

CLASSES

Art - Adult

Drop-In Open Studio

Need a bright sunny spot to work on your next masterpiece? Do you want to meet other local artists? Come to our Drop-In Open Studio at the Art & Heritage Center! Bring your own art supplies; all mediums are welcome. No registration necessary, just drop in!

Location: Art & Heritage Center

Age: 16+

Times: Mondays, 10 a.m. to 1 p.m.

Cost: \$2 (Cash Only)



Chinese Calligraphy

Join Dr. Lee, president of the Confucius Institute of CSU, for an evening of practicing Chinese calligraphy. No previous experience with Chinese language is necessary. You will have the chance to use special "magic ink" to practice without the fear of making mistakes. Everyone will leave with their own decorative wall hanging!

Location: Art & Heritage Center

Age: 16+

Registration Deadline: Two days prior

Tu	1/29	6 - 8 p.m.	\$20	#145631.01
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Painting Pairs: Love Birds

It's a couples-only paint night for a very special Valentine's Day! Join an art instructor from Gypsy Art to create a love-bird-themed painting together with your painting partner. What a great date night! The cost is per pair.

Location: Art & Heritage Center

Age: 18+

Registration Deadline: Two days prior

Th	2/14	8 - 10 p.m.	\$40	#145609.01
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Painting Pairs: Luck of the Irish

Celebrate St. Patrick in an artistic way with this team-painting program focused on St. Paddy's Day. Work together with a buddy to create a fun work of art. The cost is per pair.

Location: Art & Heritage Center

Age: 18+

Registration Deadline: Two days prior

Sa	3/16	8 - 10 p.m.	\$40	#145609.02
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CLASSES

Art - Family

Creative Creations Club

Do you love to make art? Does your family love to craft? Join the Creative Creations Club! Join art instructor Valerie Fagan from Gypsy Art on the last Saturday of each month for a family-friendly guided art project. Each month is something different! Fee is per project; adults may work on a single project with up to two children. Children under 10 must be accompanied by an adult.

Location: Buckeye / Redwood Room, Windsor CRC

Age: All

Registration Deadline: Two days prior

January: Polymer Clay Incense Burner

Sa	1/26	1 - 3 p.m.	\$30	#145607.01
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February: Hand Painted Umbrellas

Sa	2/23	1 - 3 p.m.	\$30	#145607.02
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March: Spring Wreaths

Sa	3/30	1 - 3 p.m.	\$30	#145607.03
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April: String Art — Flowers in a Jar

Sa	4/27	1 - 3 p.m.	\$30	#145607.04
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Painting Workshops

Wish you could paint, but don't have the confidence? Or maybe you just don't have the space or supplies? Come join us on the third Saturday of the month at the Community Recreation Center for a painting workshop. All supplies will be provided. An instructor will guide you through the steps of creating a new work of art each month. Children 10 and under must be accompanied by an adult.

Location: Oak Room, Windsor CRC

Age: All

Registration Deadline: One day prior

January: Cardinal in a Snowy Tree

Sa	1/19	1 - 3 p.m.	\$20	#145611.01
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February: Northern Lights

Sa	2/16	1 - 3 p.m.	\$20	#145611.02
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March: Spring Forest

Sa	3/16	1 - 3 p.m.	\$20	#145611.03
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April: Rainy Day

Sa	4/20	1 - 3 p.m.	\$20	#145611.04
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Painting Pairs: Easter Bunnies

Join an art instructor from Gypsy Art as she guides you and your little one on a painting adventure to create a beautiful Easter-themed work of art. All supplies will be provided. The cost is per pair.

Location: Art & Heritage Center

Age: All

Registration Deadline: Two days prior

Sa	4/13	6 - 8 p.m.	\$40	#145610.01
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Art - Youth

Make and Take

This popular afterschool art program gives kids an opportunity to be creative, work with new materials, and make new friends. Each month of this weekly art program explores a new theme that encourages personal reflection and inspires creativity.

Location: Art & Heritage Center

Age: 6 - 12

Registration Deadline: One day prior

January – Ancient Artists

Kids will learn about some of the world's very first artists from thousands of years ago and experiment with ancient tools and techniques to create some old school masterpieces.

