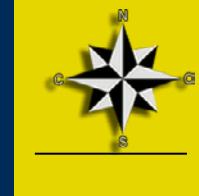
Sylvan Dale Trail Ride

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

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

5/19	Tu	10:00 AM-12:30 PM	\$97	202911-01
------	----	-------------------	------	-----------



JOIN

NORTHERN CO SPORTS OFFICIALS




Looking for:

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

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

 Email ncso@goncso.com

Benefits

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

For More Information goncso.com 

970-460-NCSO (6276) 

PARALYMPIC SPORTS

Adaptive Boccia

A Paralympic sport for individuals who have physical disabilities. Played indoors on a smooth surface; boccia tests coordination, concentration and ability to strategize. Note: Class will not be held on 3/16.



Age: 14 years & up

Location: Foothills Activity Center

2/2/4/27 M 10:30 AM-Noon \$38 202464-01

Adaptive Fencing Clinic

Learn the basic techniques of the challenging and competitive sport of Paralympic fencing. This clinic will be led by Patricia Dykes, a United States Army veteran, Paralympic fencing athlete and coach who has competed all over the world. Note: Modified instruction and equipment for varying ability levels available, including equipment for those with visual and/or hearing impairments.

Age: 8 years & up

Location: Fort Collins Senior Center

3/21 Sa 9:00 AM-Noon No Fee 202765-01

Offroad Cycling Clinic

Join us for an exciting offroad cycling experience designed for riders of all ability levels! Test out ReActive Adaptations' custom-built offroad hand cycles on trails suited to your comfort and skill level, including various distance options. All participants are welcome, whether you're new to adaptive cycling or just looking to test out new equipment.

Location: TBA

5/30 Sa 9:00 AM-Noon No Fee 202769-01

Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. Note: Class will not be held on 3/17.

Age: 14 years & up

Location: Northside Aztlan Community Center

2/3-4/28 Tu 6:00-8:00 PM \$56 202560-01

Learn more about Wheelchair Tennis on [page 48](#).

TRIPS & TRAVEL

Note: Individuals who need assistance with activities of daily living may request a personal care attendant to accompany them on trips. Space is limited and will be reserved for individuals who cannot otherwise attend the trip independently. Attendants must register under the attendant section. For more information, email recreation@fortcollins.gov.

Cheyenne Botanic Gardens

Take a guided tour of the Cheyenne Botanic Gardens. Then, freely explore the beautiful plant collections, the Shane Smith Grand Conservatory, curated gardens and the Paul Smith Children's Village. Enjoy lunch at a local restaurant afterwards. Note: Tour included with registration.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

5/8 F 9:00 AM-2:30 PM \$48 202916-01

Attendant

5/8 F 9:00 AM-2:30 PM \$15 202916-1A

Eagles Game

Cheer on the Colorado Eagles hockey team as they take on the Coachella Valley Firebirds at Blue Arena. Note: Game ticket included with registration.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

3/22 Su 1:30-6:30 PM \$65 202901-01

Attendant

3/22 Su 1:30-6:30 PM \$30 202901-1A

Friday Fun in FoCo

Enjoy a Friday night out in Fort Collins, starting with a round of mini golf at Front Range Glow Golf, followed by dinner and a movie at the Fort Collins Cinemark Bistro Theatre. Note: Golf and movie ticket included with registration. Exact program time TBD based on movie showing times.

Age: 16 years & up

Location: Depart from Fort Collins Senior Center

Participant

2/20 F 3:30-8:30 PM \$56 202927-01

Attendant

2/20 F 3:30-8:30 PM \$25 202927-02

Ghosts & Goodies Tour

This guided tour includes talk about local legends, hauntings, strange happenings and most recent ghostly encounters in Old Town Fort Collins. Along the way the group will also sample decadent desserts, chocolate concoctions and comforting cookies. The tour takes about one hour and covers a half mile around and underneath Old Town. Tours may go down and up several staircases, some without handrails, and with deep uneven stairs. The group will enjoy lunch in Old Town prior to the tour. Note: Tour ticket included in registration.

Age: 16 years & up

Location: Fort Collins Senior Center

Participant

4/18	Sa	Noon-4:00 PM	\$62	202325-01
------	----	--------------	------	-----------

Attendant

4/18	Sa	Noon-4:00 PM	\$30	202325-1A
------	----	--------------	------	-----------

UNIFIED SPORTS

Adult Unified Basketball

Individuals of all abilities come together to play in a Unified Basketball League. Teams practice for one week to build basketball skills, then play officiated games the remaining seven weeks. Individual skills division is offered for those that would like to learn and practice basketball skills without playing on a team. All divisions have the opportunity to participate in local tournaments. Volunteers are welcome to play as Unified Partners or coach a team. Note: Each week, teams will practice or play for one hour during the timeframes listed below. Assigned practice times will be announced by 1/5 and game schedules will be posted on TeamSideline when season starts.

Age: 16 years & up

Location: Northside Aztlan Community Center

Competitive Division

1/10-2/28	Sa	4:30-8:30 PM	\$46	102951-01
-----------	----	--------------	------	-----------

Recreational Division

1/10-2/28	Sa	4:30-8:30 PM	\$46	102951-02
-----------	----	--------------	------	-----------

Individual Skills

1/10-2/28	Sa	4:30-5:30 PM	\$46	102951-03
-----------	----	--------------	------	-----------

Adult Unified Swim Team

Dive into the excitement of swimming alongside a team of dedicated swimmers of all abilities! Swimmers have the opportunity to compete in regional and state competitions. Note: This is not a learn-to-swim class. Register for the “Independent” section if participant can perform strokes and continuously swim laps without support. Register for the “Assisted” section if participant is comfortable in the water, can float independently and propel through the water with assistance from floatation device or coach.

Age: 16 years & up

Location: Mulberry Pool

Independent

1/31-3/7	Sa	2:30-4:30 PM	\$56	202484-01
----------	----	--------------	------	-----------

3/28-5/2	Sa	2:30-4:45 PM	\$56	202484-03
----------	----	--------------	------	-----------

Assisted

1/31-3/7	Sa	2:30-4:30 PM	\$56	202484-02
----------	----	--------------	------	-----------

3/28-5/2	Sa	2:30-4:45 PM	\$56	202484-04
----------	----	--------------	------	-----------

Adult Unified Tennis

Tennis coaches use modified techniques and adaptive equipment to teach the fundamentals of tennis and allow players of all abilities to participate.

Age: 16 years & up

Location: Fort Collins Senior Center

5/5-6/9	Tu	4:50-5:50 PM	\$45	202057-01
---------	----	--------------	------	-----------

Adult Unified Softball

Co-ed teams are made up of individuals with and without disabilities to create a Unified League. Teams will practice the first week, then play in officiated games at Twin Silo Park for the remainder of the season. Teams have the opportunity to compete in Special Olympics tournaments. Note: Games will not be held on 6/30. Game schedules will be shared after the start of the program on TeamSideline.

Age: 16 years & up

Location: Twin Silo Park

6/1-7/27	M	5:00-9:00 PM	\$45	202055-01
----------	---	--------------	------	-----------

Panther's Adaptive Cheer & Dance

A great way for individuals with or without disabilities to experience cheer and dance together as one Unified Team. Team has opportunities to perform throughout the community. Additional \$20 fee for the team T-shirt. Note: Class will not be held on 3/17.

Age: 16 years & up

Location: Fort Collins Senior Center

2/17-3/31	Tu	5:50-7:00 PM	\$54	202987-01
-----------	----	--------------	------	-----------

4/7-5/12	Tu	5:50-7:00 PM	\$54	202987-02
----------	----	--------------	------	-----------

FITNESS

Adaptive Chair Yoga

Includes gentle strength and stretch poses and breath work while seated. Designed for those with SCI, MS, TBI, neuromuscular disorders, other physical disabilities and/or those who would benefit from participating in a seated yoga practice. Note: Class will not be held on 3/18 and 5/6.

Age: 16 years & up

Location: Fort Collins Senior Center

2/4-4/1	W	2:15-3:00 PM	\$66	202983-01
4/8-5/27	W	2:15-3:00 PM	\$58	202983-02

Adaptive Personal Training

Specialized 1:1 fitness instruction designed for individuals with disabilities. Participants will be assigned a Certified Personal Trainer to exercise with at one of the City's recreation centers. The trainer and participant will work together to establish individualized fitness goals. Schedules are created by the trainer and participant. If interested in adaptive personal training, please fill out the interest form online at fortcollins.gov/aro. Staff will connect with you to schedule and complete registration. Note: Personal trainer assignments are dependent on trainer availability.

Movement Mentor

Over the course of eight weeks, participants are assigned a Movement Mentor to exercise with for one hour, once per week at a City recreation center. Workouts include more leisurely exercise such as walks or sports. Note: Schedules are created amongst partners.

Age: 16 years & up

Location: TBA

2/23-4/24		\$65	202585-01
-----------	--	------	-----------

Spectrum Yoga

Learn modified yoga practices in a supportive environment. Moderately paced, gentle flow yoga designed for, but not limited to, individuals with intellectual and developmental disabilities, sensory sensitivity and those on the autism spectrum. Note: Class will not be held on 3/20 and 5/8.

Age: 16 years & up

Location: Fort Collins Senior Center

2/6-4/3	F	10:45-11:45 AM	\$66	202982-01
4/10-5/29	F	10:45-11:45 AM	\$58	202982-02

TRX Circuit Training

A workout that combines strength training and cardiovascular exercises using the TRX suspension trainer. Perform various bodyweight exercises that challenge your strength, balance and core stability in a circuit format. Circuit training allows you to move through a variety of strength and cardio stations for a total body workout. All abilities welcome. Instructor experienced in implementing adaptations for various ability levels. Note: Class will not be held on 3/16.

Age: 14 years & up

Location: Northside Aztlan Community Center

2/2-3/30	M	4:15-5:15 PM	\$70	202469-01
4/6-5/25	M	4:15-5:15 PM	\$70	202469-02

Learn more about B-Bold Cardio Boxing on [page 38](#).

SOCIAL PROGRAMS

Bowling

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

Age: 16 years & up

Location: Chippers Lane, 830 N. College Avenue

2/7-2/28	Sa	11:30 AM-12:30 PM	\$48	202906-01
4/4-4/25	Sa	11:30 AM-12:30 PM	\$48	202906-02

Monthly Themed Dances

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

Age: 18 years & up

Location: Fort Collins Senior Center

Sweethearts Ball

2/27	F	6:00-8:00 PM	\$10	102405-02
------	---	--------------	------	-----------

Spring Fling

3/27	F	6:00-8:00 PM	\$10	202405-01
------	---	--------------	------	-----------

Grooving through the Decades

4/24	F	6:00-8:00 PM	\$10	202405-02
------	---	--------------	------	-----------

Beach Party

5/29	F	6:00-8:00 PM	\$10	202405-03
------	---	--------------	------	-----------

Movie Night

Join friends to watch and discuss a movie. Note: Snacks available and included with program registration.

Age: 16 years & up

Location: Fort Collins Senior Center

2/25	W	5:30-8:30 PM	\$20	102403-02
3/25	W	5:30-8:30 PM	\$20	202403-01
4/22	W	5:30-8:30 PM	\$20	202403-02
5/27	W	5:30-8:30 PM	\$20	202403-03

Restaurant Night

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

Age: 16 years & up

Location: Fort Collins Senior Center

2/11	W	5:30-8:30 PM	\$20	102406-02
3/11	W	5:30-8:30 PM	\$20	202406-01
4/8	W	5:30-8:30 PM	\$20	202406-02
5/13	W	5:30-8:30 PM	\$20	202406-03

YOUTH PROGRAMS

Youth Unified Basketball

Modified techniques are used to teach the fundamentals of basketball and allow players of all abilities to participate.

Age: 8-15 years

Location: Northside Aztlan Community Center

1/15-2/26	Th	5:00-6:00 PM	\$35	102952-01
-----------	----	--------------	------	-----------

Youth Unified Soccer

Modified techniques are used to teach the fundamentals of soccer and allow players of all abilities to participate. Play on a Unified team of peers with and without disabilities.

Age: 8-15 years

Location: Troutman Park

4/6-5/11	M	4:30-5:30 PM	\$35	202054-01
----------	---	--------------	------	-----------



ADULT PROGRAMS

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

AQUA FITNESS

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

Drop-In Policy

Participants may pay a drop-in fee per class if space is available. Drop-in participants do not count in registration numbers. Reduced rates do not apply to daily drop-in fees. For more information on admission policies and fees, see [page 6](#).

Waitlist & Cancellation Policy

The deadline for drops/changes for enrolled participants is up to the start of the second class. If the class you wish to register for is filled, you may place your name on a paid waiting list so that if a spot becomes available, we can move you in as quickly as possible. You will be notified via email if you are moved off the waitlist and enrolled. If there are no changes refunds to waitlisted participants will be processed within the second week of the session.

Note: Classes will not be held on 5/25.

Drop-In Water Volleyball

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

Location: Fort Collins Senior Center

2/2-5/29	M,W,F 10:00-11:00 AM	Daily Drop-In Fee
----------	----------------------	-------------------



LOW INTENSITY

Basic H2O

Designed for those new to water exercise, recovering from an injury or with physical limitations. Range-of-motion, stretching and cardiovascular elements are emphasized.

Location: Fort Collins Senior Center

2/2-2/27	M,W,F 8:00-9:00 AM	\$62	200412-01
3/2-3/27	M,W,F 8:00-9:00 AM	\$62	200412-02
3/30-5/1	M,W,F 8:00-9:00 AM	\$77	200412-03
5/11-5/29	M,W,F 8:00-9:00 AM	\$42	200412-04

Twinges

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

Location: Edora Pool Ice Center

2/2-2/27	M,W,F 7:30-8:30 AM	\$62	200314-01
3/2-3/27	M,W,F 7:30-8:30 AM	\$62	200314-04
3/30-5/1	M,W,F 7:30-8:30 AM	\$77	200314-07
5/4-5/29	M,W,F 7:30-8:30 AM	\$57	200314-10
2/2-2/27	M,W,F 8:30-9:30 AM	\$62	200314-02
3/2-3/27	M,W,F 8:30-9:30 AM	\$62	200314-05
3/30-5/1	M,W,F 8:30-9:30 AM	\$77	200314-08
5/4-5/29	M,W,F 8:30-9:30 AM	\$57	200314-11
2/3-2/26	Tu,Th 8:30-9:30 AM	\$42	200314-03
3/3-3/26	Tu,Th 8:30-9:30 AM	\$42	200314-06
3/31-4/30	Tu,Th 8:30-9:30 AM	\$52	200314-09
5/5-5/28	Tu,Th 8:30-9:30 AM	\$42	200314-12

Twinges Plus

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

Location: Fort Collins Senior Center

2/2-2/27	M,W,F	12:15-1:15 PM	\$62	200416-01
3/2-3/27	M,W,F	12:15-1:15 PM	\$62	200416-03
3/30-5/1	M,W,F	12:15-1:15 PM	\$77	200416-05
5/11-5/29	M,W,F	12:15-1:15 PM	\$42	200416-07
2/2-2/27	M,W,F	1:15-2:15 PM	\$62	200416-02
3/2-3/27	M,W,F	1:15-2:15 PM	\$62	200416-04
3/30-5/1	M,W,F	1:15-2:15 PM	\$77	200416-06
5/11-5/29	M,W,F	1:15-2:15 PM	\$42	200416-08

MEDIUM INTENSITY

Classics

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

Location: Fort Collins Senior Center

2/2-2/27	M,W,F	6:00-7:00 AM	\$62	200422-01
3/2-3/27	M,W,F	6:00-7:00 AM	\$62	200422-07
3/30-5/1	M,W,F	6:00-7:00 AM	\$77	200422-13
5/11-5/29	M,W,F	6:00-7:00 AM	\$42	200422-19
2/2-27	M,W,F	5:00-6:00 PM	\$62	200422-02
3/2-3/27	M,W,F	5:00-6:00 PM	\$62	200422-08
3/30-5/1	M,W,F	5:00-6:00 PM	\$77	200422-14
5/11-5/29	M,W,F	5:00-6:00 PM	\$42	200422-20
2/3-2/26	Tu,Th	8:00-9:00 AM	\$42	200422-03
3/3-3/26	Tu,Th	8:00-9:00 AM	\$42	200422-09
3/31-4/30	Tu,Th	8:00-9:00 AM	\$52	200422-15
5/12-5/28	Tu,Th	8:00-9:00 AM	\$32	200422-21
2/3-2/26	Tu,Th	9:00-10:00 AM	\$42	200422-04
3/3-3/26	Tu,Th	9:00-10:00 AM	\$42	200422-10
3/31-4/30	Tu,Th	9:00-10:00 AM	\$52	200422-16
5/12-5/28	Tu,Th	9:00-10:00 AM	\$32	200422-22
2/3-2/26	Tu,Th	10:00-11:00 AM	\$42	200422-05
3/3-3/26	Tu,Th	10:00-11:00 AM	\$42	200422-11
3/31-4/30	Tu,Th	10:00-11:00 AM	\$52	200422-17
5/12-5/28	Tu,Th	10:00-11:00 AM	\$32	200422-23
2/3-2/26	Tu,Th	7:00-8:00 PM	\$42	200422-06
3/3-3/26	Tu,Th	7:00-8:00 PM	\$42	200422-12
3/31-4/30	Tu,Th	7:00-8:00 PM	\$52	200422-18
5/12-5/28	Tu,Th	7:00-8:00 PM	\$32	200422-24

Prenatal

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

Location: Fort Collins Senior Center

2/3-2/26	Tu,Th	5:00-6:00 PM	\$42	200418-01
3/3-3/26	Tu,Th	5:00-6:00 PM	\$42	200418-02
3/31-4/30	Tu,Th	5:00-6:00 PM	\$52	200418-03
5/12-5/28	Tu,Th	5:00-6:00 PM	\$32	200418-04

Twist & Shout

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

Location: Fort Collins Senior Center

2/2-2/27	M,W,F	4:00-5:00 PM	\$62	200426-01
3/2-3/27	M,W,F	4:00-5:00 PM	\$62	200426-02
3/30-5/1	M,W,F	4:00-5:00 PM	\$77	200426-03
5/11-5/29	M,W,F	4:00-5:00 PM	\$42	200426-04

You've Been Served

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

Location: Fort Collins Senior Center

2/3-2/26	Tu,Th	4:00-5:00 PM	\$42	200402-01
3/3-3/26	Tu,Th	4:00-5:00 PM	\$42	200402-02
3/31-4/30	Tu,Th	4:00-5:00 PM	\$52	200402-03
5/12-5/28	Tu,Th	4:00-5:00 PM	\$32	200402-04

HIGH INTENSITY

Advanced Water Fitness

Increase caloric burn and overall endurance by taking cardio to the next level. Promote joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. Note: Not appropriate for first-time or beginner level students.

Location: Fort Collins Senior Center

2/2-2/27	M,W,F	9:00-10:00 AM	\$62	200424-01
3/2-3/27	M,W,F	9:00-10:00 AM	\$62	200424-02
3/30-5/1	M,W,F	9:00-10:00 AM	\$77	200424-03
5/11-5/29	M,W,F	9:00-10:00 AM	\$42	200424-04

Deep H2O Intro

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

Location: Edora Pool Ice Center

2/3-2/26	Tu,Th	8:00-9:00 AM	\$42	200331-01
3/3-3/26	Tu,Th	8:00-9:00 AM	\$42	200331-02
3/31-4/30	Tu,Th	8:00-9:00 AM	\$52	200331-03
5/5-5/28	Tu,Th	8:00-9:00 AM	\$42	200331-04

Deep H2O

Take an aggressive approach to fitness with a vigorous, no-impact workout held in the deep water. Designed for people with back, hip and knee injuries. Note: Class will not be held on 2/20, 3/6 and 4/24.

Location: Edora Pool Ice Center

2/3-2/28	M,W,F	12:15-1:15 PM	\$57	200330-01
3/3-3/28	M,W,F	12:15-1:15 PM	\$57	200330-02
3/31-5/2	M,W,F	12:15-1:15 PM	\$72	200330-03
5/5-5/30	M,W,F	12:15-1:15 PM	\$62	200330-04

AQUATICS

Open Lap Swimming

Current open lap lane schedules are available online at fortcollins.gov/recreation.



Please see the corresponding facility page for specific schedules. Lap lane schedules are available for Edora Pool Ice Center, Mulberry Pool and Fort Collins Senior Center. Schedules are subject to change. Lane sharing is required during open swim. If three or more swimmers are using a lane, circle swimming is required.

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

ADULT LEARN TO SWIM

Adult Learn to Swim - Intro to Swimming

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

Adult Learn to Swim - Stroke Development

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

See [pages 62-63](#) for the Learn to Swim schedule.

INCLUSION SUPPORT

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

CREATIVE ARTS



ARTS & CRAFTS

Programs are held at Fort Collins Senior Center unless otherwise noted.

Art Display

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

Open Studio - Arts & Crafts

Drop-in open studio for those wanting to work on a variety of art projects, including but not limited to watercolors, drawing, acrylic painting or basic crafts. Instructor will be available for art advice and help if needed. Note: Pre-registration recommended; 12 participant max.

2/24	Tu	6:30-8:30 PM	\$7	103460-03
3/24	Tu	6:30-8:30 PM	\$7	203468-01
4/21	Tu	6:30-8:30 PM	\$7	203468-02
5/12	Tu	6:30-8:30 PM	\$7	203468-03

Open Studio - Woodshop

Open shop time. Tools are available for use with jewelry, stained glass and woodworking. A shop attendant is on duty to assist with questions. Production work or work on items for sale is not permitted. Note: Pre-registration recommended; 12 participant max.

1/1-5/28	Tu,Th	9:00 AM-Noon	\$9	103497-01
----------	-------	--------------	-----	-----------

DIGITAL ARTS

Laser Cutting for Beginners

In this three-day workshop, participants will learn to make precise cuts and intricate designs on our Class 5 CamFive lasers. Get hands-on training with design software (Lightburn) and learn how to operate the laser for cutting and engraving different materials. Create your own project to take home. All materials and one-month membership to the Fort Collins Creator Hub are included in course fee.

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

2/21-3/7	Sa	1:30-3:30 PM	\$152	115972-01
----------	----	--------------	-------	-----------

FIBER ARTS

Knitting, Beginner

Learn beginner knitting skills including casting on, knit stitch and binding off, and create special handmade gifts for yourself and those you love! You can start with a simple scarf or washcloth and add simple embellishments to personalize your creations. A wonderful thing about the craft of knitting is that most projects will travel with you anywhere, whether you're in a car, train, plane, watching soccer practice or waiting for appointments.

3/18-3/25	W	2:00-3:30 PM	\$48	203417-01
4/8-4/15	W	2:00-3:30 PM	\$48	203417-02

Needle Felting

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

Guardian Angel

1/31	Sa	10:00 AM-1:00 PM	\$37	103416-01
------	----	------------------	------	-----------

Valentine Garland

2/14	Sa	10:00 AM-1:00 PM	\$37	103416-02
------	----	------------------	------	-----------

Fantasy Butterfly

3/14	Sa	10:00 AM-1:00 PM	\$37	203416-01
------	----	------------------	------	-----------

Jellyfish

4/11	Sa	10:00 AM-1:00 PM	\$37	203416-02
------	----	------------------	------	-----------

Cheerful Tulips

5/2	Sa	2:30-5:30 PM	\$37	203416-03
-----	----	--------------	------	-----------

Craftivism: Activism for Everyone

Craftivism is an art movement that combines craft and activism. Learn a variety of techniques and how to express what is important to you! Activities include empowerment embroidery, upcycling sewing and yarn bombing (crochet).

2/6-3/6	F	10:00 AM-Noon	\$121	103469-01
---------	---	---------------	-------	-----------

Upcycling, Mending, Transforming, Reinventing

Focus on recycling and upcycling loved garments that don't fit, need a new life or maybe just need a little repair. Learn simple sewing machine stitches, appliqué and embroidery repair.

2/7-3/7	Sa	10:00 AM-Noon	\$100	103411-01
---------	----	---------------	-------	-----------

GENERAL ARTS**Arts & Crafternoons**

Create the amazing crafts you see on Pinterest and Instagram without spending a fortune on craft materials you may never use again. An instructor will guide you through the craft. All materials provided.

Valentine Wreaths

2/13	F	1:00-3:00 PM	\$37	103418-03
------	---	--------------	------	-----------

Spring Bike Ride Acrylic Painting

3/13	F	1:00-3:00 PM	\$37	203418-01
------	---	--------------	------	-----------

Pinecone Flower

4/10	F	1:00-3:00 PM	\$37	203418-02
------	---	--------------	------	-----------

Watercolor Spring Flowers Wreath Painting

5/1	F	1:00-3:00 PM	\$37	203418-03
-----	---	--------------	------	-----------

JEWELRY**Jewelry, Beginner**

Learn how to cut and pierce with a jeweler's saw, file and solder as well as proper techniques for polishing and finishing. Designed for those with no metal experience as well as those who would like to improve their skills. Note: Tools and some supplies provided. Supply list available during first class; approximate cost is \$55-\$80.

3/17-4/28	Tu	2:30-4:30 PM	\$99	203483-01
-----------	----	--------------	------	-----------

Casting for Jewelry

Explore the lost wax process for casting jewelry components.

3/17-4/28	Tu	5:00-7:00 PM	\$99	203484-01
-----------	----	--------------	------	-----------

PAINTING**Acrylic Painting, Beginner**

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

Impressionist Landscape, Monet Style

2/27	F	1:00-3:00 PM	\$36	103446-02
------	---	--------------	------	-----------

Close-up Floras, O'Keefe Style

3/27	F	1:00-3:00 PM	\$36	203446-01
------	---	--------------	------	-----------

Still Life Painting

4/24	F	1:00-3:00 PM	\$36	203446-02
------	---	--------------	------	-----------

Alcohol Inks

Learn techniques to create fun and beautiful works of art with alcohol inks. Create cards, make artwork to frame and decorate ceramic pieces (mugs, dishes, tiles) and other non-porous surfaces. All materials provided. Please bring an apron and a cardboard box or flat surface to carry projects home.

2/26	Th	9:00-11:00am	\$37	103419-03
------	----	--------------	------	-----------

3/26	Th	9:00-11:00am	\$37	203419-01
------	----	--------------	------	-----------

4/23	Th	9:00-11:00am	\$37	203419-02
------	----	--------------	------	-----------

5/14	Th	9:00-11:00am	\$37	203419-03
------	----	--------------	------	-----------

Painting Pieces

Unleash your creativity and connect with your community in a one-of-a-kind collaborative painting experience! Perfect for artists of all skill levels, this interactive project combines the joy of painting with the challenge of puzzle solving. Each participant will use vibrant acrylic paints to design their own unique piece of a mini mural. Once everyone's artwork is complete, the group will come together to assemble the painted pieces and reveal the full masterpiece. The finished mural will be proudly displayed for public viewing, showcasing your creativity as part of a collective work of art. All materials provided. Feel free to bring your own brushes or stencils.

Age: 14 years & up

Denali

2/15	Su	2:00-4:00 PM	\$20	103410-03
------	----	--------------	------	-----------

Yellowstone

3/8	Su	2:00-4:00 PM	\$20	203420-02
-----	----	--------------	------	-----------

Arches

4/5	Su	2:00-4:00 PM	\$20	203420-03
-----	----	--------------	------	-----------

Acadia

5/17	Su	2:00-4:00 PM	\$20	203420-04
------	----	--------------	------	-----------

Watercolors, Beginner

Learn how to use, mix and paint with watercolor. Students will learn the basics of watercolors with an overview of the materials needed, watercolor techniques and how to fix mistakes. This class is instructor-led, and multiple small paintings will be completed. All materials will be provided, but you are welcome to bring your own. Note: Starred (*) sessions are four weeks.

1/7-2/4	W	9:00-11:00 AM	\$81	103422-01
2/11-3/4	W	9:00-11:00 AM	\$65*	103422-03
3/25-4/22	W	9:00-11:00 AM	\$81	203422-01
1/10-2/7	Sa	9:00-11:00 AM	\$81	103422-02
2/14-3/14	Sa	9:00-11:00 AM	\$65*	103422-04
3/28-4/25	Sa	9:00-11:00 AM	\$81	203422-02

Watercolors, Intermediate

Continue to implement skills learned in the beginner class with painting and color mixing. Learn about composition and how to create depth and interest in paintings. This class is instructor-led, and multiple small paintings will be completed at a more complex level. All materials will be provided, but you are welcome to bring your own. Note: Starred (*) sessions are four weeks.

2/10-3/3	Tu	9:00-11:00 AM	\$65*	103423-03
3/24-4/21	Tu	9:00-11:00 AM	\$81	203423-01
1/10-2/7	Sa	11:30 AM-1:30 PM	\$81	103423-01
2/14-3/14	Sa	11:30 AM-1:30 PM	\$81	103423-02
3/28-4/25	Sa	11:30 AM-1:30 PM	\$81	203423-02

PHOTOGRAPHY

Introduction to Manual Photography

Learn foundational techniques to improve your photography and move beyond snapshots to create intentional images. A digital camera with manual settings (either DSLR or mirrorless) is required. Beginners welcome. Note: Class will not be held on 3/12 and 3/19.

2/4-2/25	W	9:30-11:00 AM	\$75	103465-01
3/5-4/2	Th	6:00-7:30 PM	\$75	203464-02

Photography Composition

Take your photography to the next level by learning how to read an image and use techniques to create a stronger, more compelling photograph. A digital camera with manual settings (either DSLR or mirrorless) is required. Prerequisite: Introduction to manual photography or instructor approval.

4/6-4/27	M	6:00-7:30 PM	\$75	203466-02
----------	---	--------------	------	-----------

WOODWORKING

Epoxy Charcuterie Board

Make your own unique epoxy charcuterie board! Experience the entire process from purchasing wood, creating molds and learning about different types of epoxy. Pour your own epoxy and learn to demold, shape and sand to a finished product. Participants will be able to take their boards home for years of enjoyment. Enrollment includes a one-month membership to the Fort Collins Creator Hub.

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

4/19	Su	9:00 AM-Noon	\$207	215971-01
------	----	--------------	-------	-----------

Intro to Wooden Box Making

Learn beginner-friendly woodworking techniques and design and construct a small wooden box suitable for jewelry or keepsakes. Explore using a variety of hand and power tools and learn about design considerations, common joinery, and skills like cutting and fitting joints, surface preparation and finishing options. All materials will be provided, and participants will take home their wooden box. Enrollment includes a one-month membership to the Fort Collins Creator Hub.

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

3/28-4/11	Sa	9:00 AM-Noon	\$152	215974-01
-----------	----	--------------	-------	-----------

Woodworking, Beginner

Introduction to the use of power tools, hand tools, woods and finishing. Pick and build one of the two projects provided. Some supplies provided. Supply list available at first class; approximate cost is \$30-\$50. You must attend the first class. Note: Class will not be held on 3/11.

