



Fort Collins

Fall 2015

Paralympic Sports Club

Paralympic Sport Club Fort Collins involves programming for youth and adults with physical, visual disabilities and veterans in sports and physical activity. Scholarships are available if needed.

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, CTRS. Fee is for a 16 visit punch pass. Class will not be held on 9/1, 11/24 or 11/26.

9/3-12/17	Tu,Th	9:30-10:30 AM	\$43
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Arts

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up

Location: Colorado State University

Note: Class is held at Colorado State University in the Visual Arts Building, Room D102. For more information contact Alison Cope at acope@frii.com.

9/24-11/12	Th	4:00-6:00 PM	\$50	402990-01
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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, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities.

Age: 18 years & up

Location: Raintree Athletic Club

Note: No drop in rate, class partially discountable. Class will not be held on 11/26.

9/10-10/15	Th	1:00-2:00 PM	\$45	402980-01
10/22-12/3	Th	1:00-2:00 PM	\$45	402980-02

Work Out Partners

Workouts will be organized in small groups to meet at times, days and locations that work best. People with and without disabilities will be matched to meet weekly at a time and day that is predetermined, but flexible. Strength training, cardiovascular equipment and aquatic exercise are all available to create the work

Age: 16 years & up

Match Up Meeting Location: Sr Center

9/10	Th	5:30-6:30 PM	\$20	402585-01
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Outdoors

Adaptive Kayaking

Join us for a beautiful evening on the water. This event is designed for people with physical disabilities, their friends and family. Adaptive Adventures will bring equipment for flat water kayaking, SUP's and Sailboats! to get you out and paddling!

Age: 12 years & up

Location: Horsetooth Reservoir, South Bay Pavilion

Note: Plan to meet at Horsetooth Reservoir. A van from the Sr. Center will be arranged as needed, contact Renee Lee to reserve a space.

9/2	W	4:30-7:30 PM	\$16	402939-01
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Adaptive Archery

Adapted for individuals with varying physical abilities, this class will teach the basics of safely shooting a bow and arrow.

Age: 8 years & up

Location: Fort Collins Archery Association Outdoor Range

Note: Classes are held at the outdoor archery range off of the Prospect frontage road; one class will be held at an indoor range. Please dress for the weather.

9/9-10/14	W	4:30-5:45 PM	\$30	402040-01
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Guided Outdoor Adventures

Enjoy fall and the great outdoors! Activities include guided hiking, snowshoeing or cycling and are designed for people with visual impairments.

Age: 12 years and up

Location: Senior Center

Note: Transportation available upon request. Four classes held meeting every other week.

9/23, 10/7, 10/21, 11/4	W	12:30-3:30 PM	\$40	402762-01
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Sports

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

Note: Class will not be held on 11/24.

9/15-12/8	Tu	6:00-8:00 PM	\$25	402560-01
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Veteran Specific Programs

Grant funding for these programs is awarded by U.S. Department of Veteran Affairs. The grants are provided to facilitate the growth of Paralympic-sport programming for disabled Veterans and disabled members of the Armed Forces. Aquatic Exercise, Archery and iRest Yoga sessions will be offered. Contact Renee Lee to get a Fall schedule of programs.

CHECK OUT OUR WEBSITE! www.fcgov.com/aro

For additional info, please contact the ARO staff.

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