Tu	1/8 - 1/29	3:30 - 5 p.m.	\$20	#145602.01
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February – Copy Cats

They say imitation is the most sincere form of flattery, so this month's program is all about copying the masters! Kids will learn about famous artists throughout history and practice making art using their different styles and techniques.

Tu	2/5 - 2/26	3:30 - 5 p.m.	\$20	#145602.02
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March – It's So Moving!

We all know art has the ability to move us, but what about when the art itself moves? This month, kids will create masterpieces that move! From rainbow spinners to Chihuly-inspired mobiles, the projects this month will be fun and interactive artworks.

Tu	3/5 - 3/26	3:30 - 5 p.m.	\$20	#145602.03
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April – Faux Flowers

Spring is on its way, but we can help it along by creating our own beautiful spring flowers out of all different kinds of materials. Kids will learn about the art of flower-making and how different cultures make flowers around the world. Each week they will bring home a beautiful new bouquet!

Tu	4/2 - 4/23	3:30 - 5 p.m.	\$20	#145602.04
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Preschool Book Bugs

Foster creativity and a love for reading in this book-themed preschool art class. We will cover classics and new favorites alike. We start each class off with a book then use that book as a basis for our project. This is a child-without-parent class.

Location: Art & Heritage Center

Age: 2.5 - 5

Registration Deadline: Two days prior

M	1/7 - 4/29	1:15 - 2:15 p.m.	\$12	#145603.01
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**No class 1/28, 2/18, 3/4, 3/18, 4/1, 4/8*

Messy Minis

This introduction to art incorporates crafts, activities, experiments, and lessons that will allow your little one to make a creative mess. Let them experience the world of messy art, while leaving the clean up to us! This is a child-without-parent class.

Location: Oak Room, Windsor CRC

Age: 3 - 5

Registration Deadline: Two days prior

F	1/25	9 - 10 a.m.	\$10	Muddy Buddies	#113508.01
F	2/22	9 - 10 a.m.	\$10	Fun with Food	#113508.02
F	3/22	9 - 10 a.m.	\$10	Sand Creations	#113508.03
F	4/26	9 - 10 a.m.	\$10	Crazy Colors	#113508.04

CLASSES

Art - Youth

Chinese Crafts

In preparation for Chinese New Year, children will learn to make traditional Chinese art and craft projects led by Chinese teachers from the Confucius Institute of CSU.

Location: Art & Heritage Center

Age: 6 - 12

Registration Deadline: Two days prior

Sa	2/2	10 a.m. - Noon	\$20	#145625.01
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Homemade for the Holidays: Valentine Creations

It's a Valentine extravaganza! Kids will learn a little about the history of Valentine's Day and then have a chance to get creative and crazy with all of the supplies they need to make Valentine cards for friends and family.

Location: Art & Heritage Center

Age: 6 - 12

Registration Deadline: Two days prior

W	2/13	4 - 5 p.m.	\$20	#145615.01
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Homemade for the Holidays: Easter Egging

Dying Easter eggs is an old tradition that goes back hundreds of years. In this workshop, kids will learn about the history of Easter eggs and then will have the chance to create their own basket of eggs to take home! All of the supplies to create many different styles of eggs will be provided. Dyes are permanent, so make sure kids come in messy clothes!

Location: Art & Heritage Center

Age: 6 - 12

Registration Deadline: Two days prior

Sa	4/20	10 - 11 a.m.	\$20	#145615.02
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Camps

Food for Life Nutrition and Cooking Camp

Poor diet and lack of exercise put today's children at greater risk for heart disease, diabetes, and cancer later in life. A foundation for healthy eating is needed to lessen the risk for chronic diseases. The curriculum highlights the positives of the four food groups (whole grains, legumes, fruits, and vegetables) in the Power Plate. This is a nutrition and cooking camp where kids will learn to cook some healthy recipes in each class. A consent form is required for your child. This form will be available at the time of the event. Class topics include Bang-Up Breakfasts, In-between Meals and Sweeter Deals, Rainbow Lunches, and Digging These Dinners.

