

**Adaptive Recreation Opportunities (A.R.O.)
Fall Programs
Offered September through November 2015**

Registration begins on August 6th at 7:00 A.M. and we recommend early registration to ensure space availability in all Recreation Program offerings.

Please call A.R.O. if you are interested in a Recreator class, and need accommodations made to enjoy your recreational and leisure pursuits. Contact phone numbers and emails are at the bottom of this document.

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 Fall 2015 programs include but are not limited to the following Programs: Guided Outdoor Adventures, Ice skating lessons, Swim Lessons, Artistic Abilities art classes, Theatre Acting workshop, Yoga, Guided Kayaking, and Specialized Veteran programs. Specific registration numbers, program descriptions, locations, dates, times, fees and are listed below.

Adaptive Kayaking: Registration Number 402939-01

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 to get you out and paddling! A Guide can be ride with you in a tandem kayak or beside you if you want to paddle solo. Adaptive equipment can be provided for extra stability in the water.

Age: 12 years and up

Location: Horsetooth Reservoir

Note: For more information or to schedule a ride, contact Renee Lee at 970. 224.6027, rlee@fcgov.com.

Date: Wednesday, September 2nd at 4:30 to 7:30 P.M.

Cost: \$16

Registration Number: 402939-01

Guided Outdoor Adventures: Registration Number: 402762-01

This new program gets you outdoors this fall to move and explore the great outdoors! Guides, a naturalist interpreter, and transportation are provided. Activities include guided hiking (or snowshoeing if weather permits), and cycling. Transportation to/from the Senior Center provided. Individuals will be paired with 1:1 guide/partner as needed.

Age: 18 years and older

Location: Senior Center

Note: Participants of all levels are welcome! Four classes held, meeting every other week.

Dates we will meet: Wednesdays: September 23rd; October 7th; October 21st, and November 4th.

Time: Depart Senior Center at 12:30 PM and return at 3:30 PM

Cost: \$40

Registration Number: 402762-01

Work Out Partners: Registration Number: 402585-01

Get paired up with an ARO staff or volunteer to develop a workout plan and have weekly meet ups based on a predetermined but flexible schedule with you and your partner. You and your partner will be able to access one of the many Parks and Recreation Centers to work use strength training, cardiovascular and aquatic exercise equipment and space.

Age: 16 years & older

Cost: \$20

Match up meeting location: Senior Center

Match up meeting held on Thursday, September 10th from 5:00-6:30 PM

Registration Number: 402585-01

Adaptive Ice Skating: Registration Number: 410356; with 2 sections

Basic skills are introduced and accommodations made to meet your needs. Skill improvement and fun is the focus; all abilities welcome. No class held on 11/28.

Age: 8 and older

Location: Edora Pool and Ice Center (EPIC)

Time: 9:45-10:15 A.M.

Cost: \$45.

Dates: Saturdays, September 12th to October 17th ;

Registration Number: 410356-01

AND

Saturdays, October 24th to December 12th;

Registration Number: 410356-02

Artistic Abilities

Art with purpose: Create a variety of unique pieces of art with a goal of selling items at the holiday market in Old Town Fort Collins. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities.

Age: 13 years and older

Dates: Thursdays, September 24th to November 12th

Time: 4:00-6:00 PM

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

Cost: \$50

Registration: 402990-01

Adaptive Yoga: Registration number: 402980 with 2 sections

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 neuromuscular disorders and is adapted to each person's physical needs for a relaxing, centering hour of yoga.

Age: 18 years & up

Location: Raintree Athletic Club

Note: Class is partially discountable.

Class will not be held on November 26th.

Times: 1:00-2:00 PM

Cost: \$45

Dates: Thursdays, September 10th to October 15th:

Registration Number: 402980-01

AND

Thursdays, October 22nd to December 3rd

Registration number: 402980-02

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with any ability level. Attendants are welcome for personal assistance out of the water.

Registration deadline: 1 week prior to start date.

Age: 3 years & up

Location: Edora Pool Ice Center

Cost: 6 weeks for \$40

Note: Class will not be held on 11/24 or 11/26.

8 class offerings are listed below:

September 15th – October 22nd:

Tuesdays: 4:15 to 4:45 P.M. Cost: \$40 Registration Number: 402326-01
Tuesdays: 4:55 to 5:25 P.M. Cost: \$40 Registration Number: 402326-02
Thursdays: 4:55 to 5:25 P.M. Cost: \$40 Registration Number: 402326-03
Thursdays: 5:40 to 6:10 P.M. Cost: \$40 Registration Number: 402326-04

October 27th-December 10th:

Tuesdays: 4:15-4:45 P.M. Cost: \$40 Registration Number: 402326-05
Tuesdays: 4:55-5:25 P.M. Cost: \$40 Registration Number: 402326-06
Thursdays: 4:55-5:25 P.M. Cost: \$40 Registration Number: 402326-07
Thursdays: 5:40-6:10 P.M. Cost: \$40 Registration Number: 402326-08

Theatre Acting Workshop: Registration Number: 402593-01

Learn to express yourself on stage! We will have fun with theater games, improvisation and skits. This workshop is designed for people with and without disabilities.

Age: 14 years and older

Location: Senior Center

Date: Saturday, October 31st

Time: 1:00 to 4:00 P.M.

Cost: \$15

Registration Number for Theatre Acting: 402593-01

PROGRAMS FOR YOUTH:**Giant Friends Special Event:**

No registration required – this is a free event.

The Giant Friends Club (GFC) is the coolest club for children, inspired by the spirit and magic of Inspiration Playground! This club brings together children of all abilities to play, learn about each other, and build friendships. The theme for this event is "Music and Rhythm"!

Age: All

Location: Inspiration Playground

Date: October 16th; **Time:** 10:30 A.M. to 12:30 P.M.

Note: This event is provided free with support from the Inspiration Playground Endowment Fund.

Youth Movement, Sensory, & Play

Develop skills surrounding gross motor movement and spatial awareness in a fun and welcoming environment!

Age: 5 to 8 years old

Location: Northside Aztlan Center

Note: Class will not be held on 11/25.

Dates: Wednesdays, October 28th to December 2nd

Time: 4:30 to 5:30 P.M.

Cost: \$18

Registration Number: 402065-01

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

ARO Contact Information:

Renee Lee, CTRS: Therapeutic Recreation Supervisor: 970.224.6027; Email: rlee@fcgov.com

Becca Heinze, CTRS: Therapeutic Recreation & Volunteer Coordinator: 970.224.6125; Email: bheinze@fcgov.com

Brenda McDowell: Adaptive Recreation Coordinator: 970.416.2024; Email: bmcdowell@fcgov.com

Alison Cope, OTR: acope@frii.com

Chelsea McGowen, CTRS: Program Manager: 970.221.6330; Email: cjm7612@alum.uncw.edu