



Adaptive Recreation Opportunities
Aiming for Independence

VOLUNTEER

ADAPTIVE RECREATION OPPORTUNITIES FOR VOLUNTEERS - FALL 2016

New Student/Volunteer Training

Orientation: Tuesday, 8/30, 11:00-12:30 PM
215 N. Mason St, 3rd floor– Conference Room 3C
ARO requires new students and volunteers to attend an initial orientation to learn about ARO policies and procedures and to complete an application, pass a background check and sign a confidentiality agreement.

Volunteer minimum age is 18, unless otherwise noted (see unified & youth activities).

Ability Awareness: Thursday, September 1st, 5:30-7:30 PM 215 N. Mason St., 1st Floor – Community Room.

Please [RSVP](#) to Becca Heinze.

Contact Information

Renee Lee, CTRS: ARO Supervisor: 970.224-6027 or rlee@fcgov.com

Becca Heinze, CTRS: Therapeutic Recreation Coordinator:

970-224-6125 or bheinze@fcgov.com

Brenda McDowell, ARO Coordinator:

970.416.2024 or bmcdowell@fcgov.com

Alison Cope, OTR: acope@frii.com

Chelsea McGowen, CTRS: Program Manager:

970.224.6330 or cjm7612@alum.uncw.edu

SPECIALIZED PROGRAMS

The following programs are designed for the unique needs of people with disabilities, but are open to all. No experience is necessary and training is provided.

Work Out Partners

Work outs will be set at a time and day that is pre-determined but flexible for 10 weeks to improve strength, cardiovascular fitness and endurance using exercise bands, weights, mats, fit balls, and more!

Match up meeting & Training: Thursday 9/15, 5:00-6:30 PM; Senior Center

Location: dates/times/locations are scheduled by you/your partner @ the match-up!

Coordinator: Renee Lee

Adaptive Swim Lessons

With guidance from a Water Safety Instructor, volunteers work in a 1:1 setting with a participant to develop basic to more advanced swimming skills.

Tuesdays, 9/13-11/29, 4:15-6:00 and/or

Thursdays, 9/15 -12/01, 4:15-6:00

Class will not be held on 11/22 or 11/24.

Location: Mulberry Pool; 424 W Mulberry Street

Training: Tuesday, 9/6 4:30-6:30 PM



MS Aqua

Exercise and assist individuals with Multiple Sclerosis and other neurological disorders in the swimming pool while gaining an understanding of the therapeutic properties of water exercise.

Tues & Thurs, 9/6–12/22, 9:15-10:45 AM. (Skip 11/22, 11/24.)

Coordinator: Becca Heinze

Location: Mulberry Pool

Training: Tuesday, 8/30, 9:30-11:00 AM, ARO office (215 North Mason St., 3rd Floor)

Theatre Acting Class

Assist with fun theater games, improvisation and skits.

Tuesdays, 11/1-11/15, 4:00-6:30 PM

Instructor: Alison Cope

Location: Senior Center

Training: TBA



UNIFIED SPORTS

Players with and without disabilities play against other inclusive sports teams.. For more information or to volunteer, contact Brenda McDowell.

Adult Unified Flag Football

Season includes practices and scrimmages.

Note: Volunteers are needed to play as partners at the Special Olympics Northeast Area Tournament at Fossil Ridge High School in Fort Collins on Saturday, October 1st.

Mondays, 8/15-9/26 (skip 9/5), 5:15-6:45 PM

Volunteer age: 16 years & up

Coordinator: Brenda McDowell

Location: City Park

Training: First day at 5:00 PM

Youth Unified Flag Football

Assist with coaching individuals ages 8-21 of all abilities on unified teams.

Mondays, 8/15-9/26 (skip 9/5) 4:00-5:30 PM

Volunteer age: 8 - 21 years

Coordinator: Brenda McDowell

Location: City Park

Training: First day at 3:45 PM

Adult Unified Volleyball

Play and assist on a unified team made up of people ages 16 and older of all abilities.

Sat, 10/1-11/12, 9:45 AM -2:15 PM

Note: Volunteers are needed to play as partners at the Special Olympics Northeast Area Tournament on Sunday, 10/16/16, Location TBA. Coordinator: Brenda McDowell

Volunteer age: 16 years and up

Location: Foothills Gateway

Training: First day of program



Movement & Sensory Play

Help youth 3-8 years old to develop gross motor movement and spatial awareness in a fun and welcoming environment!

Weds, 10/19–11/16, 4:00-5:45 PM,

Volunteer Age: 15 years and older

Coordinator: Brenda McDowell

Location: Foothills Activity Center

G.F.C. Special Event

The Giant Friends Club (G.F.C.) 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 "sports".

Friday, 9/23, 9:30 AM–1:00 PM

Volunteer Age: 16+

Location: Spring Canyon Park: **Inspiration Playground**

Adaptive Skating

Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun are the focus.

Saturdays, 9/10–10/15 & 10/22 – 12/10, 9:30–10:30 AM. (Skip 11/26)

Coordinator: Becca Heinze

Location: Edora Pool Ice Center

Adaptive Yoga

You will assist participants in 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.

Thursdays, 9/8–12/1, 1:15-2:45 PM (Skip 11/24)

Location: Raintree Athletic Club

Training: Tuesday, 8/30, 9:30 – 11:00 AM, @ ARO: 215 North Mason St., 3rd Floor

Check out our webpage: fcgov.com/aro





PARALYMPIC SPORTS CLUB-FORT COLLINS

involves programming for youth and adults with physical, visual

disabilities, & veterans in sports & physical activity.

