



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 <img alt="ARO symbol" data-bbox="26 571 71 588"/> 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 is provided. Join us for fun and adventure! Contact Jenna Moriarty at 970.224.6125 or [jmoriarty@fcgov.com](mailto:jmoriarty@fcgov.com)

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

**Renee Lee, CTRS**  
(970) 224-6027  
[rlee@fcgov.com](mailto:rlee@fcgov.com)

**Jenna Moriarty, CTRS**  
(970) 224-6125  
[jmoriarty@fcgov.com](mailto:jmoriarty@fcgov.com)

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

**ARO Interns**  
(970) 224-6034  
[aro@fcgov.com](mailto:aro@fcgov.com)

## WELCOME ARO WINTER/SPRING INTERNS!

We are really looking forward to having these talented students involved with our programs and services! Please welcome these therapeutic recreation interns; Leslie Newton from the University of Tennessee in Knoxville and Kristi Crozier from Brigham Young University, Idaho.

## AQUATICS

### Adaptive Swim Lessons

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

**Age:** 5 years & up

**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, contact Jenna Moriarty at [jmoriarty@fcgov.com](mailto:jmoriarty@fcgov.com) or 970.224.6125.

3/26-4/30	Tu	4:15-4:45 PM	\$40	102326-01
3/26-4/30	Tu	4:50-5:20 PM	\$40	102326-02

### 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.

**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. Class partially discountable. To join or volunteer assist, contact Jenna Moriarty at [jmoriarty@fcgov.com](mailto:jmoriarty@fcgov.com) or 970.224.6125. Class will not be held on 1/31.

1/8-3/14	Tu,Th	9:30-10:30 AM	\$43	
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## ART

### Artistic Abilities Art

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.

**Age:** 13 years & up

**Location:** Colorado State University, Visual Arts Building, Room D102

**Note:** See [www.artisticabilities.org](http://www.artisticabilities.org) or contact Alison Cope at [acope@friu.com](mailto:acope@friu.com) for more information.

2/13-3/13	W	4:00-6:00 PM	\$30	102990-01
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## FITNESS

### Adaptive Yoga

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 for people with multiple sclerosis, spinal cord injury or other neuromuscular disorders and adapted for people of all physical abilities.

**Age:** 18 years & up

**Instructor:** Faith Brandt

**Location:** Raintree Athletic Club, 2555 S. Shields

**Note:** For more information, contact Renee Lee, (970) 224-6027, [rlee@fcgov.com](mailto:rlee@fcgov.com). No drop in rate, class partially discountable.

2/1-3/1	F	Noon-1:00 PM	\$37	102980-01
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**Check out our website!**  
[www.fcgov.com/ARO](http://www.fcgov.com/ARO)

## Work Out Options

Workouts will be organized in small groups to meet at times, days and locations that work best. People with and without disabilities will be matched to meet weekly at a time and day that is predetermined, but flexible. Strength training, cardiovascular equipment and aquatic exercise are all available to create the work

**Age:** 16 years & up

**Location:** Northside Aztlan Center

**Note:** Individuals will be responsible for the drop in fees at the Recreation Centers that they work out at. For more information or to volunteer, contact Renee Lee, 970.224.6027, rlee@fcgov.com.

### Match up meeting

2/21	Th	5:00-6:00 PM	\$20	102585-01
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## 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 and Ice Center

**Note:** Please bring an attendant if you need assistance off the ice.

1/12-2/9	Sa	9:45-10:15 AM	\$40	110356-01
2/16-3/16	Sa	9:45-10:15 AM	\$40	110356-02

## OUTDOORS



### Ignite Adaptive Skiing

Ignite Adaptive offers adaptive instruction and equipment for skiers with disabilities at Eldora Mountain Resort. Individual volunteer ski instruction, lift ticket and adapted equipment will be provided.

**Age:** 12 years & up

**Location:** Leave from Senior Center

**Note:** Single day ski dates may be available at a prorated cost. Contact Renee Lee at 224.6027 or rlee@fcgov.com to make arrangements. Attendants welcome; please register at no fee.

### Downhill/Snowboard

1/13-1/27	Su	7:30 AM-5:30 PM	\$310	102431-01
2/3-2/17	Su	7:30 AM-5:30 PM	\$310	102431-02

### Bi-Ski Lessons

1/13-1/27	Su	7:30 AM-5:30 PM	\$310	102431-03
2/3-2/17	Su	7:30 AM-5:30 PM	\$310	102431-04

### Nordic Ski/Snowshoe

1/13-1/27	Su	7:30 AM-5:30 PM	\$170	102431-05
2/3-2/17	Su	7:30 AM-5:30 PM	\$170	102431-06

### Keystone Adaptive Ski Trip

Ski at Keystone Resort with Breckenridge Outdoor Education Center! BOEC is a nationally known adaptive ski program! They provide individual volunteer instructors and adapted equipment for stand up or sit ski skiers with disabilities. This ski trip is offered to people with physical disabilities or visual impairments only.

**Age:** 14 years & up

**Location:** Leave from Senior Center

**Note:** Door to door pick up service is available for \$2 per person and must be requested one week in advance. Attendants welcome at no charge. For information, contact Renee, 970.224.6027, rlee@fcgov.com.

3/3	Su	5:45 AM-7:30 PM	\$100	102432-01
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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.

## PARALYMPIC SPORT

### Wheelchair Rugby

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

**Age:** 14 years & up

**Location:** Northside Aztlan Center

**Note:** Contact Renee Lee for more information, 970.224.6027, rlee@fcgov.com. Class will not be held on 2/18.

2/4-3/4	M	6:30-8:00 PM	\$10	102560-01
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## UNIFIED SPORTS

### Junior Basketball

Integrated basketball teams will be formed to practice, play games and compete in the Northeast Area Special Olympics Tournament.

**Age:** 8-21 years

**Location:** Northside Aztlan Center

**Note:** For more information, please contact Brenda McDowell 970.416.2024 or aro@fcgov.com. Teams will be scheduled for a one hour practice. Game schedules will be distributed after the first practice.

#### Child

1/15-3/5	Tu	6:00-8:30 PM	\$22	102552-01
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#### Family

1/15-3/5	Tu	6:00-8:30 PM	\$36	102552-02
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#### Individual Skills

1/15-3/5	Tu	6:00-6:30 PM	\$19	102552-03
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### Adult Basketball

Integrated basketball teams will be formed to compete in a league and a Northeast Area Special Olympics Tournament. Practices are scheduled for the first few weeks, then games take place, and the season ends with a pot luck/awards ceremony on March 30, 2013.

**Age:** 16 years & up

**Location:** Youth Activity Center

**Note:** Teams will have practices/games for 1 hour. Game schedule will be distributed after the 3rd practice. Contact Brenda McDowell at 416.2024 or aro@fcgov.com for more information.

#### Men's Upper Division

1/12-3/16	Sa	1:00-9:30 PM	\$25	102751-01
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#### Women Only League

1/12-3/16	Sa	1:00-9:30 PM	\$25	102751-02
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#### Co-ed Recreational

1/12-3/16	Sa	1:00-9:30 PM	\$25	102751-03
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