Location: Oak Room or Pine Room, Windsor CRC

Age: 6 - 12

Registration Deadline: Two days prior

W - F	12/26 - 12/28	10 a.m. - Noon	\$59	#313545.01
M - F	4/1 - 4/5	10 a.m. - Noon	\$89	#113572.01

Winter Break Camp

Enjoy a variety of activities, such as gym and outdoor play, arts and crafts, and possibly an off-site field trip! We will swim at the indoor pool at the Community Recreation Center on Tuesday and Thursday, and a field trip will take place on Wednesday. An itinerary will be given a week in advance. Please bring swimming attire, a backpack with a lunch, two or more snacks, and a water bottle. Note any allergies when registering. The drop-off time will be between 7:30 - 9 a.m., and pick-up time will be between 4 - 5:30 p.m.

Location: Auxiliary Gymnasium (Court 1, West) or Pine Room, Windsor CRC

Age: 5 - 12

Registration Deadline: Two days prior

Th - F	12/27 - 12/28	7:30 a.m. - 5:30 p.m.	\$68	#313504.01
W - F	1/2 - 1/4	7:30 a.m. - 5:30 p.m.	\$102	#313504.02

Winter Cooking Camp

This hands-on cooking camp is all about warm and comforting, yet healthy and very delicious food. We will learn three different recipes each day. All recipes are vegan-vegetarian friendly. A consent form is required for your child. This form will be available at the time of the event. The menu includes homemade mac and cheese, pumpkin pancakes, hot chocolate, hash browns, soups, vanilla rice pudding, and much more.

Location: Kitchen, Windsor CRC

Grade: 8 - 13

Registration Deadline: Two days prior

W	1/2	10 a.m. - Noon	\$25	#113574.01
Th	1/3	10 a.m. - Noon	\$25	#113574.02
F	1/4	10 a.m. - Noon	\$25	#113574.03

School Out Days

Enjoy a variety of activities, such as gym and outdoor play, swimming, and arts and crafts! A daily itinerary will be given first thing in the morning at drop-off. Drop-off will be between 7:30 - 9 a.m. and pick-up will be between 4 - 5:30 p.m.

Location: Pine Room, Windsor CRC

Age: 5 - 12

Registration Deadline: Two days prior

M	1/28	7:30 a.m. - 5:30 p.m.	\$35	#113506.01
M	2/18	7:30 a.m. - 5:30 p.m.	\$35	#113506.02
F	3/8	7:30 a.m. - 5:30 p.m.	\$35	#113506.03
M	4/8	7:30 a.m. - 5:30 p.m.	\$35	#113506.04
F	4/26	7:30 a.m. - 5:30 p.m.	\$35	#113506.05
M	5/27	7:30 a.m. - 5:30 p.m.	\$35	#113506.06

School Out Day Art Camps

Keep the kiddos engaged with art camp on their days off. Art is an amazing tool for developing problem solving, critical thinking, and observational skills, as well as focus, discipline, and perseverance. Please have lunch/snacks and a water bottle packed (no sugary drinks allowed in the Art & Heritage Center).

Location: Art & Heritage Center

Age: 8 - 12

Registration Deadline: Two days prior

How to Draw a Chibi Workshop

Learn how to draw a chibi caricature. Whether it's yourself, your favorite character, an animal, or mythical creature, we will learn what elements make up a typical chibi and how to draw them.

M	1/28	7:30 a.m. - 3:30 p.m.	\$50	#145604.01
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'The Secret Life of Pets' Workshop

Thanks to "The Secret Life of Pets" movie, I think we all wonder what our pets do while we are away. In this camp we will have fun guessing and creating works to show just exactly what we think our pets do while we are away from home.

F	3/8	7:30 a.m. - 3:30 p.m.	\$50	#145604.02
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Drawing Horses Workshop

Love everything horses? Come on in for a fun, horse-filled day as we learn how to draw horses.

M	4/8	7:30 a.m. - 3:30 p.m.	\$50	#145604.03
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Mythical Creatures Workshop

Even though they aren't real, we are surrounded by the imagery of mythical creatures. In this camp, we will learn a little history of the many legendary types of creatures, where they come from, and how to draw them. Whether they roam the land, swim in the deep sea, or fly through the sky, we will try to capture these creatures on paper!

F	4/26	7:30 a.m. - 3:30 p.m.	\$50	#145604.04
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CLASSES

Camps

School Out Day Art Camps (Continued)

Mini Monets (Ages 5 - 9)

Younger kids will create lots of projects using lots of different materials in this day camp. Please have lunch/snacks and a water bottle packed (no sugary drinks are allowed in the Art & Heritage Center).