2/11-3/25	W	3:00-5:00 PM	\$169	103490-01
-----------	---	--------------	-------	-----------

Woodworking, Intermediate

Learn different types of joinery to assemble projects. Students pick an appropriate project under 30 inches. Beginner Woodworking is recommended as a prerequisite. Some supplies provided; approximate cost is \$30-\$50. Supply list is provided at the first class. Note: Class will not be held on 5/6.

4/8-5/20	W	3:00-5:00 PM	\$169	203491-01
----------	---	--------------	-------	-----------

POTTERY

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

Things to Know

All clay, glazes, slips, stains and underglazes are provided or available for purchase at the Pottery Studio. Only clay provided by or purchased from the studio will be fired in the studio's kilns.

- The first 25 lbs. of clay are provided for 10-week class sessions of adult classes. Up to one additional bag of 25 lbs. of clay can be purchased for \$30.
- Shared tools are not available for most sessions. A basic tool kit can be purchased for \$16 at the Pottery Studio or purchased on your own and brought in.
- All work must be accomplished at the Pottery Studio, and only work completed in the Pottery Studio can be fired in the kilns.
- Lab time is included in all 10-week class sessions of adult classes. Students who have completed an adult 10-week class may register as lab students. Additional drop-in times are unavailable.
- The Pottery Studio offers private lessons and events. Contact the Recreation Department at recreation@fortcollins.gov for more information. Inquiries can also be submitted online at fortcollins.gov/pottery-studio.
- Participants are encouraged to wear closed-toe shoes and avoid any loose clothing or dangling jewelry.
- Finished pieces should be picked up on designated dates listed below between 11 a.m.-2 p.m., or Tu/Th from 7:30-10 p.m. during Pottery Lab. Pieces that are not claimed are kept for one session after a completed program and are then disposed of.
- 10-week classes pick-up: During any Open Lab after 7/6/2026
- First 5-week classes pick-up: During any Open Lab after 6/1/2025
- Second 5-week classes pick-up: During any Open Lab after 7/6/2026

Pottery Lab

Lab is included for adult students who are currently enrolled in a 10-week class and is intended for practicing or finishing work in progress. Adults who have taken a 10-week class at the Pottery Studio may register as lab students. Staff are in attendance, but no formal instruction is provided. Prerequisites: Handbuilding & Wheel Beginner, Beginner Plus, Intermediate, or Handbuilding Expressions. Lab fee includes one 25 lbs. bag of clay for a 10-week session. Open lab times are included in all adult classes unless otherwise noted. Lab hours are Monday-Sunday 11 a.m.-2 p.m. and Tuesday & Thursday 7:30-10 p.m.

3/23-5/31 M-Su 11:00 AM-2:00 PM \$231 204899-01

Exploring Handbuilding

Come delve into the wonders of handbuilding with clay, using basic techniques to create pieces from your imagination. Learn while having fun trying something new or expanding on previous skills. All levels welcome. Lab not included. All tools provided and 12 lbs. of clay included. Note: Class will not be held on 5/6. Starred (*) sessions are four weeks. Lab not included.

Location: Fort Collins Senior Center

2/9-3/2	M	11:30 AM-1:30 PM	\$81*	104873-03
2/11-3/4	W	2:30-4:30 PM	\$81*	104873-04
3/23-4/20	M	11:30 AM-1:30 PM	\$101	204873-01
3/25-4/22	W	2:30-4:30 PM	\$101	204873-02
4/29-5/27	W	2:30-4:30 PM	\$81*	204873-04

Handbuilding Expressions

Explore 3D form in clay with handbuilding techniques as they relate to sculpture. Create moderate-sized pieces within the framework of ceramic construction. Use additive and subtractive methods to explore line and form, integrated with design and shape relationships. All levels welcome. Lab included.

3/24-5/26	Tu	9:00-11:00 AM	\$231	204875-01
3/26-5/28	Th	6:00-8:00 PM	\$231	204875-02

Independent Study: Handbuilding

Independently explore and make projects by hand. Build projects that match personal interests. Use low-fire glazes for higher glazing precision. Instructor will be present for support. Prerequisite: Previous handbuilding experience. Note: Class will not be held on 5/6. Starred (*) sessions are nine weeks. Lab not included.

Location: Fort Collins Senior Center

3/25-5/27	W	11:30 AM-1:30 PM	\$180	204874-01
-----------	---	------------------	-------	-----------

Pottery Sampler

Introduction to handbuilding and wheel-throwing as well as glazing and studio operation. Create while learning beginner techniques of clay. All materials and tools provided. Lab not included.

3/24-4/21	Tu	2:30-4:30 PM	\$101	204870-01
4/28-5/26	Tu	2:30-4:30 PM	\$101	204870-02

Raku from Creation to Can

Learn American-style Raku handbuilding on the potter's wheel. Work in wet clay the first week, then move into firing and glazing. Use hands-on, contemporary exploration of the forming and firing process first used by Japanese potters. No previous experience necessary. All materials and tools provided.

3/26-4/23	Th	2:00-4:00 PM	\$101	204826-01
4/30-5/28	Th	2:00-4:00 PM	\$101	204826-02

Wheel & Handbuilding, Beginner

Learn about clay, tools, glazing, basic skills, techniques and principles involved in pottery. Primary emphasis on creation with use of the potter's wheel. Some handbuilding is covered. Note: Class will not be held on 5/25. Starred (*) sessions are nine weeks.

3/23-5/18	M	9:00-11:00 AM	\$208*	204850-01
3/23-5/18	M	5:45-7:45 PM	\$208*	204850-02
3/25-5/27	W	8:00-10:00 PM	\$231	204850-03
3/28-5/30	Sa	9:00-11:00 AM	\$231	204850-04
3/27-5/29	F	5:30-7:30 PM	\$231	204850-05
3/27-5/29	F	9:00-11:00 AM	\$231	204850-06

Wheel & Handbuilding, Beginner Plus

For those who have previously taken a beginner class and are acquainted with the basic techniques involved in wheel throwing. Students hone skills before the intermediate level. Note: Class will not be held on 5/25. Starred (*) sessions are nine weeks.

3/23-5/18	M	8:00-10:00 PM	\$208*	204855-01
3/25-5/27	W	5:45-7:45 PM	\$231	204855-02
3/26-5/28	Th	9:00-11:00 AM	\$231	204855-03
3/28-5/30	Sa	2:30-4:30 PM	\$231	204855-04

Wheel & Handbuilding, Intermediate

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

3/24-5/26	Tu	5:45-7:45 PM	\$231	204860-01
4/23-5/27	W	9:00-11:00 AM	\$231	204860-02

Experiment with Clay

For the proficient potter who wants their skills challenged, this class is the pottery boot camp you've been looking for! Improve your skills and try various techniques with timed challenges. Focus on exploring different techniques and skills in wheel throwing and handbuilding. Prerequisite: Intermediate Wheel or equivalent.

3/24-5/26	Tu	9:00-11:00 AM	\$231	204865-01
-----------	----	---------------	-------	-----------

DANCE & MOVEMENT

All adult dance programs are designed for those 18 years and older unless otherwise noted. Ages 13-17 years are welcome with instructor approval. Contact the Recreation Department for approval at recreation@fortcollins.gov.

BALLET

TAUGHT BY SARAH MANNO

Ballet, Intermediate

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

Location: Empire Grange, 2306 W. Mulberry St.

1/26-3/9	M	5:30-6:45 PM	\$77	106103-01
3/23-4/27	M	5:30-6:45 PM	\$77	206103-01

BELLY DANCE

TAUGHT BY HEATHER LONGINO

Belly Dance, Beginner

Improvisational group-style belly dance performed in a lead-and-follow format based on a shared vocabulary of movements and cues. Learn basic, fast and slow movements, combos and improvisational dance, all while improving balance, core strength and flexibility. Attire: Wear exercise clothing and a scarf/sash to tie around your hips. Bare feet recommended. Note: Class will not be held on 3/10.

Location: Fort Collins Senior Center

2/3-2/24	Tu	7:00-8:00 PM	\$42	106426-02
3/3-3/31	Tu	7:00-8:00 PM	\$42	206426-01
4/7-4/28	Tu	7:00-8:00 PM	\$42	206426-02

Belly Dance, Continued

Focus on group improvisation and expand vocabulary with more complex movements and formation. Use of props, Zambra Mora and Bollywood-influenced movements will be explored. Attire: Wear exercise clothing and a scarf/sash to tie around your hips. Bare feet recommended. Prerequisite: Two sessions of Belly Dance, Beginner or instructor approval. Note: Class will not be held on 3/10.

Location: Fort Collins Senior Center

2/3-2/24	Tu	8:00-9:00 PM	\$42	106427-02
3/3-3/31	Tu	8:00-9:00 PM	\$42	206427-01
4/7-4/28	Tu	8:00-9:00 PM	\$42	206427-02

Belly Dance, Combos & Formations Workshop

Combination sequences and formation changes add depth to your dance. Explore combos in depth and introduce different formations for group dance. Experience with improv style belly dance recommended by not required. Attire: Wear exercise clothing and bring a scarf/sash to tie around your hips. Bare feet recommended.

Location: Fort Collins Senior Center

5/12-5/19	Tu	7:00-9:00 PM	\$42	206428-01
-----------	----	--------------	------	-----------

LINE DANCE

Introduction to Line Dance (Level 1)

Have you heard about line dance but have no idea where to start? This is the class for you! Learn basic line dance steps and sequences. This class is a prerequisite to all other line dance classes and can be repeated as often as desired. Instructor: Stacy Leadingham. Note: Class will not be held on 3/9.

Location: Fort Collins Senior Center

2/2-2/23	M	3:15-4:15 PM	\$42	106435-03
3/2-3/30	M	3:15-4:15 PM	\$42	206435-01
4/6-4/27	M	3:15-4:15 PM	\$42	206435-02

Line Dance, Absolute Beginner (Level 2)

For the line dancer who knows basic steps and enjoys moving to easy, fun, energizing dances. This class is ideal for those who have completed Introduction to Line Dance but may find Line Dance, Beginner a bit too active and challenging. Instructor: Katy Piotrowski.

Location: Club Tico

2/2-2/23	M	2:00-3:00 PM	\$42	106739-03
3/2-3/30	M	2:00-3:00 PM	\$52	206739-01
4/6-4/27	M	2:00-3:00 PM	\$42	206739-02

Line Dance, Beginner (Level 3)

For line dancers who have mastered basic steps and sequences and are ready to tackle beginning dances. This class moves at a moderate pace with several dances per session. Instructors: Stacy Leadingham at Fort Collins Senior Center and Katy Piotrowski at Foothills Activity Center. Note: Class will not be held on 3/10.

Location: Fort Collins Senior Center

2/3-2/24	Tu	12:30-1:30 PM	\$42	106436-03
3/3-3/31	Tu	12:30-1:30 PM	\$42	206436-01
4/7-4/28	Tu	12:30-1:30 PM	\$42	206436-02
5/12-5/26	Tu	12:30-1:30 PM	\$32	206436-03

Location: Foothills Activity Center

2/2-2/23	M	5:30-6:30 PM	\$42	106733-03
3/2-3/30	M	5:30-6:30 PM	\$52	206736-01
4/6-4/27	M	5:30-6:30 PM	\$42	206736-02

Line Dance, High Beginner (Level 4)

For line dancers who are comfortable with more complex beginner-level dances and are ready to take on dances at a slightly higher level. This class moves at a faster pace with multiple dances per session. Instructor: Stacy Leadingham. Note: Class will not be held on 3/10.

Location: Fort Collins Senior Center

2/3-2/24	Tu	1:45-2:45 PM	\$42	106537-03
3/3-3/31	Tu	1:45-2:45 PM	\$42	206536-01
4/7-4/28	Tu	1:45-2:45 PM	\$42	206536-02
5/12-5/26	Tu	1:45-2:45 PM	\$32	206536-03

Line Dance, Improver (Level 5)

For the experienced line dancers seeking fun and challenge by learning and re-dancing popular, high-energy improver-level and some intermediate-level line dances. Emphasis is on multi-week practices of each dance to attain mastery and dancing with joy. Instructor: Katy Piotrowski.

Location: Foothills Activity Center

2/2-2/23	M	6:30-7:30 PM	\$42	106431-05
3/2-3/30	M	6:30-7:30 PM	\$52	206438-01
4/6-4/27	M	6:30-7:30 PM	\$42	206438-02

Line Dance, Intermediate (Level 6)

For the experienced line dancers seeking fun and challenge by learning and re-dancing popular, intermediate-level line dances. Emphasis is on multi-week practices of each dance to attain mastery and dancing with joy. Instructor: Stacy Leadingham. Note: Class will not be held on 3/12.

Location: Fort Collins Senior Center

2/5-2/26	Th	6:15-7:15 PM	\$42	106441-01
3/5-3/26	Th	6:15-7:15 PM	\$32	206441-04
4/2-4/30	Th	6:15-7:15 PM	\$52	206441-05
5/14-5/28	Th	6:15-7:15 PM	\$32	206441-06

FORT COLLINS AREA SWIM TEAM

A TEAM FOR

- All Ages
- All Skill Levels






Year Round Competitive Swim Program

Pre-competitive Program

Experienced, professional coaching staff

Masters Group

JOIN US

970.281.KICK



www.fortcollinsareawsimteam.org

EDUCATION

It's never too late to learn something new! Education programs are taught by experts with years of teaching experience. Plan a fun date night, cook new food with friends or challenge your mind by learning something new. All classes are at the Fort Collins Senior Center unless otherwise noted.



COOKING PROGRAMS

All cooking classes are designed for ages 14 years and older unless otherwise noted. Please bring an apron to class. Prior to the first class, please send any allergies or concerns to recreation@fortcollins.gov.

Coconut 'Cuckoo' Curries

Discover a couple of modern spins on traditional coconut curry. Coconut has the magic to turn even the most average curry into a flavorful dish to savor. These variations on curries are delicious, vegetarian and healthy. Gluten-free menu: Coconut stew, beets with coconut, spicy pineapple curry and coconut balls.

5/11 M 6:00-8:30 PM \$62 207434-01

Ethiopian Made Easy

Learn to make a delicious Ethiopian meal that is easy to prepare and good for you. We will cook with all the colors of the rainbow! Gluten-free menu: Key sir alicha (beet stew), kik alicha (yellow split peas), Swiss chard gomen, eggplant wot and instant teff flour crepes.

Location: Northside Atzlan Community Center

3/11 W 6:00-8:30 PM \$62 207436-02

Flatbread Flutter

Designed for anyone who is trying to avoid too much processed wheat or follow a gluten-free lifestyle. You don't have to sacrifice the quintessential bread concept that we all crave in our food. Make tasty flatbreads from wholesome ingredients like sorghum, quinoa, lentils, cauliflower and more. Let knowledge satisfy your cravings!

4/22 W 6:00-8:30 PM \$62 207435-01

Foundations of Curry

This class will teach you a simple Indian mother sauce. This sauce can then be used to prepare many variations of Indian dishes. Gluten-free menu: Kadai tofu, chickpea & potato curry and bharta (roasted eggplant).

3/5 Th 6:00-8:30 PM \$62 207422-01

Indian Fusion

Bring a bit of globalization to dinner. Mix and match traditional recipes with common local ingredients and learn how easy it is to spice things up every day with an Indian spin. Menu: Indian-style quinoa, mushroom and green pea curry on pasta, tofu tikka masala on a baguette and cardamom chai tea.

5/13 W 6:00-8:30 PM \$62 207428-01

Indian Crepes & Chutneys

Learn how to make these awesome, simple, gluten-free (and vegan) creations at home! Pair them with the perfect chutneys and you've got a meal that everyone will be talking about. Menu: Millet crepes with coconut chutney, quinoa crepes with red pepper chutney and mung bean crepes with zucchini chutney.

4/27 M 6:00-8:30 PM \$62 207420-01

Plant-Based Cheese & Yogurt

Whether you are lactose intolerant, fighting high cholesterol or just looking for some healthy, plant-based alternative to cheese and yogurt, look no further! Learn how to make homemade dairy-free cheese and yogurt from scratch. Gluten-free menu: Almond feta, parmesan, cashew cream cheese, nacho cheese, homemade yogurt and mango lassi.

Location: Northside Atzlan Community Center

5/5 Tu 6:00-8:30 PM \$62 207425-01

Rice and Beans of the World

Every culture eats these staples, but each is different in flavor and preparation. Gluten-free menu: Turmeric rice and Indian chickpeas, Mexican black bean rice and Ethiopian rice and red beans.

4/8 W 6:00-8:30 PM \$62 207433-01

Street Food of India

All it takes to be a great street food vendor is a tiny stove, elementary tools and an immersion into the soul of food. Come experience culture right off the streets of India without the airplane fares.

4/14 Tu 6:00-8:30 PM \$62 207437-01

Samosa Many Ways

Samosas are quintessential Indian snacks, traditionally deep fried. Learn how to satisfy your cravings without using any oil and enjoy your guilt-free Indian snack with a cup of chai. Menu: Samosa burgers, samosa collard wraps, samosa pockets with tamarind chutney, cilantro chutney and chai.

Location: Northside Atzlan Community Center

5/4 M 6:00-8:30 PM \$62 207429-01

Tasty Turkish Cuisine

Explore the depths of delicious Turkish dishes. Menu: Red lentil and bulgur kebabs, mint and dill rice pilaf, black-eyed pea pilaki, eggplant with yogurt sauce and sesame tahini halva (nutritious dessert).

Location: Northside Atzlan Community Center

3/9 M 6:00-8:30 PM \$62 207431-01

Wholesome Whole Grains

Grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins and zinc. Want to include more naturally gluten-free whole grains in your diet but don't know how to prepare them? Join us and learn how to build each of your meals around a hearty grain dish. Gluten-free menu: Millet chocolate waffles, buckwheat porridge, sorghum pancakes, creamy wild rice soup and amaranth pudding.

3/24 Tu 6:00-8:30 PM \$62 207439-01

DOG TRAINING PROGRAMS

Puppy Training

Designed for pups 4-6 months of age. This class covers puppy-level obedience (sit, down, come and walking on leash), strategies for eliminating common behavior problems (biting a toy rather than nipping you), calmness around resources like chew toys and treats, confidence with distractions like noises and walking on strange surfaces. By completing Puppy Training, your pup may qualify for the American Kennel Club STAR Puppy certificate. Learn more at www.akc.org. Note: Pups must have lived with you for two weeks prior to the start of class and be fully inoculated at least 14 days prior to the start of class.

Location: Front Range Natural Pet, 1125 W. Drake Rd. #B8

3/11-4/15 W 7:00-8:00 PM \$150 207950-01

Reliable Recall & Loose Leash Walking

Dogs learn to come when called and walk on a loose leash throughout Fort Collins parks and in town. Distractions and challenges will gradually increase to ensure your dog's mastery of these skills. Bring plenty of delicious food rewards and your dog on a 6-foot leash. Note: Location will be emailed to participants one week prior to the first class.

Location: TBD

5/12-6/9 Tu 5:30-6:30 PM \$101 207491-01

Teen Pups Out in the Park

During their "teen months," pups seem to forget all that they know and start exerting their free will. Focusing can be a real problem. Through exercises in impulse control combined with positive reinforcement, these puppies and young dogs will learn to focus on their handlers while working on basic obedience cues: Sit, down, stay, come and walk on leash. For pups 6-18 months. Note: Location will be emailed to participants one week prior to the first class.

Location: TBD

4/7-5/5 Tu 1:00-2:00 PM \$101 207454-01

FAMILY PROGRAMS

Genealogy, Beginner

Explore personal family genealogy using FamilySearch. Learn how to set up an account, enter known family history, connect to existing genealogies and research using familysearch.org. Large, touch-screen computers will be available or use your own device.

Location: FamilySearch Center, 600 E. Swallow St. Enter building on the west side.

5/7-5/28 Th 4:30-5:30 PM \$11 207455-01

FASHION PROGRAMS

The Colors of You: Transform Your Look with Color Analysis

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

4/8 W 6:00-7:30 PM \$27 207443-01

INCLUSION SUPPORT

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

HEALTH PROGRAMS

Your Hormonal Blueprint

Join nutritional therapist Lauren McTigue for an empowering five-part series dedicated to unraveling the mysteries of hormonal health. This series will provide participants with invaluable insights into the effects of hormones and offer actionable steps to mitigate symptoms. This course is designed for folks who are experiencing or want to learn about hormonal challenges such as symptoms of menstruation, perimenopause, menopause and more! This journey is all about using the support of community and shared knowledge to help you overcome challenges and reach lasting health. Note: Class will not be held on 5/6.

4/22-5/27 W 5:30-7:30 PM \$15 207480-01

LANGUAGE PROGRAMS

French Language & Culture

Learn about French and Francophone cultures while learning some basics of the French language. Taught by CSU French students, this class is presented in partnership with the CSU Languages Department and the French Consulate of Los Angeles. Class space is limited. *Nous avons hâte de vous rencontrer!*

3/27-4/17 F 4:00-6:00 PM \$37 207446-01

MUSIC PROGRAMS

Guitar, Beginner

Learn the basics of chord strumming, finger picking and melody note playing. Students will learn to read treble clef and tablature for guitar using repertoire drawn from folk music, popular music, early rock and roll and classical music. All levels are welcome. Participants are required to provide their own guitar and to bring the book, "Essential Elements for Guitar, Book 1" by Will Schmid and Bob Morris. Hal Leonard, Publisher.

3/24-4/28 Tu 10:30-11:30 AM \$91 207466-02

Guitar, Continued

Continue exploring guitar technique and repertoire including barre chords, more advanced strum patterns, finger picking techniques and increasingly challenging classical guitar repertoire. Participants are required to provide their own guitar and to bring the book, "Essential Elements for Guitar, Book 1" by Will Schmid and Bob Morris. Hal Leonard, Publisher.

3/24-4/28 Tu Noon-1:00 PM \$91 207467-04

TRANSPORTATION PROGRAMS

All Transport Programs begin and end at the South Transit Center (4915 Fossil Blvd.). Free parking is available. Note: Interpretation services are available with advance notice.

Bike n' Ride Workshop

Are you interested in using your bike and the bus together? Learn how to navigate the Transport website, plan a bus trip, understand bus schedules and load your bike on the bus rack. With our expertise, you will be able to safely walk, scoot, bike and ride the bus independently and with confidence.

4/15 W 10:00 AM-Noon No Fee 207445-01

Transport Travel Training

Learn how to use Transport buses safely, independently and with confidence. Take a bus trip to the Fort Collins Senior Center for a tour of the facility. Plus, learn how to read and understand bus schedules, plan a bus trip and much more.

Fort Collins Senior Center Tour

3/19 Th 10:30 AM-12:30 PM No Fee 207483-01

Check out the Old Town Library

5/19 Tu 10:00-11:00 AM No Fee 207483-02

Valentine Travel Training

Discover how easy it is to run an errand by taking the bus, all while mailing your Valentine's Day cards at the post office. Learn how to read bus schedules, see where different routes go and become more comfortable using the bus. Whether you're new to public transit or just looking for a fun, informative outing, this is a great opportunity to learn how to navigate the system while also sending your Valentine's Day cards to loved ones.

2/3 Tu 10:00 AM-Noon No Fee 107401-01



FITNESS

Join certified trainers and instructors at City of Fort Collins recreation centers for engaging workouts. Fitness classes are offered in two registration models – Enroll by Day and Session-based. See [pages 38 & 39](#) for more information. Enroll by Day classes allow participants to register for individual days at \$7 per class. Annual & 6-month pass-holders will receive a 70% discount on the price per class on dates when their pass is active. Register ahead of class to reserve a spot or drop in on the day of class if there is room. A \$2 administrative fee will be added to the total price per transaction no matter the number of days selected.

PERSONAL TRAINING

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

30 Minute Session Packages

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

1 Hour Session Packages

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

Small Group Training Packages

(2-4 people, 1-hour sessions)

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

Nutrition counseling covered by insurance!

 Lauren Wagner, RDN
Board-certified Registered Dietitian Nutritionist with 15+ years of counseling experience specializing in weight management, heart health, diabetes reversal, longevity and more.

 Scan the QR code to book a consult!

and 700+ more plans



FITNESS SCHEDULE

FACILITIES/LOCATIONS

FORT COLLINS SENIOR CENTER

1200 Raintree Drive

FOOTHILLS ACTIVITY CENTER

241 E. Foothills Parkway

NORTHSIDE AZTLAN COMMUNITY CENTER

112 E. Willow Street

CLUB TICO

1599 City Park Drive

FITNESS CLASS SCHEDULE KEY

Title of Class

Start & End Time | Activity #

S = Session-based class. Not available for drop in as classes build from one class to the next. See [page 38](#) for dates & prices.

Fitness classes for the Spring Recreator include the months of February through May.

Classes will not be held on 4/5 and 5/25. Classes will not be held on 4/4 after 2 p.m.

Classes at the Fort Collins Senior Center will not be held from 5/4-5/10.

Classes at the Foothills Activity Center will not be held from 5/11- 5/17.

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

Monday

FORT COLLINS SENIOR CENTER

Chair Hatha Yoga 9-9:45 AM | 209419-01
Circuit SilverSneakers 10-10:45 AM | 209424-01
Chair Pilates 11 AM-12 PM | 209403-01
Boomer Cardio & Strength 2-3 PM | 209420-01
Yoga, Advanced Beginner 3:15-4:15 PM | 209413-01
Yoga, Advanced Beginner 4:30-5:30 PM | 209413-02
Zumba 5:30-6:30 PM | 209404-01

FOOTHILLS ACTIVITY CENTER

Zumba Gold 10-11 AM | 209705-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness 6:15-7:15 AM | 209501-01
Yoga For Beginners **S** 9-9:50 AM | 209516
Pilates Fusion 10:30-11:30 AM | 209505-02
Strength & Cardio Fitness 12-1 PM | 209501-02
Restorative Yoga 12-1 PM | 209523-01
Circuit SilverSneakers 2-2:45 PM | 209508-01
Intro to Yoga Series 3-3:50 PM | 209525 <S>
Slow Flow Hatha Yoga 4-5 PM | 209520-01
Vinyasa Flow Yoga 5:15-6:15 PM | 209521-01
Evening Spin 5:30-6:15 PM | 209503-01
Zumba Toning 6:30-7:30 PM | 209513-02

CLUB TICO

Zumba 9-10 AM | 209112-01

Tuesday

FORT COLLINS SENIOR CENTER

Boomer Functional Fitness 8-9 AM | 209401-01
Boomer Functional Fitness 9:15-10:15 AM | 209401-02
Classic SilverSneakers 10:30-11:15 AM | 209423-01
Yoga SilverSneakers 11:30 AM-12:15 PM | 209427-01
Slow Flow Hatha Yoga 12-1 PM | 209418-01

T'ai Chi Chih Beginner I **S** 12:30-1:45 PM | 209431
T'ai Chi Chih Beginner II **S** 2-3:15 PM | 209431

Yoga, Beginner 2:45-3:45 PM | 209412-01
Pilates Basic Mat 4:15-5 PM | 209402-01
Yoga, Beginner 5:15-6:15 PM | 209412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion 9-10 AM | 209702-01
Slow Flow Hatha Yoga 12-1 PM | 209708-01
Oula Dance 5:30-6:30 PM | 209704-01

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness 6:15-7:15 AM | 209501-01
Yoga & Meditation 9-10 AM | 209522-01
Zumba 9-10 AM | 209512-02
Pilates Fusion 12-1 PM | 209505-01
Coordination, Balance & Strength 1:15-2:15 PM | 209507-02
Slow Flow Hatha Yoga 5-6 PM | 209520-02
Total Body Training 5:30-6:30 PM | 209511-01
Balanced Flow Yoga 6:15-7:15 PM | 209517-01

Wednesday

FORT COLLINS SENIOR CENTER

Men - Loosen Up! 8-8:45 AM | 209405-01
Zumba Gold 9-9:45 AM | 209430-01

Men - Loosen Up! 9-9:45 AM | 209405-02
Chair Yoga 9:50-10:35 AM | 209410-01

Circuit SilverSneakers 10-10:45 AM | 209424-01
T'ai Chi Chih Advanced 10-11:15 AM | 209433-01

Chair Yoga 11-11:45 AM | 209410-02
T'ai Chi Chih Intermediate 11:30 AM-12:45 PM | 209432-01

Yoga, Beginner 12-1 PM | 209412-03
Chair Pilates 1:30-2:30 PM | 209403-02

Pilates Intermediate Mat 3-4 PM | 209402-02
Yoga, Advanced Beginner 3:15-4:15 PM | 209413-01

Yoga, Advanced Beginner 4:30-5:30 PM | 209413-02
Zumba 5:30-6:30 PM | 209404-01

FOOTHILLS ACTIVITY CENTER

Zumba Gold-Toning 10-11 AM | 209703-01

Wednesday Continued

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness
6:15-7:15 AM | 209501-01

Yoga For Beginners 
9-9:50 AM | 209516

Pilates Fusion
10:30-11:30 AM | 209505-02

Strength & Cardio Fitness
12-1 PM | 209501-02

Restorative Yoga
12-1 PM | 209523-01

Circuit SilverSneakers
2-2:45 PM | 209508-01

Yin Yoga
2:30-3:30 PM | 209515-01

Slow Flow Hatha Yoga
4-5 PM | 209520-01

B-Bold Cardio Boxing 
4:15-5:15 PM | 202468

Evening Spin
5:30-6:15 PM | 209503-01

Zumba
5:30-6:30 PM | 209512-01

CLUB TICO

Zumba
9-10 AM | 209112-01

Thursday

FORT COLLINS SENIOR CENTER

Boomer Functional Fitness
8-9 AM | 209401-01

Men - Loosen Up!
8-8:45 AM | 209405-01

Chair Hatha Yoga
9-9:45 AM | 209419-01

Boomer Functional Fitness
9:15-10:15 AM | 209401-02

Hatha Flow Yoga
10:30-11:30 AM | 209417-01

Classic SilverSneakers
10:30-11:15 AM | 209423-01

Yoga SilverSneakers
11:30 AM-12:15 PM | 209427-01

Coordination, Balance & Strength
12:30-1:15 PM | 209407-01

Focus on Balance
1:30-2:30 PM | 209415-01

Yoga, Beginner
2:45-3:45 PM | 209412-01

Swiss Theraball
3-4 PM | 209416-01

Restorative Yoga & Meditation
4-5 PM | 209409-01

Yoga, Beginner
5:15-6:15 PM | 209412-02

FOOTHILLS ACTIVITY CENTER

Pilates Fusion
9-10 AM | 209702-01

Slow Flow Hatha Yoga
5:30-6:30 PM | 209708-02

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness
6:15-7:15 AM | 209501-01

Yoga & Meditation
9-10 AM | 209522-01

Pilates Fusion
12-1 PM | 209505-01

Step & Sculpt
2:15-3 PM | 209510-01

Slow Flow Hatha Yoga
5-6 PM | 209520-02

Total Body Training
5:30-6:30 PM | 209511-01

Balanced Flow Yoga
6:15-7:15 PM | 209517-01

Friday

FORT COLLINS SENIOR CENTER

Men - Loosen Up!
8-8:45 AM | 209405-01

Zumba Gold
9-9:45 AM | 209430-01

Men - Loosen Up!
9-9:45 AM | 209405-02

Chair Yoga
9:50-10:35 AM | 209410-01

Barre Gold
10-10:45 AM | 209406-01

Chair Yoga
11-11:45 AM | 209410-02

Restorative Yoga
12-1 PM | 209411-01

Parkinson's Mobility, Agility & Strength
1:30-2:30 PM | 209414-01

CardioFit SilverSneakers
1:30-2:30 PM | 209425-01

FOOTHILLS ACTIVITY CENTER

Retro Step
10-11 AM | 209718-01

Basic Step 
11:15 AM-12:15 PM | 209720

NORTHSIDE AZTLAN COMMUNITY CENTER

Strength & Cardio Fitness
6:15-7:15 AM | 209501-01

YinYasa Yoga
9:15-10:15 AM | 209514-01

Pilates Fusion
10:30-11:30 AM | 209505-02

Coordination, Balance & Strength
11:45am-12:45 PM | 209507-01

Strength & Cardio Fitness
12-1 PM | 209501-02

CLUB TICO

Zumba
9-10 AM | 209112-01

Saturday

FORT COLLINS SENIOR CENTER

CIRCL Mobility
9:15-10:15 AM | 209408-01

Zumba
10:30-11:30 AM | 209404-02

FOOTHILLS ACTIVITY CENTER

Oula Dance
9-10 AM | 209704-02

NORTHSIDE AZTLAN COMMUNITY CENTER

All Levels Yoga Flow
8:15-9:15 AM | 209524-01

Zumba Toning
9:30-10:30 AM | 209513-01

Sunday

NORTHSIDE AZTLAN COMMUNITY CENTER

Mindfulness Yoga
10-11 AM | 209518-01

Meditation
11:15 AM-12:15 PM | 209519-01

SESSION-BASED FITNESS CLASSES

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

B-Bold Cardio Boxing

Looking to take your fitness routine to the next level and have fun while doing it? Join us in B-Bold Cardio Boxing, an exciting series of high-energy boxing workouts designed to torch calories, build strength and boost endurance. Non-contact class for all skill levels, fitness levels and abilities. Note: Class will not be held on 3/18.