Adaptive Archery

Work with individuals ages 8 and older who have varying abilities. This class will teach the basics of safely shooting a bow and arrow. Classes will be held outside at the archery range off of the Prospect frontage road or at the Rocky Mountain Archery indoor range.

Weds, 9/14-10/05, 4:15-6:00 PM

Coordinator: Renee Lee

Location: Outdoor Archery Range

Training: First day at 3:30 PM

Wheelchair Rugby

Assist with this action packed adaptive sport for individuals ages 14 and older with physical disabilities. Volunteer roles include set-up, equipment maintenance, reffing, scorekeeping, timing and possibly even playing!

Tuesdays, 5:30-8:30 PM, 9/27-12/6.

(Skip 11/22)

Coordinator: Renee Lee

Location: Northside Aztlan Center

Training: 9/27 @ 5:00 PM at NACC



Adaptive Boccia

Boccia is a Paralympic sport adapted for athletes with physical disabilities. Played indoors on a smooth surface, boccia tests your coordination, concentration, and ability to strategize.

Mondays, 9/26-12/5, 10:45 AM – 12:45 PM; (Skip 11/21)

Coordinator: Renee Lee

Location: Foothills Activity Center

INCLUSION SUPPORT PARTNER

Serve as an inclusion support facilitator for an individual with a disability in a general recreation class. Requests are received on a weekly basis. Contact [Becca Heinze](mailto:Becca.Heinze@fcgov.com), Volunteer Coordinator for additional information.

(AP) ALTERNATIVE PROGRAMS

Activities listed in this section are designed for adults ages 18 and over with intellectual disabilities. Alternative programs focus on fun and community involvement, and are designed to enhance confidence and social skills. We rely heavily on volunteer involvement for the success of these experiences. All classes meet at the Senior Center, 1200 Raintree Drive, unless otherwise noted. Times indicated are for staff/volunteers, and differ from the program time in the "Recreator".

Thanksgiving Feast

Friday, 11/18. 9:00 AM to 8:30 PM.

Volunteer roles include musicians, set-up, clean-up, food prep, serving, and table hosts! Shift lengths are approx. 2 hours, unless a longer shift is requested. Contact Becca Heinze, 224-6125 or bheinze@fcgov.com to be a part of this highly anticipated event!

AP Cooking

Support participants while they learn independent cooking skills. Coordinator: Becca Heinze

Farm Fresh: Wednesday, 9/7, 6:00-8:30 PM

Soup du jour: Wednesdays, 10/5 & 10/19, 6:00-8:30 PM

Savor the Season: Thursday, 11/17, 6:00-8:30 PM

Winter Warmers: Wednesday, 11/30. 6:00-8:30 PM

AP Restaurant Nights

Travel with a group to a restaurant for dinner to enjoying a night out on the town. \$12 dinner reimbursement included.

Wednesday, 9/28, 5:30-8:15 PM

Wednesday, 10/26, 5:30-8:15 PM

Wednesday, 11/9, 5:30-8:15 PM

AP Movie Nights

Travel with a group to a local theatre to watch a movie on the big screen. Movie ticket cost can be included for volunteers.

Tuesday, 9/13, 6:00-9:45 PM

Monday, 10/17, 6:00-9:45 PM

Monday, 11/7, 6:00-9:45 PM

Monthly Themed Dances

Dances are large fun-filled events based on a particular theme. Dressing for the theme is highly encouraged. Volunteer roles include dancing, mingling, serving snacks and being a positive role model.

Friday, 9/30 **Gone Country**, 5:30-8:30 PM

Friday, 10/28 **Hallo-Scream**, 5:30-8:30 PM

Friday, 11/18 **Happy Harvest**, 5:30-8:30 PM

Coordinator: Brenda McDowell, bmcdowell@fcgov.com or 970-416-2024.

Harvest & Halloween Crafts

Support participants in the creation of decorative crafts for fall events.

Tuesdays, 10/11-10-18 (2 weeks), 3:30 PM – 5:45 PM

Location: Senior Center

Coordinator: Alison Cope; acope@frie.com

AP Bowling

This is a program designed for any skill level and emphasizes FUN! Volunteer roles include but are not limited to lane assignments, operating the score system, cheering on participants and keeping the flow of the program.

NOTE: Volunteers are needed to assist with chaperoning during the Special Olympics Northeast Area Tournament. A Special Olympics Volunteer Application must be completed.

Saturdays, 9/17-10/29 10:15- 11:45 AM

Coordinator: Brenda McDowell

Location: Chipper's Lanes North

AP Billiards Tournament

Participants will play pool and earn prizes. Volunteers help as a player, with set up and clean up.

Friday, 11/4 5:45-8:15 PM



AP TRIPS AND TRAVEL

Hiking & Outdoor Safety:

Saturday, 9/24, 8:30 AM-4:30 PM

Co-op Weekend Camp @ Cheley Camp, Estes Park: Fri-Sun, 10/7-10/9

Haunted Fort Tour: Wednesday, 10/12, 5:30 –9:15 PM

CSU Volleyball Game: Saturday, 10/29, 12:30-4:30 PM

Lunch & Theatre Outing: *Sleeping Beauty*:

Sunday, 11/20, 11:15 - 5:15 PM

CSU Football Game:

Saturday, 9/10, 11:45 AM-5:15 PM

