

# **Adaptive Recreation Opportunities Summer Programs Offered June through August 2015**

**Registration begins on May 7<sup>th</sup> at 7:00 A.M. and we recommend early registration to ensure space availability in all Recreation Program offerings.**

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. Please refer to the end of this document for further details related to Inclusion support and transition services.

## **Specialized Programs**

Our adaptive summer 2015 programs include but are not limited to the following: Adaptive ice skating lessons, Adaptive Swim Lessons, Artistic Abilities art classes, Adaptive Yoga, Water Sports Day, Adaptive kayaking, rafting, and waterskiing. Specific program descriptions, locations, dates, times, fees and registration numbers are listed below.

## **JOURNEY OF HOPE EVENT**

The Journey of Hope is a cross country cycling event that covers 32 different states, cycling over 12,000 miles combined! It is solely comprised of members of Pi Kappa Phi and continues to spread a message of acceptance and understanding for people with disabilities. ARO is hosting the group's overnight stay in Fort Collins. Join us at Edora Park to welcome them, make friends, and play park games!

**LOCATION:** Edora Park, Horseshoe Pit Pavilion and surrounding park area

**DATE:** Sunday, June 28<sup>th</sup>, 3:00 P.M. to 5:00 P.M.

**AGES:** 14 years and up, and families welcome!

**FEE:** \$5

**REGISTRATION CODE:** 302772-01

## **PHAMALY PERFORMANCE**

Physically Handicapped Actors and Musical Artists is a professional performing arts group made up of people with physical disabilities. Join us to watch the extraordinary performance "Cabaret". This matinee features a backstage and tactile tour. Note: Lunch included.

**LOCATION:** Transportation to and from the Senior Center

**DATE:** Sunday, July 26<sup>th</sup> from 9:00 A.M. to 6:00 P.M.

**AGE:** 16 years and older

**FEE:** \$41

**REGISTRATION CODE:** 302991-01; Registration deadline is July 17<sup>th</sup>.

## **GIANT FRIENDS CLUB**

Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts, and more are planned for a gigantic good time!

**LOCATION:** Spring Canyon Community Park, Inspiration Playground

**DATES:** Wednesdays, July 8<sup>th</sup> to August 5<sup>th</sup>, 10:00 A.M. to 12:00 P.M.

**AGE:** Children ages 4 years to 11 years old

**FEE:** \$32

**REGISTRATION CODE:** 302974-01

## **ADAPTIVE KAYAKING**

Join us for guided and adaptive kayaking on Union Reservoir in Longmont. This event is designed for people with physical disabilities, their friends, and family. Adaptive Adventures provides equipment for flat water boating to get you out and paddling!

**NOTE:** Bring a sack-dinner and a water bottle.

Contact Renee Lee for more information, 970.224.6027, [rlee@fcgov.com](mailto:rlee@fcgov.com).

**LOCATION:** Depart from Senior Center

**AGE:** 12 years and older

**DATE:** Wednesday, July 29<sup>th</sup>

**TIME:** 3:30-8:00 P.M.

**COST:** \$15

**REGISTRATION NUMBER:** 302939-01

## **ADAPTIVE WATERSKIING**

Learn how to waterski or improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and/or visual impairments. Adaptive ski equipment and instruction provided. Guide partners available.

**AGES:** 12 AND OLDER

**LOCATION:** Depart from Senior Center

**DATES:** Tuesdays: June 23<sup>rd</sup>, July 7<sup>th</sup>, July 21<sup>st</sup>, and August 4<sup>th</sup>

**TIMES:** 7:00 A.M. to 12:30 P.M.

**COST:** \$60

**REGISTRATION NUMBER:** 302937-01

## **ADAPTIVE WATER SPORTS DAY**

Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir! This event features canoes, kayaks, sailboats, and paddleboards, for people with disabilities and their friends and family. Equipment and expertise provided by Adaptive Adventures and Baby Seal Stand UP Paddleboards.

**NOTE:** Meet at Horsetooth Reservoir South Bay Pavilion. **LUNCH INCLUDED.** Transportation to/from the Senior Center available upon request: times will vary. Guide partners available. Contact Renee Lee for more information, 970.224.6027, [rlee@fcgov.com](mailto:rlee@fcgov.com).

**AGES:** 12 years & older

**LOCATION:** Horsetooth Reservoir, South Bay Pavilion

**DATES:** Wednesday, June 24th

**TIMES:** 10:00 A.M. to 1:30 PM

**COST:** \$25

**REGISTRATION NUMBER:** 302973-01

## **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:** **Session 1:** Tuesdays, June 2<sup>nd</sup> to June 23<sup>rd</sup>, 6:00 to 6:30 P.M.

**Session 2:** Tuesdays, July 7<sup>th</sup> to July 28th, 6:00 to 6:30 P.M.

**COST:** \$32

**REGISTRATION NUMBERS:**

Session 1: 310356-01

Session 2: 310356-02

## **ARTISTIC ABILITIES ART**

Participants will learn 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:** Senior Center

**DATES:** Tuesdays, June 2<sup>nd</sup> to June 30<sup>th</sup>

**TIMES:** 4:00-6:00 PM

**FEE:** \$35

**REGISTRATION NUMBER:** 302990-01

**NOTE:** Contact Alison Cope, [acope@frii.com](mailto:acope@frii.com)

## **POUDRE RAFT TRIP**

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for an adventure!

**NOTE:** Attendants welcome, register using section 1A. Registration deadline is July 15<sup>th</sup>. For more information, contact Renee Lee, (970) 224-6027, [rlee@fcgov.com](mailto:rlee@fcgov.com).

**AGE:** 16 years & older

**DATE:** July 18<sup>th</sup>

**TIME:** 7:30 A.M. to 1:30 P.M.

**LOCATION:** Meet at the Senior Center

**FEE:** \$59 for Participants; \$50 for Attendants

**REGISTRATION NUMBER:** 302938-01 as a participant; or 302938-1A for Attendant registration

## **ADAPTIVE SWIM LESSONS**

Individualized instruction for people ages 5 and older who prefer a 1:1 instructional setting to meet their swimming goals. Beginner to Advanced skills taught. Instruction is overseen by a CTRS (Certified Therapeutic Recreation Specialist, and a WSI (Certified Water Safety Instructor). For additional information, contact Becca Heinze [bheinze@fcgov.com](mailto:bheinze@fcgov.com) or 970-224-6125.

**COST:** \$30; Registration Deadline is June 2<sup>nd</sup>.

**CLASS LOCATION:** EDORA POOL ICE CENTER (EPIC)

SESSION 1: 302326-01, Wednesdays, June 10<sup>th</sup> to July 1st, 4:15-4:45 PM

SESSION 2: 302326-02, Wednesdays, June 10<sup>th</sup> to July 1st, 4:50-5:20 PM

SESSION 3: 302326-03, Tuesdays, July 7<sup>th</sup> to July 28th, 4:15-4:45 PM

SESSION 4: 302326-04, Tuesdays, July 7<sup>th</sup> to July 28th, 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](mailto:rlee@fcgov.com)

ARO Coordinator: Becca Heinze, CTRS (970) 224-6125, [rheinze@fcgov.com](mailto:rheinze@fcgov.com)

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

Specialty Instructor: Alison Cope, MS, OTR, [acope@fcgov.com](mailto:acope@fcgov.com)

## **Additional ARO Service Information:**

### **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](mailto:rlee@fcgov.com)