

Adaptive Recreation Opportunities

Winter Newsletter

Programs offered March to May 2015

The Adaptive Recreation Opportunities (ARO) program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. Adaptive recreation programs and support services provide for a broad spectrum of opportunities and choices for recreation activities, wellness and adventure.

Inclusion Services

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 Services

If you need more assistance in making your recreation and leisure choices, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. A Recreation Specialist will help you develop your personal *Passport to Recreation Profile* and discuss your needs, strengths, and interests. Contact Renee Lee, CTRS, 970.224.6027, rlee@fcgov.com

Specialized Programs

Our adaptive Spring 2015 programs include but are not limited to the following: Adaptive ice skating lessons, Adaptive Swim Lessons, Artistic Abilities art classes, Adaptive Yoga, Theatre Acting Class/Show, Adaptive Cycling, Adaptive Martial Arts, and Goalball Plus; which introduces tennis, soccer, goalball, and guided individual sports. There are a few Adaptive ski trips left this year; including snowboarding, downhill and cross-country skiing. Specific program descriptions, locations, dates, times, fees and registration numbers are listed below.

GIANT FRIENDS CLUB SPECIAL EVENT

ARO is hosting the Giant Friends Club Event for families at the Inspiration Playground! The theme for this event is "Trains, Planes and Trucks" and will have entertainment, games, projects and fun this April!

LOCATION: Spring Canyon Community Park, Inspiration Playground

DATE: Friday, April 10th, 10:30 A.M. to 12:30 P.M.

AGE: ALL AGES WELCOME, activities geared toward children with and without disabilities

FEE: FREE!!!

NO REGISTRATION REQUIRED

ADAPTIVE TENNIS CLINIC

Adaptive tennis will be highlighted for players with physical disabilities and visual impairments. Contact Renee Lee for more information, 970.224.6027, rlee@fcgov.com.

LOCATION: Rolland Moore Tennis

AGE: 14 years and older

DATE: Saturday, May 2nd

TIME: 10:00 AM to Noon

COST: \$5

REGISTRATION NUMBER: 202464-01

GOAL BALL 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.

AGES: 12 AND OLDER

LOCATION: Polaris Elementary School Gym, 1905 Orchard Place

DATES: Saturdays, April 4th, 11th, 18th, and 25th

TIMES: Game play from 1:00 PM to 3:00 PM

Transportation available - Pick up time 12:30; Drop off time -3:30. For more information, contact Becca Heinze at 970-224-6125 or bheinze@fcgov.com

COST: \$20; NO DROP IN, PREREGISTER:

REGISTRATION NUMBER: 202762-01

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. Guide partner available. Contact Renee Lee for more information, 970.224.6027, rlee@fcgov.com.

AGES: 14 years & up

LOCATION: Lee Martinez Park

DATES: Thursdays, April 16th thru April 30th

TIMES: 4:00 PM to 5:30 PM

COST: \$18

REGISTRATION NUMBER: 202034-01

ADAPTIVE ICE SKATING

Basic skills are introduced and adaptive equipment and techniques are provided. Skill improvement and fun will be the focus in class. All abilities are welcome.

NOTE: Please bring an attendant if you need assistance off the ice.

AGE: 8 and older

LOCATION: Edora Pool Ice Center (EPIC)

DATES: Saturday, March 28- May 2, 9:45-10:15 AM

COST: \$38

REGISTRATION NUMBER: 210356-01

ARTISTIC ABILITIES 3-D ART

Participants will learn 2-D art 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

INSTRUCTOR: Alison Cope

LOCATION: CSU Visual Arts Building, room D102

DATES: Tuesdays, March 24 through April 21st

TIMES: 4:00-6:00 PM

FEE: \$35

REGISTRATION NUMBER: 202990-01

NOTE: Contact Alison Cope, acope@frii.com

ADAPTIVE SKI TRIP

Take a tour of the fantastic Adaptive Ski programs and areas we have in Colorado. They provide individual volunteer instructors and adapted equipment for skiers with visual impairments.

NOTE: Attendants are welcome at no charge. For more information, contact Renee Lee, (970) 224-6027, rlee@fcgov.com.

AGE: 18 years & up

SESSION 3: Sunday, March 8, to Keystone BOEC

LOCATION: Meet at the Sr. Center

TIME 5:45 AM -7:00 PM

FEE: \$138 per session

REGISTRATION NUMBER: 102432-03

ADAPTIVE SWIM LESSONS

Individualized instruction for people ages 5 and older, who need modification, and support for learning water safety skills to advanced swim skills. Small class size with 1:1 support provided. Instruction is overseen by a CTRS, and a Certified Swim Instructor. For additional information, contact Becca Heinze bheinze@fcgov.com or 970-224-6125.

CLASS LOCATION: EDORA POOL ICE CENTER (EPIC)

SESSION 1: 202326-01 Wednesdays, March 4 to April 8th, 4:15-4:45 PM

SESSION 2: 202326-2 Wednesdays, March 4 to April 8th, 4:50-5:20 PM

SESSION 3: 202326-3 Wednesdays, April 15- May 6, 4:15-4:45 PM

SESSION 4: 202326-4 Wednesdays, April 15- May 6, 4:50-5:20 PM

To register for programs call (970) 221-6256 or 221-6353.

Please do not hesitate to contact any of the ARO staff if you have questions or concerns.

ARO Supervisor: Renee Lee, CTRS (970) 224-6027, rlee@fcgov.com

ARO Coordinator: Becca Heinze, CTRS (970) 224-6125, bheinze@fcgov.com

ARO Coordinator: Brenda McDowell (970) 416-2024, bmcdowell@fcgov.com

Specialty Instructor: Alison Cope, MS, OTR, acope@fcgov.com

