



Adaptive Recreation Opportunities

Winter Newsletter: January-April 2010

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.

WELCOME CALEB BROWN!

We are excited to have Caleb working with us this season as a therapeutic recreation intern. Caleb is going to school at Indiana Institute of Technology in Fort Wayne, IN and will be completing his requirements for therapeutic recreation with ARO through the end of April. We're looking forward to his involvement.

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 ext. 1.

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 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.

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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

AGE: 5+

INSTRUCTOR: Marcia Bedford

LOCATION: Edora Pool Ice Center, (EPIC)

DATE	DAY	TIME	FEE	CLASS #
2/16-3/9	T	4:15-4:45 PM	\$25	14602-01
2/16-3/9	T	4:50-5:20 PM	\$25	14602-02
3/23-4/13	T	4:15-4:45 PM	\$25	14602-03
3/23-4/13	T	4:50-5:20 PM	\$25	14602-04

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 3/16, 3/18.

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

ART

Artistic Abilities Art Classes

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. Participation in an art show in May is optional.

NOTE: Learn more about the newly formed Artistic Abilities organization at www.artisticabilities.org.

CONTACT: Alison Cope, 416-2024 #1, acope@fcgov.com

AGE: 13+

LOCATION: CSU Visual Arts Building, room F113

2-D Art

DATE	DAY	TIME	FEE	CLASS #
2/9-3/9	Tu	4:00-6:00 PM	\$30	14616-01

3-D Art

DATE	DAY	TIME	FEE	CLASS #
3/24-4/21	W	4:00-6:00 PM	\$30	14616-02

ENRICHMENT

Passport to Recreation

Take a trip in the world of recreation. Experience new adventures and recreation activities that you might not have ever dreamed of before. The journey awaits you!

AGE: 18 years & up

LOCATION: Senior Center

DATE	DAY	TIME	FEE	CLASS #
2/22-3/8	M	4:30-6:00 PM	\$16	14720-01

Check out our website!
www.fcgov.com/ARO

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.

AGE: 18 years & up

INSTRUCTOR: Faith Brandt

LOCATION: Northside Aztlan Center

NOTE: Bring an attendant if personal assistance is needed. Class will not be held on 3/19.

DATE	DAY	TIME	FEE	CLASS #
1/8-1/29	F	9:00-10:00 AM	\$28	14626-01
2/5-2/26	F	9:00-10:00 AM	\$28	14626-02
3/5-4/2	F	9:00-10:00 AM	\$28	14626-03

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 and aquatic exercise 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 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.

DATE	DAY	TIME	FEE	CLASS #
2/18	Th	5:00-6:00 PM	\$20	14609-01

ICE

Adaptive Learn to Skate

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: On the first day of classes (Jan. 9) there is a large swim meet at EPIC. Please arrive early to find parking. Please bring an attendant if you need assistance off the ice.

AGE: 8 years & up

LOCATION: Edora Pool and Ice Center (EPIC)

DATE	DAY	TIME	FEE	CLASS #
1/9-2/6	Sa	9:30-10:15 AM	\$57	13260-01
2/13-3/13	Sa	9:30-10:15 AM	\$57	13260-02

Sled Hockey New!

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 provided through the Colorado Sled Hockey Association.

AGE: 8 years & up

LOCATION: Edora Pool Ice Center

DATE	DAY	TIME	FEE	CLASS #
3/6-3/20	Sa	3:00-4:30 PM	\$15	14631-01

OUTDOORS

ESRP Adaptive Snow 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.

NOTE: Please sign up for just one session We will then send an informational letter to all registered participants with program date confirmation. Attendants are welcome at no charge.

CONTACT: Renee Lee for more information, 970.224.6027.

AGE: 12+

LOCATION: Depart from and return to the Senior Center

Downhill Ski/ Snowboard

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

Specific dates will be arranged after registration is completed.

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

Nordic Ski/Snowshoe

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

Keystone Adaptive Ski Trip New!

Age: 16 years & up

Location: Leave and return to Senior Center

Breckenridge Outdoor Educations Center is well known as one of the best adaptive ski programs in the nation and is now offering services at Keystone! This ski trip is offered to people with physical disabilities only. Individual volunteer instructors and adapted equipment are provided for stand up or sit ski skiers with disabilities.

NOTE: Door to door pick up service is available within Fort Collins City limits for an additional \$2 per person and must be requested one week in advance. Attendants are welcome at no charge. For more information, contact Renee Lee, 970.224.6027, rlee@fcgov.com

DATE	DAY	TIME	FEE	CLASS #
3/7	Su	6:00 AM-7:30 PM	\$90	14633-01

National Sports Center for Disabled: Youth Ski Trip

Age: 12-17 years

Location: Northside Aztlan Center

The National Sports Center for the Disabled in Winterpark is world renowned for its adaptive ski program. These ski trips are offered to youth with disabilities only. Individual volunteer instructors and adapted equipment are provided.

NOTE: Individuals who are not independent in personal care or in need of extra supervision must provide an attendant at no fee. Trip is partially discountable, scholarships may be available. For more information, contact Coach Nelson or Renee Lee, rlee@fcgov.com.

DATE	DAY	TIME	FEE	CLASS #
2/26	F	6:00 AM-6:00 PM	\$90	14633-02
3/26	F	6:00 AM-6:00 PM	\$90	14633-03

Teen Snow Tubing

Enjoy a day of outdoor adventure at Beaver Meadow's snow tubing hill featuring several tubing runs and a lift to whiz you back up to the top!

AGE: 13-18 years

LOCATION: Leave from the Northside Aztlan Center

NOTE: Bring a sack lunch. Snow tubes and lift ticket included. Waiver forms will be sent out before the trip.

DATE	DAY	TIME	FEE	CLASS #
2/20	Sa	11:00 AM-4:30 PM	\$25	14627-01

SPORTS

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 Center

NOTE: Class partially discountable. Class will not be held on 3/16.

DATE	DAY	TIME	FEE	CLASS #
3/2-5/11	Tu	6:30-8:00 PM	\$20	14619-01

Unified Sports

Unified sports bring players with and without disabilities together to play as teammates against other integrated teams. Unified teams will play games and scrimmages and have the opportunity to compete in Special Olympics Unified area tournament.

Adult Basketball

Basketball teams have been formed to play in a Unified Basketball league. Hours of vary between 1:00-7:00 PM. Contact Jenna Van Fossan at 970.224.6125 for more info.

AGE: 16 years & up

LOCATION: Youth Activity Center

DATE	DAY	TIME	FEE	CLASS #
1/9-3/13	Sa	1:00-7:00 PM	\$22	14628-01

Junior Basketball

AGE: 8-21 years

LOCATION: Northside Aztlan Center Gym

NOTE: Schedules will be distributed at the first practice. Teams will have practice/ game for one hour.

Basketball Team Child

DATE	DAY	TIME	FEE	CLASS #
1/12-2/23	Tu	6:30-8:30 PM	\$21	14629-01

Basketball Team Family

DATE	DAY	TIME	FEE	CLASS #
1/12-2/23	Tu	6:30-8:30 PM	\$31	14629-1A

Individual Skills

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

Stay tuned for more ARO programs like adult and junior unified soccer, adaptive cycling and adult unified softball in our next newsletter coming out in March!