

New Student/Volunteer Orientation

Tuesday, 9/1, 1:30-3:30 PM
215 N. Mason – ARO Office
ARO requires new volunteers & students to attend an initial orientation to learn about ARO policies and procedures and to complete an application, pass a background check and sign a confidentiality agreement. **Please RSVP to Becca Heinze.**

Contact Information

Renee Lee, CTRS: ARO Supervisor: 970.224-6027 or ree@fcgov.com

Becca Heinze, CTRS: Volunteer Coordinator & Therapeutic Recreation Coordinator:
970-224-6125 or bheinze@fcgov.com

Brenda McDowell, ARO Coordinator:
970.416.2024 or bmcdowell@fcgov.com

Alison Cope, OTR: acope@frii.com

Chelsea McGowen, CTRS: Program Manager:
970.224.6330 or cjm7612@alum.uncw.edu

INCLUSION SUPPORT PARTNER

Serve as an inclusion support facilitator for an individual with a disability in a general recreation class. Requests are received on a weekly basis. Contact Becca Heinze, Volunteer Coordinator for additional information.

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 or 970.416.2024.

Adult Unified Flag Football

Season includes practices and scrimmages.
Note: Volunteers are needed to play as partners at the Special Olympics **Northeast Area**
Tournament: 10/3 & State Tournament: 10/17

**Mondays, 8/17-9/28 (skip 9/7),
5:15-7:00 PM**

Volunteer age: 16 years & up
Coordinator: Brenda McDowell
Location: City Park
Training: First day at 5:00 PM

Youth Flag Football

Assist with coaching individuals ages 8-21 with and without disabilities on unified teams.

**Mondays, 8/17-9/28 (skip 9/7)
4:00-5:30 PM**

Actual program time: 4:15-5:15 PM
Volunteer age: 8 years & up
Coordinator: Brenda McDowell
Location: City Park
Training: First day at 3:45 PM

Adult Unified Volleyball

Play and assist on a unified team made up of people ages 16 and older with and without special needs.

Saturdays, 9/26-11/14, 9:45 AM -2:15 PM
Note: Volunteers are needed to play as partners at the Special Olympics **Northeast Area**
Tournament: 10/18 & State Tournament: 11/7.

Coordinator: Brenda McDowell
Volunteer age: 16 years and up
Location: Foothills Gateway
Training: First day of program



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.

Work Out Partners

Work outs will be set at a time and day that is pre-determined but flexible for 11 weeks to improve strength, cardiovascular fitness and endurance using exercise bands, weights, mats, fit balls, and more!

Match up meeting & Training: Thursday 9/10, 5:00-6:30 PM; Senior Center

Volunteer age: 16 years & up

Coordinator: Renee Lee

Location: dates/times/locations are determined between you and your partner on the match-up day! (skip Thanksgiving week),

Note: Please wear athletic clothing and document in weekly exercise log (provided).

Adaptive Yoga

You will assist participants in a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities.

Thursdays, 9/10-12/3 1:00-2:00 PM

Note: Dress in athletic clothing. Class will not be held on 11/26.

Volunteer Age: 18 years & up

Coordinator: Renee Lee

Location: Raintree Athletic Club

Training: September 1st, 9:30 AM – 11:00 AM @ the ARO Office

NEW! Guided Outdoor Adventures

Enjoy fall in the great outdoors! Assist participants with visual impairments access outdoor recreation opportunities including hiking, recumbent cycling, snowshoeing & more.

Wednesdays: 9/23, 10/7, 10/21 & 11/4 12:00 PM-4:00 PM

Volunteer Age: 18 years & up

Coordinator: Becca Heinze

Location: Meet at Senior Center, Lobby

Training: Before class on 9/23 at 11:45

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.

9/3-12/17 Tuesdays & Thursdays, 9:15-10:45 AM. (Skip 11/24, 11/26.)

Volunteer Age: 18 years & up

Coordinator: Becca Heinze

Location: Mulberry Pool

Note: Please bring bathing suit and towel.

Volunteer age: 18 years & up

Training: Tuesday, 9/1, 9:30-10:30 AM, ARO office.

Adaptive Swim Lessons

With guidance from a Water Safety Instructor, volunteers work in a 1:1 setting with a participant to develop basic to more advanced swimming skills.

Tuesdays, 9/15-12/8, 4:00-5:45 and/or

Thursdays, 9/17 -12/10, 4:45-6:45

Class will not be held on 11/24 or 11/26.

Volunteer Age: 16 & up

Coordinator: Becca Heinze

Location: Edora Pool Ice Center

Training: Tuesday, 9/8 4-6 PM; or Thursday, 9/10 4:45 PM-6:45 PM

Theatre Acting Workshop

Assist with fun theater games, improvisation and skits.

Saturday, 10/31, 12:45-4:15 PM

Actual program time: 1:00-4:00 PM

Volunteer age: 18 years & up

Instructor: Alison Cope

Location: Senior Center

Training: TBA

Contact Becca Heinze To Volunteer:
bheinze@fcgov.com or 970-224-6125

SPECIALIZED PROGRAMS

(cont'd)

Artistic Abilities

Participants ages 13 years and older will learn a variety of art techniques. Volunteers are needed to assist with modifications and set-up/clean-up and implementation.