M	2/18	7:30 a.m. - 3:30 p.m.	\$45	#145604.05
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Spring Break Camp

Enjoy a variety of activities, such as gym and outdoor play, arts and crafts, and possibly an off-site field trip! We will swim at the indoor pool at the Community Recreation Center on Tuesday and Thursday, and a field trip will take place on Wednesday. An itinerary will be given a week in advance. Please bring swimming attire, a backpack with a lunch, two or more snacks, and a water bottle. Note any allergies when registering. The drop-off time will be between 7:30 - 9 a.m., and pick-up time will be between 4 - 5:30 p.m.

Location: Auxiliary Gym, Court 1 (West), Windsor CRC

Age: 5 - 12

Registration Deadline: Two days prior

M - F	4/1 - 4/5	7:30 a.m. - 5:30 p.m.	\$175	#113500.01
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Spring Break Comic Book Camp

Keep the kiddos engaged with art camp on their days off. Art is an amazing tool for developing problem solving, critical thinking, and observational skills, as well as focus, discipline, and perseverance. The focus of this camp will be learning to draw the elements involved in making a comic, manga, or graphic novel. Please have a lunch/snack and water bottle packed (no sugary drinks are allowed in the Art & Heritage Center).

Location: Art & Heritage Center

Age: 8 - 12

Registration Deadline: Two days prior

M - F	4/1 - 4/5	7:30 a.m. - 3:30 p.m.	\$200	#145608.01
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Harry Potter Magical Engineering with LEGO® Camp

Explore the magic of Harry Potter using LEGOs®! Find Platform 9 ¾, build the Hogwarts Express train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle STEM concepts!

Location: Buckeye / Redwood Room, Windsor CRC

Age: 6 - 11

Registration Deadline: Two days prior

M - Th	4/1 - 4/4	9 a.m. - Noon	\$142	#113512.01
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Camp Windsor Registration: Coming Soon!

Say it with us: "Summer is coming!" We are thrilled to have our summer camp series back and all the excitement it brings! We will offer full-day care that is packed with fun for grades kindergarten through sixth. Camps will run Monday through Friday from 7:30 a.m. - 5:30 p.m. **Registration opens at 6 p.m. February 1 at the Windsor Community Recreation Center, so don't miss it!**

Cooking



Youth Cooking — Let's Bake for the Holidays

This class will share all of the tips and tricks to make sure your baked goods turn out perfectly and healthier every time. All recipes are vegan-vegetarian friendly. The menu includes cookies, muffins, and a chocolate cake. A consent form is required for your child. This form will be available at the time of the event.

Location: Kitchen, Windsor CRC

Age: 6 - 12

Registration Deadline: Two days prior

Sa	12/15	10 a.m. - Noon	\$25	#313543.01
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One-on-One Nutritional Instruction

Local food educator and integrative nutrition health coach, Sapna Von Reich, is offering private one-on-one consultations and cooking classes to individuals and small groups who are interested in improving their health. Sapna has taught hundreds of classes in Northern Colorado over the last 15 years and specializes in creating plant-based menus as a way to promote overall wellness. Customized instruction may include budget-friendly, healthy meal plans, as well as tips for efficient food preparation and productive grocery shopping.

Please Note: Time and place will be determined between you and the instructor after you book a session through the Windsor CRC. After booking, please contact her directly. For more information or to contact Sapna, visit www.sapnavonreich.com.

Age: 18+

1-hour Session for 1 Person	\$60	#113570.01
1-hour Session for 2 People	\$80	#113570.02



Traditional Chinese Cooking

Join Chinese cooks from the Confucius Institute of CSU to learn the history, culture, and techniques behind traditional Chinese dishes. Participants will have the chance to prepare, cook, and eat a variety of dishes. Come hungry!

Location: Kitchen, Windsor CRC

Age: 18+

Registration Deadline: Two days prior

Sweet and Sour Pork

In January, we will prepare Guo Bao Rao. This northeastern Chinese specialty is somewhat similar to American-style sweet and sour pork, yet distinctly unique.

