

**Adaptive Recreation Opportunities (A.R.O.)
Fort Collins, Colorado, Parks and Recreation Division
Specialized Summer Program Offerings
Offered June through August 2016**

Spring Registration is open on May 12th at 7:00 A.M. Please reach out to us if you are interested in any Recreator classes, and would like accommodations, or transition support to enjoy your recreational pursuits. Our contact phone numbers and emails are at the end of this document.

The Adaptive Recreation Opportunities (ARO) programs provide quality and equal opportunities for recreation and leisure programs to community members with accommodation or adaptation needs. 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.

NEW INFORMATION:

The following Link will take you to the Recreator home page. There are several versions of the Recreator, including a downloadable text only version of the Recreator: <http://www.fcgov.com/recreator/>. This was also emailed out as a Microsoft Word Attachment.

Below is a link to access the new Recreator app to read the current season catalog from your mobile device: <https://itunes.apple.com/us/app/fc-recreator/id472791686?mt=8>

OUTDOOR RECREATION PROGRAMS include Watersports Days, Waterskiing, and Whitewater Rafting:

Experience the freedom and beauty of boating! This event features canoes, kayaks, sailboats, and paddleboards, for people with disabilities, and their friends and family. Equipment and expertise provided by Adaptive Adventures, Baby Seal Stand UP Paddleboards, and A.R.O. Guide partners available. **NOTE:** Food included. Rides from the Senior Center arranged as needed for each section. Three sections are detailed below: **ADAPTIVE WATER SPORTS DAY: LOCATION:** Horsetooth Reservoir South Bay Pavilion. **DATE/TIME:** Wednesday, June 29th from 10:00 AM-1:30 PM. **COST:** \$25. **REGISTRATION CODE:** 302973-01.

Kayak & SUP: LOCATION: Lonetree State Wildlife Area **DATE/TIME:** Wednesday, July 27th from 4:30-7:30 PM. **COST:** \$22. **REGISTRATION CODE:** 302973-02.

Multi-Sport Day: LOCATION: Horsetooth Reservoir South Bay Pavilion. **DATE/TIME:** Wednesday, August 31st, from 4:00-7:30 PM. **COST:** \$22. **REGISTRATION CODE:** 302973-03.

ADAPTIVE WATERSKIING: Learn how to waterski or improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and/or visual impairments. Adaptive ski equipment and instruction provided. Guide partners available. **AGES:** 12 and older. **LOCATION:** Depart from Senior Center. **DATES:** Tuesdays: June 28rd, July 19th, August 2nd, and August 16th. **TIMES:** 7:00 A.M. to 12:30 P.M. **COST:** \$60. **REGISTRATION NUMBER:** 302937-01.

POUDRE RAFT TRIP: Raft the scenic Poudre River for a fun, six-mile trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure. **NOTE:** Registration deadline is July 13th. **AGE:** 16 years & up. **LOCATION:** Leave from Senior Center. **DATE/TIME:** Saturday, July 16th from 7:30 AM to 1:30 PM. **COST:** \$60. **REGISTRATION CODE:** 302938-01. Attendants can register with code: 302938-1A for \$55.00.

ARO INSTRUCTIONAL FITNESS & WELLNESS PROGRAMS Include Swimming, MS Aqua, Ice Skating, and Yoga. These are detailed below:
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 physical disabilities and is adapted to each person's physical needs for a relaxing, centering hour of yoga. **NOTE:** Class is partially discountable. **AGE:** 18 years & up. **LOCATION:** Raintree Athletic Club. **COST:** \$38. Two sections are offered. Section 1: **DATE/TIME:** Thursdays, June 9th to July 7th from 1:30-2:30 PM. **REGISTRATION CODE:** 302980-01. Section 2: Thursdays, July 14th to August 11th from 1:30 to 2:30 PM. **REGISTRATION CODE:** 302980-02.