Age: 14 years & up

Location: Northside Aztlan Community Center

2/4-4/1	W	4:15-5:15 PM	\$70	202468-01
4/8-5/27	W	4:15-5:15 PM	\$70	202468-02

Basic Step

A slower paced beginner step class that will teach the terminology and step basics. Bench step and other equipment provided. Bring water and a towel.

Location: Foothills Activity Center

2/6-2/27	F	11:15 AM-12:15 PM	\$26	209720-01
4/3-4/24	F	11:15 AM-12:15 PM	\$26	209720-02

Intro to Yoga Series

Never done Yoga before? In this 6-week class, learn yoga terms, basic movement and poses of yoga (asana), breathing techniques and meditation. You will also learn how to use props and get comfortable with yoga poses so that you are ready to continue your practice with confidence.

Location: Northside Aztlan Community Center

4/6-5/11	M	3-3:50 PM	\$38	209525-01
----------	---	-----------	------	-----------

T'ai Chi Chih, Beginner

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

T'ai Chi Chih, Beginner I

An introduction to the first half of the movements.

Location: Fort Collins Senior Center

2/3-2/24	Tu	12:30-1:45 PM	\$30	409431-01
3/3-3/24	Tu	12:30-1:45 PM	\$30	409431-02
3/31-4/21	Tu	12:30-1:45 PM	\$30	409431-03
4/28-5/19	Tu	12:30-1:45 PM	\$30	409431-04

T'ai Chi Chih, Beginner II

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

Location: Fort Collins Senior Center

2/3-2/24	Tu	2:00-3:15 PM	\$30	409431-05
3/3-3/24	Tu	2:00-3:15 PM	\$30	409431-06
3/31-4/21	Tu	2:00-3:15 PM	\$30	409431-07
4/28-5/19	Tu	2:00-3:15 PM	\$30	409431-08

Yoga For Beginners I

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

Location: Northside Aztlan Community Center

2/2-2/11	M,W	9:00-9:50 AM	\$26	209516-01
----------	-----	--------------	------	-----------

Yoga For Beginners II

A four-class continuation of Beginner I. In addition to building on yoga philosophy and breathwork, students will begin connecting asanas to create a "flow" (Must Complete Yoga Beginner I).

Location: Northside Aztlan Community Center

2/16-2/25	M,W	9:00-9:50 AM	\$26	209516-02
-----------	-----	--------------	------	-----------

ENROLL BY DAY FITNESS CLASS DESCRIPTIONS

All Levels Yoga Flow

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

Balanced Flow Yoga

A dynamic yet grounding practice that blends the strength-building benefits of an intermediate-level flow with the calming depth of Hatha-inspired movement. A slower, well-rounded and relaxing workout that enhances flexibility, balance and body awareness through breath-led sequences and intentional posture holds. Suitable for all levels seeking both movement and meaning.

Barre Gold

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

Boomer Cardio & Strength

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

Boomer Functional Fitness

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

Chair Pilates

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

Chair Hatha Yoga

Experience the full spectrum of yoga - poses, breathwork, and meditation - from the comfort and support of a chair. Offering a safe, accessible practice that builds strength, mobility, and ease while allowing space for both focus and relaxation.

Chair Yoga

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

CIRCL Mobility

A new program from Zumba designed to unlock the body's potential through flexibility, breathwork and mobility exercises. Based on the cutting-edge science of functional movement, learn how to release physical restrictions, restore core capabilities and renew your range of motion.

Coordination, Balance & Strength

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

Evening Spin

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

Focus on Balance

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

Hatha Flow Yoga

An all levels hatha flow. Includes sun salutations, balance, hips, twists, hamstrings and relaxation.

Meditation

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

Men - Loosen Up!

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

Mindfulness Yoga

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

Oula Dance

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

Parkinson's Mobility, Agility & Strength

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

Pilates Fusion

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

Pilates Basic Mat

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

Pilates Intermediate Mat

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

Restorative Yoga

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

Restorative Yoga & Meditation

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

Retro Step

Choreography step patterns are the heart of this full body workout. Enjoy a blast from the past using music from the '70s, '80s and more. The first part of the class is dedicated to cardiovascular work to rev up your heart rate. The final part uses equipment to offer strength and toning benefits. Bring water and a towel for a fun workout.

Slow Flow Hatha Yoga

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

Step & Sculpt

This energizing step class combines choreographed movements on and around a step platform to boost cardiovascular endurance, tone muscles and improve coordination that is all set to upbeat music that keeps you moving.

Strength & Cardio Fitness

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

Swiss Theraball

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

T'ai Chi Chih

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

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

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

Total Body Training

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

Vinyasa Flow Yoga

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

YinYasa Yoga

A grounding practice that balances stillness and gentle movement. Begin with Yin poses to relax the muscles and fascia, then move through a gentle flow to integrate that openness and build ease, stability, and resilience.

Yin Yoga

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

Yoga & Meditation

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

Yoga, Beginner

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

Yoga, Advanced Beginner

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

Zumba

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

Zumba Gold

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

Zumba Gold - Toning

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

Zumba Toning

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

SILVERSNEAKERS

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

CardioFit SilverSneakers

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

Circuit SilverSneakers

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

Classic SilverSneakers

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

Yoga SilverSneakers

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

ICE SKATING

Public Skate

Lace up and get on the ice. Rinks are open for public skate at various dates and times throughout the week. Visit fortcollins.gov/epic for the current schedule.



50+ Leisure Skate

Join other older adults with a passion for the ice in this weekly skate session for exercise and fun. Unstructured, slow-paced skate time with a staff monitor for safety.

Freestyle

Interested in learning more about competitive or recreational figure skating programs? Email recreation@fortcollins.gov to get connected.

Private Skating Instruction

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

Skate Sharpening Services

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

HOCKEY

For additional hockey programs for a variety of ages see [page 72](#).

Drop-In Hockey

Pick-up hockey game. Full equipment required. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fortcollins.gov/epic. Note: Full equipment required. Goalies must call the front desk at 970-221-6683 to reserve a spot.

Age: 16 years & up

Cost: \$8

LEARN TO SKATE

Adult Beginner Skate 1 & 2

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

Age: 16 years & up

2/19-3/12	Th	6:45-7:15 PM	\$58	110349-03
3/26-4/9	Th	6:45-7:15 PM	\$44	210349-01

Adult Intermediate Skate 3 & 4

Designed for experienced skaters ready to learn new skills. Learn proper blade use, pumping on a circle, turning forward to backward and edge work.

Age: 16 years & up

2/19-3/12	Th	6:45-7:15 PM	\$58	110350-03
3/26-4/9	Th	6:45-7:15 PM	\$44	210350-01

Adult Advanced Skate 5 & 6

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

Age 16 years & up

2/19-3/12	Th	6:45-7:15 PM	\$58	110351-03
3/26-4/9	Th	6:45-7:15 PM	\$44	210351-01

Adult Advanced Free Skate

Designed for the advanced skater. Learn forward inside, open and closed mohawk, ballet jump, backwards crossovers to backward outside edge, one-foot spins, walk to jump, mazurka and combination moves.

Prerequisite: Successful completion of Adult Skate 5 & 6.

Age: 16 years & up

2/19-3/12	Th	6:45-7:15 PM	\$58	110353-03
3/26-4/9	Th	6:45-7:15 PM	\$44	210353-01

The ice rinks at EPIC will temporarily close to the public in the spring/summer of 2026 for maintenance. For current updates and timelines please visit fortcollins.gov/epic.

OUTDOOR EDUCATION & RECREATION

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

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



Contact the City with your questions, comments and service requests.



B.O.O.T.S. PROGRAM

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

B.O.O.T.S. Quarterly Kickoff Meeting

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

Location: Fort Collins Senior Center

3/18 W 2:00-2:45 PM No Fee 211931-01

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

Once registered as a member, participants choose hikes, stewardship and an educational event to attend (all listed below). New participants should plan to attend the B.O.O.T.S. Quarterly Kickoff Meeting as well.

3/23-5/18 M 9:00-11:00 AM \$66 211930-01

B.O.O.T.S. Education

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

4/27 M 9:00-11:00 AM No Fee 211933-01

B.O.O.T.S. Hikes

Starred (*) activities have an additional parking fee. Meet staff at the trailhead. Directions will be emailed to all participants. Must have a B.O.O.T.S. Spring Membership.

Red Fox Meadows to Ross Natural Area

3/23 M 9:00-11:00 AM No Fee 211932-01

Riverbend Ponds

3/30 M 9:00-11:00 AM No Fee 211932-02

Colina Mariposa

4/6 M 9:00-11:00 AM No Fee 211932-03

TBD - Stewardship Activity

4/13 M 9:00-11:00 AM No Fee 211932-04

Shoreline Trail*

4/20 M 9:00-11:00 AM No Fee 211932-05

Foothills Trail, Horsetooth Reservoir section*

5/4 M 9:00-11:00 AM No Fee 211932-06

Horsetooth Falls*

5/11 M 9:00-11:00 AM No Fee 211932-07

OUTDOOR EDUCATION

Feather & Flight Fridays

Learn about birds and their behaviors, distinguishing characteristics, songs and more. Then, walk around Rolland Moore Community Park with a Colorado Audubon Society enthusiast to discover the fascinating world of birds.

Location: Meet at Fort Collins Senior Center

Winter Bird Behavior

Learn how birds behave differently during the winter, such as where they go and how they survive.

1/23	F	9:00-11:00 AM	\$23	211980-02
------	---	---------------	------	-----------

Owls

Learn to identify the different owl species in Northern Colorado. Owl-watching ethics and interesting owl behaviors will be covered in this hoot of a class.

2/20	F	9:00-11:00 AM	\$23	211980-03
------	---	---------------	------	-----------

Birding by Ear

Have you ever wondered what bird is singing in the bushes or trees? This class will help you get started with birding by ear. Join us for a presentation and a field trip to Rolland Moore Community Park for some practice.

3/20	F	9:00-11:00 AM	\$23	211980-01
------	---	---------------	------	-----------

Wading and Shorebirds

Shorebirds are a tricky bunch to identify, but once you've mastered the basics, they're so much fun to spy out in the wild. Join us for a presentation on shorebirds and how to spot them.

4/17	F	9:00-11:00 AM	\$23	211980-02
------	---	---------------	------	-----------

Sparrow ID

Learn to identify sparrow species in this fun and interactive class. Practice your birding skills in Rolland Moore Community Park following the presentation.

5/29	F	9:00-11:00 AM	\$23	211980-03
------	---	---------------	------	-----------

Guided Forest Bathing

Research shows that visits to natural places have real health benefits. Experience the healing of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection and creativity.

Location: TBA

4/27	M	9:00-11:00 AM	\$23	211937-01
------	---	---------------	------	-----------

Outdoor Nature Journaling

This nature journaling experience blends quiet reflection with shared discovery. Through guided prompts, participants will observe, write and sketch, as well as exchange insights in small group reflections. Build your personal connection to the landscape and a sense of community while cultivating awareness, well-being and connection.

Location: Meet at Fort Collins Senior Center lobby.

3/31	Tu	10:00 AM-Noon	\$23	211936-01
------	----	---------------	------	-----------

Snowshoeing Instruction

Learn the basics of snowshoeing by becoming familiar with the equipment, winter gear needed, use of poles, maneuvering up and down grades and types of snowshoes. Note: Snowshoes and trekking poles provided.

Location: Fort Collins Senior Center

1/15	Th	9:00 AM-Noon	\$34	211940-01
1/24	Sa	9:00 AM-Noon	\$34	211940-02

Watercolor Paint Making

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

Location: Fort Collins Senior Center

2/12	Th	4:00-6:30 PM	\$32	211966-01
3/26	Th	4:00-6:30 PM	\$32	211966-02
4/25	Sa	11:00 AM-1:30 PM	\$32	211966-03

OUTDOOR RECREATION

Transportation

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

Return Times

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

Outdoor Recreation Activity

Classification Scale

Please carefully read through our outing classifications and contact outdoor@fortcollins.gov with any questions.

- - Outings with 0-500 ft. in elevation change
- - Outings with 500-1,000 ft. in elevation change
- - Outings with 1,000-2,000 ft. in elevation change
- - Outings with over 2,000 ft. in elevation change

LEVEL 3 ACTIVITIES

These activities exceed five miles in duration.

Sundance Trail Hike ■■■

Follow the western shore of Carter Lake through forested pines and evergreen trees and explore sandy beaches. Mileage: 6-7 miles; Lowest Elevation: 5,711 ft.; Highest Elevation: 5,825 ft.

4/9	Th	9:00 AM-2:30 PM	\$63	211903-01
-----	----	-----------------	------	-----------

Stout Loop Trail ■■■■

Enjoy stunning scenery as you hike through grassy plains and sparse pines overlooking Horsetooth Reservoir. Pack your lunch to enjoy on this local loop. Mileage: 5.9; Lowest elevation: 3,930 ft.; Highest elevation: 5,075 ft.

5/12	Tu	8:00 AM-1:45 PM	\$44	211903-03
------	----	-----------------	------	-----------

Snowshoeing ■■■

Snowshoe through prime moose habitat on this loop trail that parallels the middle fork of the Michigan River. Note: Snowshoes and trekking poles provided. Mileage: 5-7 miles; Lowest elevation: 9,400 ft.; Highest elevation: 9,700 ft.

1/31	Sa	8:00 AM-6:00 PM	\$110	111920-01
------	----	-----------------	-------	-----------

LEVEL 2 ACTIVITIES

These activities are up to five miles in duration.

Snowshoe/hike and lunch at Red Feather Lakes ■■■

If there is snow, snowshoe around West Lake. If there is no snow, hike around both West Lake and Dowdy Lake. Afterwards, stop at The Thirsty Moose, Red Feather's newest bar and restaurant. Lunch cost on own or pack one. Note: Snowshoes provided. Beginning elevation is 3,200 ft above Fort Collins. Must be physically capable of completing the full length within a 2.5-hour time frame. Mileage: 3-4 miles; Lowest elevation 8,200 ft.; Highest elevation: 8,245 ft.

2/27	F	8:00 AM-2:00 PM	\$57	211915-04
------	---	-----------------	------	-----------

Fort Collins Utilities offers a variety of energy and water tours and classes.



Visit engage.fcgov.com to explore opportunities.



SPORTS

Things to Know

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



Online Sports Schedules & League Rules

All youth and adult sports schedules and league rules are located online through Team Sideline. Schedules are posted no later than one week prior to the first game of each season. Visit teamsideline.com/fortcollins for current game schedules, league updates, game cancellations and weather updates.

BASKETBALL

Spring Adult Basketball

Cost: \$600

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 8

Locations: Northside Aztlan Community Center and Fort Collins Senior Center

Friday Open Recreational 213901-01

FLAG FOOTBALL

Spring Adult Flag Football

8-on-8 non-contact.

Cost: \$395

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 6

Locations: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park and Twin Silo Park

Monday Open Recreational 213030-01

KICKBALL

Spring Adult Kickball

Cost: \$390

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 6

Locations: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park and Twin Silo Park

Friday Mixed Recreational 213025-01

SOFTBALL

Levels of Play: (A) 2HR+ – 2 Up Homerun Rule; (B) 1HR – 1 Homerun Only; (Recreational) – Modified Rules & Play

Note: Levels of play and updated rules are posted on the "Rules & Park Maps" page of teamsideline.com/fortcollins.

League Coordinator may merge divisions or move a team's level of play based on previous record, except in the Recreational Division.

Spring Senior Softball

Designed for ages 50 years and older. Modified play with a run limit per inning including no standings. ASA bats optional.

Cost: \$480

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 6

Locations: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park and Twin Silo Park

Men's

Wednesday Recreational

213020-01

Mixed

Wednesday Recreational

213020-02

INCLUSION SUPPORT

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

Spring Adult Softball

Cost: \$480

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 6

Locations: Rolland Moore Park, Fossil Creek Park, Lee Martinez Park and Twin Silo Park

Men's

Sunday (A) 2HR+	213021-01
*Sunday Recreational	213021-02
Monday (A) 2HR+	213021-03
Monday (B) 1HR	213021-04
Tuesday (A) 2HR+	213021-05
Tuesday (B) 1HR	213021-06
Wednesday (A) 2HR+	213021-07
Wednesday (B) 1HR	213021-08
Thursday (A) 2HR+	213021-09
Thursday (B) 1HR	213021-10

*Modified play with a run limit per inning including no standings.

Women's

Monday (B) 1HR	213022-01
Mixed	
Sunday (A) 2HR+	213023-01
*Sunday Recreational	213023-02
Tuesday (A) 2HR+	213023-03
Tuesday (B) 1HR	213023-04
Wednesday (A) 2HR+	213023-05
Wednesday (B) 1HR	213023-06
Thursday (A) 2HR+	213023-07
Thursday (B) 1HR	213023-08

VOLLEYBALL

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

Levels of Play: A-Competitive; BB-Intermediate; B-Recreational

Spring Adult Volleyball

Mixed and women's leagues are offered for six-person teams.

Age: 16 years & up

Cost: \$330

Registration ends: 3/15 or when filled

Season begins: Week of 3/23

Number of games: 8

Location: Northside Aztlan Community Center

Women's

Sunday B	213942-01
Wednesday A	213942-02
Wednesday BB	213942-03

Mixed

Monday BB	213943-01
Monday B	213943-02
Tuesday A	213943-03
Tuesday BB	213943-04
Friday B	213943-05



NextGenServe

Young Leaders Making a Difference



Apply Now!

Summer With Purpose

Looking for a meaningful summer program for your teen? NextGenServe is a volunteer service club for ages 13-18 that builds skills, fosters teamwork and gives back to the Fort Collins community.

Join us for a parent information session in January to learn more. Applications for the 2026 cohort open Feb. 1, with programs running June-August.

fortcollins.gov/NextGen



TENNIS

All programs are offered at Rolland Moore Racquet Complex unless otherwise noted.

Things to Know

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

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Students learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Lewis Tennis School has provided opportunities for the community of Fort Collins to learn and participate in tennis for the past 27 years.

Rolland Moore Pro Shop

Visit the fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories and 24-hour stringing are available. Winter hours are 1-4 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday (weather permitting).

Court Reservations

For court availability and reservations, visit lewistennis.com or call 970-493-7000.

Wheelchair Tennis

For individuals of all abilities and skill levels who want to learn, improve and enjoy the game of tennis.

Age: 8 years & up

Drop In

5/7-6/11 Th 6:00-7:00 PM \$54 \$10 223007-01

Beginner

Whether you have never played or are getting back into the game after a long hiatus, learn and develop fundamental skills so you can really enjoy the game. Discover the correct way to hit forehands, backhands, volleys, overheads and serves. You will also learn basic rules and strategies as you start competition.

Drop In						
1/3-1/24	Sa	1:00-2:30 PM	\$122	\$35	223005-01	
1/31-2/21	Sa	1:00-2:30 PM	\$122	\$35	223005-02	
2/28-3/21	Sa	1:00-2:30 PM	\$122	\$35	223005-03	
3/28-4/18	Sa	1:00-2:30 PM	\$122	\$35	223005-04	
4/25-5/16	Sa	1:00-2:30 PM	\$122	\$35	223005-05	
3/2-3/25	M,W	6:00-7:30 PM	\$243	\$35	223005-06	
3/30-4/22	M,W	6:00-7:30 PM	\$243	\$35	223005-07	
4/27-5/20	M,W	6:00-7:30 PM	\$243	\$35	223005-08	

Intermediate

Learn the “modern game” of tennis and refine your skills by honing techniques used by the pros. Develop your topspin, forehand, backhand and serves, as well as learn doubles and singles strategies that win!

Drop In						
1/3-1/24	Sa	2:30-4:00 PM	\$122	\$35	223006-01	
1/31-2/21	Sa	2:30-4:00 PM	\$122	\$35	223006-02	
2/28-3/21	Sa	2:30-4:00 PM	\$122	\$35	223006-03	
3/28-4/18	Sa	2:30-4:00 PM	\$122	\$35	223006-04	
4/25-5/16	Sa	2:30-4:00 PM	\$122	\$35	223006-05	
3/3-3/26	Tu,Th	6:00-7:30 PM	\$243	\$35	223006-06	
3/31-4/23	Tu,Th	6:00-7:30 PM	\$243	\$35	223006-07	
4/28-5/21	Tu,Th	6:00-7:30 PM	\$243	\$35	223006-08	



RETIREMENT AGE PROGRAMS

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

60+ PROGRAMS FOR PASSHOLDERS

All active passholders may attend the programs in this section free of charge! This includes one month, six month and annual recreation passholders, Get FoCo participants, those who pay the daily drop-in fee. SilverSneakers and Renew Active participants are also eligible to participate in these free programs.

RESOURCES

Library/Media Center

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

Conversation Corner – NEW!

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

Location: Lobby at the Fort Collins Senior Center

Every Wednesday 10:00 AM-Noon

Every Thursday 1:00-3:00 PM

Pool & Billiards Room

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



SOCIAL PROGRAMS

Bingo

Compete in Bingo for prizes. Registration is required one week prior to class.

2/16	M	1:30-2:30 PM	112401-03
3/16	M	1:30-2:30 PM	212401-01
4/20	M	1:30-2:30 PM	212401-02

Cards & Games

Join in the fun and play a variety of games with friends. Any game can be played during any session listed below. However, specific games are played on certain days for participants to play with like-minded enthusiasts. Note: Class will not be held on 3/9-3/12 and 5/4-5/8.

All Games & Canasta

3/2-5/11	M	1:00-4:00 PM	212400-01
----------	---	--------------	-----------

Bridge & Party Bridge

3/3-5/26	Tu	1:00-4:00 PM	212400-02
----------	----	--------------	-----------

All Games & Canasta

3/4-5/27	W	1:00-4:00 PM	212400-03
----------	---	--------------	-----------

Mahjong

3/5-5/28	Th	1:00-4:00 PM	212400-04
----------	----	--------------	-----------

Pinochle

3/6-5/29	F	1:00-3:30 PM	212400-05
----------	---	--------------	-----------

Creative Art & Ink

Participants gather for drawing, sketching, basket weaving and other creative arts. Meet weekly to work on projects and share ideas and techniques. No instructor or supplies are provided. Note: Class will not be held on 5/8.

3/6-5/29	F	9:30-11:30 AM	203495-01
----------	---	---------------	-----------

Donut Make U Wonder

Discuss current subjects and related personal experiences. Matters related to religion and politics are avoided to ensure comradery. Meetings end with a few shared jokes. Note: Class will not be held on 3/13, 3/27, 4/24, 5/8 and 5/29.

3/6-5/22	F	10:00-11:00 AM	212412-01
----------	---	----------------	-----------

Sing-Along/Jam Session

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

2/5	Th	3:00-5:00 PM	112444-03
2/19	Th	3:00-5:00 PM	112444-04
3/5	Th	3:00-5:00 PM	212444-01
3/19	Th	3:00-5:00 PM	212444-02
4/2	Th	3:00-5:00 PM	212444-03
4/16	Th	3:00-5:00 PM	212444-03
5/21	Th	3:00-5:00 PM	212444-04

Rainbow Club

Join the social group of networking LGBTQ+ members in the senior community for monthly meetings, outings and events. Meeting details will be emailed to registered participants. For more information contact recreation@fortcollins.gov.

2/1-5/31		112404-01	
----------	--	-----------	--

The Writers' Group

Express yourself through writing and gather weekly to share work. All writing styles and skills are welcome. Note: Class will not be held on 3/10 and 5/5.

3/3-5/26	Tu	9:30-11:30 AM	212415-01
----------	----	---------------	-----------

WELLNESS PROGRAMS

All wellness programs are held at the Fort Collins Senior Center unless otherwise noted.

Bossy Bladder

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

3/18	W	1:00-2:00 PM	225411-01
------	---	--------------	-----------

Dementia Support Group

This 8-week support group is for those living with dementia. Each session includes a mindful moment, chair-based movement, an activity that promotes conversation and reflection and closure to help process the day's events. Facilitated by dementia care professionals with decades of experience. Note: Class will not be held on 5/4.

3/16-5/11	M	10:00-11:30 AM	225445-01
-----------	---	----------------	-----------

Grounding Techniques for Optimism & Stability

Enjoy guided mindfulness practices to gain a connection to your internal resources and personal positivity. Learn ways to calm the nervous system and to self-regulate during times of uncertainty and stress. Facilitated by Deanna O'Connell, UCHealth registered dietician and mindfulness practitioner.

3/18	W	2:00-3:30 PM	225444-01
------	---	--------------	-----------

LEWIS TENNIS



Tennis-Based Youth Development and Adult Programs

- Junior Programs (4-18 years old)
- Clinics for All Levels
- Middle and High School Programs
- Complete Pro Shop, including racquet stringing!
- Spring Break Camp
- Tournaments
- Adult Programs
- Round Robins
- League Coaching
- Private Lessons

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




Healthy Eating for Successful Aging

Learn how to implement healthy eating and activity behaviors that support your heart and bone health. Based on USDA MyPlate, the program includes goal setting, problem solving, group support, education, self-assessment and management of dietary patterns. Note: Class will not be held on 5/5.

3/31-5/12 Tu 2:00-4:00 PM 225436-01

Home Safety/Fall Prevention

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

4/21 Tu 1:00-2:00 PM 225412-01

Inflammation, Cardiovascular Disease & Hypertension

Learn top nutrition and lifestyle habits to decrease or prevent chronic inflammation and cardiovascular disease, as well as tips to support your body and brain. Facilitated by Deanna O'Connell, UCHealth registered dietitian.

5/14 Th 2:00-3:30 PM 225440-01

Know the Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs, identify the next steps to take including how to speak with a doctor, the benefits of a diagnosis and the diagnostic process.

2/12 Th 10:00-11:00 AM 125404-01

Long-Term Care Medicaid

Long-term Medicaid can be a complex process to navigate. Learn about the financial and personal factors that should be considered, resources to aid in applications, redeterminations and appeals.

4/15 W 2:00-3:30 PM 225443-01

Natural Nutritional Hacks

Learn how lifestyle and nutritional choices impact your ability to focus, memory and emotions in this program series. Enroll in all sessions or select them individually based on your interests.

Natural Hacks for Attention Support

3/5 Th 11:00 AM-Noon 225425-01

Natural Hacks for Memory Support

4/2 Th 11:00 AM-Noon 225425-02

Natural Hacks to Support a Healthy Mood

5/14 Th 11:00 AM-Noon 225425-03

Navigating the Healthcare System- Panel Presentation

Navigating the healthcare system can be daunting and confusing. This presentation will walk you through various senior housing options and home care services. Learn what your options are, who pays for what and how to access these resources.

2/17 Tu 1:00-2:00 PM 225419-01

Optimal Digestion & Gut Health

Curious about your microbiome and how it impacts your health? Featured topics covered include gut self-care, nutrition for gut health, digestion and the microbiome. Facilitated by Deanna O'Connell, UCHealth registered dietitian.

2/5 Th 2:00-3:30 PM 125406-01

Rest Assured: Sleep Solutions for Older Adults

Learn about the physiology of sleep and discover age related sleep changes. Explore how daily activities, roles, habits, routines, daily balance, stress management, substances, planning, diet and exercise all influence sleep quality and quantity. Facilitated by Natalie Rolle, Occupational Therapist.

2/3 Tu 2:00-3:30 PM 125407-01

The Conversation Project

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

3/24 Tu 2:00-3:30 PM 225442-01

The Empowered Caregiver - Exploring Care Options

Learn about the different care options available to help support you and your loved one as you navigate the dementia journey.

4/9 Th 10:00-11:00 AM 225422-01

Veterans Service Officer Q&A

Experts from the Larimer County Veterans Service Office and the Cheyenne VA Medical Center will answer questions about disability compensation benefits, pensions, burial benefits and more.

2/19 Th 2:00-3:30 PM 125408-01

You may be eligible to **SAVE** on your next utility bill, with

LEAP & IQAP

The **Low-income Energy Assistance Program (LEAP)** and **Income-Qualified Assistance Program (IQAP)** provide ongoing financial assistance to help reduce utility costs. Households making 60% or less of the state median income are eligible for LEAP, and LEAP customers automatically qualify for IQAP.

