Adaptive Recreation Opportunities

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
Do you need assistance to fully participate in activities listed throughout the Recreator? 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. Contact Renee Lee, CTRS, 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.
A therapeutic recreation professional will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. Call 970.224.6027.

Specialized Programs ARO
These programs are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can be found in the Recreator identified by the ARO symbol. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings. Program descriptions can be found in the Recreator in the Alternative Programs section and include monthly dances, outings, cooking, bowling, crafts and more!

Attendants
There is no fee for personal care attendants providing needed assistance unless otherwise noted; however, attendants need to register separately and note whom they will be assisting.

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! Contact Jenna Van Fossan, CTRS, 970. 224.6125 or jvanfossan@fcgov.com.

Thank You!
A huge thank you to our winter interns, fieldwork students and the many volunteers who help make our programs and services possible. We wouldn't be able to do it without them!

Check out our webpage, **www.fcgov.com/aro**

For more information, please contact the ARO staff.

Renee Lee, CTRS
970.224.6027
rlee@fcgov.com

Brenda McDowell & ARO Leaders
970.416.2024
aro@fcgov.com

Jenna Van Fossan, CTRS
970.224.6125
jvanfossan@fcgov.com

ARO Interns
970.224.6034
aro@fcgov.com

Area Recreation Opportunities

Adaptive Climbing
Chad O'Connor
970.416.9357
chadoconnor@p-o-group.com

Dance Express
Modern dance training and performance opportunities for people with and without disabilities.
Mary Elizabeth Lenahan
970493.2113
danceexpress@juno.com

Special Needs Swim
The Student Leadership, Involvement and Community Engagement (SLiCE) office at Colorado State University matches volunteers with individuals with disabilities to provide one-on-one recreational and leisure swimming opportunities.
970.491.2321
specialneedsswim@gmail.com

Trips & Tours for People with Special Needs
"Just for the Fun of It"
Joan Handley
970.532.4032

Club Bunches
This social club includes people of all abilities who participate in weekday activities.
Christine Barrett
970.282.0695

F.R.E.E. Front Range Exceptional Equestrians
Therapeutic horseback riding program.
Sherry Butler
970.221.0646
www.ridewithfree.org

Transportation
Participants are responsible for their own transportation unless otherwise noted. The following resources provide transportation:

Transfort	970.221.6620	SAINT	970.223.8645
Dial-A-Ride	970.224.6066	Larimer Lift	970.498.7541

Special Olympics
Please contact the following coordinators or coaches for season information or to volunteer:

Adult Unified Soccer
Brenda McDowell, 970.416.2024

Youth/Teen Unified Soccer
Brenda McDowell, 970.416.2024

Adult Unified Softball
Renee Lee, 970.224.6027 or
Brenda McDowell, 970.416.2024

Track & Field
Adult:
Lois Douthit, 970.493.6395
Youth:
Patsy Kutchar, 970.377.0036

Swim Team- Loveland
Sarah Newton, inthegarden@juno.com

Other ARO Activities in Recreator:

Aquatics
Adaptive Swim Lessons 22

Aquatic Fitness
MS Aqua 27
Twinges-In-The-Hinges 26
Twinges Plus 26

Arts & Crafts
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Education
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Ice Skating
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Outdoor Recreation
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Special Events
Giant Friends Club 16
Adaptive SCUBA Clinic 16
Father's Day 5K 17

Sports
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Wheelchair Rugby 92
Unified Soccer 94
Unified Softball 94

Alternative Programs

All Alternative Programs are for ages 18 years & up unless otherwise noted.

General Information
Activities listed in this section are designed for adults with intellectual disabilities but are open to individuals without disabilities as well. These programs focus on fun and community involvement and are designed to enhance confidence and social skills.

Individuals who are not independent in activities of daily living or are in need of extra supervision are encouraged to register and participate with a personal care attendant. There is no fee for personal care attendants providing assistance unless otherwise noted; however, attendants must register separately and note whom they will be assisting so that staff can appropriately provide seating, space, and assistance in the class.

Please inform us of any accommodations needed at the time of registration.

Registration is required before all trips and programs take place. Some ticketed programs will have an early registration deadline due to group purchasing. When you register for any ticketed event, the sale is considered final. No refunds are allowed unless the ticket can be resold.

For more information about any Alternative Program or to volunteer, please contact Jenna Van Fossan, CTRS and Therapeutic Recreation Coordinator at 970.224.6125 or jvanfossan@fcgov.com.

Cooking: Increase your skills in the kitchen.

Cooking
Increase your skills in the kitchen while learning how to make new recipes.
Instructor: Rick Aulino
Location: Senior Center
Note: Attendants welcome at no cost. Class partially discountable. Please report any food allergies to Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

Side Dishes				
3/28	W	6:30-8:00 PM	$9	24701-01
Cookies				
4/18	W	6:30-8:00 PM	$9	24701-02
Noodles				
5/16-5/23	W	6:30-8:00 PM	$18	24701-03

Crafts
Discover the artist within yourself and express your creative skills while creating a variety of artistic pieces.
Location: Senior Center
Note: Attendants welcome at no cost. Class partially discountable.

