

The Adaptive Recreation Opportunities program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through the following three basic service areas.

INCLUSION

Do you need assistance to fully participate in activities listed throughout the *Recreator*? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register. **NOTE:** Requests should be made at least two weeks before the class begins.

TRANSITION

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. A Therapeutic Recreation specialist will help you develop your personal *Passport to Recreation Profile* and discuss your needs, strengths, and interests. Call 224-6027.

SPECIALIZED PROGRAMS <ARO>

The programs listed in this newsletter are designed to meet the unique needs of individuals with physical, mental, and/ or emotional disabilities. They can also be found in the *Recreator* identified by the <ARO> symbol. The **Alternative Programs** are designed for adults with intellectual disabilities and focus on community activities and social outings. A list of programs can be found in the *Recreator* under the adult section and include monthly dances, Unified sports, cooking, bowling, crafts and more!

VOLUNTEERS NEEDED

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary, training is provided. Join us for fun and adventure! Contact Becca Heinze, 970-224-6125, bheinze@fcgov.com

CHECK OUT OUR WEBSITE!

www.fcgov.com/aro

For additional info, please contact the ARO staff.

Renee Lee, CTRS, Therapeutic Recreation Supervisor, 970-224-6027, rlee@fcgov.com

Becca Heinze, CTRS, M.S.Ed., Therapeutic Recreation Coordinator, 970-224-6125, bheinze@fcgov.com

Brenda McDowell, Unified Sports Coordinator 970-416-2024, bmcdowell@fcgov.com

Alison Cope, OTR, Recreation Specialist acope@frii.com

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SPECIAL EVENT

Giant Friends Club

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. The theme for this event is "Trains, Planes and Trucks" and will feature exciting activities, entertainment and more for a gigantic good time!

Location: Inspiration Playground at Spring Canyon Community Park

Friday April 10, 2015 10:30 AM-12:30 PM Free

AQUATICS

MS Aqua

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility.

Age: 18 years & up

Location: Mulberry Pool

Note: To join or volunteer assist, contact Becca Heinze, (970) 224-6125 or bheinze@fcgov.com.

3/24-5/19 Tu,Th 9:30-10:30 AM \$43 per 16 punch pass

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with disabilities. Please bring an attendant if you need personal assistance outside of the water.

Age: 5 years & up

Location: Edora Pool Ice Center

Note: For more information or to volunteer, contact Becca Heinze at rheinze@fcgov.com or 970-224-6125. Class will not be held on 3/18.

3/4-4/8	W	4:15-4:45 PM	5 wks	\$25	202326-01
3/4-4/8	W	4:50-5:20 PM	5 wks	\$25	202326-2
4/15-5/6	W	4:15-4:45 PM	4 wks	\$20	202326-3
4/15-5/6	W	4:50-5:20 PM	4 wks	\$20	202326-4



ARTS AND CRAFTS

Artistic Abilities 3-D Art

Participants will learn 3-D techniques, with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up

Location: Colorado State University, Visual Arts Building, Room D102

Note: Contact Alison Cope at acope@frii.com for more information.

3/24-4/21 Tues 4:00-6:00 PM \$35 202990-01

FITNESS

Adaptive Yoga

You will learn 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 or other neuromuscular disorders and adapted for people of all physical abilities.

Age: 18 years & up

Instructor: Faith Brandt

Location: Raintree Athletic Club

Note: For more information, contact Renee Lee, (970) 224-6027, rlee@fcgov.com. No drop in rate, class partially discountable.

4/2-4/30 Th 1:00-2:00 PM \$38 202980-01



Adaptive Martial Arts

Improve physical, social, emotional and cognitive functioning, through the practice of martial arts. This class is adapted for people with disabilities and includes martial arts fundamentals, exercises and games.

Age: 12 years & up
Location: Northside Aztlan Center
Note: Class will not be held on 3/27.
3/6-4/10 F 4:30-5:30 PM
\$31 202581-01

ICE

Adaptive Skating Lessons

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.
Note: Please bring an attendant if you need assistance off the ice. No class on 4/11.