Mark your calendar and join us at one of our upcoming info sessions to see if you qualify and to get help with your application.



fortcollins.gov/LEAP



LEAP

City of
Fort Collins

FRIDAY MOVIES

Groundhog Day (1993) 1hr 36min

A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage. Starring: Bill Murray, Andie MacDowell and Chris Elliot. Rated PG-13.

2/20 F 1:00-4:00 PM

The Lincoln Lawyer (2011) 1hr 59min

A charismatic defense attorney who does business out of his Lincoln Sedan. He spends most of his time defending petty crooks and other bottom-feeders, so it comes as quite a surprise when he lands the case of a lifetime: Defending a Beverly Hill Playboy who is accused of attempted murder. However, what he initially thinks is an open-and-shut case with a big monetary reward develops into something more sinister. Starring: Matthew McConaughey, Ryan Phillippe and Marisa Tomei. Rated R.

3/20 F 1:00-4:00 PM

Cast Away (2000) 2hr 23min

An obsessively punctual FedEx executive is enroute to an assignment in Malaysia when his plane crashes over the Pacific Ocean during a storm. The sole survivor of the flight washes ashore on a deserted island. When his efforts to sail away and contact help fail, he learns how to survive on the island, where he remains for years, accompanied by only his handmade volleyball friend Wilson. Starring: Tom Hanks, Helen Hunt and Lari White. Rated PG-13.

4/17 F 1:00-4:00PM

The Intern (2015) 2hr 1min

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back in the game, a 70-year-old widower seizes the opportunity to become a senior intern at an online fashion site. Starring: Robert De Niro, Anne Hathaway and Rene Russo. Rated PG-13.

5/15 F 1:00-4:00PM

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program

RETIREMENT AGE PROGRAMS - OPEN TO ALL

All programs are designed for retirement age individuals, but adults, 18 years and older, are welcome unless otherwise noted.

Fort Collins Senior Center Orientations

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

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

CLUBS & ORGANIZATIONS

Front Range Forum

Front Range Forum is an educational and social membership organization associated with the Recreation Department. Membership includes access to classes offered in literature, history, music, art, science, current events and popular culture as well as activities that include film programs, lunch-time lectures, off-site excursions, monthly social luncheons and special interest groups. Front Range Forum has something for everyone interested in expanding their worlds and forming new friendships. For more information visit frontrangeforum.org. Note: Front Range Forum membership fees are paid through the Recreation Department. Once you're a member, class enrollments are made online at frontrangeforum.org.

1/1-3/31 M-F 9:00 AM-4:00 PM \$49 107410-01

EDUCATION

Bridge 1, Bidding Part 1

Focus on card basics, bridge etiquette, hand evaluation/ counting points, how to win tricks, defending and scoring. Then learn the language of bidding in competitive auction. Focus on Suit opening bids, responses and rebids. Note: Supplies included. Class will not be held on 3/12.

2/5-4/2 Th 1:00-4:00 PM \$147 112465-01

Bridge 2, Bidding Part 2

Continue with Notrump opening bids, responses, rebids, Stayman and Jacoby Transfer conventions. Add competitive bidding overcalls and doubles, preempts, strong bids and slams. Prerequisite: Bridge 1 or instructor approval. Note: Class will not be held on 5/7.

4/2-5/21 Th 1:00-4:00 PM \$126 212466-01

Joyful Drumming - Rhythm Games & Movement

Share in the joyful and revitalizing energy of making rhythmic music in community with others, drum circle style. Learn poems with a beat and perform easy and relaxed hand and feet rhythms with hand drums and other percussion instruments. Drumming stimulates brain wave activity and provides benefits of creative thinking, relaxation and blood pressure regulation, improved focus, coordination, right and left brain balance and motor skills. Note: Beneficial for those who have Parkinson's, Stroke and/or other neurological related disabilities. All abilities and skill levels welcome. Class will not be held on 3/12 and 5/7.

2/5-4/2	Th	2:30-3:30 PM	\$109	202472-03
4/9-5/28	Th	2:30-3:30 PM	\$95	202472-04

Tell it Like it Was - Storytelling Workshop

Designed for those who might feel hesitant, rusty or unsure about speaking their truth out loud. You don't need to be a writer, performer or extrovert - all you need is a life lived and a little curiosity. Discover how storytelling strengthens memory, focus, and emotional resilience. Learn simple skills for shaping a meaningful personal story and explore the real meaning behind moments in your past.

4/18	Sa	9:00 AM-Noon	\$9	207481-01
------	----	--------------	-----	-----------

WebTrac: How to Register

Learn helpful tips and tricks to register for City of Fort Collins recreation programs independently online. Navigate both computer and smart devices with recreation staff. Personal equipment is welcomed. Spanish translation available upon request.

4/1	W	10:00-11:00 AM	No Fee	212999-01
4/1	W	5:00-6:00 PM	No Fee	212999-02

SOCIAL PROGRAMS

Four Seasons of Conversations (formerly And Then It Is Winter)

Enjoy a series of talks, lectures and conversations from guests and friends covering topics from history, medicine and health, personal stories, world travel, local businesses and local lore. Note: Class will not be held on 2/9, 2/23, 3/9, 3/23, 3/30, 4/13, 4/27, 5/4 and 5/11.

Age: 60 years & up

2/2-5/18	M	10:30-11:30 AM	\$10	212441-01
----------	---	----------------	------	-----------

Senior Serenaders

The Senior Serenaders practice and perform seasonal themed music from years' past for local assisted living facilities and special events. No choral experience is required, but ability to read music is helpful. Note: Practice will not be held on 3/9, 3/16, 4/13, 4/20, 5/4 and 5/25.

3/2-5/18 M 9:30-11:00 AM \$16 212413-01

S.O.A.P. Sneak Peek: Behind the Curtain - NEW!

Curious about what it's like to be part of the Slightly Older Adult Players (S.O.A.P.) Troupe? Join us for an upbeat and informative session where we'll share how the group works, what roles are available on and off stage, and how you can get involved. Whether you're a seasoned performer or just want to help behind the scenes, there's a place for you in our fun-loving community!

1/7 W 1:00-2:00 PM No Fee 212409-01

S.O.A.P. Troupe Acting

S.O.A.P. (Slightly Older Adult Players) Troupe writes and performs two shows per year which feature a variety of acting, comedy, skits, dance and song. Join this zany, fun-loving group of seniors who have discovered their inner ham. Are you uncomfortable on stage? No problem! S.O.A.P. has many ways you can help make the shows a success. Interested in learning more? Visit rehearsals on Mondays and Fridays of each week from 1:30-3 p.m. until the May show or email recreation@fortcollins.gov.

1/2-5/2 M,F 1:30-3:00 PM \$36 212410-01

Social Dancing at the Fort Collins Senior Center

Invite a loved one or a friend and join in the fun for a night of social dancing, live music and a delicious potluck prepared by attendees. Dances occur on the first and third Mondays of the month, and some dances are themed. Note: Dances will not be held on 2/16 and 5/4.

Valentine's Dance (wear red)

2/2 M 6:30-9:30 PM \$12
3/2 M 6:30-9:00 PM \$12

St. Patrick's Day Dance (wear green)

3/16 M 6:30-9:00 PM \$12
4/6 M 6:30-9:00 PM \$12

Spring Dance (wear yellow)

4/20 M 6:30-9:00 PM \$12

Mother's Day Dance (wear pink)

5/18 M 6:30-9:00 PM \$12

RESOURCES

VOA Smiling Spoon Senior Lunch

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

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

Life After Stroke

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

2/12 Th 12:30-2:00 PM

4/9 Th 12:30-2:00 PM

5/14 Th 12:30-2:00PM

TECHNOLOGY PROGRAMS

Tech Basics for All

Introduction to basic access and use of technology including personal computers, tablets and phones. Discover built-in accessibility features (screen magnification, display settings, etc.), proper posture, and general navigation and organization methods. Each class will allow time for questions and problem solving on your personal device. Note: Participants are encouraged to bring their own devices. Devices are available upon request.

Computer, Phone, and Tablet Use/Navigation

2/16 M 3:00-4:00 PM No Fee 207494-01

E-mail Management and Organization

2/23 M 3:00-4:00 PM No Fee 207494-02

Online Shopping and Bill Pay

3/2 M 3:00-4:00 PM No Fee 207494-03

Accessibility Options

3/16 M 3:00-4:00 PM No Fee 207494-04

Ergonomics & Posture

3/23 M 3:00-4:00 PM No Fee 207494-05

Audio Books

3/30 M 3:00-4:00 PM No Fee 207494-06

VOLUNTEERS

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

TRIPS & TRAVEL

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

Registration

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

Departure & Return Times

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

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

Accommodations

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

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

Trips & Travel Exertion Scale

Trips are identified throughout this section with an exertion scale rating. The rating scale identifies how intense the walking may be on the trip. The rating system is defined below. Please note that many trips may be at altitude regardless of the exertion rating and distances are approximate.

● = Walk short distances. Example: To program location from parking lot. May include some stairs. Mostly sitting. Handicap accessibility available. Distance: Less than 20 yards.

■ = Walk short distances on mostly even surfaces. Some stairs. Example: Short tours. Distance: 20-100 yards.

◆ = Walk longer distances on mostly even surfaces. Some stairs. Distance: .25-1 mile.

▲ = Walk for long distances, on uneven surfaces, and/or on stairs. You will be on your feet for most of the outing. Distance: 1-5 miles.

Door-to-Door Transportation

Round trip transportation to and from your home is available for most trips if you reside within the Fort Collins city limits (with some exceptions). This service is provided prior to and after listed trip time frames. Pick-up time will be confirmed via phone the day prior to the trip. The cost for these services is \$7 per person. Requests must be made at the time of registration or at least three business days prior to the trip.

Casino Trips ■

Meet in the lobby of the Fort Collins Senior Center and travel to Cheyenne's Horse Palace Swan Ranch Casino. Note: Fees are non-refundable 14 days prior to trips.

3/17	Tu	9:00 AM-2:30 PM	\$44	205910-01
4/21	Tu	9:00 AM-2:30 PM	\$44	205910-02
5/19	Tu	9:00 AM-2:30 PM	\$44	205910-03

OUT TO LUNCH

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

Black Bear Diner and Buccee's - Longmont

This casual eatery serves burgers, pancakes and fried chicken, along with other comfort foods, in a cabin-themed setting. Afterward, head to Buccee's to pick up some jerky, brisket or snack to take home with you.

2/4 W 10:30 AM-3:00 PM \$37 105932-05

Mike O'Shay's - Longmont

Saint Patrick's Day fare at its finest. Enjoy corned beef and cabbage, bangers and mash, Shepard's pie and more.

3/12 Th 10:00 AM-1:30 PM \$37 205930-01

Lucky Fin's - Greeley

This vibrant eatery features classic seafood plates, smoked BBQ and sushi dishes.

4/2 Th 10:00 AM-2:00 PM \$37 205930-02

Wellington Grill

This family-oriented restaurant and bar serves American eats, including burgers and steaks, plus a full bar.

5/27 W 10:30 AM-2:00 PM \$37 205930-03

Out to Lunch - Secret Location

Head out for lunch at a surprise restaurant and enjoy an afternoon with friends.

2/25 W 10:00 AM-2:00 PM \$37 105931-01

3/24 Tu 10:00 AM-2:00 PM \$37 205934-01

4/15 W 10:30 AM-2:30 PM \$37 205934-02

5/21 Th 10:30 AM-2:30 PM \$37 205934-03

SPECIALTY TRIPS

Ticketed events are either non-refundable or have a specific date listed in the class description as the last day to request a refund. Any programs without a refund date listed follow the seven day cancellation policy found on [page 105](#).

Denver Art Museum

The Denver Art Museum has a collection of over 70,000 diverse works from around the world and dating back centuries. Following a self-guided tour, enjoy lunch at a nearby restaurant. Note: Fee includes transportation and entrance to the museum.

2/3 Tu 8:00 AM-3:00 PM \$92 105932-06

Denver Center for Performing Arts - Water for Elephants

After losing what matters most, a young man jumps aboard a moving train. Unsure of where the road will take him, he finds a new home with the crew of a traveling circus, and a life—and love—beyond his wildest dreams. Seen through the eyes of his older self, his adventure becomes a poignant reminder that if you choose the ride, life can begin again at any age. Note: Fee includes ticket to the show and transportation. Tickets are non-refundable.

2/12 Th 11:30 AM-6:30 PM \$130 105932-07

Cheyenne Train Depot Museum

A national historic landmark, The Cheyenne Depot Museum is a railroad museum located inside the 1880s Union Pacific Railroad depot in Cheyenne, Wyoming. Following the self-guided tour, enjoy lunch at the nearby Albany Restaurant.

3/4 W 9:00 AM-2:00 PM \$49 205932-02

Denver Center for Performing Arts - Phantom of the Opera

This musical, by Andrew Lloyd Webber, tells the tragic story of a beautiful soprano who becomes the obsession of a mysterious and disfigured musical genius living in the subterranean labyrinth beneath the Paris Opera House. Note: Fee includes ticket to the show and transportation. Non-refundable after 2/17/2026.

3/19 Th 11:30 AM-6:30 PM \$130 205942-01

INCLUSION SUPPORT

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

Stranahan's Whiskey Tour, Denver ♦

Learn about the fascinating history of Stranahan's, their ingredients and process that make Stranahan's so unique. Samples of three of their American Single Malt Whiskey will be offered.

3/31 Tu 10:00 AM-3:30 PM \$61 205921-01

Virginia Dale Stage Station ♦

Virginia Dale is a ghost town located in the northern part of Larimer County, about 45 miles northwest of Fort Collins, and just about four miles south of the Wyoming border on US Highway 287. The Overland Trail Stage Station is listed on the National Register of Historical Sites. Visit the station, tour the historical site and enjoy a late lunch at Vern's on the way back. Note: Fee includes transportation and tour ticket. Non-refundable after 3/23/2026.

4/23 Th 9:00 AM-3:30 PM \$54 205931-01

Scheel's & Chapungu Sculpture Park ♦

Located in Johnstown, the astonishing 250,000 square-foot shopping experience offers a variety of sporting goods and entertainment including an indoor Ferris Wheel. After, walk the grounds of Chapungu Sculpture Park at Centerra in Loveland, Colorado's one-of-a-kind outdoor exhibit, displaying 82 monumental stone sculptures from Zimbabwean artisans.

4/29 W 9:30 AM-3:00 PM \$37 205932-01

Morning Fresh Dairy ♦

Enjoy a private tour and learn about local farming and what it means for the community. See the beautiful countryside the cows call home. Then purchase lunch onsite at the Howling Cow Cafe.

5/14 Th 9:15 AM-2:30 PM \$54 205929-01



REFER A FRIEND
TO FORT COLLINS CONNEXION AND
GET \$50 EACH!



Learn more at fcconnexion.com/refer-a-friend



NEW RECREATION PASSES ARE HERE!

AFFORDABLE. NEW BENEFITS. OPTIONS FOR ALL.

Recreation has new passes to make it easier
(and more affordable) to stay active, play and connect!

CHOOSE THE PASS THAT FITS YOUR LIFESTYLE:

- Individual Passes
- Family Passes
- Barnyard Buddy Pass

NOW ENJOY:

- ✓ Unlimited access to all recreation facilities including The Farm and City Park Pool
- ✓ Discounts on fitness classes and personal training

READY TO GET STARTED?

Learn more on page 6 and then purchase your new pass at any City of Fort Collins recreation facility.



YOUTH & FAMILY PROGRAMS

AQUATICS

Youth and family programs are held at Edora Pool Ice Center unless otherwise noted.

Open Swim General Info

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

Adult Supervision Requirements

To provide a safe pool experience, we require adult supervision for swimming groups:

# of children	Age	# of in-water adult supervisors
1-6*	1-7 years	1
1-10	8-11 years	1
1-20	12 years & up	1

*Children aged 8 years and older who cannot swim or touch the bottom of the pool should be included in this age group. Groups not complying with the above ratio are not permitted to swim.

Open Lap Swimming

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

Discover Scuba Diving

Under the direct supervision of a Professional Association of Diving Instructors (PADI) professional, learn how to use scuba equipment in shallow water and what it takes to explore the underwater world.

Note: Prior to class start, call Colorado Scuba Diving Academy (CSDA) at 970-286-0072 to complete required paperwork.

Age: 10 years & Up

Location: Edora Pool Ice Center

3/14	Sa	11:00 AM-12:30 PM	\$39	201352-01
5/23	Sa	11:00 AM-12:30 PM	\$39	201352-02

Location: Mulberry Pool

2/21	Sa	11:00 AM-12:30 PM	\$39	201252-01
4/25	Sa	11:00 AM-12:30 PM	\$39	201252-02

Discover Snorkeling

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

Age: 5 years & up

Location: Edora Pool Ice Center

3/14	Sa	11:00 AM-12:30 PM	\$35	201353-01
5/23	Sa	11:00 AM-12:30 PM	\$35	201353-02

Location: Mulberry Pool

2/21	Sa	11:00 AM-12:30 PM	\$35	201253-01
4/25	Sa	11:00 AM-12:30 PM	\$35	201253-02



Kayak Roll School

Learn important techniques to master the kayak roll, the centerpiece of the sport of whitewater kayaking. In partnership with Rocky Mountain Adventures (RMA), Kayak Roll School will be taught by experienced whitewater kayak instructors. Registration must be made two days before the first class. Note: Sessions include a one-hour classroom instruction at RMA starting at 1:30 p.m. on the first day, and two 1.5-hour pool sessions from 3:15-4:45 p.m. at EPIC. Fee includes all necessary gear (kayak, paddle, helmet, skirt and PFD). Prior to class, those under 18 years of age must contact RMA at 970-493-4005.

Age: 10 years & up

Location: Rocky Mountain Adventures and Edora Pool Ice Center

2/1, 2/8	Su	1:30-4:45 PM	\$131	201356-01
2/22, 3/1	Su	1:30-4:45 PM	\$131	201356-02
4/12, 4/19	Su	1:30-4:45 PM	\$131	201356-03

Kayak: Slap, Paddle & Roll

Pool roll sessions are for individual practice. No formal instruction or gear provided. Note: Check in at the front desk to receive a wristband (must be worn/visible during the session). Enter boats through the northwest pool door and rinse them with the hose before bringing them inside. Participants under 18 must have a parent/guardian present and be actively participating.

Age: 8 years & up

2/1	Su	3:00-5:00 PM	\$16	201355-01
2/8	Su	3:00-5:00 PM	\$16	201355-02
2/15	Su	3:00-5:00 PM	\$16	201355-03
2/22	Su	3:00-5:00 PM	\$16	201355-04
3/1	Su	3:00-5:00 PM	\$16	201355-05
3/15	Su	3:00-5:00 PM	\$16	201355-06
3/22	Su	3:00-5:00 PM	\$16	201355-07
3/29	Su	3:00-5:00 PM	\$16	201355-08
4/12	Su	3:00-5:00 PM	\$16	201355-09
4/19	Su	3:00-5:00 PM	\$16	201355-10



Scuba Challenge

For the experienced diver who wants to practice skills. Challenges are set up and include some dryland information. Note: Current Professional Association of Diving Instructors (PADI) certification required. If equipment is needed, call Colorado Scuba Diving Academy (CSDA) at 970-286-0072 one week prior to class start.

Age: 10 years & up

2/4	W	5:30-8:00 PM	\$28	201356-01
2/18	W	5:30-8:00 PM	\$28	201356-02
3/4	W	5:30-8:00 PM	\$28	201356-03
3/18	W	5:30-8:00 PM	\$28	201356-04
4/1	W	5:30-8:00 PM	\$28	201356-05
4/22	W	5:30-8:00 PM	\$28	201356-06
5/6	W	5:30-8:00 PM	\$28	201356-07
5/20	W	5:30-8:00 PM	\$28	201356-08

LIFEGUARD TRAINING PROGRAMS

Lifeguard Training

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

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

2/6	F	6:00-9:30 PM	201240-01
2/7-2/8	Sa, Su	8:00 AM-5:00 PM	
3/6	F	6:00-9:30 PM	201240-02
3/7-3/8	Sa, Su	8:00 AM-5:00 PM	
5/1	F	6:00-9:30 PM	201240-03
5/2-5/3	Sa, Su	8:00 AM-5:00 PM	

Lifeguard Recertification

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

Age: 16 years & up

4/11	Sa	9:00 AM-7:00 PM	201241-01
------	----	-----------------	-----------

LEARN TO SWIM

Learn to Swim Policies

- Waitlist and Cancellation Policy: The deadline for drops/changes for enrolled swimmers is seven days prior to the session start date. If the class you wish to register for is filled, you may place your name on a paid waiting list so that if a spot becomes available, we can move you in as quickly as possible. You will be notified via email if you are moved off the waitlist and enrolled. If there are no changes, refunds to waitlisted swimmers will be processed within the week following the date of the second class.
- At the discretion of the head instructor, if it is evident that a child is not water-ready before the second lesson and we are unable to fit them in the appropriate class, the head instructor will contact a parent for dismissal. A full refund is issued for the class.
- Class enrollment maximums ensure a safe learn to swim experience. Minimum enrollment for all classes is four participants.
- Make-up lessons are not available.
- Progress cards that are not picked up on the last day of class are held for one week at the lesson facility.
- To teach private lessons, coach or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching. For more information, email aquatics@fortcollins.gov.

LEARN TO SWIM LEVELS

Baby & Me

Age: 6 months-3 years

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

Preschool Levels

Age: 3-6 years

Preschool 1

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

Preschool 2

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

Youth Levels

Age: 5-12 years

Level 1

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

Level 2

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

Level 3

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

Level 4

Improve upon previous skills and endurance and introduce butterfly, turns and standing dives. Class designed for those who can swim a full 25 yards of freestyle and/or backstroke and are familiar with breaststroke.

Level 5

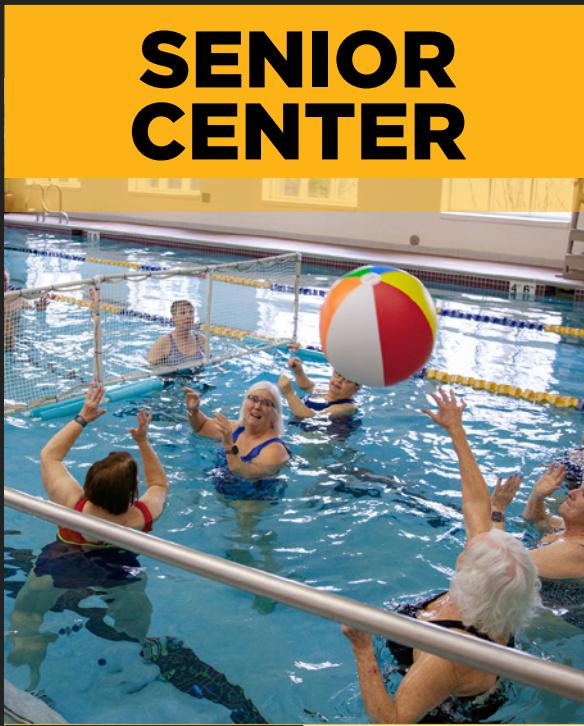
Continue to perfect all four strokes and may introduce more competitive swimming aspects such as flip turns and starts. Designed for those who can swim efficiently 50 yards freestyle, tread water continuously for at least 30 seconds and are comfortable with backstroke, breaststroke and dolphin kick.

Teen Swim Instruction

Age: 13-17 years

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

LEARN TO SWIM CLASS SCHEDULE



Sunday Morning		Session 1	Session 2
		2/15-3/29*	4/12-5/3
Class	Fee:	\$54.50	\$44.00
Baby & Me	9:30 AM	201410.41A	201410.42A
	10:05 AM	201410.41B	201410.42B
	10:40 AM	201410.41C	201410.42C
	11:15 AM	201410.41D	201410.42D
Level 1	9:30 AM	201422.41A	201422.42A
	10:05 AM	201422.41B	201422.42B
	11:15 AM	201422.41C	201422.42C
Level 2	9:30 AM	201424.41A	201424.42A
	10:05 AM	201424.41B	201424.42B
	10:40 AM	201424.41C	201424.42C
Level 3	9:30 AM	201426.41A	201426.42A
	10:05 AM	201426.41B	201426.42B
	10:40 AM	201426.41C	201426.42C
Adult Intro	10:40 AM	201438.41A	201438.42A
Adult Stroke (45 min)	11:15 AM	201439.41A	201439.42A

*No Class 3/15 & 3/22

EPIC		Session 1	Session 2
Monday/Wednesday Evening		2/16-3/11	3/30-4/22
Class	Fee:	\$86.00	\$86.00
Baby & Me	4:45 PM	201310.11A	201310.12A
	5:20 PM	201310.11B	201310.12B
Preschool 1	5:55 PM	201310.11C	201310.12C
	4:45 PM	201316.11A	201316.12A
Preschool 2	5:55 PM	201316.11B	201316.12B
	5:20 PM	201318.11A	201318.12A
Level 1	6:30 PM	201318.11B	201318.12B
	4:45 PM	201322.11A	201322.12A
Level 2	5:55 PM	201322.11B	201322.12B
	6:30 PM	201322.11C	201322.12C
Level 3	5:20 PM	201324.11A	201324.12A
	6:30 PM	201324.11B	201324.12B
Level 3	5:55 PM	201326.11A	201326.12A
Level 4	4:45 PM	201328.11A	201328.12A
Level 5	5:20 PM	201330.11A	201330.12A
Adult Intro	6:30 PM	201338.11A	N/A
Adult Stroke (30 min)	6:30 PM	N/A	201339.12A

MULBERRY POOL



Sunday Afternoon		Session 1	Session 2
Class	Fee:	\$54.50	\$44.00
Preschool 1	3:15 PM	201216.41A	201216.42A
	3:50 PM	201216.41B	201216.42B
	4:25 PM	201216.41C	201216.42C
Preschool 2	3:15 PM	201218.41A	201218.42A
	3:50 PM	201218.41B	201218.42B
	5:00 PM	201218.41C	201218.42C
Level 1	3:15 PM	201222.41A	201222.42A
	3:50 PM	201222.41B	201222.42B
	5:00 PM	201222.41C	201222.42C
Level 2	3:50 PM	201224.41A	201224.42A
	4:25 PM	201224.41B	201224.42B
	5:00 PM	201224.41C	201224.42C
Level 3	3:15 PM	201226.41A	201226.42A
	4:25 PM	201226.41B	201226.42B
	5:00 PM	201226.41C	201226.42C
Level 4	3:50 PM	201228.41A	201228.42A
	4:25 PM	201228.41B	201228.42B
	5:00 PM	201228.41C	201228.42C
Level 5	4:25 PM	201230.41A	201230.42A
Adult Intro	3:15 PM	201238.41A	201238.42A
Adult Stroke (45 min)	5:00 PM	201239.41A	201239.42A

*No class 3/15 & 3/22

Tuesday/Thursday Evening		Session 1	Session 2
Class	Fee:	\$86.00	\$86.00
Preschool 1	4:45PM	201216.21A	201216.22A
	5:55PM	201216.21B	201216.22B
	6:30PM	201216.21C	201216.22C
Preschool 2	4:45 PM	201218.21A	201218.22A
	5:20 PM	201218.21B	201218.22B
	5:55 PM	201218.21C	201218.22C
Level 1	4:45 PM	201222.21A	201222.22A
	5:20 PM	201222.21B	201222.22B
	6:30 PM	201222.21C	201222.22C
Level 2	5:20 PM	201224.21A	201224.22A
	5:55 PM	201224.21B	201224.22B
	6:30 PM	201224.21C	201224.22C
Level 3	4:45 PM	201226.21A	201226.22A
	5:55 PM	201226.21B	201226.22B
	5:20 PM	201228.21A	201228.22A
Level 4	5:20 PM	201228.21B	201228.22B
Level 5	6:30 PM	201230.21A	201230.22A

Saturday Morning		Session 1	Session 2
Class	Fee:	\$54.00	\$54.50
Preschool 1	9:30 AM	201216.31A	201216.32A
	10:05 AM	201216.31B	201216.32B
	10:40 AM	201216.31C	201216.32C
Preschool 2	9:30 AM	201218.31A	201218.32A
	10:05 AM	201218.31B	201218.32B
	11:15 AM	201218.31C	201218.32C
Level 1	9:30 AM	201222.31A	201222.32A
	10:40 AM	201222.31B	201222.32B
	11:15 AM	201222.31C	201222.32C
Level 2	10:05 AM	201224.31A	201224.32A
	11:15 AM	201224.31B	201224.32B
	9:30 AM	201226.31A	201226.32A
Level 3	10:40 AM	201226.31B	201226.32B
	11:15 AM	201226.31C	201226.32C
	9:30 AM	201228.31A	201228.32A
Level 4	10:05 AM	201228.31B	201228.32B
	11:15 AM	201230.31A	201230.32A
	10:40 AM	201230.31B	201230.32B
Level 5	10:05 AM	201235.31A	201235.32A
Teen	10:40 AM	201235.31B	201235.32B

*No class 3/14 & 3/21

LEARN TO SWIM CLASS SCHEDULE

ARTS & CRAFTS

DRAWING

Comics Essentials

Whether a beginner or advanced artist, hone your skills and personal style through fun drawing lessons and individual time. Bring a pencil and sketchbook or a tablet if digital art is your preferred choice. This class accommodates all skill levels and individual needs of students. Note: Class will not be held on 3/10 and 5/5.

Age: 13 years & up

Location: Fort Collins Senior Center

1/13-2/17	Tu	4:30-6:30 PM	\$87	103407-01
2/24-4/7	Tu	4:30-6:30 PM	\$87	203407-01
4/14-5/26	Tu	4:30-6:30 PM	\$87	203407-03

POTTERY

The Pottery Studio is a robust, fully functioning studio that offers classes for all ages and skill levels. All programs are held at the Pottery Studio (1541 W. Oak St.) unless otherwise noted. For more information on pottery policies, see [page 29](#).



Family Fun Night Out **AC**

Have a fun, family night out on the town while squishing, rolling, pinching and painting clay into whimsical and functional shapes. Learn some of the basics of clay. Each week offers a different experience for the whole family. Registration includes one adult and one child. Each additional person is \$30.