Th	1/10	6 - 7:30 p.m.	\$20	#145616.01
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CLASSES

Cooking

Traditional Chinese Cooking (Continued)

Chinese New Year Sweet Dumplings

Chinese New Year falls in February, so in honor of the holiday we will prepare Tang Yuan. These sweet dumplings are a traditional Chinese New Year dessert made of glutinous rice and sweet fillings. Come celebrate with us!

Th	2/7	6 - 7:30 p.m.	\$20	#145616.02
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Stir Fried Veggies

In March, we will cook xi hong shi chao ji dan, a vegetarian dish featuring stir-fried tomato and eggs. The dish is served with a side of ban huang gua, or cold cucumber salad. You might even learn to speak a little Chinese once you get the name of this dish down!

Th	3/7	6 - 7:30 p.m.	\$20	#145616.03
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Special Chinese Noodles

In April, we will make noodles! Zha jiang mian is a noodle dish with soybean paste. We will also make liang ban tu dou si, a dish with cold, chopped potatoes.

Th	4/4	6 - 7:30 p.m.	\$20	#145616.04
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Youth Cooking — Slow-Cooker Cooking 101

Slow cooking is an amazing skill to have if you don't want to slave over a hot stove. In this class we will discuss all of the possibilities of cooking in a slow-cooker or a crock-pot. All recipes are vegetarian friendly. A consent form is required for your child. This form will be available at the time of the event.

Location: Kitchen, Windsor CRC

Age: 8 - 14

Registration Deadline: Two days prior

Sa	2/9	10 a.m. - Noon	\$25	#113575.01
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Youth Cooking — Hearty Greens for the Soul

Leafy greens are a nutritional powerhouse with a punch of flavor! Taste testers are required on this leafy journey! All recipes are vegan-vegetarian friendly. A consent form is required for your child. This form will be available at the time of the event. The class menu includes pesto toast, kale chips, and a chocolate green smoothie.

Location: Kitchen, Windsor CRC

Age: 6 - 12

Registration Deadline: Two days prior

Sa	3/9	10 a.m. - Noon	\$25	#113573.01
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Youth Cooking — Celebrating Spring

In this class, we will highlight spring veggies and fruits by making a variety of gourmet dishes. All recipes are vegan-vegetarian friendly. A consent form is required for your child. This form will be available at the time of the event. The class menu includes creamy asparagus soup, roasted beet chips, and strawberry-rhubarb nice-cream.

Location: Kitchen, Windsor CRC

Age: 8 - 13

Registration Deadline: Two days prior

Su	4/14	2 - 4 p.m.	\$25	#113571.01
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Language

Beginner Spanish

Take a crash course in Spanish conversation with our professional language instructor Ingrid Godoy. This casual and interactive language class is a fun way to learn the basics of the Spanish language. The beginner class is for those with little to no experience. Students will learn basic greetings, numbers, and sentence structure. As always, there's no homework!

Location: Oak Room, Windsor CRC

Age: 18+

Registration Deadline: Two days prior

M	1/7 - 2/25	6:30 - 8 p.m.	\$230	#145606.01
M	3/11 - 4/29	6:30 - 8 p.m.	\$230	#145606.02

Intermediate Spanish

Continue to work on your Spanish language skills in this continuing Spanish class. For those that have some experience with conjugating verbs and with more advanced sentence structures, this is the class for you. Not sure where you belong? Give us a call and we will be happy to figure it out with you!

Location: Oak Room, Windsor CRC

Age: 18+

Registration Deadline: Two days prior

W	1/9 - 2/27	6:30 - 8 p.m.	\$230	#145605.01
W	3/13 - 5/1	6:30 - 8 p.m.	\$230	#145605.02

Music

Music Together®

Music Together® is a research-based, internationally recognized music and movement program for children (0 - 5 years) and caregivers. Families have fun planting the seeds for musical growth through singing, movement, and instrument play in a playful, yet structured environment. Classes are mixed ages, and



siblings are welcome. Siblings 8 months and younger are free, but please let the front desk know if you are bringing an infant sibling. Siblings 9 months and older have a reduced tuition price. Tuition includes one CD, song book, music download, and app for portable devices; family educational materials; and online resources. There is a new song collection every fall/winter/spring semester with three year's worth of new musical material! Register early to save your spot! The instructor for Mondays will be Kestrel and Thursdays will be with Ann.

