



Special Event!

Adaptive Discover Scuba

The Discover Scuba Diving experience will give you the chance to learn the basics of scuba, under the direct supervision of a PADI Professional from Alpine Scuba in their heated indoor pool. This adaptive clinic is geared for people with physical disabilities only.

Age: 14 years & up

Location: Alpine Scuba

Note: Discover Scuba registration and medical form, with doctor's signature, required prior to participation. For more information, contact Renee Lee at (970) 224-6027, rlee@fcgov.com or visit www.alpinescuba.net.

3/31 Sa 1:00-4:00 PM \$25 24603-01

Aquatics

Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with special needs. NOTE: Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal care assistance outside of the water. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com

Age: 5+

Location: Edora Pool Ice Center

3/20-5/8 Tu 4:15-4:45 PM \$50 14602-01

3/20-5/8 Tu 4:50-5:20 PM \$50 14602-02

MS Aqua

This class is designed for people with multiple sclerosis or other neuromuscular disorders, but open to all. 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: Please bring an attendant if you need assistance with personal care out of the water. Fee is for a 16 visit punch pass. To join or volunteer assist, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class will not be held on 3/13, 3/15. On-going Tu,Th 9:30-10:30 AM \$43 24619-01

Arts & Crafts

Artistic Abilities 2-D Art

Participants will learn 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

Note: Class is held at Colorado State University in the Visual Arts Building, Room D102. See www.artisticabilities.org for more information or contact Alison Cope at

acope@frijol.com

3/20-4/17 Tu 4:00-6:00 PM \$32 24616-01

Fitness

Gentle Yoga for All

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 to be adapted for people of all physical abilities and to help you incorporate Yoga principals into everyday life.

Age: 18 years & up

Instructor: Faith Brandt

Location: Raintree Athletic Club, 2555 S. Shields

Note: Bring an attendant if personal assistance is needed. Drop in rate is \$8 per class, (check or cash only). Class will not be held on 3/16.

3/2-3/30 F 8:45-9:45 AM \$28 24626-01

4/6-4/27 F 8:45-9:45 AM \$28 24626-02

5/4-5/25 F 8:45-9:45 AM \$28 24626-03

Ice Skating

Adaptive Skating Lessons

Basic skills are introduced and adapted for individuals with disabilities. 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 years & up

LOCATION: Edora Pool Ice Center

4/7-5/5 Sat 9:45-10:15 AM \$40 **23260-01**

Sled Hockey

Learn skills and participate in the exciting adapted sport of sled hockey. This sport is offered to people with physical disabilities only. Sled hockey equipment and coaching will be supported by the Colorado Sled Hockey Association.

Age: 8 years & up

Location: Edora Pool Ice Center

Note: Please arrive 30 minutes prior to ice time for equipment prep.

3/3-3/10 Sa 11:00 AM-Noon \$8 24604-01

Music/Theater

SOAP Troupe Audio Described

Audio Description will be provided for the final matinee of the SOAP Troupes spring variety show. This will allow visually impaired audience members the opportunity to experience the non-verbal aspects of a live performance from a trained audio describer.

Age: 18 years & up

Location: Senior Center

Note: Tickets will be for sale at the Sr. Center in April for \$5. For more information, contact Renee Lee at (970) 224-6027, rlee@fcgov.com

5/5 Sa 1:30-3:30 PM \$5 ticket

Outdoor Recreation

Adaptive Cycling

Cycling on a Spring day can't be beat. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail.

Age: 12 years & up

Location: Northside Aztlan Center

Note: Bring water bottle.

4/5-4/19 Th 5:00-6:30 PM \$15 24618-01

Keystone Adaptive Ski Trip

Ski at Keystone Resort with Breckenridge Outdoor Education Center! BOEC is a nationally known adaptive ski program! They provide individual volunteer instructors, adapted ski and snowboard equipment for stand up or sit ski skiers with disabilities. This ski trip is offered to people with physical disabilities or visual impairments only.

Age: 14+

Location: Leave from Sr. Center, 1200 Raintree Dr.

Note: Door to door pick up service is available for an additional \$2 per person and must be requested one week in advance. Attendants welcome; please register at no fee. For more information, contact Renee Lee, (970) 224-6027, rlee@fcgov.com.

3/4 Su 5:45 AM-7:30 PM \$100 14633-02

Sports

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities welcome. Extra sport chairs available.

Age: 14 years & up

Location: Northside Aztlan Center

3/20-5/8 Tu 6:30-8:00 PM \$15 24606-01

Goalball

Goalball is a fun Paralympic Sport played by people with blindness or visual impairments. Sighted players can also join in the fun, using vision adaptations.

Age: 12 years & up

Location: Youth Activity Center

Note: Participants of all levels are welcome. Class will not be held on 4/28.

4/7-5/12 Sa 9:30-11:30 AM \$20 24612-01

Running/Wheeling Club

In a fun and supportive environment, participants will increase their physical endurance while learning or enhancing basic running techniques with the ultimate goal of training for a 5K race.

Location: Northside Aztlan Center

5/15-6/15 Wed & Fri 4:30-5:30 PM \$25 24717-01

All abilities welcome. Fee includes one entry for the Fathers Day 5K (Su, 6/17) which is a fundraiser for ARO programs. If participants are not interested in running (or walking) the 5K they are still welcome to be a part of the ARO running club!