

The Adaptive Recreation Opportunities program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through the following three basic service areas.

INCLUSION

The City of Fort Collins welcomes individuals of all abilities to fully participate in classes and programs listed in the Recreator. If you are interested in participation support, indicate any accommodations or adaptations that you may need when you register. Note: Requests should be made at least two weeks before the class begins by contacting Renee Lee at 970.224.6027, rlee@fcgov.com.

TRANSITION

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the *Transition* program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. Call (970) 224-6027.

SPECIALIZED PROGRAMS

Designed to meet the unique needs of individuals with physical, intellectual, and/or emotional disabilities. ARO programs include trained staff, modifications, and adaptive equipment to provide for optimal participation and quality experiences. Alternative Programs are specialized programs designed for adults with intellectual disabilities, focused on community activities and social outings. You can find them in the Recreator brochure. www.fcgov.com/recreator (pg. 16)

VOLUNTEERS NEEDED

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary, training is provided. Join us for fun and adventure! Call 224-6125.

CHECK OUT OUR WEBSITE!

www.fcgov.com/ARO
For additional information, please feel free to contact the ARO staff.
Renee Lee, CTRS,
970-224-6027, rlee@fcgov.com

Becca Heinze, CTRS, MA S.Ed
970-224-6125, bheinze@fcgov.com

Brenda McDowell, Unified Sports Coordinator
970-416-2024, bmcdowell@fcgov.com

Alison Cope, MS, OTR , Recreation Specialist
acope@frij.com

Chelsea McGowen, CTRS, 970-224-6034,
aro@fcgov.com

SPECIAL EVENTS

Giant Friends Special 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 “SPORTS”.

Age: All
Location: Inspiration Playground at Spring Canyon Park
9/23 F 10:30 AM–12:30 PM No Fee

AQUATICS

MS Aqua

Designed for people with multiple sclerosis and other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. Exercises focus on maximizing or maintaining physical wellbeing, endurance, strength, and flexibility. **Note:** Please bring an attendant for assistance with personal care, if needed. Class will not be held 11/22, 11/24.

Age: 18 years & up
Location: Mulberry Pool
9/6–12/22 Tu,Th 9:30–10:30 AM \$44 for 16 class pass

Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on individual goals. Attendants are welcome for personal assistance in/out of the water.



Age: 3 years & up
Location: Mulberry Pool
Note: Registration cut-off for sections 01–04 is 9/7.
9/13–10/18 Tu 4:30–5:00 PM
\$36 402326-01
9/15–10/20 Th 4:30–5:00 PM
\$36 402326-02
9/13–10/18 Tu 5:10–5:40 PM
\$36 402326-03
9/15–10/20 Th 5:10–5:40 PM
\$36 402326-04
Note: Registration cut-off for sections 05–08 is 10/21.
Class will not be held on 11/22, 11/24.
10/25–11/29 Tu 4:30–5:00 PM
\$36 402326-05
10/27–12/1 Th 4:30–5:00 PM
\$36 402326-06
10/25–11/29 Tu 5:10–5:40 PM
\$36 402326-07
10/27–12/1 Th 5:10–5:40 PM
\$36 402326-08

ARTS AND CRAFTS

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. This class is open to people of all abilities with an emphasis on accommodations for various challenges and disabilities.

Age: 13 years & up
Location: Colorado State University, Visual Arts Building, Room D102
9/22–11/10 Th 4:00–6:00 PM \$50 402990-01

EARLY LEARNING

Movement, Sensory, & Play

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

Age: 3–8 years
Location: Foothills Activity Center
10/19–11/16 W 4:30–5:30 PM \$18 402065-01

FITNESS

Work Out Partners

Workouts are organized in small groups to meet at times, days, and locations that work best. People with and without disabilities are matched to meet weekly at a time and day that is predetermined, but flexible. Strength training, cardiovascular equipment, and aquatic exercise are all available to create the work.

Age: 16 years & up
Location: Senior Center
9/15 Th 5:30–6:30 PM \$20 402585-01



Adaptive Yoga

Learn a variety of yoga postures that can be practiced from a chair, standing, or seated on the floor. Designed and adapted for people of all physical abilities. **Note:** Class will not be held on 11/24.

Age: 18 years & up			
Location: Raintree Athletic Club			
9/8-9/29	Th	1:30-2:30 PM	
\$30	402980-01		
10/6-10/27	Th	1:30-2:30 PM	
\$30	402980-02		
11/3-12/1	Th	1:30-2:30 PM	
\$30	402980-03		

ICE

Adaptive Skating

Skill improvement and fun are the focus. **Note:** Class will not be held on 11/28.

