

**New Student/Volunteer Orientation**

**Wednesday, Jan. 21, 11 AM – 12:30 PM**  
215 N. Mason St. – 3<sup>rd</sup> floor, Conference Rm 3C  
ARO requires new students and volunteers 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. Paperwork and how to get started will be covered during the meeting. Please RSVP to Becca Heinze, Therapeutic Recreation Coordinator 970-224-6125 or [rheinze@fcgov.com](mailto:rheinze@fcgov.com).

**Disability Awareness Training**

**Wednesday, Jan. 28, 5:30-7:30 PM**  
215 N. Mason St.- Community Room 1<sup>st</sup> Floor  
RSVP to Becca Heinze, Therapeutic Recreation Coordinator 970-224-6125 or [rheinze@fcgov.com](mailto:rheinze@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.

**ARO 20th Anniversary**

Celebrate 20 years with the Adaptive recreation Opportunities program. The Ali Grayson Trio (former ARO leader) will perform! Memories, friends, food and fun will make it an event not to miss!

**Wednesday, 2/4, 4:00-8:30 PM**

Actual Program time: 5:00-8:00 PM  
Location: Senior Center

**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.

**Tuesdays & Thursdays, 1/6-5/21**

**(skip 1/29, 3/17, & 3/19), 9:15-10:45 AM**  
Note: Please bring bathing suit and towel.  
Actual class time: 9:30-10:30 AM  
Volunteer age: 18 years & up  
Coordinator: Becca Heinze  
Location: Mulberry Pool  
Training: January 29<sup>th</sup>, 9:30-11 AM, ARO Office, 215 N. Mason, 3<sup>rd</sup> Floor

**Adaptive Yoga**

This class is specifically designed for people with physical disabilities. Volunteers will assist participants in moving into a variety of Yoga-based postures that can be practiced from a chair, standing or seated on the floor.

**Thursdays, 2/12-3/12 and/or 4/2-4/30, 12:45 PM – 2:15 PM**

Note: Please wear athletic clothing.  
Actual class time: 1:00 PM- 2:00 PM  
Volunteer age: 18 years & up  
Instructor: Faith Brandt  
Location: Raintree Athletic Club (RAC) 2555 S. Shields  
Training: January 29<sup>th</sup>, 9:30-11 AM, ARO Office, 215 N. Mason, 3<sup>rd</sup> Floor

**Aquatic Exercise for Veterans**

Assist leader to individualize aquatic exercise for vets.  
Note: Please wear swimsuit and bring a towel.  
**Fridays, 1/9-3/13 and/or 3/27-5/20, 12:45-2:15 PM**  
Actual class time: 1:00-2:00 PM  
Volunteer Age: 18 years and up  
Location: Edora Pool and Ice Center (EPIC)

**Adaptive Swim Lessons**

Teach swim skills to individuals ages 5 & up having various abilities in a 1:1 setting under the supervision of an adaptive swim instructor.  
**Wednesdays, 3/4-4/8 and/or 4/15-5/6, 4:00-5:30 PM**  
Actual class times: 4:15-4:50 PM and 4:50-5:20 PM  
Volunteer age: 16 years & up  
Location: Edora Pool Ice Center  
Training: Wednesday, 2/25, 4:00-5:30 PM at EPIC

**Check out our webpage: [fcgov.com/ARO](http://fcgov.com/ARO)**

**Adaptive Boccia**

Boccia is a Paralympic sport, adapted for athletes with physical disabilities. Volunteers are needed for set-up, implementation, scorekeeping and clean-up.

**Mondays, 2/2-5/4 (skip 2/16, & 3/16, 4/6), 10:30-12:30 PM**

Actual class time: 11:00 AM-Noon  
Volunteer age: 18 years & up  
Location: Senior Center

**Wheelchair Rugby**

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

**Tuesdays, 3/24-5/5, 5:30-8:30 PM**

Actual class time: 6:00-8:00 PM  
Volunteer age: 18 years & up  
Location: Northside Aztlan Community Center (NACC)  
Training: March 10, 5:30-6:30 PM, NACC

**Adaptive Cycling**

Assist the ARO leader with equipment and then partner up with people with disabilities ages 12 and older to introduce them to riding handcycles, tandems, and/or three wheeled bikes.

**Thursdays, 4/16-4/30, 3:15-6:00 PM**

Actual class time: 4:00-5:30 PM  
Volunteer age: 16 years & up  
Location: Meet at the ARO office to load equipment and then travel to Lee Martinez parking lot.

**Junior Unified Basketball**

Assist with coaching individuals ages 8 to 21 years of age with and without disabilities.

