



# Adaptive Recreation Opportunities

Fall Newsletter: September-December 2009

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. Call (970) 224-6027.

## 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) 416-2024.

## SPECIALIZED PROGRAMS



The programs listed in this newsletter are designed to meet the unique needs of individuals with physical, mental, and/or emotional disabilities. They can also be found in the Recreator identified by the ARO symbol.

Furthermore, programs designed for adults with developmental disabilities are found in the Alternative Programs section of the Recreator. Alternative Programs include monthly dances, cooking, bowling, crafts and more!

## VOLUNTEERS NEEDED

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary, training will be provided. Join us for fun and adventure! Call (970) 224-6125.

For additional information, please feel free to contact the ARO staff.

**Renee Lee, CTRS, CPRP**  
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**Jenna VanFossan, CTRS**  
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**ARO Leaders and Interns**  
(970) 416-2024  
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## AQUATICS

### ADAPTIVE SWIM LESSONS

Basic swimming skills are introduced and/or enhanced for individuals with special needs.

**AGE:** 5 years & up

**INSTRUCTOR:** Marcia Bedford

**LOCATION:** Edora Pool Ice Center

**NOTE:** Previous participants will be put on a waiting list and matched as volunteers are available. Please bring an attendant if you need personal assistance outside of the water. For more information or to volunteer, call Jenna Van Fossan at 224.6125. Class partially discountable.

DATE	DAY	TIME	FEE	CLASS #
9/22-10/13	Tu	4:15-4:45 PM	\$25	94602-01
9/22-10/13	Tu	4:50-5:20 PM	\$25	94602-02
10/20-11/10	Tu	4:15-4:45 PM	\$25	94602-03
10/20-11/10	Tu	4:50-5:20 PM	\$25	94602-04

### MS AQUA EXERCISE

This class is designed for people with multiple sclerosis or other neuromuscular disorders. 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 in a cool water environment. It is offered in cooperation with the local MS chapter. To join or volunteer assist, call Jenna Van Fossan at 970.224.6125.

**LOCATION:** Mulberry Pool

**NOTE:** Please bring an attendant if you need assistance with personal care out of the water. 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.

DATE	DAY	TIME	FEE
Ongoing	T & Th	9:30-10:30 AM	\$42/16-punch pass

## ARTS AND CRAFTS

### Artistic Abilities

Walking tours of Downtown Fort Collins art galleries during "First Friday Gallery Walks"! See new art and talk about what you like with friends.

**AGE:** 13 years & up

**NOTE:** Meet at the location noted above the dates. Dress appropriately for the weather, we will be walking around outside. Bring money for drinks or snacks. Attendants welcome; please preregister at no fee. Class not discountable.

**Location: Everyday Joe's**

DATE	DAY	TIME	FEE	CLASS #
9/4	F	6:00-8:00 PM	\$5	94616-01

**Location: f-Stop Cafe**

DATE	DAY	TIME	FEE	CLASS #
10/2	F	6:00-8:00 PM	\$5	94616-02

**Location: The Bean Cycle**

DATE	DAY	TIME	FEE	CLASS #
11/6	F	6:00-8:00 PM	\$5	94616-03

### Handmade Gifts

Make this a special holiday by giving gifts made from your heart. This class is designed for children with and without disabilities and will provide the opportunity to select from a variety of projects to make for your friends and family.

**AGE:** 7-12 years

**LOCATION:** The Farm

**NOTE:** Class not discountable.

DATE	DAY	TIME	FEE	CLASS #
12/7-12/14	M	4:00-6:00 PM	\$26	94625-01

## FITNESS

### Adaptive Yoga

Yoga is for everyone! 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 teach you how to incorporate Yoga into the systems of healing that you are currently using.

**Instructor:** Faith Brandt

**AGE:** 18 years & up

**LOCATION:** Northside Aztlan Community Center

**NOTE:** Bring an attendant if personal assistance is needed. This class is not discountable

DATE	DAY	TIME	FEE	CLASS #
9/4-9/25	F	1:00-2:00 PM	\$36	94626-01
10/2-10/30	F	1:00-2:00 PM	\$45	94626-02
11/6-11/20	F	1:00-2:00 PM	\$27	94626-03
12/4-12/18	F	1:00-2:00 PM	\$27	94626-04

Check out our website!  
[www.fcgov.com/ARO](http://www.fcgov.com/ARO)

**Work-Out Partners**

Workout partners with and without disabilities will be matched to meet weekly at a time and day that works in both partners schedule. Strength training, cardiovascular equipment, aquatic exercises are all available to create the workout best for you. Partners will be arranged for a time commitment of 12 weeks.

**AGE:** 16 years & up

**LOCATION:** Northside Aztlan Community Center

**NOTE:** Participants must attend the match up day listed below. Previous participants will be put on a waiting list and matched as partners are available. Questions? Contact Renee Lee, 970.224.6027. Class not discountable.

DATE	DAY	TIME	FEE	CLASS #
9/17	Th	5:00-6:00 PM	\$20	94609-01

**OUTDOORS**

**Adaptive Archery**

Adapted for individuals with varying physical abilities, this class will teach the basics of safely shooting a bow and arrow.

**AGE:** 8 years & up

**LOCATION:** Archery Range

**NOTE:** Classes will be held at the outdoor archery range off of the Prospect frontage road with one class held indoors at Arrow Dynamics. Please dress for the weather. Class partially discountable.