Age: 8 years & up			
Location: Edora Pool Ice Center			
9/10-10/15	Sa	9:45-10:15 AM	
\$48	410356-01		
10/22-12/10	Sa	9:45-10:15 AM	
\$56	410356-02		

MUSIC/THEATER

Theatre Acting Class

Learn to express yourself on stage while having fun with theater games, improvisation, and skits.

Age: 14 years & up			
Location: Senior Center			
11/1-11/15	Tu	4:30-6:00 PM	
\$18	402593-01		

OUTDOORS

Adaptive Archery

Adapted for individuals with varying physical abilities. Learn the basics of safely shooting a bow and arrow.

Age: 8 years & up			
Location: Outdoor Archery Range			
9/14-10/5	W	4:30-5:45 PM	
\$30	402040-01		

Cooperative Campout

Spend a weekend at Cheley Camp in Estes Park with people from other communities on the Front Range **Note:** Register by 9/23. Attendants may register for the -1A section.

Age: 18 years & up			
Location: Senior Center			
10/7-10/9	F-Su	2:00-12:30 PM	
\$175	402925-01		
10/7-10/9	F-Su	2:00-12:30 PM	
\$125	402925-1A		

PARALYMPIC SPORTS

Paralympic Sport Club Fort Collins involves programming for youth and adults with physical disabilities or visual impairments and veterans in sports and physical activity.

Adaptive Boccia

Played indoors on a smooth surface, boccia tests your coordination, concentration, and ability to strategize. **Note:** \$3 drop-in fee each week. Class will not be held on 11/21.

Age: 17 years & up			
Location: Foothills Activity Center			
9/26-12/5	M	11:00 AM-12:30 PM	
\$15	402464-01		

Wheelchair Rugby

Wheelchair rugby is a full contact wheelchair sport designed for people with physical disabilities. Extra sport chairs available. **Note:** Class will not be held on 11/22.

Age: 14 years & up			
Location: Northside Aztlan Center Gym			
9/27-12/6	Tu	6:00-8:00 PM	
\$25	402560-01		

UNIFIED SPORTS

Athletes of all abilities play as teammates against other integrated teams. Unified teams practice, play games, and have the opportunity to compete in a Special Olympics Unified area tournament. Programs are partially discountable. For more information or to volunteer, contact Brenda McDowell at 970.416.2024, bmcowell@fcgov.com.

Youth Unified Flag Football

Note: Class will not be held on 9/5.

Age: 8-21 years			
Location: City Park			
Child			
8/15-9/26	M	4:15-5:15 PM	
\$22	402061-01		
Family			
8/15-9/26	M	4:15-5:15 PM	
\$30	402061-02		

Adult Unified Flag Football

Note: Class will not be held on 9/5.

Age: 16 years & up			
Location: City Park Field			
8/15-9/26	M	5:30-6:30 PM	\$22 402157-01

Adult Unified Volleyball

Age: 16 years & up			
Location: Foothills Gateway Gym			
10/1-11/12	Sa	10:00 AM-2:00 PM	\$23 402959-01

Bowling

Participants may have the opportunity to go to the Special Olympics bowling tournament. All skill levels welcome. **Note:** Fee includes two games per person per week and shoe rental.

Age: 18 years & up			
Location: Chipper's Lanes North			
9/17-10/29	Sa	10:30-11:30 AM	\$58 402906-01

Panther Adaptive Cheer & Dance Squad



Join the Panther Adaptive Squad and learn dance and cheer moves to perform around our Fort Collins community. The Cheer and Dance Connection Staff brings a lot of energy to this program! We are not just a dance team... but a family! Panther shirt \$12.

Age: All ages
Location: Foothill Activity Center

8/31-10/5	W	6:00-7:00 PM	\$42 414937-09
10/12-11/16	W	6:00-7:00 PM	\$42 414937-10
11/30-12/21	W	6:00-7:00 PM	\$36 414937-11

VETERAN PROGRAMS

ARO is pleased to have been selected to receive grant funding in support of Paralympic sport and physical activity programs for disabled Veterans and disabled members of the Armed Forces! Programs in cycling, aquatics, boccia and iRest yoga will be offered to Veterans free of charge. Please contact Renee Lee, ree@fcgov.com, (970)224-6027.

Check out ALTERNATIVE PROGRAM offerings on pages 16-17 of the Recreator!

- | | |
|-----------------------|--------------------------------|
| • Cooking | 9/7,10/5 & 10/19, 11/17, 11/30 |
| • Movie Nights | 9/13,10/17, 11/7 |
| • Restaurant Nights | 9/28, 10/26, 11/9 |
| • CSU Football Game | 9/10 |
| • Hiking and Outdoors | 9/24 |
| • CSU Volleyball | 10/29 |
| • Haunted Fort Tour | 10/12 |
| • Monthly Dances | 9/30, 10/28, 11/18 |
| • Thanksgiving Meal | 11/18 |
| • Sleeping Beauty | 11/20 |