

**ARO New Volunteer Orientation**

Tuesday, May 31<sup>st</sup>, 3:00-4:30 PM  
 215 N. Mason St. (3rd floor)

**Disability Awareness Training**

Thursday, June 2<sup>nd</sup>, 6:00-8:00 PM  
 215 N. Mason St.  
 (Community Rm, 1st floor)

RSVP to Becca Heinze  
 ARO's Therapeutic Recreation  
 Coordinator: 970-224-6125 or  
 bheinze@fcgov.com

**SPECIALIZED PROGRAMS**

The following programs are designed for the unique needs of people with disabilities, but are open to all. No experience is necessary and training is provided.

**Artistic Abilities Art Class**

Participants will learn techniques with a variety of materials to create unique pieces of art.

**Volunteer Date/Time:** Tuesdays, 6/7-7/5 3:30-6:30 PM

**Volunteer age:** 18 years & up

**Coordinator:** Contact Alison Cope at [acope@fcrii.com](mailto:acope@fcrii.com) for more information.

**Actual program time:** 4:00-6:00 PM

**Location:** TBA

**Father's Day 5K**

Assist with registration and court marshaling during this FUNdraiser. A FD5K race shirt is included for Volunteers.

**Staff/volunteer date/time:** Sunday, 6/19, 6:00 AM-11:00 AM

**Volunteer age:** 16 years & up

**Location:** Outside of Coopersmith's Pub on Mountain Avenue

**Training:** Day of event

**MS Aqua**

Exercise and assist individuals with multiple sclerosis and other neurological disorders in the swimming pool while gaining an understanding of the therapeutic properties of water exercise.

**Staff/volunteer dates/times:**

Tuesdays & Thursdays  
 6/7-8/30 10:15-11:45 AM

**Actual class time:** 10:30-11:30 AM

**Location:** Mulberry Pool

**Volunteer age:** 18 years & up

**Coordinator:** Becca Heinze

**Training:** Thursday, June 2, 1:00-2:30 PM at ARO office located at 215 N. Mason St, 3rd floor.

**Adaptive Swim**

Teach swim skills to individuals ages 3 & up having various abilities in a one-on-one setting under the supervision of a water safety instructor.

**Staff/volunteer dates/times:**

Tues, 6/14-7/19, 6 wks, 8:45-9:45 AM

Thurs, 6/16-7/21, 6 wks, 8:45-9:45 AM

Tues/Thurs, 7/26-8/11, 8:45-9:45 AM

**Actual class time:** 9:00-9:30 AM

**Volunteer age:** 16 years & up

**Location:** Mulberry Pool, 424 Mulberry

**Training:** Tuesday, 6/7, 12:30-2:30 PM at Mulberry Pool, bring your bathing suit and towel and be prepared to get in the water.

**Giant Friends Club**

Assist in an interactive play time for children with and without disabilities ages 4 to 10. Themes, games, songs, crafts and more are planned for a gigantic good time!

**Staff/volunteer date/time:** Fridays, 7/8-8/5 9:30 AM-12:30 PM

**Actual class time:** 10:00 AM-Noon

**Location:** Spring Canyon Park, Tennis Shelter

**Volunteer age:** 15 years & up

**Training:** 7/8 @ 9:15 AM @ GFC class

**INCLUSION SUPPORT PARTNER**

Serve as a Recreation Support Partner for an individual with a disability in a general recreation class. Requests are received on a weekly basis. Please contact Renee Lee at 970-224-6127 or [ree@fcgov.com](mailto:ree@fcgov.com) to find out more.

**Adaptive Watersports Days**



ARO is partnering with Adaptive Adventures & Baby Seal SUPs will provide equipment and instruction for a morning of kayaking, paddle boarding and sailing for participants ages 12 and up. Sign up to assist with one or more of these exciting special events!

