



ADAPTIVE RECREATION OPPORTUNITIES

VOLUNTEER FLYER, FALL 2009

GENERAL VOLUNTEER ORIENTATION MEETING

Th, September 3, 5:30-7:00 PM at 215 N. Mason, Community Room, 1st Floor

Please RSVP to Jenna Van Fossan, ARO's Therapeutic Recreation Coordinator (970) 224-6125 or jvanfossan@fcgov.com

The following programs are designed for the unique needs of people with disabilities, but are open to all. No experience is necessary and training will be provided.

MS Aqua

Exercise and assist individuals with Multiple Sclerosis and other neurological disorders in the swimming pool while gaining an understanding of the therapeutic properties of water exercise.

AGE: 18 years & up

INSTRUCTOR: Dorothy Theobald

LOCATION: Mulberry Pool

NOTE: Class will not be held on 9/8, 9/10, 9/15, 9/17, 11/24, 11/26, 12/22, 12/24, 12/29, 12/31. Tu & Th, Ongoing, 9:15-10:45 AM

TRAINING: Tu, 9/22, 8:30-11:00 AM

Adaptive Swim

Teach swim skills to individuals ages 5 & up having various abilities in a 1:1 setting under the supervision of a Water Safety Instructor.

AGE: 16 years & up

INSTRUCTOR: Marcia Bedford

LOCATION: Edora Pool Ice Center

Tu, 9/22-11/10, 4:00-5:30 PM

TRAINING: Tu, 9/15, 4:00-5:30 PM

Artistic Abilities

Meet a group of artists at the following locations for a walking tour of Downtown Fort Collins art galleries during "First Friday Gallery Walks"!

AGE: 13 years & up

INSTRUCTOR: Alison Cope, OTR, MS

Everyday Joe's, F, 9/4, 5:45-8:15 PM

f-Stop Café, F, 10/2, 5:45-8:15 PM

The Bean Cycle, F, 11/6, 5:45-8:15 PM

Handmade Gifts

Assist children ages 7-12 with this holiday gift making crafts class.

AGE: 13 years & up

LOCATION: The Farm

M, 12/7-12/14, 3:30-6:30 PM

TRAINING: First day, arrive at 3:15 PM

Adaptive Yoga

This class is specifically designed to be adapted for people of all physical abilities. Learn how to incorporate a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor.

AGE: 18 years & up

INSTRUCTOR: Faith Brandt

LOCATION: Northside Aztlan Center

F, 9/4-12/18 (skip 11/27), 12:45-2:15 PM

TRAINING: First day, arrive at Noon

Work-Out Partners

Partner with an individual 16 years of age or older with special needs to assist them in achieving their personal fitness goals. Set up weekly times to exercise together for 12 weeks to improve strength cardiovascular fitness and endurance using exercise bands, weights, mats, fit balls, and more!

AGE: 18 years & up

MATCH UP DAY & TRAINING: Th, 9/17, 4:30-6:30 PM at Northside Aztlan Center

Goalball

Goalball is a fast paced sport, played by people ages 14 and over with blindness or visual impairments. Sighted players can also join in the fun using vision adaptations. Volunteer roles include court set-up, refereeing, scorekeeping, timekeeping and PLAYING this favorite Para Olympic sport!

AGE: 14 years & up

LOCATION: Youth Activity Center

Sa, 9/5-9/26, 10:00 AM-12:30 PM

TRAINING: First day arrive at 9:30 AM

Wheelchair Rugby

Play and assist in this action packed adaptive sport for individuals with physical disabilities.

AGE: 16 years & up

LOCATION: Northside Aztlan Center

Tu, 9/8-9/15 & 10/13-11/17, 6:00-8:30 PM

TRAINING: TBA

Adaptive Archery

Work with individuals ages 8 and older who have varying physical abilities. This class will teach the basics of safely shooting a bow and arrow. One class will take place at the indoor archery range at Arrow Dynamics.

AGE: 18 years & up

W, 9/16-10/14, 4:00-6:00 PM

TRAINING: W, 9/16 at 3:00 PM, Archery Range at Prospect

Adult Flag Football

A unified team will be created to include people with and without special needs. Flag football is a non-tackle version of the sport, so protective equipment is not needed! Season includes practices and scrimmages.

AGE: 16 years & up

LOCATION: City Park

Tu, 9/1-10/6, 5:15-6:45 PM

TRAINING: First day, arrive at 5:00 PM

Youth Flag Football

Volunteers are need to play and assist with coaching a youth flag football team made up of kids ages 8 to 15 with and without special needs.

AGE: 16 years & up

LOCATION: City Park

Tu, 9/15-10/6, 4:15-5:45 PM

TRAINING: TBA

Adult Unified Floor Hockey

Play an aggressive and incredibly fun game designed for all skill levels. A unified floor hockey team will be created to include people with and without special needs. Season for all skill levels and includes practices and scrimmages.

AGE: 16 years & up

LOCATION: Northside Aztlan Center

Tu, 10/13-11/17, 5:15-6:45 PM

TRAINING: TBA

Junior Sports

Unified sports bring players with and without disabilities together to play as teammates. Assist with playing or coaching kids, ages 8 to 15, as they are participate in floor hockey, volleyball, fitness and more!

AGE: 8 years & up

LOCATION: Northside Aztlan Center

Tu, 10/20-11/10, 4:15-5:45 PM

TRAINING: TBA

Adult Unified Basketball

To play as a partner in integrated sports leagues consisting of people with and without disabilities please register for activity # 14628-01 by calling (970) 221-6655 by December 11, 2009. Fee is \$22 and includes practices, scrimmages, games and the Northeast Area Special Olympics Tournament. Partners must complete a Special Olympics Colorado Volunteer Application to participate! For more information, contact Lois Douthit at (970) 493-6395.