Location: Oak Room, Windsor CRC

Age: 0 - 5

Registration Deadline: Two days prior

Drum Collection

M	1/7 - 3/25*	9:30 - 10:15 a.m.	\$180	#113560.01
M	1/7 - 3/25*	10:30 - 11:15 a.m.	\$180	#113560.02
Th	1/10 - 3/14	10 - 10:45 a.m.	\$195	#113560.03

Tambourine Collection

M	4/1 - 5/20	9:30 - 10:15 a.m.	\$165	#113560.04
M	4/1 - 5/20	10:30 - 11:15 a.m.	\$165	#113560.05
Th	4/4 - 5/23	10 - 10:45 a.m.	\$165	#113560.06

*No class 1/21, 2/18, 3/18

Music Together® Demo

Come visit a FREE Music Together® Demo Class at 10 a.m. Monday, Dec. 10, for new/prospective families interested in winter/spring classes. Although this class is free, registration is required.

Location: Oak Room, Windsor CRC

Age: 0 - 5

Registration Deadline: Two days prior

M	12/10	10 - 11 a.m.	Free	#113561.01
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CLASSES

Science

Small Scientists

Come and perform simple science experiments, and discover how science can help us to better understand the world around us. This is a child-without-parent class.

Location: Oak Room, Windsor CRC

Age: 3 - 5

Registration Deadline: Two days prior

F	1/11	9 - 10 a.m.	\$10	Dinosaurs	#113509.01
F	2/8	9 - 10 a.m.	\$10	Weather	#113509.02
F	3/8	9 - 10 a.m.	\$10	Winged Wonders	#113509.03
F	4/12	9 - 10 a.m.	\$10	Plants	#113509.04

Super Science Saturdays

Science is fun for everyone! Join us for a monthly adventure into many different fields of science. All programs will be led by special guest scientists!

Location: Art & Heritage Center

Grade: 1 - 6

Registration Deadline: Two days prior

January – Real Life Pokémon

Join our friends from Nature’s Educators to meet some real live animals that have inspired Pokémon. Kids will learn about defense mechanisms and crazy adaptations, and will get to meet some live mammals, insects, reptiles, and more!

Sa	1/12	9 - 10:30 a.m.	\$15	#145626.01
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February – Weather Works

Why do tornadoes form? What is wind shear? Unravel the mysteries of meteorology through visual representations and hands-on experiments. Join scientists from CU Boulder to learn about temperature, air pressure, the water cycle, and clouds.

Sa	2/9	9 - 10:30 a.m.	\$15	#145626.02
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March – Human Anatomy

Join Dr. Kelsey Sweet, Doctor of Chiropractic from Greeley’s Peake Wellness Center, to learn all about your body from the inside out. It’s going “tibia” fun one!

Sa	3/9	9 - 10:30 a.m.	\$15	#145626.03
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April – Awesome Archaeology

Join a real archaeologist to learn about how artifacts are found and what they can tell us. Kids will even get their hands dirty in this workshop!

Sa	4/13	9 - 10:30 a.m.	\$15	#145626.04
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Special Interest

Create Your Own Will

Create your will and estate planning documents in one easy class! Licensed attorney, Steven M. Dye, and his staff will help you complete a Last Will and Testament, Financial and Medical Power of Attorney, Living Will, and an Organ Donation Request. The fee includes all materials, witnessing, notary, review, and time for questions and discussion. Participants must show driver's license or other photo ID. Couples must register individually.

Location: Oak Room, Windsor CRC

Age: 18+

Registration Deadline: Monday prior

Th	12/27	6 - 7:30 p.m.	\$125	#314972.04
Th	1/31	6 - 7:30 p.m.	\$125	#114972.01
Th	2/28	6 - 7:30 p.m.	\$125	#114972.02
Th	3/28	6 - 7:30 p.m.	\$125	#114972.03
Th	4/25	6 - 7:30 p.m.	\$125	#114972.04

Safe Sitter Essentials

This one-day class will teach participants safety skills, first aid and rescue skills, care of a choking infant and child, life and business skills, child care skills, and more. This class does provide CPR training, though it will not provide a CPR certification. Please bring a sack lunch.

