



# October 2015

## Adaptive Recreation Opportunities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p style="text-align: center;"><b>QUESTIONS?</b> Please contact us!</p> <p><b>Renee Lee:</b> (970) 224-6027, <a href="mailto:rlee@fcgov.com">rlee@fcgov.com</a>  <b>Becca Heinze:</b> (970) 224-6125, <a href="mailto:bheinze@fcgov.com">bheinze@fcgov.com</a>  <b>Brenda McDowell:</b> (970) 416-2024, <a href="mailto:bmcdowell@fcgov.com">bmcdowell@fcgov.com</a>  <b>ARO Leaders &amp; Interns:</b> (970) 224-6034, <a href="mailto:aro@fcgov.com">aro@fcgov.com</a></p> <p><b>Register at any of the following Recreation Centers:</b>            Northside Aztlan Community Center            (NACC) (970) 221-6256            Senior Center (SC) (970) 221-6644            Edora Pool Ice Center (EPIC) (970) 221-6683            Mulberry Pool (MP) (970) 221-6657</p>						<p><b>1</b></p> <p style="text-align: center;"><u><b>MS Aqua</b></u> 9:30-10:30 AM (MP)</p> <p style="text-align: center;"><u><b>Adaptive Yoga</b></u> <i>Week 4 of 6</i> 1:00-2:00 PM Raintree Athletic Club (RAC)</p> <p style="text-align: center;"><u><b>Artistic Abilities</b></u> <i>Week 2 of 8</i> 4:00-6:00 PM (CSU)</p> <p style="text-align: center;"><u><b>Adaptive Swim</b></u> <i>Week 3 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)</p>	<p><b>2</b></p>	<p><b>3</b></p> <p style="text-align: center;"><u><b>Adaptive Ice Skate</b></u> <i>Week 4 of 6</i> 9:45-10:15 AM (EPIC)</p> <p style="text-align: center;"><u><b>Bowling</b></u> <i>Week 2 of 6</i> 10:00-11:00 AM Chipper's Lanes on N. College (CL-N)</p> <p style="text-align: center;"><u><b>Unified Volleyball</b></u> <i>Week 2 of 8</i> 10:00 AM- 2:00 PM Foothills Gateway (FG)</p> <p style="text-align: center;"><i>NE Area Special Olympics Flag Football Tournament at Fossil Ridge High School, Fort Collins</i></p>
<b>4</b>	<b>5</b>	<p><b>6</b></p> <p style="text-align: center;"><u><b>MS Aqua</b></u> 9:30-10:30 AM (MP)</p> <p style="text-align: center;"><u><b>Adaptive Swim</b></u> <i>Week 4 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC)</p> <p style="text-align: center;"><u><b>Wheelchair Rugby</b></u> <i>Week 4 of 12</i> 6:00-8:00 PM (NACC)</p>	<p><b>7</b></p> <p style="text-align: center;"><u><b>Guided Outdoor Adventures</b></u> <i>2 of 4</i> 12:30-3:30 PM (SC)</p> <p style="text-align: center;"><u><b>Adaptive Archery</b></u> <i>Week 5 of 6</i> 4:30-5:45 PM Prospect Archery Range</p>	<p><b>8</b></p> <p style="text-align: center;"><u><b>MS Aqua</b></u> 9:30-10:30 AM (MP)</p> <p style="text-align: center;"><u><b>Adaptive Yoga</b></u> <i>Week 5 of 6</i> 1:00-2:00 PM (RAC)</p> <p style="text-align: center;"><u><b>Artistic Abilities</b></u> <i>Week 3 of 8</i> 4:00-6:00 PM (CSU)</p> <p style="text-align: center;"><u><b>Adaptive Swim</b></u> <i>Week 4 of 6</i> 4:55-5:25, 5:40-6:10 PM (EPIC)</p> <p style="text-align: center;"><u><b>Hot and Tasty Cooking</b></u> <i>1 of 2</i> 6:30-8:00 PM (SC)</p>	<b>9</b>	<p><b>10</b></p> <p style="text-align: center;"><u><b>Adaptive Ice Skate</b></u> <i>Week 5 of 6</i> 9:45-10:15 AM (EPIC)</p> <p style="text-align: center;"><u><b>Unified Volleyball</b></u> <i>Week 3 of 8</i> 10:00 AM- 2:00 PM (FG)</p> <p style="text-align: center;"><i>NE Area Special Olympics Bowling Tournament in Greeley</i></p>		