Age: 8 years & up

Heart Dish

2/1	Su	4:00-5:30 PM	\$60	104828-04
-----	----	--------------	------	-----------

Owls

2/15	Su	4:00-5:30 PM	\$60	104828-05
------	----	--------------	------	-----------

Turtles

3/1	Su	4:00-5:30 PM	\$60	204828-01
-----	----	--------------	------	-----------

Folded Bowl

3/15	Su	4:00-5:30 PM	\$60	204828-02
------	----	--------------	------	-----------

Chickens

4/5	Su	4:00-5:30 PM	\$60	204828-03
-----	----	--------------	------	-----------

Cats

4/19	Su	4:00-5:30 PM	\$60	204828-04
------	----	--------------	------	-----------

Textured Plate

5/3	Su	4:00-5:30 PM	\$60	204828-05
-----	----	--------------	------	-----------

Garden Gnomes

5/17	Su	4:00-5:30 PM	\$60	204828-06
------	----	--------------	------	-----------

Additional Person

2/1	Su	4:00-5:30 PM	\$30	104828-04A
-----	----	--------------	------	------------

2/15	Su	4:00-5:30 PM	\$30	104828-05A
------	----	--------------	------	------------

3/1	Su	4:00-5:30 PM	\$30	204828-01A
-----	----	--------------	------	------------

3/15	Su	4:00-5:30 PM	\$30	204828-02A
------	----	--------------	------	------------

4/5	Su	4:00-5:30 PM	\$30	204828-03A
-----	----	--------------	------	------------

4/19	Su	4:00-5:30 PM	\$30	204828-04A
------	----	--------------	------	------------

5/3	Su	4:00-5:30 PM	\$30	204828-05A
-----	----	--------------	------	------------

5/17	Su	4:00-5:30 PM	\$30	204828-06A
------	----	--------------	------	------------

Parent & Tot Mud, Handbuilding **AC**

Combine your family's talents in this unique pottery class. Projects vary, so you may register for classes as many times as you wish. Registration includes one adult and one child. Each additional person is \$50. Note: Starred (*) sessions are four weeks.

Age: 3-6 years

3/23-4/20	M	2:30-3:30 PM	\$101	204801-01
-----------	---	--------------	-------	-----------

4/27-5/18	M	2:30-3:30 PM	\$81*	204801-02
-----------	---	--------------	-------	-----------

3/26-4/23	Th	2:30-3:30 PM	\$101	204801-03
-----------	----	--------------	-------	-----------

4/30-5/28	Th	2:30-3:30 PM	\$101	204801-04
-----------	----	--------------	-------	-----------

Additional Person

3/23-4/20	M	2:30-3:30 PM	\$50	204801-01A
-----------	---	--------------	------	------------

4/27-5/18	M	2:30-3:30 PM	\$40*	204801-02A
-----------	---	--------------	-------	------------

3/26-4/23	Th	2:30-3:30 PM	\$50	204801-03A
-----------	----	--------------	------	------------

4/30-5/28	Th	2:30-3:30 PM	\$50	204801-04A
-----------	----	--------------	------	------------

LEGEND



Classes in which adults are required to attend



Denotes no web registration for program

Parent, Teen and Youth Wheel & Handbuilding AC

Explore the world of clay together. Make functional pots and whimsical, imaginative clay objects while learning how to use the potter's wheel and handbuilding techniques. Registration includes one adult and one child. Each additional person is \$75.

Age: 10-17 years

3/27-4/24	F	5:15-6:45 PM	\$151	204845-01
5/1-5/29	F	5:15-6:45 PM	\$151	204845-02

Additional Person

3/27-4/24	F	5:15-6:45 PM	\$75	204845-01A
5/1-5/29	F	5:15-6:45 PM	\$75	204845-02A

Thrown Together AC

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery while learning wedging, centering, throwing, trimming, surface decorating and glazing. Registration includes one adult and one child. Adult must remain the same for entire five-week session.

Age: 10-17 years

3/26-4/23	Th	4:15-5:45 PM	\$151	204825-01
4/30-5/28	Th	4:15-5:45 PM	\$151	204825-02

Thrown Together More AC

Explore the basics of wheel forming techniques while working on pottery wheels. Create functional and decorative pottery while learning wedging, centering, throwing, trimming, surface decorating and glazing. Registration includes one adult and one child. Adult must remain the same for entire 10-week session.

Age: 10-17 years

3/24-5/26	Tu	4:15-5:45 PM	\$301	204824-01
-----------	----	--------------	-------	-----------

Child Handbuilding

Create unique clay projects and learn various methods of forming and glazing. New projects introduced each session. Note: Starred (*) sessions are four weeks.

Age: 6-9 years

3/23-4/20	M	4:00-5:15 PM	\$101	204805-01
4/27-5/18	M	4:00-5:15 PM	\$81*	204805-02

Homeschool Clay

Learn clay basics while in homeschool. Basic skills and techniques taught. All tools provided. Some parent assistance may be required.

Age: 5-14 years

3/25-4/22	W	2:45-4:00 PM	\$101	204812-01
4/29-5/27	W	2:45-4:00 PM	\$101	204812-02

Youth Wheel & Handbuilding

Learn basic potter's wheel skills, as well as handbuilding and other techniques.

Age: 9-13 years

3/25-4/22	W	4:30-6:00 PM	\$101	204810-01
4/29-5/27	W	4:30-6:00 PM	\$101	204810-02



- INTRODUCTORY LESSONS
- HIGH SCHOOL DEVELOPMENT
- CAMPS
- COMPETITIVE TEAMS



ADVANCED INSTRUCTION METHODS

DRYLAND SKILL LEARNING
TRAMPOLINE & DRYBOARD
OVER-WATER SPOTTING RIGS
VIDEO FEEDBACK SYSTEMS



REGISTER TODAY!
- SPACE IS LIMITED -

970-488-0937
NORCODIVING.COM

DANCE & MOVEMENT

CHILD & CAREGIVER PROGRAMS

Tip, Toes & Tutus AC

Discover movement with your child through a structured class to explore dance concepts and gross motor activities. Each week will have a different theme that caregivers and children work on together. Note: Class will not be held on 3/16.

Age: 1-2 years

Location: Foothills Activity Center

2/2-3/30	M	9:30-10:00 AM	\$112	221510-01
4/6-5/18	M	9:30-10:00 AM	\$98	221510-02

YOUTH MINI-PERFORMANCE DANCE PROGRAMS

This spring, the Recreation Department is offering mini-performance path classes. This is a great opportunity to try out a new dance genre or continue taking one of your favorites! These mini-performance classes will prepare your dancer to be on track to join a semester-long performance path class in the Fall of 2026, which includes a full, end of season recital. Each dance session below includes a performance during the last 15 minutes of the final dance class for families to enjoy.

Ballet & Tap

Dancers learn the basics of ballet and tap through correct technique, terminology, rhythm, putting steps together, games and the use of imagination! Note: Class will not be held on 3/17 and 3/18. Ballet and tap shoes required.

Age: 3-5 years

Location: Foothills Activity Center

2/3-3/31	Tu	9:30-10:15 AM	\$144	221513-01
4/7-5/19	Tu	9:30-10:15 AM	\$126	221513-02
2/4-4/1	W	4:30-5:15 PM	\$144	221513-03
4/8-5/20	W	4:30-5:15 PM	\$126	221513-04

Creative Movement

Explore the world of movement through story and song! Each week will showcase different stories and themes. Note: Class will not be held on 3/19.

Age: 3-5 years

Location: Foothills Activity Center

2/5-4/2	Th	9:30-10:15 AM	\$144	221511-01
4/9-5/21	Th	9:30-10:15 AM	\$126	221511-02

Ballet

With a faster pace, dancers learn the basics of ballet along with the ability to perform on stage. Dancers learn correct technique, terminology, rhythm and how to put steps together. Note: Class will not be held on 3/16. Ballet shoes required.

Age: 5-7 years

Location: Mulberry Pool

2/2-3/30	M	4:30-5:15 PM	\$144	221514-01
4/6-5/18	M	4:30-5:15 PM	\$126	221514-01

Hip Hop

This age-appropriate hip hop class introduces students to this funky style based on street dance. This high-energy class will excite your dancer to move while incorporating fun, games and imagination. Note: Class will not be held on 3/18 and 3/19.

Location: Foothills Activity Center

Age: 3-5 years

2/4-4/1	W	9:30-10:15 AM	\$144	221516-01
4/8-5/20	W	9:30-10:15 AM	\$126	221516-02

Age: 5-8 years

2/5-4/2	Th	4:30-5:15 PM	\$144	221516-03
4/9-5/21	Th	4:30-5:15 PM	\$126	221516-04

Jazz

With a faster pace, dancers learn the basics of jazz dance along with the ability to perform on stage. Students explore a variety of jazz dance styles, learn fundamental techniques, and develop coordination, flexibility and musicality. Note: Class will not be held on 3/17. Ballet or jazz shoes required.

Age: 5-7 years

Location: Foothills Activity Center

2/3-3/31	Tu	4:30-5:15 PM	\$144	221515-01
4/7-5/19	Tu	4:30-5:15 PM	\$126	221515-02

INCLUSION SUPPORT

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

EARLY LEARNING

CHILD & CAREGIVER PROGRAMS

Tot Gym **AC NW**

Bring the little ones in for some fun gym time. Balls, blocks, a mini obstacle course and other activities are set up. Children must be accompanied by an adult. Note: Registration is not required, a \$4 drop-in fee per child is paid upon arrival. Free admission for non-participating adults and babies under the age of 1 accompanying an older sibling. Class will not be held at Foothills Activity Center on 3/17, 3/19 and 4/23.

Age: 1-5 years

Location: Northside Aztlan Community Center

2/2-5/22	M-F	10:00 AM-Noon	\$4 Drop-in fee	
----------	-----	---------------	-----------------	--

Location: Foothills Activity Center

2/3-5/14	Tu,Th	10:00-11:30 AM	\$4 Drop-in fee	
----------	-------	----------------	-----------------	--

Small Hands, Big Messy Art **AC**

Children and caregivers get hands-on to create unique masterpieces as they explore a variety of materials including paint, playdough and more. Note: Class will not be held on 4/23 and 4/24.

Age: 1.5-3 years

Location: Northside Aztlan Community Center

2/5-2/26	Th	10:00-10:45 AM	\$60	217520-01
2/6-2/27	F	10:00-10:45 AM	\$60	217520-02
4/9-4/30	Th	10:00-10:45 AM	\$45	217520-03
4/10-5/1	F	10:00-10:45 AM	\$45	217520-04

Little Scientists **AC**

Foster curiosity in your young learner by working alongside them to conduct fun experiments in this hands-on science class. Note: Class will not be held on 3/19 and 3/20.

Age: 1.5-3 years

Location: Northside Aztlan Community Center

3/5-4/2	Th	10:00-10:45 AM	\$60	217521-01
3/6-4/3	F	10:00-10:45 AM	\$60	217521-02
5/7-5/21	Th	10:00-10:45 AM	\$45	217521-03
5/8-5/22	F	10:00-10:45 AM	\$45	217521-04



PRESCHOOL PREP CLASSES

Funtime Discovery **AC**

Attention is directed through structured stories and circle games while opportunities for sensory experiences, process art and cooperative play provide a positive first step to independent learning. Note: A caregiver is required to stay and participate as needed. Note: Class will not be held on 2/16, 3/16 and 3/18.

Age: 2-3 years

Location: Northside Aztlan Community Center

Arctic Adventures

2/2-2/25	M,W	9:30-10:30 AM	\$112	217530-01
----------	-----	---------------	-------	-----------

Weather Wonders

3/2-4/1	M,W	9:30-10:30 AM	\$128	217530-02
---------	-----	---------------	-------	-----------

Dino Discovery

4/6-4/29	M,W	9:30-10:30 AM	\$128	217530-03
----------	-----	---------------	-------	-----------

Fantasy & Fairytales

5/4-5/20	M,W	9:30-10:30 AM	\$96	217530-0
----------	-----	---------------	------	----------

LEGEND

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

DID YOU KNOW?



The City of Fort Collins Recreation Department's Funtime Preschool Program is proud to be a Colorado Universal Preschool (UPK) Provider! Through this program, all children living in Colorado are eligible to receive up to 15 hours of free, high-quality preschool in the year prior to kindergarten!

Funtime Preschool is a quality-rated, state-licensed childcare program at Northside Aztlan Community Center for children ages 3-5. Funtime Preschool's mission is to lay a foundation of diverse abilities unique to each child, which promotes social-emotional learning, critical thinking, nurtures self-esteem, and instills a forever love of learning. By utilizing a play-based approach to learning, students discover and cultivate their own unique learning experiences alongside their peers.

Classroom teachers are highly qualified and play an integral part in the success of Funtime Preschool. Small class sizes are offered to allow teachers to provide more direct support on an individual and small-group basis. This also provides opportunities to further get to know students and their families.

Funtime Preschool Program has two classrooms: a Preschool (ages 3-4 year olds) and a PreK/UPK (ages 4-5 year olds) class. Our program is open full-days (8:30am – 5:00pm) with 3-registration options to help fit the diverse needs of families:

2-DAY REGISTRATION

Tuesdays & Thursdays

3-DAY REGISTRATION

Mondays, Wednesdays & Fridays

5-DAY REGISTRATION

Monday – Friday

Registration for the PreK/UPK Class takes place through the UPK Portal (upk.colorado.gov) with designated application due dates set by the state and first round matching occurring in early February. Registration for the Preschool Class takes place on April 8th through Recreation's Registration system, WebTrac.

To learn more about the Funtime Preschool Program, please attend the Open House on Thursday, January 29 from 5-6 p.m. at the Northside Aztlan Community Center or contact us at funtimepreschool@fortcollins.gov.



FUNTIME PRESCHOOL PROGRAM

The Funtime Preschool Program is a quality-rated, state-licensed childcare program for children ages 3-5 years focused on the development of readiness skills through both child-directed discovery and teacher-led activities. Comprehensive curriculum content includes development of fine motor, cognitive, gross motor, social emotional and early literacy skills. The play-based, intentional approach encourages self-regulation, critical thinking and problem-solving. Funtime is a proud Universal Preschool (UPK) provider! Classes are held at the Northside Aztlan Community Center Childcare Wing.

Tuition is based on the number of scheduled class days in each semester. Full semester tuition is due by the first of each semester (September & January) or can be split into monthly payments based on the number of scheduled class days each month and is due on or before the first of each month.

Registration is for the full Fall/Spring school year. Families enrolled in the Preschool class receive priority registration for the following school year in our Pre-K/UPK class. Additionally, enrolled families of 4-year-olds receive priority registration for our Summer Funtime Adventures program.

For more information, please email funtimepreschool@fortcollins.gov.

FALL 2025-SPRING 2026 SCHOOL YEAR

A limited number of spaces may still be available. To inquire about space availability, please email funtimepreschool@fortcollins.gov.

Funtime Preschool NW

Children must have turned 3 by October 1, 2025 and be fully toilet trained.

A \$40 non-refundable registration fee is required at the time of enrollment.

Spring 2026: Full Day

1/6-5/14	Tu,Th	8:30 AM-5:00 PM	\$2,380
----------	-------	-----------------	---------

Spring 2026: Half Day

1/6-5/14	Tu,Th	8:30 AM-12:30 PM	\$1,120
----------	-------	------------------	---------

Funtime Pre-K & Universal Preschool (UPK) NW

Children must have turned 4 by October 1, 2025 and be fully toilet trained.

Spring 2026

1/5-5/15	M,W,F	8:30 AM-5:00 PM	\$1,400
----------	-------	-----------------	---------

FALL 2026-SPRING 2027 SCHOOL YEAR

Save the date! Registration for the 2026-2027 school year will open in April 2026 unless otherwise noted below.

Funtime Preschool NW

Note: Children must turn 3 on or before October 1, 2026.

Tu/Th	8:30 AM-5:00 PM
-------	-----------------

M/W/F	8:30 AM-5:00 PM
-------	-----------------

M-F	8:30 AM-5:00 PM
-----	-----------------

Funtime Pre-K & Universal Preschool (UPK) NW

The Colorado Universal Preschool (UPK) program provides 15 hours of free, high-quality preschool to every Colorado child in their year before entering kindergarten. The remaining hours per week are tuition based. Registration is not available online through the Recreation software. Registration must take place through the UPK portal at upk.colorado.gov. Enrollment deadlines and matching round dates are set by UPK. Once these dates are set, we will update our website at fortcollins.gov/funtime. For questions regarding the registration process or to inquire about the program, please email funtimepreschool@fortcollins.gov. Note: Children must turn 4 on or before October 1, 2026.

Tu/Th	8:30 AM-5:00 PM
-------	-----------------

M/W/F	8:30 AM-5:00 PM
-------	-----------------

M-F	8:30 AM-5:00 PM
-----	-----------------

Funtime Preschool Open House

Interested in learning more about the Recreation Department's licensed preschool program including Universal Preschool (UPK)? Join us for an open house to meet the teachers, tour classrooms, learn about the registration process for the Fall 2026-Spring 2027 school year and ask questions. For additional information, please email funtimepreschool@fortcollins.gov.

Location: Northside Aztlan Community Center

1/29	Th	5:00-6:00 PM	No registration necessary
------	----	--------------	---------------------------



LEGEND

AC Classes in which adults are required to attend

NW Denotes no web registration for program

FARM

All classes in The Farm section take place at The Farm at Lee Martinez Park.



The Farm Store

Looking for a unique, farm-related gift? The Farm Store is the place to shop. Stocked with farm toys, puzzles, t-shirts and novelty items – stop by and purchase something to remember your visit!

The Farm Museum

Take a walk through yesteryear's farm era. See displays that depict farming from the turn of the century to the early 1930s. Guess what the mystery tool is and how it was used and test your farm strength by lifting a bale of hay with and without the aid of a pulley system. Don't forget to visit The Ross Proving-Up House and learn about homesteading in early Fort Collins.

Volunteer

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

CHILD & CAREGIVER PROGRAMS

Classes in this section are for one parent and one child to enjoy together.

Pony Rides AC

Take your child for a pony ride! Lead your cowpoke for up to 10 minutes in the arena. Close-toed shoes recommended. Admission to The Farm and an \$8 pony token are required. Maximum weight to ride the ponies is 150 lb. Pony rides are available weather permitting.

4/4-10/17 Sa 11:00 AM-3:00 PM

4/5-10/18 Su Noon-3:00 PM

Li'l Dumplin' Farmers AC

Learn about life on a farm. Meet the animals and help with farm chores such as gathering eggs and milking a cow or goat. After the chores are finished, enjoy a picnic with the animals. Note: Bring a sack lunch.

Age: 2 years

3/23-4/6 M 11:00 AM-Noon \$43 208609-01

3/24-4/7 Tu 11:00 AM-Noon \$43 208609-02

4/13-4/27 M 11:00 AM-Noon \$43 208609-03

Li'l Dumplin's & Beyond AC

All the favorite chores Li'l Dumplin's enjoy, plus a few extras. Along with gathering eggs, milking a cow or goat and riding the ponies, create a mini scrapbook using pictures taken during class. Each Dumplin' also receives a souvenir T-shirt.

Age: 2 years

3/23-4/6	M	9:30-10:30 AM	\$59	208624-01
3/24-4/7	Tu	9:30-10:30 AM	\$59	208624-02
4/13-4/27	M	9:30-10:30 AM	\$59	208624-03

Pony Riding Lessons AC

Round 'em up and bring those cowpokes to The Farm where both you and your child will learn to groom and saddle a pony. Then, parents will lead their child's pony as the basics of riding are taught. Note: Other children may not attend this class because you are a full-time participant with your pony rider. Parent and child must wear closed-toe shoes.

Age: 3-5 years

4/11-5/2	Sa	9:30-10:30 AM	\$81	208614-01
4/12-5/3	Su	10:30-11:30 AM	\$81	208614-02

YOUTH PROGRAMS

Classes in this section are intended for children to be dropped off. If you're looking for programs to take with your child at The Farm, see the Child & Caregiver Programs section.

Little Peepers

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

Age: 3 years

4/14-4/28	Tu	9:00-10:00 AM	\$38	208610-01
4/14-4/28	Tu	10:15-11:15 AM	\$38	208610-02
4/24-5/8	F	9:00-10:00 AM	\$38	208610-03
4/24-5/8	F	10:15-11:15 AM	\$38	208610-04

Farmer Round Up

The Farm is a great place to visit even in the winter! Explore and learn about the hayloft, chicken house and barn. Farmers will not only visit these places on The Farm but also read and tell stories and make craft projects to take home.

Age: 3-5 years

2/5-2/19	Th	10:30-11:30 AM	\$31	208628-01
----------	----	----------------	------	-----------

LEGEND

AC Classes in which adults are required to attend

NW Denotes no web registration for program

Tractors Galore

If your child likes tractors, sign them up for this class! Play with tractors, read stories about tractors, learn how tractors work and even make a tractor book of our very own.

Age: 3-5 years

2/5/219	Th	9:00-10:00 AM	\$31	208612-01
---------	----	---------------	------	-----------

Pee Wee Farmers

A favorite since The Farm opened. Learn what life on a farm is like through hands-on experience. Gather eggs, go for a hayride, ride the ponies and explore the barnyard.

Age: 4-5 years

3/24-4/14	Tu	1:30-3:00 PM	\$64	208606-01
3/25-4/15	W	1:30-3:00 PM	\$64	208606-02
3/26-4/16	Th	9:30-11:00 AM	\$64	208606-03
3/26-4/16	Th	1:30-3:00 PM	\$64	208606-05
3/27-4/17	F	9:30-11:00 AM	\$64	208606-06

Haystack Honeys

Valentine's, cookies and holiday fun. Enjoy themed crafts and games during a morning at The Farm.

Age: 4-6 years

2/7	Sa	10:00-11:30 AM	\$15	208013-01
-----	----	----------------	------	-----------

After-School Farmers

Experience life on a farm by participating in activities such as milking a cow or goat, taking a hayride, feeding the animals and some surprises too.

Age: 6-10 years

4/1-4/22	W	4:00-5:30 PM	\$64	208601-01
----------	---	--------------	------	-----------

**Audition Today
and Let Your
Voice Shine!**

Learn more at ccchome.org



**For youth in Kindergarten
through 8th grade**



Upcoming Concerts in 2025-2026:

Songs of the Season - Dec. 5th

Teddy Bear Tea - Dec. 13th

Jubilate and Cantare in Concert - Feb. 21st

Sala Voce Sings - Feb. 22nd

Kids on Broadway - May 9th



ICE SKATING

Public Skate

Lace up and get on the ice. Rinks are open for public skate at various dates and times throughout the week. Visit fortcollins.gov/epic for the current schedule.



HOCKEY

Drop-in hockey available for ages 16 years and older. For more information, see [page 42](#).

Power Skating Drop-In

Hockey skaters develop power, agility and endurance. Program designed by two-time Olympic speed skater, Jondon Trevena. Registration begins at 7 a.m. the day of each session. To register, visit fortcollins.gov/epic. Note: Full hockey gear required.

Age: 9 years & up

Cost: \$19

Stick and Puck Drop-In

Open session to develop hockey skills. Registration begins at 7 a.m. the day of each session. To view schedule or register, visit fortcollins.gov/epic. Note: Hockey-specific helmet, gloves, stick and shin guards required. Full equipment recommended for younger skaters. Pucks not provided. Games and drills not allowed.

Age: All

Cost: \$8

The ice rinks at EPIC will temporarily close to the public in the spring/summer of 2026 for maintenance. For current updates and timelines please visit fortcollins.gov/epic.

LEARN TO SKATE

Learn to Skate USA

Anyone enrolled in the Learn to Skate program at EPIC (Basic 1-Aspire 6) will officially have a membership in the United States Figure Skating (USFS) program. Additional information is available at learntoskateusa.com and during all Learn to Skate classes.

General Information

- All ice programs are held at EPIC unless otherwise noted.
- Lessons are taught by Certified Professional Skater Association (P.S.A.) instructors & Junior Instructors and are in compliance with the United States Figure Skating Association.
- Parents may observe lessons from the upstairs bleachers; it is distracting and creates an obstruction for skaters and coaches to have parents at the gate or in the hockey boxes.
- Parents are welcome to skate with their child during the 15-minute practice time. Individuals are not allowed on the ice with their shoes on. EPIC's rental skates are available free of charge.
- The student-to-instructor ratio is one instructor for every 10 students. Any Snowplow Sam, Basic 1 or Basic 2 classes greater than 10 students includes an additional assistant. Minimum for classes is five students; class levels may be combined to meet this minimum.
- Instructors have time in between classes to talk to parents and address their concerns. Be aware that some levels need to be repeated to master skills. Please see your coach with any concerns.
- The first day of each lesson is generally termed as Level Evaluation Day. On this day, instructors evaluate all participants in their assigned classes to make certain they have been correctly enrolled; if there is a problem, the instructor will discuss the best course of action with the parent. Students are moved if there is space available in the appropriate level of class.
- If the class you wish to register for is filled, you may place your name on a paid waiting list. We attempt to accommodate the demand for skating lessons by adding new classes, however they may not be at the same time/day as the waiting list class.
- If you are unable to attend the last day of classes for testing, request a progress card from your coach on the last day you attend.

Proper Attire Includes:

- Helmet (not provided; required for Snowplow Sam 1-4 and strongly recommended for beginners).
- Gloves (thin, not ski mittens).
- Fleece or lightweight jacket.
- Loose or bulky clothing is not recommended.

Ice Explorers

Have a little one not yet ready to step on the ice? This fun class explores the world of skating at a slower pace. Stretch, lace up skates, play games to increase balance once on the ice, check out the Zamboni and more! Note: Participants will not get on the ice until they are ready on week three.

Age: 3-5 years

3/24-4/9 Tu,Th 5:30-6:00 PM \$80 210301-01

Snowplow Sam 1&2

Introduction to the ice at a relaxed pace. Learn to sit on the ice and stand up, march in place, the standing swizzle, dip, march forward and march forward with two-foot glide, as well as introduction to backward wiggles and rocking horse.

Age: 4-5 years

2/17-3/12 Tu,Th 9:00-9:30 AM \$114 110302-06

2/17-3/12 Tu,Th 5:30-6:00 PM \$114 110302-07

3/24-4/9 Tu,Th 5:30-6:00 PM \$86 210302-01

Snowplow Sam 3&4

Learn to march forward across ice, forward one-foot glide, two-foot turns, rocking horse, forward swizzles, snowplow stop, two-foot hop and backward wiggles. Prerequisite: Successful completion of Snowplow Sam 1 & 2.

Age: 4-5 years

2/17-3/12 Tu,Th 9:00-9:30 AM \$114 110304-06

2/17-3/12 Tu,Th 5:30-6:00 PM \$114 110304-07

3/24-4/9 Tu,Th 5:30-6:00 PM \$86 210304-01

Basic 1 Skate

For those who have never skated before. Learn to sit and stand up, march forward, two-foot glide, glide with dip, forward two-foot swizzles, two-foot snowplow stop, two-foot hop, wiggles and introduction to forward one-foot glide.

Age: 5-15 years

2/17-3/12 Tu,Th 9:30-10:00 AM \$117 110306-07

2/17-3/12 Tu,Th 5:30-6:00 PM \$117 110306-08

3/24-4/9 Tu,Th 5:30-6:00 PM \$89 210306-01

Basic 2 Skate

Learn forward glides, backward two-foot swizzles, two-foot glide, turns, snowplow stop and scooter pushes. Prerequisite: Successful completion of Basic 1 or 10-15 years old and never skated.

Age: 5-15 years

2/17-3/12 Tu,Th 9:30-10:00 AM \$117 110310-06

2/17-3/12 Tu,Th 5:30-6:00 PM \$117 110310-07

3/24-4/9 Tu,Th 5:30-6:00 PM \$89 210310-01

Basic 3 Skate

Learn stroking, forward pumping, forward slalom, two-foot turn, one-foot backward glide and backward snowplow stop. Prerequisite: Successful completion of Basic 2.

Age: 5-15 years

2/17-3/12 Tu,Th 9:30-10:00 AM \$117 110314-06

2/17-3/12 Tu,Th 10:00-10:30 AM \$117 110314-07

3/24-4/9 Tu,Th 5:30-6:00 PM \$89 210314-01

Basic 4 Skate

Learn stroking with power, backward one-foot glide, forward inside and outside edge on a circle, forward crossovers, backward pumps and two-foot spin. Prerequisite: Successful completion of Basic 3.

Age: 5-15 years

2/17-3/12 Tu,Th 5:30-6:00 PM \$117 110316-04

3/24-4/9 Tu,Th 5:30-6:00 PM \$89 210316-01

Basic 5 Skate

Learn to control back outside and inside edge on a circle, backward crossovers, two-foot spin, hockey stop, side toe hop and forward outside three turn. Prerequisite: Successful completion of Basic 4.

Age: 5-15 years

2/17-3/12 Tu,Th 6:15-6:45 PM \$117 110318-04

3/24-4/9 Tu,Th 6:15-6:45 PM \$89 210318-01

Basic 6 Skate

Learn backward crossovers, forward inside three-turn, backward to forward two-foot turn, T-stop, bunny hop and forward straight-line spiral, and begin one-foot spin. Prerequisite: Successful completion of Basic 5.

Age: 5-15 years

2/17-3/12 Tu,Th 6:15-6:45 PM \$117 110322-04

3/24-4/9 Tu,Th 6:15-6:45 PM \$89 210322-01

Pre-Free Skate

Learn forward inside open and closed mohawk, ballet jump, backward crossovers to backward outside edge, one-foot spin, stand still waltz jump, mazurka, combination move and forward and backward inside pivot. Prerequisite: Successful completion of Basic 6.

Age: 5-15 years

2/17-3/12 Tu,Th 6:00-6:45 PM \$185 110324-04

3/24-4/9 Tu,Th 6:00-6:45 PM \$140 210324-01

Aspire Academy 1 (Free Skate 1 & 2)

Focus on forward power stroking, basic forward outside and inside consecutive edges, backward outside three-turns, upright spin, half flip, toe loop, alternating forward outside and inside spirals on a continuous axis, beginning back spin, half lutz and salchow. Includes a 25-minute dynamic off-ice warmup.

Age: 5-15 years

2/17-3/12	Tu,Th	5:30-6:45 PM	\$185	110332-03
3/24-4/9	Tu,Th	5:30-6:45 PM	\$145	210332-01

Aspire Academy 2 (Free Skate 3 & 4)

Focus on alternating backward crossovers to back outside edges, alternating mohawk/crossover sequence, waltz three-turns, advanced back spin, loop jump, toe step sequence, forward power three-turns, waltz eight, forward upright spin to backward upright spin, sit spin, flip jump, and stag jump or split falling leaf. Includes a 25-minute dynamic off-ice warmup.

Age: 5-15 years

2/17-3/12	Tu,Th	5:30-6:45 PM	\$185	110334-03
3/24-4/9	Tu,Th	5:30-6:45 PM	\$145	210334-01

Aspire Academy 3 (Free Skate 5 & 6)

Focus on backward outside three-turn mohawk, five-step mohawk sequence, camel spin, waltz jump-loop jump combination, forward power pull, creative step sequence, camel-sit spin combination, layback or attitude spin, waltz jump-half loop-salchow jump sequence and axel. Includes a 25-minute dynamic off-ice warmup.