Location: Buckeye / Redwood Room (12/27) and Pine Room (4/3), Windsor CRC

Age: 11 - 13

Registration Deadline: Friday prior

Th	12/27	8 a.m. - 2:30 p.m.	\$48	#313580.01
W	4/3	8 a.m. - 2:30 p.m.	\$48	#113580.01



Kenpo Karate

Kenpo Karate emphasizes martial arts skills, integrity, and individual achievement. It is strongly based in self-defense, as well as traditional katas, or forms, presented in a well-organized curriculum. Students also benefit from discipline, confidence, fitness, coordination, and fun! The program also offers stranger awareness and students are introduced to the Five Rules of Safety. By earning a progressive belt rank, students find a sense of accomplishment as they build self-esteem. Belt testing is encouraged, but not required.

Location: Willow Room, Windsor CRC

Registration Deadline: Two days prior

Beginner — Age: 5 - 7

Tu, Th	1/3 - 1/31	4:30 - 5:15 p.m.	\$50	#114710.01
Tu, Th	2/5 - 2/28	4:30 - 5:15 p.m.	\$45	#114710.02
Tu, Th	3/5 - 3/28	4:30 - 5:15 p.m.	\$45	#114710.03
Tu, Th	4/2 - 4/30	4:30 - 5:15 p.m.	\$50	#114710.04

Intermediate — Age: 8 - 18

Tu, Th	1/3 - 1/31	5:15 - 6:15 p.m.	\$50	#114720.01
Tu, Th	2/5 - 2/28	5:15 - 6:15 p.m.	\$45	#114720.03
Tu, Th	3/5 - 3/28	5:15 - 6:15 p.m.	\$45	#114720.05
Tu, Th	4/2 - 4/30	5:15 - 6:15 p.m.	\$50	#114720.07

Advanced Age: 8 - 18

Tu, Th	1/3 - 1/31	6:15 - 7:15 p.m.	\$50	#114720.02
Tu, Th	2/5 - 2/28	6:15 - 7:15 p.m.	\$45	#114720.04
Tu, Th	3/5 - 3/28	6:15 - 7:15 p.m.	\$45	#114720.06
Tu, Th	4/2 - 4/30	6:15 - 7:15 p.m.	\$50	#114720.08

CLASSES

Special Interest

Fencing

This class focuses on the fundamental rules and skills of the exciting and safe sport of modern Olympic fencing. Students will learn fundamental skills, such as basic footwork and bladework with the foil — a light thrusting weapon — as well as the basic rules of play and safety requirements of the sport. Instruction is with a coach, in groups, and working with a partner. There is time for fencing bouts with others at the end of each class. Come prepared to exercise and have fun! Please wear clothing you can exercise comfortably in, including athletic shoes and long, loose pants. Fencing equipment, including a foil, mask, glove, plastron, jacket, and chest protector, is provided for use.

Location: Willow Room, Windsor CRC

Age: 13+

Registration Deadline: Two days prior

F	1/4 - 1/25	6 - 8 p.m.	\$65	#114785.01
F	2/1 - 2/22	6 - 8 p.m.	\$65	#114785.02
F	3/1 - 3/29	6 - 8 p.m.	\$80	#114785.03
F	4/5 - 4/26	6 - 8 p.m.	\$65	#114785.04

Because I Can

Learn and apply successful strategies for living your healthiest, balanced, and positive life through this seminar series taught by Dr. Betty Vanek. Dr. Vanek is a Health, Happiness, Sport, and Life Coach. She has a doctorate in Health Esteem and a graduate degree in Health and Sport Psychology, with certificates in Positive Psychology and Well-Being. Let her expertise help you to start 2019 off on the right foot!

Location: Pine Room, Windsor CRC

Age: 16+

Registration Deadline: Friday prior

January – Implementing and Sustaining Positive Change

Tu	1/8	6 - 7:30 p.m.	\$30	#114910.01
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February – The Power of Positive Perspective

Tu	2/12	6 - 7:30 p.m.	\$30	#114910.02
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March – Discovering and Honoring Your Character Strengths

Tu	3/12	6 - 7:30 p.m.	\$30	#114910.03
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April – Strategies from Worn to Winning

Tu	4/9	6 - 7:30 p.m.	\$30	#114910.04
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Preschool Open Gym

Play with your child on gym mats, toss beanbags, play catch, and more. This is a drop-in program, no registration necessary. An adult must accompany every child or family of children. A ratio of at least one adult for every three children is required. Parent participation throughout the program is required.