**NOTE:** Food included. Ride from ARO Garage or Senior Center available.

**Volunteer age:** 18 years & up

**Location:** Depart from the ARO garage at 214 N. Howes St. or FC Senior Center

**Training:** Training & Safety meeting held the day of the event.

**Volunteer/Staff dates & times:** All events are held on Wednesdays.

6/29: 8:30 AM-3:00 PM (Event held at Horsetooth Reservoir, South Bay Pavilion)

7/27: 3:00 PM – 8:00 PM (Event held at Lonetree State Wildlife Area, Loveland)

8/31: 2:30 PM – 8:00 PM (Event held at Horsetooth Reservoir, South Bay Pavilion)

**Adaptive Yoga**

This class is specifically designed to be adapted for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders. Volunteers will assist participants in moving into a variety of yoga-based postures, practiced from a chair, standing or seated on the floor.

**Staff/volunteer dates/times:** Thursdays, 6/9-7/7 & 7/14-8/11; 1:15-2:45 PM

**Actual class time:** 1:30 PM -2:30 PM

**Volunteer age:** 18 years & up

**Instructor:** Jennifer Jayanti & Alison Cope (Coordinator)

**Location:** Raintree Athletic Club, 2555 S. Shields St.

**Training:** Thursday, June 2nd, 1:00-2:30 PM at the ARO office (215 N. Mason St, 3rd floor)

**Adaptive Ice Skating**

These lessons are for people ages 8 and up with and without disabilities. Volunteers are needed on the ice to help teach basic skills for all abilities.

**Staff/volunteer dates/times:** Tuesdays, 6/7-6/28 & 7/12-8/2, 5:45-6:45 PM

**Actual class time:** 6:00-6:30 PM

**Volunteer age:** 18 years & up

**Coordinator:** Christine West

**Location:** Edora Pool Ice Center (EPIC), 1801 Riverside Ave.

**Training:** Ice skating experience is a prerequisite & training provided.

**UNIFIED SPORTS**

Players with and without disabilities play as teammates against other integrated teams. For more information or to volunteer, contact Brenda McDowell at [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com) or 970.416.2024.

**Adult Unified Softball**

Partners are needed for integrated softball teams!

**Staff/volunteer dates/times:** Mondays, 5/16-8/1 from 5-10 PM.

**Actual class time:** Teams play one-hour games between 5:00-10:00 PM (SKIP 5/30 and 7/4).

**Volunteer age:** 16 years and up

**Location:** Ball fields at Beattie Elementary and Rolland Moore Park



## Baseball for All

Assist with integrated youth baseball teams' practices and games. Teams consist of children and teens with and without disabilities ages 8-15 that play other integrated teams in the area.

### Staff/volunteer dates/times:

Thursdays, 6/9-8/4, 5:45-7:15 PM

**Actual class time:** 6:00-7:00 PM

**Volunteer age:** 8 years & up

**Coordinator:** Brenda McDowell

**Location:** Beattie Elementary Ball fields

**Training:** Thursday, 6/9 at 5:00 PM at Beattie



## PARALYMPIC SPORT

involves programming for youth and adults with physical & visual disabilities, and veterans in sports and physical activity. Offerings change every season!



## Paralympic Boccia

A volunteer is needed to assist play, set up & clean-up for this indoor sport played on a smooth surface. Boccia tests your coordination, concentration, and ability to strategize.

**Staff/volunteer date/time:** Mondays, 6/20-8/8, 12:15-1:45

**NOTE:** Class will not meet 7/4.

**Actual class time:** 12:30-1:30 PM

**Volunteer age:** 18 years & up

**Location:** Foothills Activity Center Gym, 241 E. Foothills Parkway

**Training:** 1<sup>st</sup> class: 12:15 PM

## Adaptive Curling Clinic

Volunteers are needed to assist clinicians from the Colorado Adaptive Sports Foundation to teach the fundamentals of the sport of curling.



**Staff/volunteer date/time:** Sunday, 8/21, 3:45-5:45 PM

**Actual class time:** 4:00 PM- 5:30 PM

**Volunteer age:** 18 years & up

**Location:** EPIC Ice Arena:

1801 Riverside Drive, Fort Collins Co

**Training:** Sunday, 8/21 at 3:45 PM

## ALTERNATIVE PROGRAMS

Activities listed in this section are designed for adults ages 18 and over with intellectual disabilities. Alternative programs (AP) focus on fun and community involvement, and are designed to enhance confidence and social skills. The times indicated below are the approximate times for ARO Leaders and volunteers. We rely heavily on volunteer involvement for the success of these experiences. Volunteers for AP programs must be 18 years of age or older unless otherwise noted. All trips depart from **Fort Collins Senior Center, 1200 Raintree Dr., unless otherwise noted.**

## AP Summer Kick off: Nachos & Night Games

Support individuals as they play their choice of outdoor park games or indoor board games & enjoy a Nacho Bar to kick off the summer! This fun event will be at Fort Collins Senior Center, 1200 Raintree Dr.