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12 <b><u>Restaurant Night</u></b> 5:45-8:00 PM Depart from SC	13 <b><u>MS Aqua</u></b> 9:30-10:30 AM (MP)  <b><u>Adaptive Swim</u></b> <i>Week 5 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC)  <b><u>Wheelchair Rugby</u></b> <i>Week 5 of 12</i> 6:00-8:00 PM (NACC)	14 <b><u>Adaptive Archery</u></b> <i>Week 6 of 6</i> 4:30-5:45 PM Prospect Archery Range	15 <b><u>MS Aqua</u></b> 9:30-10:30 AM (MP) <b><u>Adaptive Yoga</u></b> <i>Week 6 of 6</i> 1:00-2:00 PM (RAC) <b><u>Artistic Abilities</u></b> <i>Week 4 of 8</i> 4:00-6:00 PM (CSU) <b><u>Adaptive Swim</u></b> <i>Week 5 of 6</i> (EPIC) 4:55-5:25, 5:40-6:10 PM <b><u>Hot and Tasty Cooking</u></b> <i>2 of 2</i> 6:30-8:00 PM (SC)	16 <b><u>Giant Friends Club</u></b> <b><u>Special “Music and Rhythm” Event</u></b> 10:30 AM-12:30 PM Inspiration Playground FREE	17 <b><u>Adaptive Ice Skate</u></b> <i>Week 6 of 6</i> 9:45-10:15 AM (EPIC)  <b><u>Bowling</u></b> <i>Week 4 of 6</i> 10:00-11:00 AM (CL-N)
18 <i>NE Area Special Olympics Volleyball Tournament in Boulder</i>	19	20 <b><u>MS Aqua</u></b> 9:30-10:30 AM (MP) <b><u>Adaptive Swim</u></b> <i>Week 6 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC) <b><u>Wheelchair Rugby</u></b> <i>Week 6 of 12</i> 6:00-8:00 PM (NACC)	21 <b><u>Guided Outdoor Adventures</u></b> <i>3 of 4</i> 12:30-3:30 PM (SC)	22 <b><u>MS Aqua</u></b> 9:30-10:30 AM (MP) <b><u>Adaptive Yoga</u></b> <i>Week 1 of 6</i> 1:00-2:00 PM (RAC) <b><u>Artistic Abilities</u></b> <i>Week 5 of 8</i> 4:00-6:00 PM (CSU) <b><u>Adaptive Swim</u></b> <i>Week 6 of 6</i> (EPIC) 4:55-5:25, 5:40-6:10 PM	23 <b><u>Distortions Halloween</u></b> 3:00-8:00 PM Depart from SC	24 <b><u>Adaptive Ice Skate</u></b> <i>Week 1 of 7</i> 9:45-10:15 AM (EPIC) <b><u>Bowling</u></b> <i>Week 5 of 6</i> 10:00-11:00 AM (CL-N) <b><u>Unified Volleyball</u></b> <i>Week 5 of 8</i> 10:00 AM- 2:00 PM (FG)
25	26	27 <b><u>MS Aqua</u></b> <b><u>Adaptive Swim</u></b> <i>Week 1 of 6</i> 4:15-4:45, 4:55-5:25 PM (EPIC) <b><u>Wheelchair Rugby</u></b> <i>Week 7 of 12</i> 6:00-8:00 PM (NACC) <b><u>Movie Night</u></b> 6:00-9:00 PM Depart from SC	28 <b><u>Movement, Sensory &amp; Play</u></b> <i>Week 1 of 5</i> 4:30-5:30 (NACC)	29 <b><u>MS Aqua</u></b> <b><u>Adaptive Yoga</u></b> <i>Week 2 of 6</i> 1:00-2:00 PM (RAC) <b><u>Artistic Abilities</u></b> <i>Week 6 of 8</i> 4:00-6:00 PM (CSU) <b><u>Adaptive Swim</u></b> <i>Week 1 of 6</i> (EPIC) 4:55-5:25, 5:40-6:10 PM <b><u>CSU Volleyball</u></b> 6:15-10:00 PM (SC)	30 <b><u>Chills and Thrills Dance</u></b> 6:00-8:00 PM (SC) <i>No pre-registration; tickets sold for \$3.50 at the front desk</i>	31 <b><u>Adaptive Skate</u></b> <i>Week 2 of 7</i> 9:45-10:15 AM (EPIC) <b><u>Bowling</u></b> <i>Week 6 of 6</i> 10:00-11:00 AM (CL-N) <b><u>Unified Volleyball</u></b> <i>Week 6 of 8</i> 10:00 AM- 2:00 PM (FG) <b><u>Theatre Acting Workshop</u></b> 1:00-4:00 PM (SC)

The City of Fort Collins will make reasonable accommodations for access to City services, programs and activities. For accessibility assistance, call 970.224.6027 or email [rllee@fcgov.com](mailto:rllee@fcgov.com)



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