Location: Gymnasium, Windsor CRC

Dates: January 8 - May 30*

Days: Tuesdays and Thursdays, 9 - 11 a.m.

Age: 6 and under

Cost: \$1 members, \$3 non-members

*No class 4/2, 4/4

Preschool Prep

Does your toddler want to go to school, too? This is the perfect class for the toddler who is ready to go to the big school, too! Children will learn socialization skills and early cognitive learning skills through songs, stories,

crafts, and free play. Gradual separation from a parent will help your child prepare for preschool. This is a child-without-parent class.

Location: Oak Room, Windsor CRC

Age: 2.5 - 4

Registration Deadline: Two days prior

Tu, Th	1/8 - 1/31	9 - 9:45 a.m.	\$40	#113501.01
Tu, Th	2/5 - 2/28	9 - 9:45 a.m.	\$40	#113501.02
Tu, Th	3/5 - 3/28	9 - 9:45 a.m.	\$40	#113501.03
Tu, Th	4/2 - 4/25	9 - 9:45 a.m.	\$40	#113501.04

School and Pool

The first 30 minutes of class incorporates story time, movement, crafts, and music, and introduces educational features in a classroom setting. Then we will transition to the pool for the last 30 minutes where an instructor will introduce parents and children to the water using songs and teaching basic body position to promote water comfort and safety. Please Note: One child per adult is required at all times. Swim diapers or plastic pants must be used. Register children only. Parents are free!

Location: Oak Room, Windsor CRC

Age: 1 - 4

Registration Deadline: Two days prior

W	1/9 - 1/30	9 - 10:15 a.m.	\$40	#113503.01
W	2/6 - 2/27	9 - 10:15 a.m.	\$40	#113503.02
W	3/6 - 3/27	9 - 10:15 a.m.	\$40	#113503.03
W	4/10 - 4/24	9 - 10:15 a.m.	\$30	#113503.04
W	5/1 - 5/22	9 - 10:15 a.m.	\$40	#113503.05

Disney Darlings

These Disney-inspired classes will be magical for your little one. Make your favorite movie come to life while doing crafts, games, music, and story time. This is a child-without-parent class.

Location: Oak Room, Windsor CRC

Age: 3 - 5

Registration Deadline: Two days prior

F	1/18	9 - 10 a.m.	\$10	"Cars"	#113507.01
F	2/15	9 - 10 a.m.	\$10	"Superheroes"	#113507.02
F	3/15	9 - 10 a.m.	\$10	"Star Wars"	#113507.03
F	4/19	9 - 10 a.m.	\$10	"Winnie the Pooh"	#113507.04

Heart Saver CPR with AED Training

This class is provided by Banner Health and is taught by American Heart Association-certified instructors. Covered topics include adult, child, and infant CPR; AED hands-on practice; and choking rescue for adult, child, and infant. This class is for the general public. Upon completion, participants will receive a CPR/AED certification card that is valid for two years. This class is not for health care providers.

Location: Buckeye / Redwood Room, Windsor CRC

Age: 16+

Registration Deadline: Two days prior

Th	2/7	6:45 - 9 p.m.	\$48*	#114921.01
Th	4/18	6:45 - 9 p.m.	\$48*	#114921.02

**Receive a \$5 discount when you register for both the Heart Saver First Aid and CPR classes.*

Heart Saver First Aid Training

This class is provided by Banner Health and is taught by American Heart Association-certified instructors. This class provides an understanding of first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Upon completion, participants will receive a First Aid certification card that is valid for two years.

Location: Buckeye / Redwood Room, Windsor CRC

Age: 16+

Deadline to Register: Two days prior

Th	2/7	4 - 6:30 p.m.	\$45*	#114922.01
Th	4/18	4 - 6:30 p.m.	\$45*	#114922.02

**Receive a \$5 discount when you register for both the Heart Saver First Aid and CPR classes.*

Sometimes you can't
see what's hurting
someone the most.



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