Thursdays, 9/24-11/12, 3:30-6:30 PM

Volunteer age: 18 years & up

Instructor: Alison Cope

Location: CSU Visual Arts Building RM: D102

Training: TBA

Adaptive Kayaking

Work with individuals ages 8 and older who have varying physical abilities. Adaptive Adventures will bring equipment for flat water kayaking for a beautiful evening on the water.

Wednesday, 9/2, 3:30-8:30 PM

Note: Please dress for the weather.

Actual program time: 4:30-7:30 PM

Volunteer age: 18 years & up

Coordinator: Renee Lee

Location: Depart from the ARO office and travel to Horsetooth Reservoir

Training: Day of at 3:30 PM

Adaptive Archery

Work with individuals ages 8 and older who have varying abilities. This class will teach the basics of safely shooting a bow and arrow. Classes will be held outside at the archery range off of the Prospect frontage road or at the Rocky Mountain Archery indoor range.

Wednesdays, 9/9-10/14, 4:15-6:00 PM

Note: Please dress for the weather and wear closed toed shoes.

Volunteer age: 18 years & up

Coordinator: Renee Lee

Actual class time: 4:30-5:45 PM

Location: Depart from the ARO office and travel to archery range

Training: First day at 4:00 PM

Movement, Sensory, & Play

Help youth develop skills such as gross motor movement and spatial awareness in a fun and welcoming environment!

Note: Class will not be held on 11/25.

Wednesdays, 4:00-5:45 PM, 10/28-12/2

Volunteer Age: 15 years and older

Coordinator: Brenda McDowell

Location: Northside Aztlan Center



Wheelchair Rugby

Assist with this action packed adaptive sport for individuals ages 14 and older with physical disabilities. Volunteer roles include set-up, equipment maintenance, reffing, scorekeeping, timing and possibly even playing!

Tuesdays, 9/15-12/8 (skip 11/24), 5:30-8:30 PM

Coordinator: Renee Lee

Note: Please wear athletic clothing and tennis shoes.

Actual program time: 6:00-8:00 PM

Volunteer age: 18 years & up

Location: Northside Aztlan Center

Training: TBA

Giant Friends Club Event

Giant Friends Club (GFC) is the coolest club for children, inspired by the spirit and magic of Inspiration Playground! Assist with "Music & Rhythm" themed activities, entertainment & more at this special event!

Friday, 10/16, 9:30 AM – 2:00 PM

Coordinator: Renee Lee

Note: Please dress for the weather.

Actual event time: 10:30 AM – 12:30 PM

Volunteer age: All

Location: Depart from the ARO office and travel to Inspiration Playground at Spring Canyon Park.

(AP) ALTERNATIVE PROGRAMS

Volunteers for programs in this section must be at least 18 years of age and older, unless otherwise noted. Activities listed in this section are designed for adults ages 18 and over with intellectual disabilities. Alternative programs focus on fun and community involvement, and are designed to enhance confidence and social skills. We rely heavily on volunteer involvement for the success of these experiences. All classes meet at the Senior Center, 1200 Raintree Drive, unless otherwise noted. Times indicated are for staff/volunteers, and differ from the program time in the "Recreator".

Bowling

This is a program 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.

Note: Volunteers are needed to assist with chaperoning during the Special Olympics Northeast Area Tournament on Sunday, October 11th, in Greeley. A Special Olympics Volunteer Application must be completed.

Saturdays, 9/26-10/31 9:45 AM -11:15 AM

Coordinator: Brenda McDowell

Location: Chipper's Lanes North

AP Cooking

Support participants while they learn independent cooking skills. Coordinator: Becca Heinze

Farm Fresh: Thursday, 9/10, 6:00-8:30 PM

Hot and Tasty: Thursdays, 10/8-10/15, 6:00-8:30 PM

Savory Cooking: Thursday, 11/5, 6:00-8:30 PM

AP Movie Nights

Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Movie ticket cost is included.

Tuesday, 9/29, 5:45-9:15 PM

Tuesday, 10/27, 5:45-9:15 PM

Tuesday, 12/1, 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. \$12 worth of dinner/tip is included.

Wednesday, 9/23, 5:30-8:15 PM

Monday, 10/12, 5:30-8:15 PM

Monday, 11/9, 5:30-8:15 PM

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.

Coordinator: Brenda McDowell, bmcdowell@fcgov.com or 970-414-2024.

Friday, 9/25 **Cowboy Up** 5:30-8:30 PM

Friday, 10/30 **Chills and Thrills** 5:30-8:30 PM

Friday, 11/20 **Autumn Enchantment** 5:30-8:30 PM

AP Billiards Tournament

Participants will play pool and earn prizes. Volunteers help as a player, with set up and clean up.

Friday, 11/6 5:45-8:15 PM

Location: Senior Center

Volunteer Age: 18 years & up

Thanksgiving Meal

Volunteer roles include set-up, clean-up, food prep, serving, and eating! Note: Different shifts available throughout the day. Contact Becca Heinze, 224-6125 or bheinze@fcgov.com.

Friday, 11/20, shifts available from 9:00 AM – 9:00 PM

AP Travel & Outings

Travel with a group to assist with chaperoning and leadership. Note: Ticket costs are included. Trips depart from the Fort Collins Senior Center, Lobby: 1200 Raintree Drive. Coordinator: Becca Heinze, 224-6125 or bheinze@fcgov.com

Mask Factory Tour

Friday, 10/23, 2:45-8:15 PM

CSU Volleyball Game

Thursday, 10/29, 6:00-10:15 PM

Co-Op Campout Weekend

Friday thru Sunday, 9/18- 9/20