

# Adaptive Recreation Opportunities

## Spring Newsletter March- May 2017

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](http://www.fcgov.com/recreator) (pg. 15)

### VOLUNTEERS NEEDED

Volunteers are always needed to support each program listed here. Volunteer for a few hours, or on a continual basis. No experience needed, training is provided. Join us for fun and adventure! Call 970-225-6125 and apply at <https://engage.fcgov.com/d/aro>

### CHECK OUT OUR WEBSITE!

[www.fcgov.com/aro](http://www.fcgov.com/aro)

For additional info, please contact the ARO staff.  
**Renee Lee**, CTRS, Therapeutic Recreation Supervisor, 970-224-6027, [rlee@fcgov.com](mailto:rlee@fcgov.com)  
**Becca Heinze**, CTRS, M.S.Ed., Therapeutic Recreation Coordinator, 970-224-6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com)  
**Brenda McDowell**, Unified Sports Coordinator 970-416-2024, [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com)  
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### Aquatics

#### Adaptive Swim Lessons

Swimming skills are introduced and/or enhanced for individuals with disabilities based on personal goals. **Note:** Registration deadline is 3/27.

**Age:** 2 years & up **Location:** EPIC

Tuesdays, 4/4–4/25	4:25–4:55 PM
	\$27 202326-01
Thursdays, 4/6–4/27	5:05–5:35 PM
	\$27 202326-02
	4:25–4:55 PM
	\$27 202326-03
	5:05–5:35 PM
	\$27 202326-04

#### MS Aqua

Designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance in a supportive social atmosphere. **Note:** Class will not be held on 3/14, 3/16.

**Age:** 18 years & up **Location:** Mulberry Pool

3/2–5/25 Tu, Th 9:30–10:30 AM \$46 for 16 class admission pass

#### Veteran Aquatic Fitness

Designed for Veterans of the Armed Forces with physical disabilities or polytrauma. Improve balance, cardiovascular health, flexibility, and reduce stress through aquatic interventions. All levels of swim abilities welcome. **Note:** No class on 3/16.

**Age:** 18 years & up **Location:** Edora Pool Ice Center

3/2–5/4 Th 3:00–4:00 PM \$69 202389-01

### Arts & Crafts

#### Artistic Abilities Art

Learn techniques with a variety of materials to create unique pieces of 3-D art.

**Age:** 13 years & up

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

3/21–4/18 Tu 4:00–6:00 PM \$36 202990-01

### Early Childhood



#### Giant Friends Club Special Event

Giant Friends Club brings kids of all abilities together for fun, friendships, and play at the accessible Inspiration Playground. This event features “Sports” related activities and entertainment for a gigantic good time.

**Age:** All **Location:** Inspiration Playground

4/7 F 10:30 AM–12:30 PM

#### Movement, Sensory, & Play

Develop age appropriate gross motor movement and spatial awareness skills. **Note:** Class will not be held on 3/17.

**Age:** 3–6 years **Location:** Foothills Activity Center

3/3–3/31 F 4:00–4:45 PM \$18 202065-01

### Fitness

#### 1-Touch Self Defense

This self-defense program is designed for adults with visual impairments. 1-Touch has proven highly effective in the development of independence, self-confidence, spatial orientation, mobility, dexterity, and tactile sensitivity. **Note:** No class 4/7

**Age:** 18 years & up **Location:** Northside Aztlan Center

#### Workshop

3/24 F 10:00 AM–12:30 PM \$6 202763-01

#### 6 Week Course

3/31–5/5 F 10:30 AM–Noon \$73 202763-02

#### Adaptive Martial Arts

Improve physical, social, emotional, and cognitive functioning through the practice of martial arts. Adapted for people with disabilities and includes martial arts fundamentals, agility exercises, and an obstacle course. **Note:** Class will not be held on 3/17.

**Age:** 12 years & up **Location:** Foothills Activity Center

3/3–3/31 F 5:15–6:15 PM \$32 202581-01

#### Adaptive Yoga

Learn yoga practiced in a chair. Some hands-on assistance is available on Thursdays; standing balance work is on Tuesdays. Designed specifically for people with MS or other neuromuscular disorders. **Note:** Class will not be held on 3/14, 3/16.

**Age:** 18 years & up

**Location:** Raintree Athletic Club

Chair Yoga

Thursdays,	3/2-3/30	2:00-3:00 PM
	\$31	202980-01
	4/6-4/27	2:00-3:00 PM
	\$31	202980-03
	5/4-5/25	2:00-3:00 PM
	\$31	202980-04

Standing Yoga

Tuesdays,	2/28-3/28	2:00-3:00 PM
	\$31	202980-05
	4/4-4/25	2:00-3:00 PM
	\$31	202980-06
	5/2-5/23	2:00-3:00 PM
	\$31	202980-07

MS Dryland Exercise

For people with multiple sclerosis or physical impairment. Designed to maximize strength and endurance through chair based exercises. **Note:** Class will not be held on 5/29.