Age: 5-15 years

2/17-3/12	Tu,Th	5:30-6:45 PM	\$185	110336-03
3/24-4/9	Tu,Th	5:30-6:45 PM	\$145	210336-01

Skating Skills

Learn pre-preliminary and preliminary skating skills, including stroking, crossovers, forward and backward outside and inside consecutive edges, waltz eight, straight line spiral, figure eight crossovers, right and left three turns, consecutive spirals and alternating three turns. Prerequisite: Successful completion of Pre-Freestyle.

Age: 5 years & up

2/17-3/10	Tu	6:45-7:15 PM	\$58	110330-03
3/24-4/7	Tu	6:45-7:15 PM	\$44	210330-01

Intro to Ice Dance

Explore preliminary and/or pre-bronze ice dance steps and patterns, learn how to skate with a partner and prepare to take one or more dance tests. Prerequisite: Aspire/Pre-Free Skate. Note: Must be a USFS member to test.

Age: 5 years & up

2/17-3/10	Tu	6:45-7:15 PM	\$58	110346-03
3/24-4/7	Tu	6:45-7:15 PM	\$44	210346-01

Skating Spring Break Camp

Spend your spring break on the ice at EPIC! Geared toward skaters at level Basic 4 and above, experience four days of fun, including warmup, power skating, jumps, skating skills, spins and choreography. Discuss goal setting, positive mindsets and how to be the best skater you can be!

Skating Spring Break Camp - Age: 7-16 years

3/16-3/19	M-Th	12:45-3:00 PM	\$218	210340-01
-----------	------	---------------	-------	-----------

Skating Spring Break Mini Camp - Adult

3/16-3/19	M-Th	3:00-4:15 PM	\$122	210340-02
-----------	------	--------------	-------	-----------

Skating Spring Break Mini Camp - Intro to Showcase

3/16-3/19	M-Th	3:15-4:15 PM	\$98	210340-03
-----------	------	--------------	------	-----------

OFF-ICE CONDITIONING SEMINARS

TAUGHT BY NANCY STILSON-HERZONG,
CERTIFIED PERSONAL TRAINER

Balance Drills & Skills for Athletes

Whether you are a world-class athlete or someone recovering from an injury, balance training is beneficial and necessary. Learn how to improve neuromuscular coordination and proprioception, the communication between your brain and muscles. No expensive equipment necessary!

Age: 6 years & up

2/7	Sa	11:00 AM-Noon	\$28	210380-01
-----	----	---------------	------	-----------

Body Roll Your Tissue Issues

Learn unique and effective ways to keep your body strong, reactive and uninjured using self-myofascial release techniques.

Age: 6 years & up

3/21	Sa	10:30 AM-Noon	\$41	210380-02
------	----	---------------	------	-----------

SCHOOL AGE ENRICHMENTS

AFTER-SCHOOL PROGRAMS

Kids Night In

Kids enjoy a night of fun and games while family members run errands, get caught up on chores, or dare we say it – enjoy a night out free of kids! Note: Sibling enrollment fees are discounted after one full-priced enrollment. Siblings aged 3-4 must be fully toilet trained and may only attend with a sibling aged 5-11 years.

Age: 3-11 years

Location: Northside Aztlan Community Center

2/20	F	5:00-8:00 PM	\$30	215590-01
Sibling		\$20		215590-02
3/27	F	5:00-8:00 PM	\$30	215590-03
Sibling		\$20		215590-04
4/17	F	5:00-8:00 PM	\$30	215590-05
Sibling		\$20		215590-06

Friends4All

Make new friends, play games and practice social skills with other elementary-aged peers. Each session utilizes different recreational modalities to practice social skills and peer interactions.

Age: 5-11 years

Location: Foothills Activity Center

2/6-2/27	F	4:30-6:00 PM	\$75	215586-01
4/3-4/17	F	4:30-6:00 PM	\$57	215586-02

LEGO Engineering Enrichments

If you can imagine it, you can build it. Let your imagination run wild with tens of thousands of LEGO® parts! All LEGO® classes and camps are taught by an experienced Play-Well instructor.

Age: 6-11 years

Location: Edora Pool Ice Center

Bash'em Bots

2/21	Sa	10:00-11:30 AM	\$32	216711-01
------	----	----------------	------	-----------

Mario Day

3/10	Tu	4:00-5:30 PM	\$32	216711-02
------	----	--------------	------	-----------

Minecraft Engineering

4/18	Sa	9:00-10:30 AM	\$32	216711-03
------	----	---------------	------	-----------

Star Wars Day

5/4	M	4:00-5:30 PM	\$32	216711-04
-----	---	--------------	------	-----------



Creative Chefs: Cooking Around the World

Explore cuisines from around the world while learning basic knife skills, food safety and foundational culinary techniques! Creative chefs will dive into food and ingredient history, work together to cook a delicious meal, then sit down to enjoy the meal they made at the end of class.

Age: 8-11 years

Location: Northside Aztlan Community Center

Scrumptious Spain

2/6-2/27	F	4:30-6:00 PM	\$112	215564-01
----------	---	--------------	-------	-----------

Fresh France

3/27-4/17	F	4:30-6:00 PM	\$112	215564-02
-----------	---	--------------	-------	-----------

Incredible Italy

5/1-5/22	F	4:30-6:00 PM	\$112	215564-03
----------	---	--------------	-------	-----------

Beginner D&D

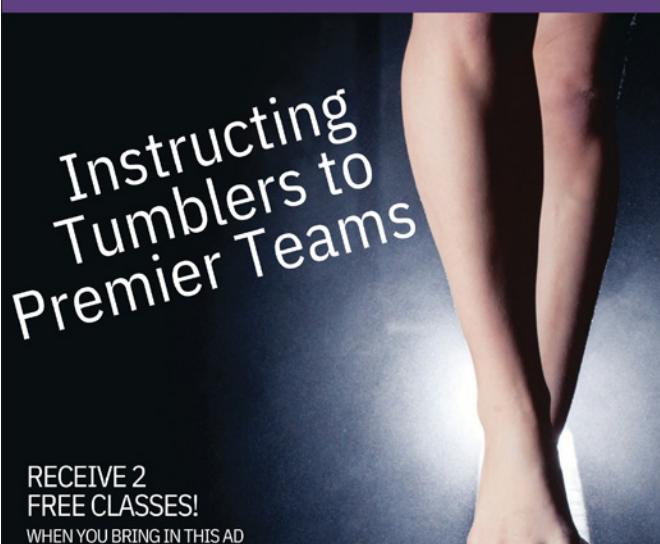
Create and play out stories through group roleplaying tabletop games! Learn the basics of Dungeons and Dragons while creating your own unique character and enhancing your imagination through strategic thinking and group challenges.

Age: 12-16 years

Location: Foothills Activity Center

3/24-4/28	Tu	4:00-6:00 PM	\$106	215584-01
-----------	----	--------------	-------	-----------

PREMIER GYMNASTICS OF THE ROCKIES



Instructing
Tumblers to
Premier Teams

RECEIVE 2
FREE CLASSES!
WHEN YOU BRING IN THIS AD

1410 E. 11th St., Loveland, CO 80537 • 970.663.3173
premiergymnastics.net
5699 W 20th St. STE 500 Greeley, CO 80634 • 970-503-5377
premiergymnasticseast.net

SCHOOL'S OUT DAYS

CAMP FUNQUEST

Camp FunQuest is Recreation's licensed day camp program for children currently in grades K-8 (ages 5-15). Engaging activities are designed with children's age, development stage and interests in mind and include games, crafts, S.T.E.M. explorations and outdoor physical activity. Families must provide a nut-free sack lunch, two healthy snacks, a water bottle and appropriate clothing/gear for outdoor play. Note: Full camp itineraries will be emailed the week prior to program start dates. An emailed invitation to complete online health profiles will be sent through ePACT Emergency Network after registration.

Camp FunQuest School's Out Days

Location: Northside Aztlan Community Center

Age: 5-11 years

2/16	M	7:30 AM-5:30 PM	\$70	215533-01
3/13	F	7:30 AM-5:30 PM	\$70	215533-02
4/23	Th	7:30 AM-5:30 PM	\$70	215533-03
4/24	F	7:30 AM-5:30 PM	\$70	215533-04

Location: Foothills Activity Center

Age: 5-11 years

2/16	M	7:30 AM-5:30 PM	\$70	215733-01
3/13	F	7:30 AM-5:30 PM	\$70	215733-02
4/23	Th	7:30 AM-5:30 PM	\$70	215733-03
4/24	F	7:30 AM-5:30 PM	\$70	215733-04

Black Bear Teen Camp, School's Out Days -

NEW!

Location: Northside Aztlan Community Center

Age: 12-15 years

2/16	M	9:00 AM-4:00 PM	\$70	215534-01
3/13	F	9:00 AM-4:00 PM	\$70	215534-02
4/24	F	9:00 AM-4:00 PM	\$70	215534-04

Camp FunQuest Spring Break Camp

Age: 5-11 years

Location: Northside Aztlan Community Center

3/16-3/20	M-F	7:30 AM-5:30 PM	\$270	215530-01
-----------	-----	-----------------	-------	-----------

Black Bear Teen Spring Break Camp - NEW!

Age: 12-15 years

Location: Northside Aztlan Community Center

3/16-3/20	M-F	9:00 AM-4:00 PM	\$270	215534-03
-----------	-----	-----------------	-------	-----------

LEGO® Enrichment Spring Break Camp

Spring into S.T.E.M. with Play-Well and tens of thousands of LEGO® parts. Play baseball during spring training, visit the Cherry Blossom festival and explore raging waterfalls. Apply real-world mechanical engineering concepts as you design, build and explore your most creative ideas.

Location: Edora Pool Ice Center

Ages: 5-7 years

Spring into S.T.E.M.

3/16-3/20	M-F	9:00 AM-Noon	\$210	216712-01
-----------	-----	--------------	-------	-----------

Ages: 7-12 years

Spring into S.T.E.M.

3/16-3/20	M-F	1:00-4:00 PM	\$210	216712-02
-----------	-----	--------------	-------	-----------

Ultimate Babysitting Bootcamp

Learn business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking and basic first aid. Students receive a certification from the American Safety and Health Institute. Note: Bring paper, pencil, water bottle and a sack lunch.

Age: 11-16 years

Location: Northside Aztlan Community Center

2/16	M	9:00 AM-3:00 PM	\$86	216700-01
------	---	-----------------	------	-----------

Location: Fort Collins Senior Center

3/13	F	9:00 AM-3:00 PM	\$86	216700-02
------	---	-----------------	------	-----------





2026 SPORTS SCHEDULE

WINTER

January - March

REGISTRATION BEGINS WITH
FALL RECREATOR

YOUTH SPORTS

Girls Basketball

K-8

Intermediate Boys Basketball

4-8

High School Basketball

9-12

Tennis

K-5

Wrestling

K-5

ADULT SPORTS

Basketball

Tennis

Volleyball

SPRING

March - May

REGISTRATION BEGINS WITH
SPRING RECREATOR

YOUTH SPORTS

Flag Football

K-8

Tennis

Volleyball

4-8

ADULT SPORTS

Basketball

Kickball

Softball

Tennis

Volleyball

SUMMER

May - July

REGISTRATION BEGINS WITH
SUMMER RECREATOR

YOUTH SPORTS

Boys & Girls Basketball

K-8

Softball

K-8

Tee Ball

5-6 yrs

Tennis

CARA Track

3.5-16 yrs

ADULT SPORTS

Basketball

Softball

Outdoor Volleyball

Tennis

EARLY FALL

August - October

REGISTRATION BEGINS WITH
SUMMER & FALL RECREATOR

YOUTH SPORTS

CARA Cross Country

6-14 yrs

Flag Football

K-8

Tennis

Volleyball

2-8

ADULT SPORTS

Basketball

Kickball

Softball

Tennis

Volleyball

LATE FALL

October - December

REGISTRATION BEGINS WITH
FALL RECREATOR

YOUTH SPORTS

Boys Basketball

K-8

Girls Intermediate Basketball

4-8

Tennis

4-8

ADULT SPORTS

Basketball (cont.)

Volleyball Tournament

Tennis

SPORTS

Youth Sports Philosophy

The leagues offered by the Recreation Department are intended to be developmental in nature, where learning the skills of the sport and having fun are paramount and winning is secondary. We ask that all adults involved, coaches, parents/guardians and other fans keep this in mind when attending practices and games.



Youth Sports General Information

- Teams are split up by staff at random, not by special requests or registration dates. Special requests are not guaranteed.
- Coach meetings are scheduled 1-2 weeks before the program start date. Coaches contact teams directly to establish practice dates and times after the coach meeting.
- Tournaments are only played in intermediate leagues.
- Teams practice 1-2 times per week based on availability. Two weeks of practice will be held prior to the first game.
- Outdoor leagues practice on a first-come, first-served basis at the location (or nearby park with approval from Recreation Staff) indicated when registering.
- Indoor leagues scheduled practice times and locations are determined by staff prior to the season. In the event of gym cancellations, teams may practice at locations that differ from the registration site.

Coaching Criteria

All youth sports coaches must know the fundamentals and rules of the sport for which they are coaching. Coach training is offered to volunteers; volunteer coaches are expected to attend these meetings to enhance coaching abilities and learn the rules and philosophy of the program.

All youth sport coaches who volunteer with the City of Fort Collins must participate in a background check conducted by the City on an annual basis and complete a concussion certification before being approved to coach in any youth sport league. Background checks remain confidential and are valid for one year. Individuals are not permitted to volunteer/instruct until a completed background check has been received and approved by the City of Fort Collins. The City of Fort Collins reserves the right to deny anyone the ability to coach based on the results found in the background check, or any coach that the City does not believe will follow our recreational philosophies.

Volunteer coaches are expected to always act in the best interests of young athletes and must agree to follow the guidelines and policies of the City of Fort Collins Recreation Department.

For more information about coaching, contact 970-416-4280.

Online Sports Schedules & League Rules

All youth sports schedules and league rules are located online through Team Sideline.

CHEERLEADING

Tiny Gem Pom Team

Get ready for high-energy fun in a safe, exciting environment where little ones explore cheer and dance through chants, pom motions and creative movement set to upbeat music. Build coordination, rhythm and confidence while having a blast with new friends! Note: Class will not be held on 3/16.

Location: Foothills Activity Center

Age: 2.5-3 years

2/16-3/30	M	3:50-4:20 PM	\$72	214736-01
4/6-5/11	M	3:50-4:20 PM	\$72	214736-02

TCDC Cheer Team

Ready, OK! Kids will flip over these high-energy, recreational cheers. Learn tumbling, jumps and stunting through sportsmanship and teamwork. Each session will include a community performance. Poms provided for use. Additional T-shirt and bow fee of \$25. Note: Class will not be held on 3/16.

Location: Foothills Activity Center

Age: 4-5 years

2/16-3/30	M	4:25-5:10 PM	\$105	214737-01
4/7-5/11	M	4:25-5:10 PM	\$105	214737-02

Age: 5-8 years

2/16-3/30	M	5:15-6:10 PM	\$105	214737-03
4/6-5/11	M	5:15-6:10 PM	\$105	214737-04

Age: 9-13 years

2/16-3/30	M	6:15-7:10 PM	\$105	214737-05
4/6-5/11	M	6:15-7:10 PM	\$105	214737-06

TCDC Showcase Team

The showcase team provides a non-competitive cheerleading atmosphere that will take your child's skills to the next level. Introducing intermediate stunts, dances and more, this team performs in various Northern Colorado communities. Young athletes are taught to be strong, dedicated and hard-working – all in a positive environment. Additional T-shirt and bow fee of \$25. Note: Class will not be held on 3/16.

Uniform: TBA

Location: Foothills Activity Center

Age: 8-14 years

2/16-3/30	M	6:15-7:30 PM	\$130	214738-01
4/6-5/11	M	6:15-7:30 PM	\$130	214738-02

FOOTBALL

Junior Rams Spring Flag Football

Learn the fundamentals of football, teamwork and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights. Junior Rams jersey included.

Cost: \$130

Registration ends: 3/15 or when filled

Practices Begin: Week of 3/23

Number of Games: 6

Grade: Kindergarten-1

Blevins Park	214010-01
City Park	214010-04
Edora Park	214010-07
Fossil Creek Park	214010-10
Greenbriar Park	214010-13
Rolland Moore Park	214010-16
Spring Canyon Park	214010-19
Troutman Park	214010-22
Timnath Park	214010-25
Twin Silo Park	214010-28

Grade: 2-3

Blevins Park	214011-01
City Park	214011-04
Edora Park	214011-07
Fossil Creek Park	214011-10
Greenbriar Park	214011-13
Rolland Moore Park	214011-16
Spring Canyon Park	214011-19
Troutman Park	214011-22
Timnath Park	214011-25
Twin Silo Park	214011-28

Middle School Girls Spring Flag Football – NEW!

Learn the fundamentals of football, teamwork and sportsmanship through non-contact, continuous action. Emphasis is on equal participation; winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights. Junior Rams jersey included.

Cost: \$130

Registration ends: 3/15 or when filled

Practices Begin: Week of 3/23

Number of Games: 6

Grade: 6-8

Blevins	214014-01	Kinard	214014-10	Preston	214014-19
Boltz	214014-04	Lesher	214014-13	Webber	214014-22
CLP	214014-07	Lincoln	214014-16	Timnath	214014-25

MARTIAL ARTS

Shotokan Karate, Beginner

Introduction to karate, a Japanese martial art form. Participants may be divided into groups depending on ability. Adults are welcome to participate with their children. Learn basic karate techniques and form before continuing to the intermediate level. Note: Class will not be held on 3/16 and 3/18.

Age: 7 years & up

Location: Club Tico

2/2-2/25	M,W	5:00-6:00 PM	\$62	221122-01
3/2-4/1	M,W	5:00-6:00 PM	\$62	222122-02
4/6-4/29	M,W	5:00-6:00 PM	\$62	222122-03
5/5-5/20	M,W	5:00-6:00 PM	\$47	222122-04

Shotokan Karate, Intermediate

Physical and mental benefits include enhanced physical condition and increased stamina, coordination, confidence, self-esteem, discipline and concentration. Prerequisite: Successful completion of Shotokan Karate, Beginner. Note: Class will not be held on 3/16 and 3/18.

Age: 7 years & up

Location: Club Tico

2/2-2/25	M,W	6:00-7:00 PM	\$62	222123-01
3/2-4/1	M,W	6:00-7:00 PM	\$62	222123-02
4/6-4/29	M,W	6:00-7:00 PM	\$62	222123-03
5/5-5/20	M,W	6:00-7:00 PM	\$47	222123-04

Shotokan Karate, Advanced

Learn new karate concepts and reinforce concepts gained previously. Move at a faster pace and learn more advanced techniques. Note: Class will not be held on 3/16 and 3/18.

Age: 7 years & up

Location: Club Tico

2/2-2/25	M,W	7:00-8:00 PM	\$62	222124-01
3/2-4/1	M,W	7:00-8:00 PM	\$62	222124-02
4/6-4/29	M,W	7:00-8:00 PM	\$62	222124-03
5/5-5/20	M,W	7:00-8:00 PM	\$47	222124-04

SOCCER

Tiny Strikers Soccer

Introduce players to the fundamentals of the game in a fun and supportive environment. The focus is on participation, teamwork, basic skill development and good sportsmanship – with an emphasis on fun over competition. Teams practice for 30 minutes followed by a 30-minute game. Practices and games will be held on Mondays.

Registration ends: 3/15 or when filled

Practices Begin: Week of 3/30

Number of Games: 6

Age: 3-4 years

Location: Twin Silo Park

3/15-5/4	M	5:00-6:00 PM	\$60	225320-01
----------	---	--------------	------	-----------

SUPERTOTS SPORTS

SUPERTOTS SPORTS

Since 2002, SuperTots has engaged kids, ages 2-5 in physical activity in a noncompetitive environment that is safe and fun above all else. SuperTots knows kids are hardwired to learn through play. For that reason, we've designed an engaging, skill building curriculum in which "tots" learn through a series of fun games. They will acquire athletic skills and fitness but also develop an interest and love of sports!

SoccerTots

Location: Foothills Activity Center or Park

Age: 2-2.5 years

1/12-2/16	M	9:15-10:00 AM	\$89	114770-01
2/25-4/1	W	9:15-10:00 AM	\$89	114770-02
4/7-5/12	Tu	9:15-10:00 AM	\$89	114770-03
4/11-5/16	Sa	9:00-9:50 AM	\$89	114770-04

Age: 2.5-3.5 years

1/12-2/16	M	10:15-11:00 AM	\$89	114770-05
2/25-4/1	W	10:15-11:00 AM	\$89	114770-06
4/7-5/12	Tu	10:15-11:00 AM	\$89	114770-07
4/11-5/16	Sa	10:00-10:50 AM	\$89	114770-08
4/9-5/14	Th	4:30-5:20 PM	\$89	114770-09

Age: 3.5-4 years

1/12-2/16	M	11:15 AM-Noon	\$89	114770-10
2/25-4/1	W	11:15 AM-Noon	\$89	114770-11
4/7-5/12	Tu	11:15 AM-Noon	\$89	114770-12
4/11-5/16	Sa	11:00-11:50 AM	\$89	114770-13
4/9-5/14	Th	5:30-6:20 PM	\$89	114770-14

VolleyKatz

Location: Foothills Activity Center

Age: 2-2.5 years

1/14-2/18	W	9:15-10:00 AM	\$89	114771-01
4/10-5/15	F	9:15-10:00 AM	\$89	114771-02

Age: 2.5-3.5 years

1/14-2/18	W	10:15-11:00 AM	\$89	114771-03
4/10-5/15	F	10:15-11:00 AM	\$89	114771-04

Age: 3.5-4 years

1/14-2/18	W	11:15 AM-12:00 PM	\$89	114771-05
4/10-5/15	F	11:15 AM-12:00 PM	\$89	114771-06

HoopsterTots

Location: Foothills Activity Center

Age: 2-2.5 years

1/16-2/20	F	9:15-10:00 AM	\$89	114772-01
2/23-3/30	M	9:15-10:00 AM	\$89	114772-02
4/8-5/13	W	9:15-10:00 AM	\$89	114772-03

Age: 2.5-3.5 years

1/16-2/20	F	10:15-11:00 AM	\$89	114772-04
2/23-3/30	M	10:15-11:00 AM	\$89	114772-05
4/8-5/13	W	10:15-11:00 AM	\$89	114772-06

Age: 3.5-4 years

1/16-2/20	F	11:15 AM-Noon	\$89	114772-07
2/23-3/30	M	11:15 AM-Noon	\$89	114772-08
4/8-5/13	W	11:15 AM-Noon	\$89	114772-09

BaseballTots

Location: Foothills Activity Center or Park

Age: 2-2.5 years

2/27-4/3	F	9:15-10:00 AM	\$89	114773-01
4/6-5/11	M	9:15-10:00 AM	\$89	114773-02

Age: 2.5-3.5 years

3/7-4/4	F	10:15-11:00 AM	\$89	114773-03
4/6-5/11	M	10:15-11:00 AM	\$89	114773-04
4/7-5/12	Tu	4:30-5:20 PM	\$89	114773-05

Age: 3.5-4 years

3/7-4/4	F	11:15 AM-Noon	\$89	114773-06
4/6-5/11	M	11:15 AM-Noon	\$89	114773-07
4/7-5/12	Tu	5:30-6:20 PM	\$89	114773-08

INCLUSION SUPPORT

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

fortcollins.gov/aro for more details.

VOLLEYBALL

Volleyball

Develop a sense of team play where participation, fun, skills and sportsmanship are emphasized and winning is secondary. Practices are held 1-2 times per week with games on Saturdays and occasional weeknights.

Cost: \$130

Registration ends: 3/15 or when filled

Practices Begin: Week of 3/23

Number of Games: 6

Grade: 4-5

214942-01

Grade: 6-8

Blevins	214944-01	Lincoln	214944-11
Boltz	214944-03	Preston	214944-13
CLP	214944-05	Timnath	214944-14
Kinard	214944-07	Webber	214944-15
Liberty Common	214944-08	Wellington	214944-17
Lesher	214944-09		

Play To Learn - Learn To Enjoy

Summer Camps
at
Rivendell School

Registration opens January 13th
rivendell-school.org/programs/summer-camps
970 493-9052

Rivendell School does not discriminate on the basis of race, color, religion, gender, national origin, disability, genetic information, sexual orientation or any other basis protected by federal, state or local laws in any education program or activity sponsored by the school. While Rivendell School does not have special services to offer to special needs children, an effort is made to accommodate all learning styles and disability conditions and to integrate the children fully.

TENNIS

All programs are offered at Rolland Moore Racquet Complex unless otherwise noted.

Things to Know

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

The programs at Lewis Tennis School provide a positive learning environment for players of all ages. Students learn techniques to become accomplished players, as well as life skills that help them to excel and enjoy tennis and other areas in their life. Thousands of players have participated in these programs over the years as they learn and progress in this great lifetime sport.

Lewis Tennis School has provided opportunities for the community of Fort Collins to learn and participate in tennis for the past 27 years.

Rolland Moore Pro Shop

Visit our fully stocked pro shop located at the Rolland Moore Racquet Center. Racquets, shoes, accessories and 24-hour stringing are available. Winter hours are 1-4 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturday (weather permitting).

Court Reservations

For court availability and reservations, visit lewistennis.com or call 970-493-7000.

10 & UNDER

Exciting play format for those learning tennis. Designed to bring kids into the game by utilizing special equipment, shorter court dimensions and modified scoring, all tailored to age and size.

Little Lobber

Develop basic hand-eye coordination and athletic skills. Learn movement, balance and proper techniques through fun games. Sportsmanship and encouraging words are emphasized.

Age: 4-6 years Drop In

1/5-1/28	M,W	3:00-3:45 PM	\$130	\$18	223015-01
2/2-2/25	M,W	3:00-3:45 PM	\$130	\$18	223015-02
3/2-3/25	M,W	3:00-3:45 PM	\$130	\$18	223015-03
3/30-4/22	M,W	3:00-3:45 PM	\$130	\$18	223015-04
4/27-5/20	M,W	3:00-3:45 PM	\$130	\$18	223015-05
1/3-1/24	Sa	10:00-10:45 AM	\$65	\$18	223015-06
1/31-2/21	Sa	10:00-10:45 AM	\$65	\$18	223015-07
2/28-3/21	Sa	10:00-10:45 AM	\$65	\$18	223015-08
3/28-4/18	Sa	10:00-10:45 AM	\$65	\$18	223015-09
4/25-5/16	Sa	10:00-10:45 AM	\$65	\$18	223015-10

Future Stars

Learn basic strokes and rules and play fun games to develop skills. Focus on the correct way to hit the ball to build a strong foundation for future play. Sportsmanship and positive attitude are emphasized.

Age: 7-8 years Drop In

1/5-1/28	M,W	4:00-5:30 PM	\$195	\$26	223053-01
2/2-2/25	M,W	4:00-5:30 PM	\$195	\$26	223053-02
3/2-3/25	M,W	4:00-5:30 PM	\$195	\$26	223053-03
3/30-4/22	M,W	4:00-5:30 PM	\$195	\$26	223053-04
4/27-5/20	M,W	4:00-5:30 PM	\$195	\$26	223053-05
1/3-1/24	Sa	11:00 AM-12:30 PM	\$98	\$26	223053-06
1/31-2/21	Sa	11:00 AM-12:30 PM	\$98	\$26	223053-07
2/28-3/21	Sa	11:00 AM-12:30 PM	\$98	\$26	223053-08
3/28-4/18	Sa	11:00 AM-12:30 PM	\$98	\$26	223053-09
4/25-5/16	Sa	11:00 AM-12:30 PM	\$98	\$26	223053-10

Aces

Learn basic strokes and rules and play fun games to develop skills. Work on more advanced strokes, such as topspin and slice serves, and develop match skills. Players will be encouraged to participate in novice-level tournaments.

Age: 9-10 years		Drop In			
1/5-1/28	M,W	4:00-5:30 PM	\$195	\$26	223050-01
2/2-2/25	M,W	4:00-5:30 PM	\$195	\$26	223050-02
3/2-3/25	M,W	4:00-5:30 PM	\$195	\$26	223050-03
3/30-4/22	M,W	4:00-5:30 PM	\$195	\$26	223050-04
4/27-5/20	M,W	4:00-5:30 PM	\$195	\$26	223050-05
1/3-1/24	Sa	11:00 AM-12:30 PM	\$98	\$26	223050-06
1/31-2/21	Sa	11:00 AM-12:30 PM	\$98	\$26	223050-07
2/28-3/21	Sa	11:00 AM-12:30 PM	\$98	\$26	223050-08
3/28-4/18	Sa	11:00 AM-12:30 PM	\$98	\$26	223050-09
4/25-5/16	Sa	11:00 AM-12:30 PM	\$98	\$26	223050-10

MIDDLE SCHOOL

Just starting the game or a seasoned competitor? Develop skills to effectively compete on middle and high school teams or just enjoy the benefits of this great lifetime sport.

Age: 11-13 years		Drop In			
1/6-1/30	Tu,Th,F	3:30-5:30 PM	\$390	\$35	223051-01
2/3-2/27	Tu,Th,F	3:30-5:30 PM	\$390	\$35	223051-02
3/3-3/27	Tu,Th,F	3:30-5:30 PM	\$390	\$35	223051-03
3/31-4/24	Tu,Th,F	3:30-5:30 PM	\$390	\$35	223051-04
4/28-5/22	Tu,Th,F	3:30-5:30 PM	\$390	\$35	223051-05
1/3-1/24	Sa	1:00-3:00 PM	\$130	\$35	223051-06
1/31-2/21	Sa	1:00-3:00 PM	\$130	\$35	223051-07
2/28-3/21	Sa	1:00-3:00 PM	\$130	\$35	223051-08
3/28-4/18	Sa	1:00-3:00 PM	\$130	\$35	223051-09
4/25-5/16	Sa	1:00-3:00 PM	\$130	\$35	223051-10

HIGH SCHOOL

New players learn the fundamentals of the game and how to compete. Intermediate-to-advanced players learn more complex strokes, plus doubles and singles match strategies.

Age: 14-18 years		Drop In			
1/6-1/30	Tu,Th,F	4:30-6:00 PM	\$293	\$26	223052-01
2/3-2/27	Tu,Th,F	4:30-6:00 PM	\$293	\$26	223052-02
3/3-3/27	Tu,Th,F	4:30-6:00 PM	\$293	\$26	223052-03
3/31-4/24	Tu,Th,F	4:30-6:00 PM	\$293	\$26	223052-04
4/28-5/22	Tu,Th,F	4:30-6:00 PM	\$293	\$26	223052-05
1/3-1/24	Sa	1:00-3:00 PM	\$130	\$35	223052-06
1/31-2/21	Sa	1:00-3:00 PM	\$130	\$35	223052-07
2/28-3/21	Sa	1:00-3:00 PM	\$130	\$35	223052-08
3/28-4/18	Sa	1:00-3:00 PM	\$130	\$35	223052-09
4/25-5/16	Sa	1:00-3:00 PM	\$130	\$35	223052-10

Performance Training

Designed for devoted junior players who have already developed a solid foundation of the game and 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 the schedule.