**Tuesdays, 1/13-3/3, 6:45 – 9:15 PM**

Actual class time: 7:00-9:00 PM  
Volunteer age: 8 years & up  
Location: NACC

**Adult Unified Basketball**

An integrated sports league consisting of people with and without disabilities. Volunteers are needed to assist with coaching, scorekeeping, refereeing, and participating as unified sports partners.

**Saturdays, 1/10-3/14, Hour practice/game times vary between 2:30-7:00 PM**

Volunteer age: 16 years & up  
Location: Webber Middle School: 4201 Seneca St., Fort Collins 80526  
Tournament: Saturday, February 28<sup>th</sup> @ UNC in Greeley.  
Volunteers who participate in the tournament will also need to complete the Special Olympics volunteer application and required online trainings.

**End of Season Potluck**

Celebrate the end of a great winter season of programs. Volunteer roles include set-up, serving and clean-up.

**Saturday, 3/28, 1:30-4:00**

Volunteer age: All  
Location: NACC

**Junior Unified Soccer**

Assist with coaching individuals ages 8 to 21 years of age with and without disabilities.

**Mondays, 3/30-5/4, 4:45-6:15 PM**

Actual class time: 5:00-6:00 PM  
Volunteer age: 8 years & up  
Location: Troutman Park Soccer Fields  
Training: 3/30 at 4:30 PM before first practice.

**Adult Unified Soccer**

Play as a partner on an integrated soccer team.  
**Wednesdays, 4/1-5/6, 5:15-7:00 PM**  
Actual class time: 5:30-6:45 PM  
Volunteer age: 16 years & up  
Location: Troutman Park Soccer Fields  
Tournament: Sunday, April 26<sup>th</sup> @ Regis University in Denver.  
Volunteers who play in the tournament will also need to complete the Special Olympics volunteer application and required online trainings.

**Work-Out Partners**

Partner with an individual 16 years or older with special needs to assist them in personal fitness goals. Work outs will be set at a time and day that is pre-determined but flexible to improve strength, cardiovascular fitness and endurance.

**10-11 weeks, dates/times/locations are determined between you and your partner on the match-up day!**

Note: Please wear athletic clothing and document in weekly exercise log.  
Volunteer age: 16 years & up  
Location: Senior Center, Mulberry Pool, EPIC or NACC  
Match up day & training: Thurs., 2/12, 5:30-7:00 PM,  
Location: TBA

**Adaptive Ice Skating**

Volunteers are needed on the ice to help teach basic skills for skater 8 and older of all abilities.

**Saturdays, 1/3-1/31, 2/7-3/7, 3/28-5/2, 9:30-10:30 AM**

Actual class time: 9:45-10:15 AM  
Volunteer age: 18 years & up  
Coordinator: Christine West  
Location: Edora Pool Ice Center (EPIC)

Ignite Adaptive Ski Trips

Assist the ARO leader to chaperone individuals to and from their individualized lessons with the Ignite Adaptive staff at Eldora Mountain Resort.

**Sundays, 1/25; 2/1; 2/15; 2/22; 3/1, 7:15AM–6:00 PM**  
Volunteer age: 18 years & up  
Location: Depart from and return to the Senior Center

Adaptive Ski Trips

Assist the ARO leader to chaperone individuals ages 14 years of age and older to the Keystone Ski Area as they receive individualized ski instruction and explore a variety of adaptive equipment for stand up or sit skiers.

**Trip 1) BOEC @ Keystone** -Wed., Feb. 18  
6:45 AM-7:30 PM  
Volunteer age: 18 years & up  
Location: Coach bus departing from Rolland Moore  
**Trip 2) BOEC @ Keystone** -Sunday, 3/8  
5:30 AM – 8:00 PM  
Location: Depart from/ return to Sr. Center

NSCD Youth Ski Trips

Assist Coach Brad Nelson as he heads up this fun outing to the National Sports Center for the Disabled in Winter Park.  
**Fridays, 3/13; and/or 3/27, 5:45 AM – 6:15 PM**  
**Volunteer age:** 18 years & up  
**Location:** Depart from and return to Mountain View High School in Loveland.