**Age:** 18 years & up  
**Location:** Senior Center

Mondays & Wednesdays

3/13–4/12	11:00–11:55 AM
\$41	202483-01
4/17–5/17	11:00–11:55 AM
\$41	202483-02
5/22–6/21	11:00–11:55 AM
\$41	202483-03

Mondays

3/13–4/10	11:00–11:55 AM
\$21	202483-1A
4/17–5/15	11:00–11:55 AM
\$21	202483-2A
5/22–6/19	11:00–11:55 AM
\$21	202483-3A

Music &Theatre

Theatre Acting Class/Show

Learn acting techniques, work on a short script, and present in a show. Designed for people with and without disabilities. **Note:** Final show is 4/29.

**Age:** 14 years & up  
**Location:** Senior Center

3/18–4/29	Sa	2:00–4:00 PM
\$41		202593-01

Outdoor Recreation

Adaptive Cycling

Handcycles, tandems, and three wheel bikes are available for riders with disabilities to take out on the Poudre River Trail.

**Age:** 14 years & up  
**Location:** Lee Martinez Park

4/20–5/4	Th	4:00–5:30 PM
\$20		202034-01

NSCD Youth Ski Trips

These ski trips are offered to youth with disabilities only. Contact Coach

Brad,[brad.nelson@thompsonschoools.org](mailto:brad.nelson@thompsonschoools.org)

**Age:** 10–17 years  
**Location:** Mnt View High School

3/28	Tu	6:00 AM–6:00 PM
\$91		202933-02

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 coordination, concentration, and ability to strategize. **Note:** Option to pay a drop-in rate of \$3 per class is available.

**Age:** 17 years & up      **Location:** Senior Center Gym

3/20–5/1	M	10:30 AM–Noon	\$16	202464-01
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PSC Air Gun Shooting Clinic

Experience shooting, while standing or sitting, using air rifles and pistols at an indoor range. US Adaptive Target athletics coaches and athletes are on hand to provide equipment and instruction.

**Age:** 16 years & up      **Location:** Northside Aztlan Center

4/15	Sa	10:00 AM–Noon	\$6	202071-01
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Wheelchair Rugby

A fast paced, full contact wheelchair sport designed for people with physical disabilities. Sport chairs available.

**Age:** 14 years & up      **Location:** Northside Aztlan Center

3/21–5/2	Tu	6:00–8:00 PM	\$23	202560-01
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Unified Sports

Unified teams practice, play games, and have the opportunity to compete in a Special Olympics Unified Area Tournament.

Youth Soccer

**Age:** 8–21 years      **Location:** Ridgeview Park

Child

3/22–4/26	W	4:00–5:00 PM	\$22	202054-01
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Family

3/22–4/26	W	4:00–5:00 PM	\$30	202054-02
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Adult Soccer

**Age:** 16 years & up      **Location:** Ridgeview Park

3/22–4/26	W	5:30–6:30 PM	\$22	202053-01
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Adult Softball

Teams are scheduled for one hour of practice or play. **Note:** Registration fee increases to \$30 after 4/30. Class will not be held on 5/29.

**Age:** 16 years & up  
**Location:** Beattie Ballfields/ Rolland Moore Park

5/15–7/31	M	5:00–8:00 PM	\$26	202055-01
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TCDC Adaptive Panther Squad

Join the Panther Adaptive Squad and learn dance and cheer moves to perform around the Fort Collins community. **Note:** Panther shirts not included in program fee; cost is \$12.

**Age:** All      **Location:** Foothills Activity Center

4/12–5/17	W	6:00–7:00 PM	\$43	214739-01
5/24–6/28	W	6:00–7:00 PM	\$43	214739-02

ALTERNATIVE PROGRAM offerings page 15-Recreator!



- Trail Mix
- Spring Ice Show
- Monthly Dances
- Crafts and Snacks
- Movie Bistro Night

- Cooking 3/8, 3/9, 4/17-4/24, 5/4-5/11
- Smart Phone Photography 3/30-4/13
- Movie Nights 3/27, 4/10
- Eagles Hockey 3/22
- Loveland Adventure 4/7
- Restaurant Nights 3/20, 4/19
- Bowling 4/1-4/29
- Front Range Lunchers 4/11
- 4/14-5/5
- 5/5
- 3/31, 4/28, 5/19
- 4/12
- 5/16