DATE	DAY	TIME	FEE	CLASS #
9/16-10/14	W	4:30-5:30 PM	\$24	94621-01

**Adaptive Skiing**

The Eldora Special Recreation Program offers adaptive instruction and equipment for skiers with disabilities. Individual volunteer ski instruction and adapted equipment will be provided for downhill, Nordic skiing, snowboarding, or snowshoeing lessons.

**AGE:** 12 years & up

**LOCATION:** Senior Center

**NOTE:** The program start dates are pending ESRP confirmation. Two sessions will be offered. However, please sign-up for just one session. We will send an informational letter to all registered participants with program date confirmation. Attendants are welcome at no charge. For more information, please contact Renee Lee at 970.224.6027.

**Downhill Skiing**

DATE	DAY	TIME	FEE	CLASS #
1/10-1/31	Su	7:00 AM-5:30 PM	\$300	14601-01
2/7-2/28	Su	7:00 AM-5:30 PM	\$300	14601-02

**Bi-Ski Lessons**

DATE	DAY	TIME	FEE	CLASS #
January	Su	7:00 AM-5:30 PM	\$150	14601-03
February	Su	7:00 AM-5:30 PM	\$150	14601-04
January	Su	7:00 AM-5:30 PM	\$150	14601-09
February	Su	7:00 AM-5:30 PM	\$150	14601-10

*Dates will be arranged after registration, two Sundays per registration.*

**Nordic Ski**

DATE	DAY	TIME	FEE	CLASS #
1/10-1/31	Su	7:00 AM-5:30 PM	\$225	14601-05
2/7-2/28	Su	7:00 AM-5:30 PM	\$225	14601-06

**SOCIAL**

**LUNCH OUT**

This social group is made up of adults with physical disabilities, brain injuries or chronic illness and their friends. We meet for lunch the 2nd Wednesday of each month starting in February at various local restaurants. Contact Renee Lee to sign up, 224-6027, rlee@fcgov.com

**NOTE:** Participants are responsible for their own transportation. Bring approximately \$10 to cover meal expenses and tip. Lunch out will be held on 11/18.

**SPORTS**

**Goalball**

Goalball is a fast paced sport, played by people with blindness or visual impairments. Sighted players can also join in the fun, using vision adaptations. It has become a favorite Para Olympic sport, so don't miss out!

**AGE:** 14 years & up

**LOCATION:** Youth Activity Center

DATE	DAY	TIME	FEE	CLASS #
9/5-9/26	Sa	10:30 AM-Noon	\$16	94612-01

*The City of Fort Collins will make reasonable accommodations for access to City services, programs, and activities and will make special communication arrangements for persons with disabilities. Please call 970.224.6027 for assistance, TDD/TTY 970.224.6002.*

**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.

**LOCATION:** City Park

**NOTE:** Class partially discountable.

**Adult Flag Football**

**AGE:** 16 years & up

DATE	DAY	TIME	FEE	CLASS #
9/1-10/6	Tu	5:30-6:30 PM	\$18	94705-01

**Youth Flag Football**

**AGE:** 8-15 years

DATE	DAY	TIME	FEE	CLASS #
9/15-10/6	Tu	4:30-5:30 PM	\$12	94705-02

**Wheelchair Rugby**

This action packed sport is played in a gym and is a cross between basketball, football and rugby. All abilities are welcome. Extra sport chairs are available.

**AGE:** 14 years & up

**LOCATION:** Northside Aztlan Community Center

**NOTE:** Contact Renee Lee for more information, 970.224.6027. Class partially discountable. Class will not be held on 10/28, 11/11.

DATE	DAY	TIME	FEE	CLASS #
9/8-9/15	Tu	6:30-8:00 PM	\$6	94619-01
10/13-11/17	Tu	6:30-8:00 PM	\$16	94619-02

**UNIFIED SPORTS**

**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 Community Center

DATE	DAY	TIME	FEE	CLASS #
10/13-11/17	Tu	5:30-6:30 PM	\$18	94604-01

**Junior Sports**

Volleyball, kickball, fitness, and more!

**AGE:** 8-15 years

**INSTRUCTOR:** Renee Lee

**LOCATION:** Northside Aztlan Center

DATE	DAY	TIME	FEE	CLASS #
10/20-11/10	Tu	4:30-5:30 PM	\$13	94605-01

**Junior Basketball**

**AGE:** 8-21 years

**LOCATION:** TBA

**NOTE:** Class partially discountable. For more information, please contact Renee Lee at 970.224.6027.

**Basketball Team Child**

DATE	DAY	TIME	FEE	CLASS #
1/12-2/23	Tu	6:45-8:00 PM	\$21	14629-01

**Basketball Team Family**

DATE	DAY	TIME	FEE	CLASS #
1/12-2/23	Tu	6:45-8:00 PM	\$30	14629-1A

**Junior Basketball Skills**

DATE	DAY	TIME	FEE	CLASS #
1/12-2/23	Tu	6:00-6:45 PM	\$19	14629-02

**ICE**

**Adaptive Skating**

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

**AGE:** 8 years & up

**NOTE:** Please bring an attendant if you need assistance off the ice. Class will not be held on 9/5.

DATE	DAY	TIME	FEE	CLASS #
8/29-10/3	Sa	9:30-10:15 AM	\$57	93260-01
10/10-11/7	Sa	9:30-10:15 AM	\$57	93260-02
1/9-2/6	Sa	9:30-10:15 AM	\$57	13260-01