**Saturday, 6/4, 5:30-9:00 PM**

## AP Trips and Outings

Assist the ARO leaders with supervision during these fun outings! Volunteer age: 18 years & up. Depart from and return to Fort Collins Senior Center, 1200 Raintree Dr.

**Game Night Out:** (All That/Bag of Chips, Fort Collins)- Friday, 6/17, 5:45 -9:15 PM

**Rockies Baseball Game:** (Coors Field, Denver) - Sunday, 7/10, 11:15 AM-7:45 PM

**Dive In Movie:** (Club Tico/City Park Pool) - Wednesday, 7/13, 4:15 PM – 8:45 PM

**Elitch Gardens:** (Denver) – Saturday, 8/13, 8:45 AM – 6:15 PM

## AP Cooking

Support participants while they learn independent cooking skills with instructor Kelly O'Connor at the Fort Collins Senior Center, 1200 Raintree Dr.

**Summer Sizzle** - Wednesday, 6/8, 6:00-8:30 PM

**Island Delights** - Wednesday, 7/20, 6:00-8:30 PM

**Let the Games Begin** – Tuesdays, 8/9 & 8/23, 6:00 PM – 8:30 PM

## AP Movie Nights

Travel with a group to one of the local Movie Theatres to watch a movie on the big screen. Note: Movie ticket cost is included; we depart from and return Fort Collins Senior Center, 1200 Raintree Dr.

**Movie Night #1** - Wednesday, 6/15, 5:45-9:15 PM

**Movie Night #2** - Wednesday, 7/6, 5:45-9:15 PM

**Movie Night #3** - Thursday, 8/11, 5:45-9:15 PM

## AP Restaurant Nights

Travel with a group to a restaurant for dinner to enjoying a night out on the town. Note: \$10 worth of the cost of dinner is included. Depart from and return to Fort Collins Senior Center, 1200 Raintree Dr.

**Restaurant Nights #1** - Wednesday, 6/22, 5:30-8:15 PM

**Restaurant Nights #2** - Tuesday, 7/26, 5:30-8:15 PM

**Restaurant Nights #3** - Thursday, 8/25, 5:30-8:15 PM

## AP Monthly Themed Dances

Dances are large fun-filled events based on a particular theme. Dressing for the theme is highly encouraged. Volunteer roles include dancing, mingling, serving snacks and being a positive role model.

**Fun in the Sun:** Friday, 6/24 from 5:30-8:30 PM

**Hip Hop:** Friday, 7/29 from 5:30-8:30 PM

**Land down Under:** Friday, 8/26 from 5:30-8:30 PM

**Location:** Dances are held at the Senior Center, 1200 Raintree Dr.

## AP Park Games

Assist with the implementation of different park games. Games include but are not limited to Boccia, disc golf, croquet, horseshoes and badminton. Meet at Senior Center. We play indoors in bad weather.

**Wednesdays, 8/3-8/17, 4:15-6:15 PM**

## AP Bowling

This is a program that is designed for any skill level and emphasizes FUN! Volunteer roles include but are not limited to lane assignments, operating the score system, cheering on participants and keeping the flow of the program. Held at Chipper's Lanes: 830 N. College Ave.

**Saturdays, 7/9-8/13, 10:15 AM-11:45 AM**

## End of Summer Picnic

Assist with potluck set-up, serving and clean-up, and/or facilitate park games during this fun event to celebrate the end of the adult unified softball season.

**Volunteer date/time:** Thurs, 8/18, 4:30-9:00 PM

**Actual class time:** 5:30-8:00 PM

**Volunteer age:** 18 years & up

**Location:** Depart from ARO garage at 214 N.

Howes St. and/or meet at Spring Canyon