



Fort Collins Winter 2016

Arts and Crafts

Artistic Abilities 2-D Art

Participants will learn 2-D 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

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

Note: See www.artisticabilities.org or contact Alison Cope at acope@frii.com for more info.

2/10-3/9 W 4:00-6:00 PM \$32 102990-01

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 or other neuromuscular disorders and adapted for people of all physical abilities.

Age: 18 years & up

Instructor: Faith Brandt

Location: Raintree Athletic Club, 2555 S. Shields

Note: For more information, contact Renee Lee, (970) 224-6027, rllee@fcgov.com. No drop in rate, class partially discountable.

2/4-3/10 Th 1:00-2:00 PM \$45 102980-01

Workout 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.

Age: 16 years & up

Location: Northside Aztlan Center

Match Up Meeting 2/17 Wed. 5:30-6:30 PM \$20 102585-01

MS Aqua Fitness

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, (970) 224-6125 or rheinze@fcgov.com. Fee is for a 16 visit punch pass.

1/5-3/10 Tu,Th 9:30-10:30 AM \$43 per 16 punch pass

Outdoors

Adaptive Ski Trip- Breckenridge

Take a trip to the fantastic Breckenridge Outdoor Education Center (BOEC) Adaptive Ski program and have the time of your life. BOEC will provide individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. Note: Attendants are welcome at no charge. For more info, contact Renee Lee, (970) 224-6027, rllee@fcgov.com.

Age: 16 years & up

BOEC-Breckenridge

Location: Leave from the Sr Center

3/6 Su 5:45 AM-7:30 PM \$138 102432-03



Ignite Adaptive Ski Trips

Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket and adapted equipment will be provided.

Ages: 14 and up

Location: Leave from the Sr. Center

Downhill/Snowboard

1/24	Su	7:30 AM-5:30 PM	\$120	102431-01
1/31	Su	7:30 AM-5:30 PM	\$120	102431-02
2/7	Su	7:30 AM-5:30 PM	\$120	102431-03
2/21	Su	7:30 AM-5:30 PM	\$120	102431-04
2/28	Su	7:30 AM-5:30 PM	\$120	102431-05

Bi-Ski Lessons

1/24	Su	7:30 AM-5:30 PM	\$120	102431-06
1/31	Su	7:30 AM-5:30 PM	\$120	102431-07
2/7	Su	7:30 AM-5:30 PM	\$120	102431-08
2/21	Su	7:30 AM-5:30 PM	\$120	102431-09
2/28	Su	7:30 AM-5:30 PM	\$120	102431-10

Nordic Ski/Snowshoe

1/24	Su	7:30 AM-5:30 PM	\$100	102431-11
1/31	Su	7:30 AM-5:30 PM	\$100	102431-12
2/7	Su	7:30 AM-5:30 PM	\$100	102431-13
2/21	Su	7:30 AM-5:30 PM	\$100	102431-14
2/28	Su	7:30 AM-5:30 PM	\$100	102431-15

NSCD Youth Ski Trips

The National Sports Center for the Disabled in Winter Park is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided.

Age: 10-17 years

Location: Mountain View High School

Note: Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschoools .

3/14	M	6:00 AM-6:00 PM	\$90	202933-01
4/5	T	6:00 AM-6:00 PM	\$90	202933-02

Sports

Adaptive Boccia

Boccia is a paralympic sport, adapted for athletes with physical disabilities. Played indoors on a smooth surface, you can throw, kick or use an assistive device to propel leather balls close to a target ball. Boccia tests your coordination, concentration, ability to strategize, but most important, it's a lot of fun!

Age: 18 years & up

Location: Senior Center

1/25-3/7	M	11:00 AM-12:00 PM	\$15	1027464-01 or \$3 drop in fee each week
----------	---	-------------------	------	---

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

2/16-3/8	Tu	6:00-8:00 PM	\$10	102560-01
----------	----	--------------	------	-----------

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, Cycling, Boccia and iRest Yoga sessions will be offered. Contact Renee Lee to get a Winter 2016 schedule of programs.