Giant Friends Club Special Event

The Giant Friends Club (GFC) brings together children of all abilities to play, learn about each other, and build friendships. Assist with “Trains, planes, and trucks,” themed activities and entertainment.  
Note: Please dress for the weather.  
**Friday, 4/10, 9:30 AM – 2:00 PM**  
Volunteer age: 14 years & up  
Coordinator: Renee Lee  
Actual event time: 10:30 AM – 12:30 PM  
Location: Inspiration Playground, Spring Canyon Park  
Training: Day of at 9:30 AM

Adaptive Martial Arts

Assist participants improve their coordination, posture, flexibility, and environmental awareness, through the practice of martial arts fundamentals, exercises and games.  
**Fridays, 3/6-4/10 (skip 3/20), 4:15-5:45 PM**  
Actual class time: 4:30-5:30 PM  
Note: Please wear athletic clothing  
Volunteer age: 18 years & up  
Instructor: Karl von Zwehl  
Location: NACC

Theatre Acting Class/Show

Assist with fun theater games, improvisation and skits. The last class will be an actual show at Club Tico!  
**Saturdays, 3/21-5/2, (skip 3/28), 1:45-4:15 PM**  
Actual class time: 2:00-4:00 PM  
Volunteer age: 18 years & up  
Coordinator: Alison Cope  
Location: Club Tico

Wheelchair Tennis Clinic

Adaptive tennis will be highlighted for players with physical disabilities.  
**Saturday, 5/2, 9:30 AM-12:30 PM**  
Actual class time: 10:00 AM-12:00 PM  
Volunteer age: 18 years & up  
Location: Rolland Moore Racquet Complex

Goalball PLUS

Goalball, soccer and other adapted sports for people with blindness or visual impairments will be highlighted each week. Volunteer roles include court set-up, refereeing, scorekeeping, timekeeping and PLAYING!  
**Saturdays, 4/4-4/25, 12:30-3:30 PM, Qdoba Event Center, 218 Smokey Street**  
Volunteer age: 16 years & up  
Transportation: Can be arranged with the ARO leader.

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.*

Cooking

Support participants while they learn independent cooking skills.  
Noodles - Thursday, 2/19-2/26, 6:00-8:30 PM  
Creative- Wednesday, 3/4, 6:00-8:30 PM  
Healthy- Thursday, 4/23, 6:00-8:30 PM  
Mexican- Wed. 5/6 & Thurs. 5/21, 6:00-8:30 PM

Crafts with a Cause

Assist participants in creating art projects that give back to the community.  
**Thursdays 1/22-1/29, 4:00-5:45 PM**

Movie Nights

Travel with a group to watch a movie on the big screen. Movie ticket cost is included.  
Monday, 1/26, 5:45-9:15 PM                      Tuesday, 4/28, 5:15-9:15 PM  
Monday, 2/23, 5:45-9:15 PM                      Tuesday, 5/19, 5:15-9:15 PM  
Monday, 3/23, 5:15-9:15 PM

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. Location: Depart from Senior Center  
Wednesday, 1/21, 5:30-8:15 PM                      Thursday, 4/9, 5:30-8:15 PM  
Wednesday, 2/18, 5:30-8:15 PM                      Thursday, 5/7, 5:30-8:15 PM  
Thursday, 3/12, 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.  
Winter Wonderland - Friday, 1/30, 5:30-8:30 PM  
Cupids Arrow - Friday, 2/27, 5:30-8:30 PM  
Luck O' the Irish - Friday, 3/27, 5:30-8:30 PM  
Spring Fling-Friday, 4/24, 5:30-8:30 PM  
Fiesta Dance- Friday, 5/29, 5:30-8:30 PM

Trips & Outings

Travel with a group to assist with chaperoning and leadership. Note: Ticket costs are included. Depart from the Sr. Center unless otherwise noted.  
**Winter Wishes Ice Show** - Saturday, 12/20, 12:30-3:45 PM  
Location: Meet at the Edora Pool Ice Center  
**Eagles Game** - Sunday, 2/8, 1:45-6:45  
**Dino-Light Lincoln Center Show and Dinner-** Saturday, 4/25, 12:00-8:30 PM  
**Denver Aquarium-** Saturday, 5/9, 8:45-4:00 PM

Pool Tournament

Players with and without disabilities will paired up together for a fun filled competition. Other volunteer roles will be assisting with set-up and implementation of this special event.  
**Friday, 2/13, 5:45 AM – 8:15 PM**



Bowling

This is a program designed for any skill level and emphasizes FUN! Volunteer roles include lane assignments, operating the score system, cheering on participants and keeping the flow of the program.  
**Saturdays, 2/7-3/7 and/or 4/4-5/2, Noon-1:45 PM**  
Location: Chipper's Lanes North

Trail Mix

This is a walking club that will explore different trails located in the area. Please bring water and a jacket and wear comfortable walking shoes. The group meets in front of the Senior Center.  
**Fridays, 4/17-5/8, 3:15 PM – 5:15 PM**

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 at [rheinze@fcgov.com](mailto:rheinze@fcgov.com) or 970-224-6125

