



# Adaptive Recreation Opportunities

Summer Newsletter: June-August 2012

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) 224-6027.

## 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 intellectual 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**  
(970) 224-6027  
rlee@fcgov.com

**Jenna Moriarty, CTRS**  
(970) 224-6125  
jvanfossan@fcgov.com

**Brenda McDowell, ARO Leader**  
(970) 416-2024  
aro@fcgov.com

**ARO Interns**  
(970) 224-6034  
aro@fcgov.com

## WELCOME ARO SUMMER INTERNS!

We are thrilled to have such talented students join our ARO team this summer!  
**Jenna Crook**, Therapeutic Recreation intern from Pittsburg State University in Kansas  
**Tabby Hinkle**, Therapeutic Recreation intern from University of Nebraska at Omaha.



## FATHER'S DAY 5K

Join us for a Father's Day tradition - and support ARO while you do it! The Father's Day 5k, in it's 15th year, will take place Sunday, June 17. Shotgun start is at 8a. To register, stop in any facility or visit Runners Roost or Foot of the Rockies.

Cost ranges from \$15-60.

Call Mike for more information at 970.221.6337.

## SPECIAL EVENTS

### Adaptive Boating Clinic

Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir. This event will feature canoes, kayaks, sailboats and paddle boards for people with disabilities and their friends. Equipment and expertise provided by NSCD, Community Sailing of Colorado, and Baby Seal , paddle boats.

**Age:** 12 years & up

**Location:** Horsetooth Reservoir, South Bay Pavillion

**Note:** Lunch included. Please wear clothes to get wet in, hat, sunglasses, sunscreen and bug spray. Attendants welcome at no cost.

6/22 F 10:00 AM-1:30 PM \$25 34618-01

### Adaptive Cycling Clinic

This clinic will take place during the excitement of the Fort Collins Cycling Festival. Watch handcyclists race and compete then, get out there and ride yourself! This special event will feature state-of-the-art handcycles and adaptive bikes along with experienced Adaptive Adventures staff to make it a safe, fun, and successful day for all ages and abilities.

**Age:** 8 years & up

**Location:** Canyon Ave & Meldrum St.

**Note:** For more information, contact Renee Lee at 970.224.6027, rlee@fcgov.com or Fort Collins Cycling Festival, www.fccyclingfest.com

8/18 Sa 4:00-8:00 PM \$5 34626-01

## AQUATICS

### Adaptive Swim Lessons

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

**Age:** 5 years & up

**Instructor:** Jenna Moriarty

**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 at 224.6125 or jvanfossan@fcgov.com.

6/19-7/24 Tu 4:15-4:45 PM \$38 34602-01

6/19-7/24 Tu 4:50-5:20 PM \$38 34602-02

### 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.

6/5-8/28 Tu,Th 9:30-10:30 AM \$43/16 visit pass

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

## ARTS & CRAFTS

### Artistic Abilities

Participants will learn non-darkroom photographic techniques, ending with a show for their work at the Center for Fine Art Photography. This class is open to people of all abilities, with an 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. For more information contact Alison Cope at [acope@frii.com](mailto:acope@frii.com).

5/16-6/6 W 4:00-6:00 PM \$26 34616-01

### ICE

#### Adaptive Skate Lessons

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

**Location:** Edora Pool Ice Center

**Note:** Please bring an attendant if you need assistance off the ice. Class will not be held on 7/26.

6/7-6/28 Th 6:15-6:45 PM \$33 33260-01

7/12-8/9 Th 6:15-6:45 PM \$33 33260-02

## MUSIC/THEATER

### Phamaly Performance

Physically Handicapped Actors and Musical Artists is a professional performing arts group made up of people with physical disabilities. Join us to watch this extraordinary performance "The Little Shop of Horrors". This matinee will feature a sensory tour.

**Age:** 16 years & up

**Location:** Senior Center

**Note:** Lunch is included. Class not discountable. Registration deadline 7/10/2012.

7/22 Su 9:15 AM-6:00 PM \$35 34614-01

## OUTDOORS

### Adaptive Waterskiing

Learn how to water-ski or to improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and visual impairments only. You will have the opportunity to try out the newest adaptive skis and equipment.

**Age:** 12 years & up

**Location:** Leave from Senior Center

6/26, 7/10, Tu 7:00 AM-12:30 PM \$55 34603-01

7/24 & 8/7 (4 dates)

### Poudre Raft Trip

Travel down the scenic Poudre River for a fun, six-mile raft trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure.

**Age:** 16 years & up

**Location:** Senior Center

**Note:** For more information, contact Renee Lee at 970.224.6027 or [rlee@fcgov.com](mailto:rlee@fcgov.com). Bring a sack lunch, water bottle, swimsuit, shorts, rain gear, shoes that tie on, hat and sunscreen. Attendants must pre-register separately for \$50 (#34601-1A). Class not discountable.

7/7 Sa 7:30 AM-1:30 PM \$59 34601-01

7/7 Sa 7:30 AM-1:30 PM \$50 34601-1A

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 or email [rlee@fcgov.com](mailto:rlee@fcgov.com).

### Cabin Camping Trip

Enjoy a camping adventure while staying in a rustic cabin or yurt nestled in a dense forest in Golden Gate State Park near Rollinsville. Hiking, cooking, fishing and the great outdoors will make this a weekend not to miss.

**Age:** 18 years & up

**Location:** Leave from Northside Aztlan Center

**Note:** Attendants must pre-register separately for \$60 (#34604-1A). Registration deadline 8/10/2012.

8/13-8/15 M-W 3:00-2:00 PM \$100 34604-01

8/13-8/15 M-W 3:00-2:00 PM \$60 34604-1A

## SOCIAL

### Active Teens

Get together with all of your friends at this fun summer BBQ! Teens with and without disabilities will enjoy volleyball, tie dye, games and food!

**Age:** 12-18 years

**Location:** Rolland Moore Park, Picnic Shelter #1

**Note:** Fee includes main meal, bring dessert or drinks. For more information contact Alison Cope, [acope@frii.com](mailto:acope@frii.com). Class not discountable.

7/11 W 6:00-8:30 PM \$15 34610-01

### Giant Friends Club

Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts and more will be planned for a gigantic good time!

**Age:** 4-10 years

**Location:** Inspiration Playground, Spring Canyon Park

**Note:** Class will not be held on 7/4.

6/27-8/8 W 10:00 AM-Noon \$34 34624-01

### End of Summer Picnic

Celebrate the end of the season with friends, teammates and family. This event is open to anyone but free for softball athletes, coaches and partners. All others please pre-register.

**Location:** Spring Canyon Community Park (North Shelter)

**Note:** Please bring an item to share for the potluck dinner.

8/16 W 5:30-8:00 PM \$5 34725-01

## SPORTS

### Unified Softball

**Age:** 16 years & up

Integrated softball teams, made up of players with and without disabilities, have been formed to play in a Unified Softball league this summer. Contact Brenda McDowell at 416-2024 to inquire about any available space on teams.

### Baseball For All

This integrated baseball league is for children and teens with and without disabilities. Teams will be formed to learn skills, teamwork and play against other integrated teams in the area.

**Age:** 8-15 years

**Location:** Beattie Park

**Note:** For more information, contact Brenda McDowell (970) 416.2024, [aro@fcgov.com](mailto:aro@fcgov.com).

**Child**

6/14-8/9 Th 5:30-7:00 PM \$23 34606-01

**Family**

6/14-8/9 Th 5:30-7:00 PM \$39 34606-02