LOCATION: YAC Gym

Sa, 1/9-3/13, Hour practice/game times vary between 1:00-7:00 PM

JUNIOR UNIFIED BASKETBALL

Assist with coaching individuals ages 8 to 21 years of age with and without disabilities.

LOCATION: TBA

Tu, 1/12-2/23, 5:45-8:15 PM

ADAPTIVE SNOW SKIING

Assist the ARO leader and the Eldora Special Recreation Program staff work with individuals during downhill, Nordic skiing, snowboarding, or snowshoe lessons.

Su, January-February (exact dates will be determined), 6:45 AM-6:00 PM

INCLUSION SUPPORT PARTNER

Serve as a Recreation Support Partner for an individual with a disability in a general recreation class. Requests are received on a weekly basis.

Check out www.fcgov.com/aro for opportunities!

ALTERNATIVE PROGRAMS

Activities listed in this section are designed for adults ages 18 and over with developmental disabilities. Alternative programs focus on fun and community involvement, and are designed to enhance confidence and social skills. The times indicated below are the approximate times for ARO leaders, students and volunteers. These times differ from the program times for participants as advertised in the RECREATOR. We rely heavily on volunteer involvement for the success of these experiences.

All classes meet at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

Cooking

Support participants while they learn independent cooking skills.

AGE: 18 years & up

INSTRUCTOR: Rick Aulino

Kosher Cooking

Th, 9/24, 6:00-8:30 PM

Halloween Treats

W, 10/21-10/28, 6:00-8:30 PM

Thanksgiving Sides

W, 11/18, 6:00-8:30 PM

Holiday Baking

W, 12/2-12/9, 6:00-8:30 PM

Crafts

Assist the ARO Leader to provide a meaningful and successful art project in a classroom setting by encouraging the participants to discover the artist within themselves.

AGE: 18 years & up

Creative Collages

F, 9/11, 4:45-7:00 PM

Halloween Crafts

F, 10/9, 4:45-7:00 PM

Awesome Autumn Crafts

F, 11/13, 4:45-7:00 PM

Holiday Crafts

F, 12/11, 4:45-7:00 PM

Movie Nights

Travel with a group to Cinema Saver 6 to watch a movie on the big screen.

AGE: 18 years & up

NOTE: Movie ticket cost is included.

Tu, 9/29, 10/27, 11/17, 6:00-9:30 PM

Restaurant Night

Travel with a group to a restaurant for dinner to enjoying a night out on the town.

AGE: 18 years & up

NOTE: \$10 worth of the cost of dinner is included.

W, 9/16 and/or Th 10/15 & 11/12, 5:15-8:15 PM

Bowling

This is a program that is designed for any skill level and emphasizes FUN! Volunteer roles include (but not limited to) lane assignments, operating score system, cheering on participants and keeping flow of the program.

AGE: 18 years & up

LOCATION: Chipper's Lanes North

Sa, 9/5-9/26, Noon-2:15 PM

Thanksgiving Meal

Assist with cooking and preparing for a Thanksgiving Feast for adults with intellectual disabilities and their families, friends and/or supportive living providers prior to the Dance. Volunteer roles include set-up, clean-up, food prep, serving, and eating!

AGE: 18 years & up

NOTE: Different shifts available throughout the day.

F, 11/20, 10:00 AM-6:30 PM

Monthly Themed Dances

Dances are large fun-filled events based on a particular theme. Dressing for the theme is highly encouraged. Volunteer roles include dancing, mingling, serving snacks and being a positive role model.

AGE: 18 & up

Hip Hop Dance

F, 9/25, 5:30-8:30 PM

Halloween Dance

F, 10/30, 5:30-8:30 PM

Thanksgiving Dance

F, 11/20, 5:30-8:30 PM

Holiday Ball with Live Band

F, 12/18, 5:30-8:30 PM

Winter Wishes Ice Show

Meet a group at EPIC to watch this amazing annual ice show performance featuring local talent and assist the ARO leader with supervision.

AGE: 18 years & up

LOCATION: Edora Pool Ice Center

Sa, 12/19, 12:30-4:30 PM

Chili Cook-off

Participate on the ARO team in the chili cook-off at the 2009 Sundance Music Festival. The ARO team will be responsible for preparing and serving the chili during the contest.

AGE: 18 years & up

Sa, 10/17, Time TBA

TRIPS & OUTINGS

Imax Theatre

Travel with a group to watch a film on the giant screen at the Denver Museum of Nature and Science in Denver. We'll stop for dinner on our way to the theater.

AGE: 18 years & up

NOTE: Please bring approximately \$10 cash for dinner, if desired. Imax ticket cost is included.

Th, 9/10, 3:45-10:00 PM

Boulder Dinner Theatre

Travel with a group to watch the musical "25th Annual Putnam County Spelling Bee" and enjoy a delicious meal served by the performers.

AGE: 18 years & up

NOTE: Ticket & meal costs included.

W, 11/4, 3:45-midnight

Holiday Shopping

This is a group shopping trip to Flatiron Crossing Mall in Broomfield to get everyone in the holiday spirit. Volunteer role includes providing group supervision.

AGE: 18 years & up

NOTE: Please bring money for lunch and shopping, if desired.

Sa, 12/5, 9:45 AM-2:30 PM