SPRING BREAK CAMP

Little Lobber

Age: 4-6 years		Drop In			
3/16-3/20	M-F	10:00-10:45 AM	\$81	\$17	223090-01

10 & under

Age: 7-10 years		Drop In			
3/16-3/20	M-F	11:00-12:30 PM	\$123	\$26	223090-02

Middle School

Age: 11-13 years		Drop In			
3/16-3/20	M-F	1:00-3:00 PM	\$163	\$35	223090-03

High School

Age: 14-18 years		Drop In			
3/16-3/20	M-F	1:00-3:00 PM	\$163	\$35	223090-04

SPECIAL REGISTRATION DAY

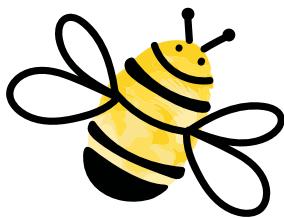
for all Summer Camp Programs

Camp FunQuest, Funtime Adventures,
The Farm Summer Camps & Skyhawks Sports Summer Camps

THURSDAY, FEBRUARY 5
AT 6 P.M.

Registration will be available online, in-person, and over the phone. We highly recommend registering online or in-person at Northside Aztlan Community Center or Foothills Activity Center.

Youth program staff will be available for in-person registration at Northside Aztlan Community Center and Foothills Activity Center to help answer any questions and assist in picking the best summer camp options for your family.





SUMMER DAY CAMPS

FUNTIME ADVENTURES SUMMER CAMP

Designed for younger children new to the camp experience, with both half-day (morning only) and full-day options.

Themed activities, special guests, walking trips, park play and shared lunch time make up the morning-only sessions. Add on the afternoon session to make it a full day and experience even more of what the Recreation Department has to offer including art, dance, music, science and cooking enrichments.

Ages: 4-5 years (intended for those who have not yet completed kindergarten)



Inclusion Support in Funtime Adventures Summer Camp

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. The Recreation Department offers a spectrum of inclusion services. To aid in the inclusion request process for Camp FunQuest, please visit fortcollins.gov/aro to complete an Inclusion Request Form shortly after registering for camp. The earlier our team receives the Inclusion Request Form, the better! If you do not hear from the Recreation Department within two weeks of submitting your Inclusion Request Form, please email funtimepreschool@fortcollins.gov. A Funtime Adventures Family Handbook will be emailed to families after parent orientation and contains information on general behavior expectations and policies.



Online Camper Profiles

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. Per childcare licensing requirements, all forms and waivers must be completed prior to participation including current general health appraisal dated within the past year, immunization records or exemption forms and any required medication administration forms. Note: Profiles submitted in 2025 require reconfirmation prior to summer camp programs.

Family Information Meetings

All Funtime Adventures summer camp families are encouraged to attend a pre-summer orientation on April 20, 2026. Camp staff will answer questions, help with paperwork and discuss camp topics including how to use ePACT, what to bring to camp and behavioral expectations of campers. A welcome email will be sent at the end of March with meeting dates and a signup link to confirm meeting attendance.

Weekly Deposits & Payment Schedule

A minimum deposit of \$40/week per child is due at the time of enrollment. Remaining fees for camp weeks are due prior to the start of camp and must be paid on or before the dates listed below:

- June camp fees (weeks 1-4) due March 1
- July camp fees (weeks 5-8) due April 1
- August camp fees (weeks 9-10) due May 1

Cancellation Deadline, Transfers & Refund

Policy – NEW!

All cancellations to camp weeks must take place on or before April 30, 2026 in order to receive a refund of the \$40 deposits made. Cancellations made after April 30, 2026 will forfeit the deposits.

Camp week transfers can be made without penalty dependent on availability. Cancellation requests can be submitted by emailing your child's camp director and follow the policy outlined below:

- Cancellations made 10+ days prior to the start of the camp week = Full refund
- Cancellations made 5-9 days prior to the start of the camp week = 50% refund
- Cancellations made less than 5 days prior to the start of the camp week = No refund

Funtime Adventures Summer Camp

Location: Northside Aztlan Community Center

Week 1: Welcome to Camp

6/2-6/5	Tu-F	7:30 AM-12:30 PM	\$108	317501-01
6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	317501-02

Week 2: Ocean Explorers

6/8-6/12	M-F	7:30 AM-12:30 PM	\$135	317502-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	317502-02

Week 3: Cooking & Baking

6/15-6/18	M-Th	7:30 AM-12:30 PM	\$108	317503-01
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	317503-02

Week 4: Dino Discovery

6/22-6/26	M-F	7:30 AM-12:30 PM	\$135	317504-01
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	317504-02

No camp 6/29-7/3

Week 5: Fantasy & Fairytales

7/6-7/10	M-F	7:30 AM-12:30 PM	\$135	317505-01
7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	317505-02

Week 6: Science Week

7/13-7/17	M-F	7:30 AM-12:30 PM	\$135	317506-01
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	317506-02

Week 7: Farmyard Fun

7/20-7/24	M-F	7:30 AM-12:30 PM	\$135	317507-01
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	317507-02

Week 8: Space Explorers

7/27-7/31	M-F	7:30 AM-12:30 PM	\$135	317508-01
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	317508-02

Week 9: Nature Explorers

8/3-8/7	M-F	7:30 AM-12:30 PM	\$135	317509-01
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	317509-02

RIDE FOR FREE VIAJE GRATIS



TRANSFORT

ridetransfort.com

City of
Fort Collins

FARM

SUMMER CAMPS

Mini Day Camp

Junior farmers enjoy a half-day camp experience featuring fun farm animals and hours of activities designed to entertain and educate. Campers explore country life as they gather eggs, ride the ponies and go on treasure hunts. Mornings are topped off with picnic lunches in the silo, hayloft or maybe even on a hayride.

Age: 6-7 years

6/2-6/5	Tu-F	8:30 AM-12:30 PM	\$91	308604-01
6/9-6/12	Tu-F	8:30 AM-12:30 PM	\$91	308604-02
6/16-6/19	Tu-F	8:30 AM-12:30 PM	\$91	308604-03
7/7-7/10	Tu-F	8:30 AM-12:30 PM	\$91	308604-04

Not-So-Mini Day Camp

A full-day version of Mini Day Camp, where campers participate in typical farm chores such as gathering eggs and riding ponies. Other activities include crafts and going on a hayride.

Age: 6-7 years

6/23-6/26	Tu-F	8:30 AM-3:30 PM	\$178	308605-01
7/14-7/17	Tu-F	8:30 AM-3:30 PM	\$178	308605-02
7/28-7/31	Tu-F	8:30 AM-3:30 PM	\$178	308605-03

Farm Day Camp

Every summer is new and exciting at The Farm! Each day camp session is packed full of games, crafts, barnyard trivia and chores. Campers help take care of the animals by gathering eggs, feeding animals, cleaning and slopping the pigs.

Age: 8-12 years

6/2-6/12	Tu-F	8:30 AM-3:30 PM	\$280	308602-01
6/16-6/26	Tu-F	8:30 AM-3:30 PM	\$280	308602-02
7/7-7/17	Tu-F	8:30 AM-3:30 PM	\$280	308602-03
7/21-7/31	Tu-F	8:30 AM-3:30 PM	\$280	308602-04

Pony Camp, Beginner

Campers learn to groom, saddle and ride a pony during their week at The Farm. Pony chores are included and safety is stressed at all times.

Age: 8-12 years

6/2-6/5	Tu-F	8:30-11:00 AM	\$200	308607-01
6/2-6/5	Tu-F	11:45 AM-2:15 PM	\$200	308607-02
6/9-6/12	Tu-F	11:45 AM-2:15 PM	\$200	308607-03
6/16-6/19	Tu-F	8:30-11:00 AM	\$200	308607-04
6/23-6/26	Tu-F	8:30-11:00 AM	\$200	308607-05
7/7-7/10	Tu-F	8:30-11:00 AM	\$200	308607-06
7/14-7/17	Tu-F	11:45 AM-2:15 PM	\$200	308607-07
7/28-7/31	Tu-F	Noon-2:30 PM	\$200	308607-09

Pony Camp, Advanced

Once your child has mastered grooming and saddling, this camp is for them. Campers review the basics of riding and spend more time in the saddle.

Age: 8-12 years

6/9-6/12	Tu-F	8:30-11:00 AM	\$200	308608-01
6/16-6/19	Tu-F	11:45 AM-2:15 PM	\$200	308608-02
6/23-6/26	Tu-F	11:45 AM-2:15 PM	\$200	308608-03
7/7-7/10	Tu-F	11:45 AM-2:15 PM	\$200	308608-04
7/14-7/17	Tu-F	8:30-11:00 AM	\$200	308608-05
7/21-7/24	Tu-F	8:30-11:00 AM	\$200	308608-06
7/21-7/24	Tu-F	11:45 AM-2:15 PM	\$200	308608-07

Horsemanship I

Learn to groom, saddle and ride a horse.

Age: 12-15 years

6/8-6/11	M-Th	12:15-2:45 PM	\$200	308616-01
6/15-6/18	M-Th	12:15-2:45 PM	\$200	308616-02
7/6-7/9	M-Th	12:15-2:45 PM	\$200	308616-03
7/13-7/16	M-Th	9:00-11:30 AM	\$200	308616-04

Horsemanship II

Now that you know how to groom and saddle, spend more time riding and learning about horses.

Prerequisite: Horsemanship I or Pony Camps.

Age: 12-15 years

6/22-6/25	M-Th	9:00-11:30 AM	\$200	308617-01
6/22-6/25	M-Th	12:15-2:45 PM	\$200	308617-02
7/6-7/9	M-Th	9:00-11:30 AM	\$200	308617-03
7/13-7/16	M-Th	12:15-2:45 PM	\$200	308617-04
7/20-7/23	M-Th	9:00-11:30 AM	\$200	308617-05
7/20-7/23	M-Th	12:15-2:45 PM	\$200	308617-06
7/27-7/30	M-Th	9:00-11:30 AM	\$200	308617-07
7/27-7/30	M-Th	12:15-2:45 PM	\$200	308617-08



CAMP FUNQUEST

Recreation's licensed summer day camp program for children entering first grade through completion of fifth grade. Summer camps run Monday through Friday from 7:30 a.m.-5:30 p.m. during the dates listed below. Camp groups are separated by age, and all activities are planned with children's developmental stage, abilities and interests in mind. Camp themes guide activity planning with a general daily structure that repeats weekly. Typical camp activities such as songs, games, crafts, science and sports are coupled with guest visitors, field trips to outdoor parks, swimming and an introduction to a variety of recreational activities. Cost of weekly field trips are included in camp fees for all age groups. Families must provide a nut-free sack lunch, two healthy snacks, a water bottle and appropriate clothing/gear for outdoor play each day. Note: Full camp itineraries are emailed the week prior to program start dates.

Inclusion Support in Camp FunQuest

Individuals of all abilities and ages are welcome to participate in any program listed in the Recreator. The Recreation Department offers a spectrum of inclusion services. To aid in the inclusion request process for Camp FunQuest, please visit fortcollins.gov/aro to complete an Inclusion Request Form shortly after registering for camp. The earlier our team receives the Inclusion Request Form, the better! If you do not hear from the Recreation Department within two weeks of submitting your Inclusion Request Form, please email campfunquest@fortcollins.gov. A Camp FunQuest Family Handbook will be emailed to families after parent orientation and contains information on general behavior expectations and policies.

Online Camper Profiles

An invitation to complete an online member profile through ePACT Emergency Network will be emailed prior to camp. Per childcare licensing requirements, all forms and waivers must be completed prior to participation, including current immunization records or exemption forms and any required medication administration forms. Note: Profiles submitted in 2025 require reconfirmation prior to summer camp programs.

Family Information Meetings

All Camp FunQuest summer camp families are encouraged to attend a pre-summer orientation on April 22, 2026. Camp staff will answer questions, help with paperwork and discuss camp topics including how to use ePACT, what to bring to camp and behavioral expectations of campers. A welcome email will be sent at the end of March with meeting dates and a signup link to confirm meeting attendance.

Weekly Deposits & Payment Schedule

A minimum deposit of \$40/week per child is due at the time of enrollment. Remaining fees for camp weeks are due prior to the start of camp and must be paid on or before the dates listed below:

- June camp fees (weeks 1-4) due March 1
- July camp fees (weeks 5-8) due April 1
- August camp fees (weeks 9-10) due May 1

Cancellation Deadline, Transfers & Refund Policy

- NEW!

All cancellations to Camp FunQuest summer camp programs must take place on or before April 30, 2026, in order to receive a refund of the \$40 deposits made. Cancellations made after April 30, 2026, will forfeit the deposits.

Camp week transfers can be made without penalty, depending on availability. Cancellation requests can be submitted by emailing your child's camp director and following the policy outlined below:

- Cancellations made 10+ days prior to the start of the camp week = Full refund
- Cancellations made 5-9 days prior to the start of the camp week = 50% refund
- Cancellations made less than 5 days prior to the start of the camp week = No refund

Camp Schedule & Themes

Week 1: Welcome to Camp | June 2-5 (Tu-F)

Week 2: Outdoor Adventure | June 8-12

Week 3: Community Connection | June 15-18 (No camp on 6/19)

Week 4: Space Exploration | June 22-26

Mid-Summer Break: NO CAMP June 29-July 3

Week 5: Aquatic Adventures | July 6-10

Week 6: Insect Investigators | July 13-17

Week 7: Maker Space | July 20-24

Week 8: Healthy Habits | July 27-31

Week 9: Music & Rhythm | August 3-7

Week 10: Field Day & Talent Show | August 10-11
(Northside Aztlan Community Center only)



NORTHSIDE AZTLAN COMMUNITY CENTER CAMPS

Marmots

Age: 5-6 years (MUST HAVE COMPLETED KINDERGARTEN IN MAY 2025)

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315550-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315550-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315550-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315550-04

No Camp 6/29-7/3

7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	315550-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315550-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315550-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315550-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315550-09
8/10-8/11	M,Tu	7:30 AM-5:30 PM	\$108	315550-10

Due to high demand within the Red Fox age group, we will have two groups this summer and split them before camp begins based on age.

Red Fox

Age: 7-8 years

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315551-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315551-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315551-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315551-04

No Camp 6/29-7/3

7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	315551-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315551-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315551-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315551-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315551-09
8/10-8/11	M,Tu	7:30 AM-5:30 PM	\$108	315551-10

Big Horn

Age: 9-11 years

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315552-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315552-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315552-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315552-04

No Camp 6/29-7/3

7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	315552-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315552-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315552-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315552-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315552-09
8/10-8/11	M,Tu	7:30 AM-5:30 PM	\$108	315552-10

FOOTHILLS ACTIVITY CENTER CAMPS

Marmots

Age: 5-6 years (MUST HAVE COMPLETED

KINDERGARTEN IN MAY 2025)

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315750-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315750-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315750-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315750-04

No Camp 6/29-7/3

7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	315750-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315750-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315750-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315750-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315750-09

Red Fox

Age: 7-8 years

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315751-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315751-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315751-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315751-04

No Camp 6/29-7/3

7/8-7/10	M-F	7:30 AM-5:30 PM	\$270	315751-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315751-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315751-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315751-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315751-09

Big Horn

Age: 9-11 years

6/2-6/5	Tu-F	7:30 AM-5:30 PM	\$216	315752-01
6/8-6/12	M-F	7:30 AM-5:30 PM	\$270	315752-02
6/15-6/18	M-Th	7:30 AM-5:30 PM	\$216	315752-03
6/22-6/26	M-F	7:30 AM-5:30 PM	\$270	315752-04

No Camp 6/29-7/3

7/6-7/10	M-F	7:30 AM-5:30 PM	\$270	315752-05
7/13-7/17	M-F	7:30 AM-5:30 PM	\$270	315752-06
7/20-7/24	M-F	7:30 AM-5:30 PM	\$270	315752-07
7/27-7/31	M-F	7:30 AM-5:30 PM	\$270	315752-08
8/3-8/7	M-F	7:30 AM-5:30 PM	\$270	315752-09

Black Bear Teen Camp

A camp experience designed for active teens with full days of skill development, leadership training, social fulfillment and physical activity. A weekly field trip is included. Participants in Week 4 will be invited to walk in the City of Fort Collins' Independence Day Parade with the float that they create! Participation in the parade is voluntary and will take place on Saturday, July 4 with additional details to come. Note: Camp will not be held on 6/19 and 7/3.

Location: Mulberry Pool

Age: 12-15 years

Camp Schedule & Themes

Week 1: Welcome to Camp | June 8-12

Week 2: Sci-Fi and Fantasy | June 15-18 (**No Camp on 6/19**)

Week 3: Outdoor Adventure | June 22-26

Week 4: Independence Day Float and Parade | June 29-7/2 (**No Camp on 7/3**)

Week 5: Sports Week | July 6-10

Week 6: Counselor in Training | July 13-17

Week 7: Game Night | July 20-24

Week 8: End of Summer Fun | July 27-31

6/8-6/12	M-F	9:00 AM-4:00 PM	\$270	315555-01
6/15-6/18	M-Th	9:00 AM-4:00 PM	\$216	315555-02
6/22-6/26	M-F	9:00 AM-4:00 PM	\$270	315555-03
6/29-7/2	M-Th	9:00 AM-4:00 PM	\$216	315555-04
7/6-7/10	M-F	9:00 AM-4:00 PM	\$270	315555-05
7/13-7/17	M-F	9:00 AM-4:00 PM	\$270	315555-06
7/20-7/24	M-F	9:00 AM-4:00 PM	\$270	315555-07
7/27-7/31	M-F	9:00 AM-4:00 PM	\$270	315555-08



OUTDOOR & ADVENTURE

SUMMER CAMPS

Bike Camp I

Designed for those who can ride straight and steady on a two-wheeled bicycle and use brakes to stop. Training wheels are not permitted due to the requirements of the class. Learn the basics of safe bicycling strategies, trail riding, bike-handling skills and drills, nutrition and hydration, and bike maintenance. Riders 6-8 years old should expect to ride 4-8 miles per day. Riders 9-11 years old should expect to ride 6-12 miles per day. Rides are confined to city bike trails and led by a Safe Routes to School instructor. Note: Class will not be held on 6/19.

Age: 6-8 years

Location: Rolland Moore Park

6/15-6/18	M-Th	8:30 AM-12:30 PM	\$160	315971-02
-----------	------	------------------	-------	-----------

Location: Spring Canyon Park

7/6-7/10	M-F	8:30 AM-12:30 PM	\$200	315971-04
----------	-----	------------------	-------	-----------

Location: Northside Aztlan Community Center

7/13-7/17	M-F	8:30 AM-12:30 PM	\$200	315971-05
-----------	-----	------------------	-------	-----------

Age: 9-11 years

Location: Rolland Moore Park

6/8-6/12	M-F	8:30 AM-12:30 PM	\$200	315971-01
----------	-----	------------------	-------	-----------

Location: Spring Canyon Park

6/22-6/26	M-F	8:30 AM-12:30 PM	\$200	315971-03
-----------	-----	------------------	-------	-----------

Bike Camp II

Build off skills learned in Bike Camp I and work on additional bike handling and maintenance skills, like fixing a flat. Riders 6-8 years old should expect to ride 6-10 miles per day. Riders 9-11 years old should expect to ride 8-12 miles per day. Rides are confined to city bike trails and led by a Safe Routes to School instructor. Prerequisite: Completion of Bike Camp I.

Location: Northside Aztlan Community Center

Age: 6-8 years

7/20-7/24	M-F	8:30 AM-12:30 PM	\$200	315972-01
-----------	-----	------------------	-------	-----------

Age: 9-11 years

7/27-7/31	M-F	8:30 AM-12:30 PM	\$200	315972-02
-----------	-----	------------------	-------	-----------

Teen Bike Camp

Join other teen riders on city bike trails and street bike lanes for day trips to local natural areas and fun destinations like ice cream pit stops and more! Learn safe trail and group riding rules of the road, discover a variety of low-stress routes in central Fort Collins and the surrounding area and perform basic bike maintenance and flat repair. Riders are expected to ride 16-22 miles per day. Led by a Safe Routes to School instructor.

Location: Rolland Moore Park

Age: 12-15 years

6/1-6/5	M-F	8:00 AM-2:00 PM	\$250	315973-01
---------	-----	-----------------	-------	-----------

LEGO® Camps

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs. Projects rotate monthly to ensure both new and returning students can explore the endless creative possibilities of LEGO® building systems.

Location: Edora Pool Ice Center

Age: 5-7 years

Minecraft Engineering

6/1-6/5	M-F	9:00 AM-Noon	\$220	316730-01
---------	-----	--------------	-------	-----------

Dino Design

6/8-6/12	M-F	9:00 AM-Noon	\$220	316730-02
----------	-----	--------------	-------	-----------

Pokémon Engineering

6/15-6/18	M-Th	9:00 AM-Noon	\$176	316730-03
-----------	------	--------------	-------	-----------

Sports Lab

6/22-6/26	M-F	9:00 AM-Noon	\$220	316730-04
-----------	-----	--------------	-------	-----------

Radical Rides

7/6-7/10	M-F	9:00 AM-Noon	\$220	316730-05
----------	-----	--------------	-------	-----------

Wildlife Wonders

7/13-7/17	M-F	9:00 AM-Noon	\$220	316730-06
-----------	-----	--------------	-------	-----------

Minecraft Engineering

7/20-7/24	M-F	9:00 AM-Noon	\$220	316730-07
-----------	-----	--------------	-------	-----------

STEM Discovery

7/27-7/31	M-F	9:00 AM-Noon	\$220	316730-08
-----------	-----	--------------	-------	-----------

Pokémon Engineering

8/3-8/7	M-F	9:00 AM-Noon	\$220	316730-09
---------	-----	--------------	-------	-----------

Age: 7-12 years

Minecraft Master

6/1-6/5	M-F	1:00-4:00 PM	\$220	316731-01
---------	-----	--------------	-------	-----------

Jurassic Engineering

6/8-6/12	M-F	1:00-4:00 PM	\$220	316731-02
----------	-----	--------------	-------	-----------

Pokémon Master

6/15-6/18	M-Th	1:00-4:00 PM	\$176	316731-03
-----------	------	--------------	-------	-----------

Pro Sports Lab

6/22-6/26	M-F	1:00-4:00 PM	\$220	316731-04
-----------	-----	--------------	-------	-----------

Radical Rides 2.0

7/6-7/10	M-F	1:00-4:00 PM	\$220	316731-05
----------	-----	--------------	-------	-----------

Wizarding World of Engineering

7/13-7/17	M-F	1:00-4:00 PM	\$220	316731-06
-----------	-----	--------------	-------	-----------

Minecraft Master

7/20-7/24	M-F	1:00-4:00 PM	\$220	316731-07
-----------	-----	--------------	-------	-----------

STEM Innovations

7/27-7/31	M-F	1:00-4:00 PM	\$220	316731-08
-----------	-----	--------------	-------	-----------

Pokémon Master

8/3-8/7	M-F	1:00-4:00 PM	\$220	316731-09
---------	-----	--------------	-------	-----------

LEGO Robotics Camps

Build and program robots in this introductory class using the LEGO® Spike Prime® system. Learn basic programming skills using a simple and visual block coding system that allows kids to grasp new and diverse coding challenges. Build a variety of robots using motors, sensors and lights, making for a fun experience that helps prepare young Robotics enthusiasts for our more advanced programs.

Location: Mulberry Pool

Age: 7-9 years

Learn Coding

6/1-6/5	M-F	9:00 AM-Noon	\$255	316732-01
---------	-----	--------------	-------	-----------

6/22-6/26	M-F	9:00 AM-Noon	\$255	316732-03
-----------	-----	--------------	-------	-----------

7/20-7/24	M-F	9:00 AM-Noon	\$255	316732-05
-----------	-----	--------------	-------	-----------

Minecraft Robotics

6/8-6/12	M-F	9:00 AM-Noon	\$255	316732-02
----------	-----	--------------	-------	-----------

7/6-7/10	M-F	9:00 AM-Noon	\$255	316732-04
----------	-----	--------------	-------	-----------

8/3-8/7	M-F	9:00 AM-Noon	\$255	316732-06
---------	-----	--------------	-------	-----------

Age: 9-14 years

Explore Coding

6/1-6/5	M-F	1:00-4:00 PM	\$255	316733-01
---------	-----	--------------	-------	-----------

6/22-6/26	M-F	1:00-4:00 PM	\$255	316733-03
-----------	-----	--------------	-------	-----------

7/20-7/24	M-F	1:00-4:00 PM	\$255	316733-05
-----------	-----	--------------	-------	-----------

Bash'em Bots Robotics

6/8-6/12	M-F	1:00-4:00 PM	\$255	316733-02
----------	-----	--------------	-------	-----------

7/6-7/10	M-F	1:00-4:00 PM	\$255	316733-04
----------	-----	--------------	-------	-----------

8/3-8/7	M-F	1:00-4:00 PM	\$255	316733-06
---------	-----	--------------	-------	-----------

INCLUSION SUPPORT

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

fortcollins.gov/aro for more details.

SKYHAWKS SUMMER SPORTS CAMPS

All participants receive a T-shirt and merit award. Participants must wear appropriate clothing, running shoes and sunscreen. Bring two snacks and a water bottle.



SUPERTOTS

Safe and fun camp that incorporates physical activity in a non-competitive environment. Camp is designed with an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. Acquire skills and fitness but also develop an interest and love of sports.

BaseballTots

Locations vary by session. Park locations include Rolland Moore, Warren Park, Edora Park, or Greenbriar Park.

Age: 2-2.5 years

6/3-6/24	W	9:15-9:45 AM	\$49	314074-06
7/9-7/30	Th	9:15-9:45 AM	\$49	314074-07
7/11-8/1	Sa	9:15-9:45 AM	\$49	314074-08

Age: 2.5-3.5 years

6/3-6/24	Tu	10:00-10:45 AM	\$79	314075-06
7/9-7/30	Th	10:00-10:45 AM	\$79	314075-07
7/11-8/1	Sa	10:00-10:45 AM	\$79	314075-08
6/2-6/23	Tu	5:30-6:15 PM	\$79	314075-12
7/8-7/29	W	5:30-6:15 PM	\$79	314075-15

Age: 3.5-4 years

6/3-6/24	Tu	11:00-11:45 AM	\$79	314076-06
7/9-7/30	Th	11:00-11:45 AM	\$79	314076-07
7/11-8/1	Sa	11:00-11:45 AM	\$79	314076-08
6/2-6/23	Tu	6:30-7:15 PM	\$79	314076-12
7/8-7/29	W	6:30-7:15 PM	\$79	314076-15

HoopsterTots

Location: Foothills Activity Center

Age: 2-2.5 years

6/2-6/23	Tu	9:15-9:45 AM	\$49	314074-10
7/10-7/31	F	9:15-9:45 AM	\$49	314074-09

Age: 2.5-3.5 years

6/2-6/23	Tu	10:00-10:45 AM	\$79	314075-10
7/10-7/31	F	10:00-10:45 AM	\$79	314075-09

Age: 3.5-4 years

6/2-6/23	Tu	11:00-11:45 AM	\$79	314076-10
7/10-7/31	F	11:00-11:45 AM	\$79	314076-09

SoccerTots

Locations vary by session. Park locations include Fossil Creek Park, Edora Park, Stew Case Park, Greenbriar Park and City Park.

Age: 2-2.5 years

6/1-6/22	M	9:15-9:45 AM	\$49	314074-01
6/4-6/25	Th	9:15-9:45 AM	\$49	314074-02
6/6-6/27	Sa	9:15-9:45 AM	\$49	314074-03
7/6-7/27	M	9:15-9:45 AM	\$49	314074-04
7/8-7/29	W	9:15-9:45	\$49	314074-05

Age: 2.5-3.5 years

6/1-6/22	M	10:00-10:45 AM	\$79	314075-01
6/4-6/25	Th	10:00-10:45 AM	\$79	314075-02
6/6-6/27	Sa	10:00-10:45 AM	\$79	314075-03
7/6-7/27	M	10:00-11:45AM	\$79	314075-04
7/8-7/29	W	10:00-10:45 AM	\$79	314075-05
6/3-6/24	W	5:30-6:15 PM	\$79	314075-11

Age: 3.5-4 years

6/1-6/22	M	11:00-11:45 AM	\$79	314076-01
6/4-6/25	Th	11:00-11:45 AM	\$79	314076-02
6/6-6/27	Sa	11:00-11:45 AM	\$79	314076-03
7/6-7/27	M	11:00-11:45 AM	\$79	314076-04
7/8-7/29	W	11:00-11:45 AM	\$79	314076-05
6/3-6/24	W	6:30-7:15 PM	\$79	314076-11

VolleyKats

Location: Foothills Activity Center

Age: 2-2.5 years

6/5-6/26	F	9:15-9:45 AM	\$49	314074-11
7/7-7/28	Tu	9:15-9:45 AM AM	\$49	314074-12

Age: 2.5-3.5 years

6/5-6/26	F	10:00-10:45 AM	\$79	314075-13
7/7-7/28	Tu	10:00-10:45 AM	\$79	314075-14

Age: 3.5-4 years

6/5-6/26	F	11:00-11:45 AM	\$79	314076-13
7/7-7/28	Tu	11:00-11:45 AM	\$79	314076-14

SKYHAWKS CAMPS

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle.

Baseball & Softball

This camp is designed for beginner and intermediate players. Using a progressive curriculum, learn the fundamentals of fielding, catching, throwing, hitting and base running, as well as respect, teamwork and responsibility in a fun, positive environment.

Age: 5-10 years

Baseball

Location: Spring Park

7/6-7/10	M-F	9:00 AM-Noon	\$199	314071-11
----------	-----	--------------	-------	-----------

Softball

Location: Spring Park

7/6-7/10	M-F	9:00 AM-Noon	\$199	314071-25
----------	-----	--------------	-------	-----------

Basketball

A camp for beginner and intermediate players focuses on the whole player. Using a progressive curriculum, we teach the skills to be a better athlete on and off the court. A “skill of the day” progresses into passing, shooting, dribbling and rebounding drills and games.