Spring Crafts				
3/22	Th	4:15-5:30 PM	$16	24704-01
Recycled Crafts				
4/26	Th	4:15-5:30 PM	$16	24704-02
Scrapbooking				
5/17	Th	5:45-7:00 PM	$16	24704-03

Movie Night
Travel with a group to Cinema Saver 6 to watch a movie on the big screen. Meet new friends and see Hollywood's finest flicks!
Location: Senior Center
Note: Bring $5 (cash only) for ticket and money for a snack, if desired. Attendants welcome at no cost. Class not discountable.

3/26	M	6:00-9:00 PM	$5	24708-01
4/30	M	6:00-9:00 PM	$5	24708-02
5/30	W	6:00-9:00 PM	$5	24708-03

Restaurant Night
Explore different restaurants in town while hanging out with a great group of friends!
Location: Senior Center
Note: Bring approximately $15 cash to cover your meal and a tip. Attendants welcome at no cost. Class not discountable.

3/8	Th	5:30-8:00 PM	$5	24709-01
5/3	Th	5:30-8:00 PM	$5	24709-02

Sports & Fitness

Adaptive Swim Lessons ARO
See page 22.

Unified Soccer ARO
See page 94.

Unified Softball ARO
See page 94.

Adaptive Running 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.
Age: 16 years & up
Location: Northside Aztlan Center
Note: 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! Class not discountable.

5/16-6/15	W,F	4:30-5:30 PM	$25	24717-01

Bowling
This program is designed for any skill level and emphasizes FUN!
Location: Chipper's Lanes North
Note: Fee includes 2 games per person per week and shoe rental, if needed. Class not discountable.

4/7-5/5	Sa	12:30-1:30 PM	$34	24719-01

Trail Mix
This is a walking club that will explore trails located in the area.
Location: Senior Center
Note: Please dress for the weather, wear comfortable walking shoes and bring a water bottle and jacket. Attendants welcome at no cost but please inform Jenna Van Fossan at jvanfossan@fcgov.com or 970.224.6125 who you will be assisting to reserve space in the van. Class partially discountable.

4/20-5/4	F	4:00-5:30 PM	$10	24738-01

Special Events

Season End Potluck
Celebrate the end of winter and a great season of unified basketball, skiing and snowshoeing.
Age: All
Location: Senior Center
Note: Please bring a dish to share. Paper products, utensils and drinks will be provided. Coaches, athletes and partners are free and do not need to pre-register. All others, family members and friends, of all ages please pre-register for $5.

3/24	Sa	11:30 AM-1:00 PM	$5	24735-01

Monthly Themed Dances
Dances are fun filled events to celebrate with friends. Dressing for the theme is highly encouraged!
Location: Senior Center
Note: No pre-registration; tickets will be sold at the door. Attendants welcome at no cost. Class not discountable.

50's Sock Hop			
3/30	F	6:00-8:00 PM	$3
Total Request Live			
4/27	F	6:00-8:00 PM	$3
80's Dance in Gym			
5/18	F	6:00-8:00 PM	$3

Trips & Outings

Eagles Game
The Colorado Eagles are playing Stockton. Join us as we cheer on the home team!
Location: Senior Center
Note: Please bring cash for snacks and souvenirs if desired. No refunds will be given unless your ticket can be resold. Attendants must pre-register separately for $20 (#24720-1A). Transportation home will be provided for those within City limits. Class not discountable. Registration deadline 2/24/12.

3/7	W	5:45-10:15 PM	$30	24720-01
3/7	W	5:45-10:15 PM	$20	24720-1A

RECREATOR PICK!

Wild Animal Sanctuary
The Wild Animal Sanctuary is located in Keenesburg, Colorado and has over 25 acres of large species-specific habitats. We'll explore the complex and see a variety of animals including lions, tigers and bears from viewing platforms and decks.
Location: Senior Center
Note: Please dress for the weather and bring approximately $15 cash for lunch at a nearby restaurant. Attendants must pre-register separately for $10 (#24729-1A). Class not discountable.

4/15	Su	9:30 AM-4:00 PM	$24	24729-01
4/15	Su	9:30 AM-4:00 PM	$10	24729-1A

Hiking Trip
Enjoy a day of wilderness hiking on an accessible trail at Bobcat Ridge. A Master Naturalist will guide and educate us along the way!
Location: Senior Center
Note: Please dress for the weather and bring a water bottle/ camelback and sack lunch. Attendants must pre-register separately at no cost (#24760-1A). Class not discountable.

5/11	F	9:00 AM-1:30 PM	$15	24760-01
5/11	F	9:00 AM-1:30 PM	No Fee	24760-1A