Age: 8 years & up
Location: Edora Pool and Ice Center
3/28-5/2 Sat 9:45-10:15 AM
\$38 210356-01

THEATRE

Theatre Acting Class/Show

Express your creativity on stage! We will learn acting techniques; work on a short script, then present a show for the last class! This class is designed for people with and without disabilities.

Age: 14 years & up
Location: Club Tico
Note: The final show will take place on May 2!
For more information, contact Alison Cope at acope@frii.com. No class 3/28.
3/21-5/2 Sat 2:00-4:00 PM
\$38 202593-01

PARALYMPICS SPORTS



Adaptive Tennis Clinic

Adaptive tennis will be highlighted for players with physical disabilities and visual impairments.
Age: 14 years & up
Location: Rolland Moore Tennis
Note: Contact Renee Lee for more information, 970.224.6027, rllee@fcgov.com.
5/2 Sat 10:00 AM-Noon
\$5 202464-01

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available.
Age: 14 years & up
Location: Northside Aztlan Center
3/24-5/5 Tu 6:00-8:00 PM
\$22 202560-01

Goalball Plus

The sports of goalball, soccer and tennis, adapted for people with blindness or visual impairments, will be highlighted separately on different weeks. Participants of all levels are welcome.
Age: 12 years & up
Location: Polaris Gym, 1905 Orchard Pl
Note: For more information, contact Becca Heinze at bheinze@fcgov.com or 970.224.6125.
4/4-4/25 Sat 1:00-3:00 PM \$20 202762-01



OUTDOOR RECREATION

NSCD Youth Ski Trips

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided.
Age: 10-17 years
Location: Mountain View High School
Note: Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschoools .
3/13 F 6:00 AM-6:00 PM \$90 202933-01
3/27 F 6:00 AM-6:00 PM \$90 202933-02

Adaptive Cycling

Experience the freedom of cycling. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail.
Poudre River Trail.
Age: 14 years & up
Location: Lee Martinez Park
4/16-4/30 Th 4:00-5:30 PM \$18 202034-01

UNIFIED SPORTS

Junior Soccer

Players with and without disabilities play as teammates. Unified teams will practice, and play games.
Age: 8-21 years
Location: Troutman Park
Note: For more information or to volunteer, contact Brenda McDowell at bmcdowell@fcgov.com or 970.416.2024.
Unified Jr. Child
3/30-5/4 M 5:00-6:00 PM \$22 202054-01
Unified Family
3/30-5/4 M 5:00-6:00 PM \$30 202054-02

Adult Soccer

Unified teams will practice, play games and have the opportunity to compete in a Special Olympics Unified area tournament.
Age: 16 years & up
Location: Troutman Park
4/1-5/6 W 5:30-6:45 PM \$22 202053-01

Adult Softball

Integrated softball teams are being formed of players with and without disabilities to play in a Unified Softball league this summer. Sign up now! Registration fee will increase to \$30 after April 20, 2015.
Age: 16 years & up
Location: Beattie Ballfields/ Rolland Moore Park
Note: Teams will have practice/games for one hour. Questions? Contact Brenda McDowell at 970-416-2024 or bmcdowell@fcgov.com . No practice on 3/25.
5/11-7/27 M 5:00-8:00 PM \$25 202055-01

VETERAN PROGRAMS

ARO is pleased to have been selected to receive grant funding in support of Paralympic sport and physical activity programs for disabled Veterans and disabled members of the Armed Forces! Programs in archery, aquatics, boccia and iRest yoga will be offered to Veterans free of charge. To get a 2015 Veteran Recreation Program schedule and register. Please contact Renee Lee, rllee@fcgov.com , (970)224-6027.

Check out Alternative programs on page 20 of the Recreator!

- Trail Mix
- Denver Aquarium Trip
- Dino-Light! Theatre