Age: 5-10 years

Location: Northside Aztlan Community Center or PSD

7/27-7/30	M-Th	1:30-4:30 PM	\$159	314071-18
-----------	------	--------------	-------	-----------

Location: Northside Aztlan Community Center or PSD

6/22-6/26	M-Th	1:30-4:30 PM	\$159	314071-14
-----------	------	--------------	-------	-----------

Age: 11-14 years

Location: Spring Canyon Park (Game-Based Camp)

7/6-7/10	M-F	9:00 AM-Noon	\$219	314071-17
----------	-----	--------------	-------	-----------

Location: Northside Aztlan Community Center or PSD

(Game-Based Camp)

6/8-6/11	M-Th	1:30-4:30 PM	\$179	314071-06
----------	------	--------------	-------	-----------

Cheerleading

Entry-level cheer camp teaches athletes skills to lead crowds and support teams. Cheers, proper hand and body movements, jumping techniques, and a final choreographed performance are taught. No stunting, but a focus on fun and important life skills such as teambuilding and leadership.

Age: 5-10 years

Location: Fossil Creek Park

6/8-6/11	M-F	9:00 AM-Noon	\$199	314071-01
----------	-----	--------------	-------	-----------

Location: Rolland Moore Park

7/27-7/31	M-F	9:00 AM-Noon	\$199	314071-13
-----------	-----	--------------	-------	-----------

Field Hockey Camp

Learn basics like stick handling and passing in a game-based environment. Perfect for youth athletes looking for a fast-paced sport that focuses on teamwork.

Age: 5-10 years

Location: Fossil Creek Community Park

7/21-7/25	M-F	9:00 AM-Noon	\$199	314071-45
-----------	-----	--------------	-------	-----------

Flag Football

Beginner and intermediate athletes will learn skills on both sides of the ball including the core components of passing, catching, de-flagging and defensive positioning.

Age: 5-10 years

Location: Spring Canyon Park

6/22-6/26	M-F	9:00 AM-Noon	\$199	314071-04
-----------	-----	--------------	-------	-----------

Location: Rolland Moore Park

7/27-7/31	M-F	9:00 AM-Noon	\$199	314071-15
-----------	-----	--------------	-------	-----------

Age: 11-14 years

Location: Twin Silo Park (Game-Based Camp)

6/1-6/5	M-F	9:00 AM-Noon	\$219	314071-02
---------	-----	--------------	-------	-----------

Location: Fossil Creek Park (Game-Based Camp)

7/13-7/17	M-F	9:00 AM-Noon	\$219	314071-12
-----------	-----	--------------	-------	-----------

Flag Rugby Camp

Crouch, bind and set into a thrilling flag rugby experience. Focus on fun, safety and fundamental skills like passing and flag-pulling while emphasizing teamwork and sportsmanship.

Age: 5-10 years

Location: TBD

7/20-7/24	M-F	9:00 AM-Noon	\$199	314071-44
-----------	-----	--------------	-------	-----------

Golf, Beginner

Entry-level players gain confidence in golf by focusing on proper technique and the fundamentals of form, swinging, putting and body positioning. Using Short Golf® equipment, instruction is simplified so players can transition with ease onto the golf course. All equipment is provided.

Age: 5-10 years

Location: Rolland Moore Park

6/15-6/19	M-F	9:00 AM-Noon	\$199	314071-10
-----------	-----	--------------	-------	-----------

Location: Spring Canyon Park

7/6-7/10	M-F	9:00 AM-Noon	\$199	314071-22
----------	-----	--------------	-------	-----------

Location: Warren Park

7/20-7/24	M-F	9:00 AM-Noon	\$199	314071-26
-----------	-----	--------------	-------	-----------

Lacrosse Camp

Learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. Campers also learn respect, teamwork and discipline. Athletes gain a deep understanding of the game and its traditions. All equipment is provided.

Age: 5-10 years

Location: Warren Park

6/22-6/26	M-F	9:00 AM-Noon	\$199	314071-09
-----------	-----	--------------	-------	-----------

Age: 11-13 years

Location: Harmony Park

7/27-7/31	M-F	9:00 AM-Noon	\$199	314071-37
-----------	-----	--------------	-------	-----------

Mini-Hawk

A multi-sport program designed for campers to explore balance, movement, hand-eye coordination and skill development at their own pace. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and focus on fun.

Age: 4-6 years

Location: Overland Park

6/1-6/5	M-F	9:00 AM-Noon	\$199	314071-03
---------	-----	--------------	-------	-----------

Location: Greenbriar Park

6/15-6/19	M-F	9:00 AM-Noon	\$199	314071-07
-----------	-----	--------------	-------	-----------

Location: Spring Canyon Park

6/29-7/2	M-Th	9:00 AM-Noon	\$159	314071-16
----------	------	--------------	-------	-----------

Location: Spring Canyon Park

7/20-7/24	M-F	9:00 AM-Noon	\$199	314071-24
-----------	-----	--------------	-------	-----------

Location: Fossil Creek Park

8/3-8/7	M-F	9:00 AM-Noon	\$199	314071-29
---------	-----	--------------	-------	-----------

Pickleball

Find out why pickleball is the fastest growing sport in the country! Players learn the rules of the game, develop hand-eye coordination, and work on proper technique. All equipment is provided.

Age: 5-10 years

Location: Cottonwood Glen Park

6/8-6/12	M-F	9:00 AM-Noon	\$199	314071-42
----------	-----	--------------	-------	-----------

Location: Homestead Park

7/13-7/17	M-F	9:00 AM-Noon	\$199	314071-46
-----------	-----	--------------	-------	-----------

Skyhawks Fit Kids! Camp

Elevate your game while playing games! Experience fitness workouts for kids, with a twist. Seamlessly integrate fitness, physical literacy and athletic training into a fun and exciting experience!

Age: 5-10 years

Location: Rolland Moore Park

6/15-6/19	M-F	9:00 AM-Noon	\$199	314071-41
-----------	-----	--------------	-------	-----------

Location: Harmony Park

7/27-7/31	M-F	9:00 AM-Noon	\$199	314071-43
-----------	-----	--------------	-------	-----------

Skyhawks Game On! Camp

This one-of-a-kind camp includes a mix of popular games like kickball, dodgeball, ultimate, capture the flag and more. Kids and coaches work together to create new sports/games like Football-Baseball or Soccer-Golf. Participants enjoy a chance to get outside, burn some energy and have a great time while playing with friends. No specific sport skills will be taught in this camp.

Age: 5-10 years

Location: Twin Silo Park

6/1-6/5	M-F	9:00 AM-Noon	\$199	314071-05
---------	-----	--------------	-------	-----------

Location: Warren Park

6/29	M	9:00 AM-Noon	\$39	314071-33
------	---	--------------	------	-----------

Location: Landings Park

6/30	Tu	9:00 AM-Noon	\$39	314071-34
------	----	--------------	------	-----------

Location: Spring Park

7/1	W	9:00 AM-Noon	\$39	314071-35
-----	---	--------------	------	-----------

Location: Harmony Park

7/2	Th	9:00 AM-Noon	\$39	314071-36
-----	----	--------------	------	-----------

Location: Harmony Park

7/13-7/17	M-F	9:00 AM-Noon	\$199	314071-38
-----------	-----	--------------	-------	-----------

Soccer

Skyhawks was founded as a soccer club in 1979, and this program remains the number one choice for introducing children to the fundamentals of soccer. Designed for beginner and intermediate players, the progressive curriculum teaches sport knowledge and fundamentals of dribbling, passing, shooting and ball control.

Age: 5-10 years

Location: Fossil Creek Park

6/8-6/12	M-F	9:00 AM-Noon	\$199	314071-15
----------	-----	--------------	-------	-----------

Location: Fossil Creek Park

8/3-8/7	M-F	9:00 AM-Noon	\$199	314071-32
---------	-----	--------------	-------	-----------

Age: 11-14 years

Location: Spring Canyon Park (Game-Based Camp)

6/29-7/2	M-Th	9:00 AM-Noon	\$179	314071-31
----------	------	--------------	-------	-----------

Location: Harmony Park (Game-Based Camp)

7/13-7/17	M-F	9:00 AM-Noon	\$219	314071-19
-----------	-----	--------------	-------	-----------

Volleyball

This co-ed program, designed for the beginning and intermediate player, teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. Athletes will develop fundamental skills with game-speed drills and daily scrimmages aimed at developing the whole player.

Age: 5-10 years

Location: Northside Aztlan Community Center or PSD

6/1-6/4	M-Th	1:30-4:30 PM	\$159	314071-08
7/6-7/9	M-Th	1:30-4:30 PM	\$159	314071-20

Age: 11-14 years

Location: Warren Park (Game-Based Camp)

6/22-6/26	M-F	9:00 AM-Noon	\$219	314071-40
-----------	-----	--------------	-------	-----------

Location: Northside Aztlan Community Center (Game-Based Camp)

7/20-7/24	M-Th	1:30-4:30 PM	\$179	314071-30
-----------	------	--------------	-------	-----------

Track & Field

Prepare for a future in cross country, track and field events and distance running, while inspiring a love for running and being active. Learn fundamentals of body positioning, stride, proper stretching and cool-down techniques.

Age: 5-10 years

Location: Webber Middle School Track

6/15-6/19	M-F	9:00 AM-Noon	\$199	314071-23
-----------	-----	--------------	-------	-----------

Location: Kinard Core Track

7/20-7/24	M-F	9:00 AM-Noon	\$199	314071-28
-----------	-----	--------------	-------	-----------

INCLUSION SUPPORT

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

SKYHAWKS SUMMER STEM SPORTS CAMPS

STEM Sports® and Skyhawks have partnered to combine traditional Skyhawks skill-based instruction with STEM Sports® lessons in an exciting weeklong camp format.

STEM Volleyball

The STEM Sports® Volleyball curriculum enables participants to get behind the sport they love with lessons built around calculating contact time, optimal serving, speed and the science behind serving.

Location: Northside Aztlan Community Center

Grade: 3-5

6/15-6/18	M-Th	9:00 AM-3:00 PM	\$289	314072-03
-----------	------	-----------------	-------	-----------

Grade: 6-8

6/15-6/18	M-Th	9:00 AM-3:00 PM	\$289	314072-04
-----------	------	-----------------	-------	-----------

STEM Soccer

The STEM Sports® soccer curriculum gives participants the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles, goal-line technology and more!

Location: Spring Canyon Community Park

Grade: 3-5

6/22-6/26	M-F	9:00 AM-Noon	\$209	314072-01
-----------	-----	--------------	-------	-----------

Grade: 6-8

6/22-6/26	M-F	9:00 AM-Noon	\$209	314072-02
-----------	-----	--------------	-------	-----------

STEM Flag Football

The STEM Sports® flag football curriculum educates participants on receiver glove technology, throwing arm strength, football properties, calculating distances and other subjects.

Location: Spring Canyon Community Park

Grade: 3-5

7/6-7/10	M-F	9:00 AM-Noon	\$209	314072-05
----------	-----	--------------	-------	-----------

Grade: 6-8

7/6-7/10	M-F	9:00 AM-Noon	\$209	314072-06
----------	-----	--------------	-------	-----------

the LINCOLN center
CITY OF FORT COLLINS



Arts. Events. Elevated.

Box Office: 970.221.6730
Event Booking: 970.221.6733

Lctix.com

JUNIOR GOLF

— find your swing —

GROUP LESSONS

GOLF CAMPS

JUNIOR LEAGUES

DISCOUNTED ANNUAL PASS

5th GRADERS GOLF FOR FREE

YOUTH ON COURSE



CITY PARK NINE
GOLF COURSE



SOUTHRIDGE
GOLF COURSE



COLLINDALE
GOLF COURSE



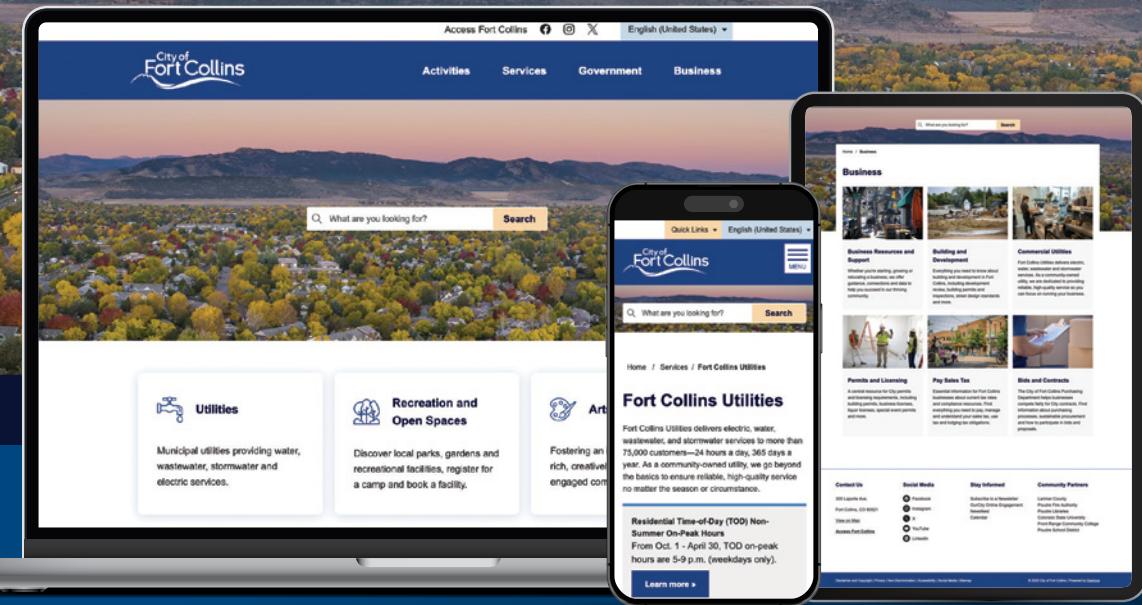
FortCollins.gov/JuniorGolf



The new City **WEBSITE** is here!

FortCollins .GOV

YOUR NEW PLACE
FOR ALL THINGS CITY



- Same great service, trusted new address.
- Find what you need with ease.
- Browse, search and share with confidence.

FortCollins.gov



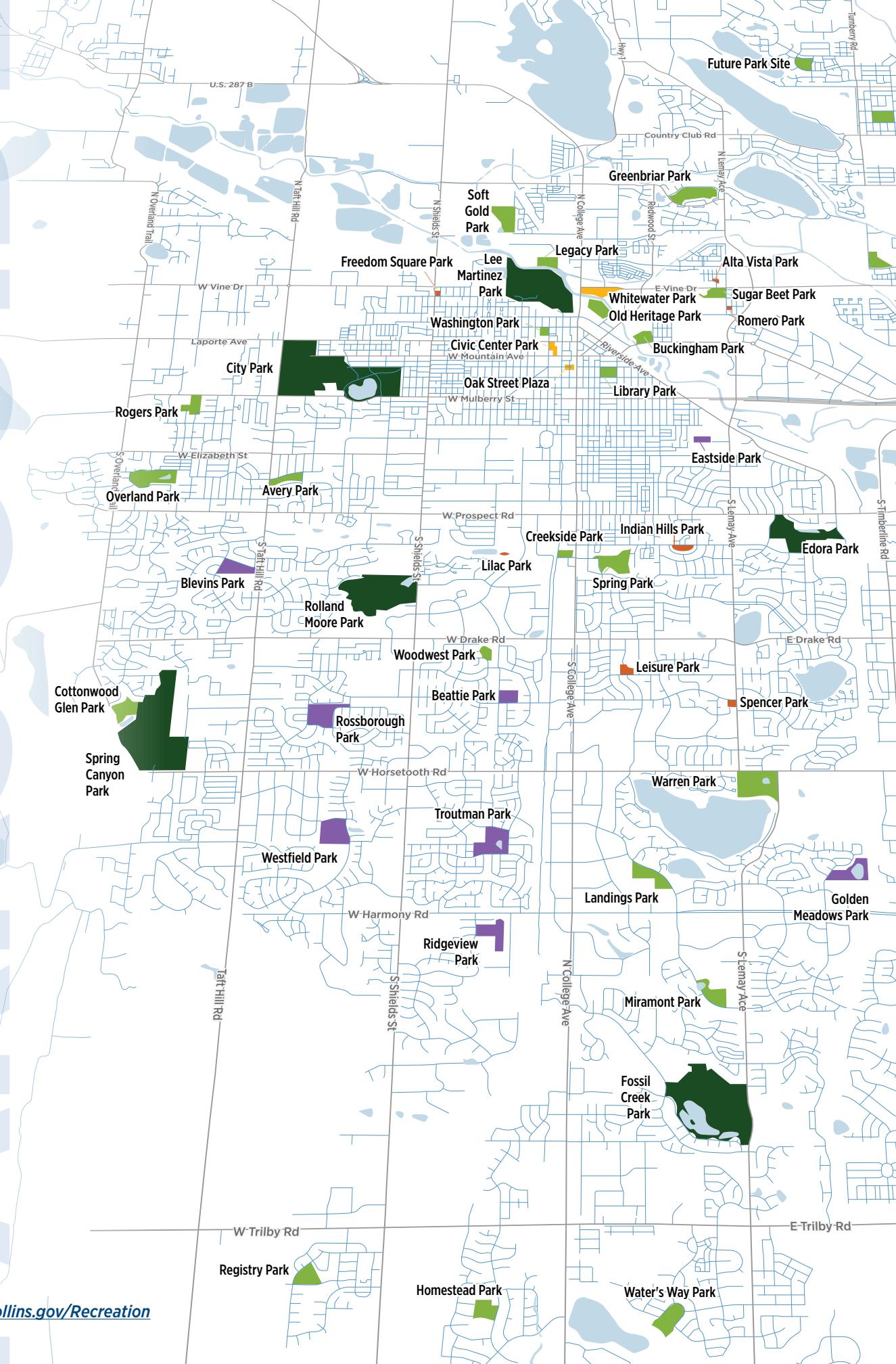


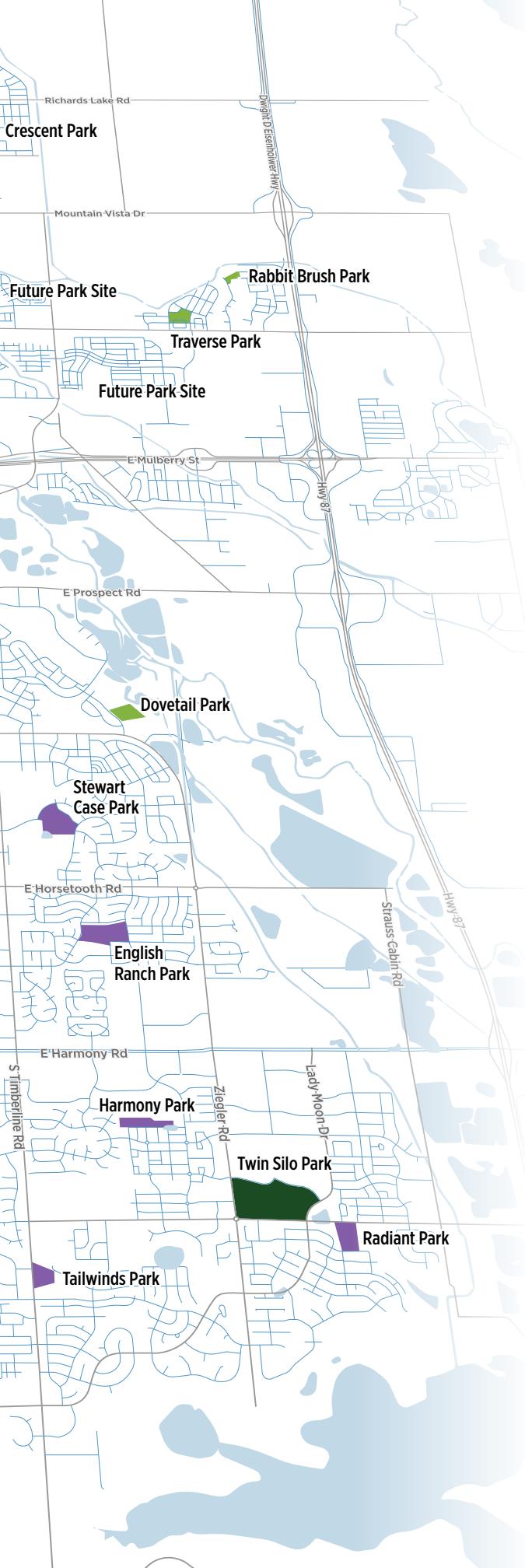
PARKS GUIDE

FOSSIL CREEK PARK

5821 S. LEMAY AVE.







PARKS GUIDE

The Parks Department is proud to provide the community with clean, safe and attractive environments for all to enjoy. With more than 966 acres of developed parks, including seven community parks and 43 neighborhood/pocket parks, and just over 45 miles of paved trails, there are hundreds of ways to recreate in Fort Collins. Use this guide as you explore the variety of parks and trails Fort Collins has to offer.

Interested in learning more about the trails system? Visit FortCollins.gov/Trails.

COMMUNITY PARKS

City Park 1500 W. Mulberry St.



Edora Park 1420 E. Stuart St. | Near Riffenburg Elementary



Fossil Creek Park 5821 S. Lemay Ave.



Lee Martinez Park 600 N. Sherwood St.



Roland Moore Park 2201 S. Shields St.



Spring Canyon Park 2626 W. Horsetooth Rd.

Near Oleander Elementary



Twin Silo Park 5480 Ziegler Rd.

Near Fossil Ridge High School



NEIGHBORHOOD PARKS

Avery Park 1101 Castlerock Dr.



Buckingham Park 101 1st St.



Cottonwood Glen Park 3074 S. Overland Trl.



Creekside Park 200 Johnson Dr.



Crescent Park 2401 Bar Harbor Dr.



Dovetail Park 2410 Miles House Ave.



Greenbriar Park 730 Willox Ln.



Homestead Park 7045 Avondale Rd.



Landings Park 4351 Boardwalk Dr.



Legacy Park 300 Woodlawn Dr.



Library Park 200 Johnson Dr.



Miramont Park 5138 S. Boardwalk Dr.



Old Fort Collins Heritage Park 112 E. Willow St.



Overland Park 2930 Virginia Dale Dr.



Rabbit Brush Park 1114 Elgin Ct.



Registry Park 6820 Ranger Dr.



Rogers Park 2515 W. Mulberry St.



Soft Gold Park 520 Hickory St.



Spring Park 2100 Matthews St.



Sugar Beet Park 524 San Cristo St.



Traverse Park 775 Greenfields Dr.



Warren Park 1101 E. Horsetooth Rd.



Washington Park 301 Maple St.



Water's Way Park 715 Fairbourne Way



SCHOOLSIDE PARKS

Beattie Park 500 W. Swallow Rd.
Nearby School: Beattie Elementary



Blevins Park 2012 Hampshire Rd.
Nearby School: Blevins Middle School



Eastside Park 1000 E. Locust
Nearby School: Laurel Elementary



English Ranch Park 3825 Kingley Dr.
Nearby School: Linton Elementary



Golden Meadows Park 4342 McMurray Ave.
Nearby School: Kruse Elementary



Harmony Park 5015 Corbett Dr.
Nearby School: Preston Middle & Traut Elementary



Radiant Park 3651 Kechter Rd.
Nearby School: Zach Elementary



Ridgeview Park 4700 Hinsdale Dr.
Nearby School: McGraw Elementary



Rossborough Park 1630 Casa Grande Blvd.
Nearby School: Rocky Mountain High School



Stewart Case Park 2351 Pinecone Cr.
Nearby School: Fort Collins High School



Tailwinds Park 5830 S Timberline Rd.
Nearby School: Bacon Elementary



Troutman Park 500 W. Troutman Pkwy.
Nearby School: Lopez Elementary



Westfield Park 4075 Seneca St.
Nearby Schools: Webber Middle & Johnson Elementary



Woodwest Park 618 Powderhorn Dr.
Nearby School: Beattie Elementary



LEGEND

- Ball Fields
- Basketball
- Bike Facilities
- Disc Golf
- Horseshoes
- Multi-use Sport Courts
- Pickleball
- Skate Park
- Tennis
- Turf Sports Fields
- Volleyball
- Accessible Playground
- Dog Park
- Fishing
- Fitness
- Great for 2-5 Year Olds
- Playground
- Reservable Shelters
- Shelters
- Water Feature
- Year-round Restroom
- Ziplines / Track Rides

MINI PARKS

Alta Vista Park

724 Alta Vista St.



Lilac Park

Spring Creek Trl.

Freedom Square Park

600 N. Shields



Romero Park

42110th St.



Indian Hills Park

801 E. Stuart St.

Leisure Park

2800 Leisure Dr.



URBAN PARKS

Civic Center Park

225 LaPorte Ave.

PLAZAS

Oak Street Plaza Park

120 W. Oak St.

SPECIAL USE PARKS

Archery Range

2825 SW Frontage Rd.

Poudre River Whitewater Park

201 E. Vine Dr.

RECREATION POLICIES & PROCEDURES

HOUSEHOLD ACCOUNTS

All recreation facility users must have a household account.

Create an account online at fortcollins.gov/recreator.

Need help or not sure if you already have an account? Stop by the front desk at any recreation facility or give us a call at 970-221-6655.

REGISTERING FOR PROGRAMS

- Program schedules are announced three times per year in the Recreator.
- Registration for seasonal programs opens in January, April and August (dates vary).
- Registration for Summer Day Camps occur in the spring, and registration for Winter Pottery occurs in the fall.
- Registration remains open for any program with availability.
- Participants may register online, in person or over the phone; online is recommended for the fastest service.
- For more information, visit fortcollins.gov/recreator.

CHILDREN-SPECIFIC RECREATION POLICIES

SWIMMING

- Children under the age of 8 years must be accompanied by a parent or guardian at least 15 years of age.
- The parents, guardians, leaders, chaperones, etc. of the group must pay admission, be wearing a swimsuit, and actively participating in the water with the child.
- To teach private lessons, coach or provide pool therapy in any facility, a contract must be completed and approved by the Recreation Department prior to any private teaching/therapy/coaching. Please email aquatics@fortcollins.gov for more information.

OPEN GYM

- Children under the age of 8 years must be accompanied by a parent or guardian at least 15 years of age.
- Children ages 8 years and older may utilize the gymnasium without adult supervision.

WEIGHT ROOMS

- Ages 14 and older are allowed in the weight rooms at Foothills Activity Center and Northside Aztlan Community Center.
- Ages 10-13 years are allowed in weight rooms at Foothills Activity Center and Northside Aztlan Community Center with adult supervision at all times.
- Ages 9 and under are not permitted to loiter in any weight rooms.

ADA DISCLOSURE

The City of Fort Collins is committed to providing an equal opportunity for services, programs and activities and does not discriminate on the basis of mental or physical ability, race, age, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for interpretation and translation assistance, please contact Jan Reece at jreece@fortcollins.gov.

Individuals of all abilities and ages are welcome to participate in any Recreation program, with reasonable accommodations. If you require assistance participating in programs due to a disability, please indicate that you need an accommodation during the registration process. Requests should be made at least two weeks in advance of the program start date. Specialized programs and service information for individuals with disabilities can be found on [page 15](#).

Auxiliary aids and services are available for persons with disabilities. V/TDD: Dial 7111 for Relay Colorado.

PHOTO & VIDEO ACKNOWLEDGEMENT

Photography or video recording is permitted at all City of Fort Collins facilities and events on City-owned property, except where posted otherwise. The City of Fort Collins reserves the right to require a person to leave the premises or cease taking photos or using a video device if City staff finds such behavior to be disruptive. By their use of the City of Fort Collins facilities, participants of programs and special events grant permission to the City of Fort Collins to take photos and videos of themselves and their children for publication in the program brochure, website and additional uses as the City deems necessary, unless the registrant or participant expressly files a written request as to the use of photos or videos of themselves and/or their children. All professional photography on City-owned property must be approved through the City of Fort Collins.

RECREATION RESERVE FUND

The Recreation Reserve Fund enables the City of Fort Collins to provide and sustain high quality recreation services and facilities. To ensure future needs are met, \$2 per program enrollment and \$3 per hour during facility room rentals are allocated to reserves for future use. These fees are not discountable.

REFUNDS & CANCELLATIONS

All cancellation and refund requests must be completed in person at a recreation facility or over the phone. Refunds must be requested a minimum of seven days prior to the program start date to receive a full refund or household account credit. Some programs have additional refund requirements as noted in this section.

The Recreation Department reserves the right to cancel a program at any time. Cancellation of programs may be due to low enrollment, weather, safety or other reasons. If a program is canceled for any reason, participants will receive a full refund or household account credit. When possible, recreation staff will recommend alternative options or can assist in finding another program.

REFUND METHODS

- Full amount credited to your household account for use on future program enrollment or facility drop-ins.
- A check or credit card refund; a \$5 service charge per transaction will be assessed; material fees are non-refundable.
- Refunds less than \$5 will be credited to your household account.

TRANSFERS

Transfers between programs in the same season may occur free of charge, but they must occur while the program is still eligible for a refund.

There is no charge for transfers, but participants are responsible for any additional program costs. If the new program costs less than the original program, the difference will be credited to the household account.

If the participant's age, grade level or ability does not meet the minimum program requirements, the participant will be transferred to a program that better matches their skill level(s).

ADDITIONAL REFUND REQUIREMENTS

FITNESS

- Enroll by day Fitness and Aqua Fitness Programs must request a refund no later than 24 hours prior to the start of the program.
- Personal Training Sessions and Packages are non-refundable.

FUNTIME PRESCHOOL

- \$40 enrollment fee is non-refundable.

FUNQUEST & FUNTIME DAY CAMPS

- 10 days or more before first day of program: full refund.
- 5-9 days before first day of program: 50% refund.
- 4 days before first day of program: no refund.
- Cancellation requests can be submitted by emailing your child's camp director.

PASSES & MEMBERSHIPS

- Passes and Memberships are non-refundable.

SPORTS

- Youth Sports – participants must request refund prior to the start of the second week of the program.
- Adult Sports – participants must cancel seven days prior to the first scheduled game.

TICKETED EVENTS

Ticketed events are either non-refundable or have a specific date listed in the class description as the last day to request a refund.

WAITLISTS

Waitlists are available for all programs.

Due to high demand the following programs require paid waitlists: Aquatics, Ice Skating, Pottery and Sports.

You will be notified via email if you are moved off the waitlist and enrolled.

If participants are not enrolled from the paid waitlist, they will receive a full refund after the second week of the program.



2026 Annual Passes on Sale **NOW!**



From first swings to seasoned pros,
we've got a pass for every golfer!

No surprises, just savings—lock in your
pass and make every round count.

Stop by any City of Fort Collins golf
course pro shop to purchase today!

For more information visit
FortCollins.gov/golf

SHARE YOUR FAVORITE PARKS AND RECREATION MOMENTS WITH US!





SUMMER CAMP

REGISTRATION OPENS FEBRUARY 2ND

Ages 5-12 | Kindergarten - 5th Grade



SWIM LESSON
REGISTRATION
OPENS MARCH 2ND

Camp Dates:

June 1 - August 7, 2026

- Outdoor Games
- Daily Swim Lessons
- Field Trips
- Gymnastics



970-482-3118



mountain-kids.com



info@mountain-kids.com