ADAPTIVE SWIM LESSONS: Beginner to advanced swimmers have 1:1 support, and guidance from a certified WSI. Attendants are welcome for personal assistance out of the water. Registration deadline is 1 week prior to start date. **LOCATION:** Mulberry Pool. **AGE:** 3 years & up. **COST:** 6 classes for \$36. Three class sections are listed below:

Section 1: Tuesdays, June 14th to July 19th from 9:00-9:30 A.M.

REGISTRATION CODE: 302326-01. **Section 2:** Thursdays, June 16th to July 21st from 9:00-9:30 A.M. **REGISTRATION CODE:** 302326-02. **Section 3:**

Tuesdays and Thursdays from July 26th to August 11th from 9:00-9:30 A.M.

REGISTRATION CODE: 302326-03. **NOTE:** Section 3 is a condensed schedule with classes held 2 days weekly for 3 weeks.

MS AQUA: Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff provide exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility. **NOTE:** Fee provides a 16 visit pass. Please bring an attendant for assistance with personal care, if needed. **AGE:** 18 years & up. **LOCATION:** Mulberry Pool. **DATES/TIMES:** Tuesdays and Thursdays, June 2nd to August 30th from 10:30 to 11:30 A.M. **COST:** \$44.00. **REGISTRATION CODE:** 302228-01.

ADAPTIVE ICE SKATING: Basic to advanced skills are introduced and adaptive equipment is available to meet your individual skating goals. All abilities welcome. Class is discountable. Basic skills are introduced and adaptive equipment and techniques are provided. Skill improvement and fun will be the focus in class. All abilities are welcome. **NOTE:** Please bring an attendant if you need assistance off the ice. **AGE:** 8 and older. **LOCATION:** Edora Pool Ice Center (EPIC). **DATES/TIMES:** Session 1: Tuesdays, June 7th to June 28th from 6:00 to 6:30 P.M. **REGISTRATION CODE:** 310356-01. **Session 2:** Tuesdays, July 12th to August 2nd, 6:00 to 6:30 P.M. **REGISTRATION CODE:** 310356-02. **COST:** \$40

ARTS/THEATRE PROGRAMS: Include Artistic Abilities and PHAMALY Performance:

PHAMALY PERFORMANCE: Physically Handicapped Actors and Musical Artists is a professional performing arts troupe of multitalented actors who have physical disabilities. Join us to watch the extraordinary performance “Evita”. This matinee features a backstage and tactile tour. Note: Lunch is included.

LOCATION: Transportation to and from the Senior Center. **DATE:** Sunday, July 24th from 9:00 A.M. to 6:00 P.M. **AGE:** 16 years and older
FEE: \$42. **REGISTRATION CODE:** 302937-01; Registration deadline is July 15th.

ARTISTIC ABILITIES: Art with purpose: Create a variety of unique pieces of art. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities. **LOCATION:** TBA.
DATES: Tuesdays, June 7th to July 5th, 4:00 PM-6:00 P.M. **AGE:** 13 years and older. **COST:** \$36.00. **REGISTRATION CODE:** 302990-01.

PROGRAMS JUST FOR YOUTH:

GIANT FRIENDS CLUB: Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts, and more are planned for a gigantic good time!
AGE: Children ages 4 years to 10 years old. **LOCATION:** Spring Canyon Community Park, Tennis Shelter. **DATES/TIMES:** Fridays, July 8th to August 5th from 10: 00 AM-Noon. **COST:** \$33. **REGISTRATION CODE:** 302974-01.

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. For your information; when you register for a Senior Center Trip, which are for people 50 years and older, you can request door to door transportation for an additional \$3 per person. These opportunities are listed on pages 107-111 in the Summer Recreator. Contact 221-6644 for information, or to register and reserve your transportation. Link to Text only Recreator:

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. Link to complete online

Profile Form: <http://www.surveymoz.com/s3/1594788/ARO-Passport-to-Recreation>

Veteran Programs

If you are a veteran, or have a friend who is interested in opportunities, then please contact Renee Lee for a current schedule of specialized, free Veteran programs including iRest Yoga, Aquatic fitness, Bocchia, and Adaptive water sports of paddling, sailing, waterskiing, and stand up paddle boarding.

ARO Contact Information:

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