

ARO Adaptive Recreation Opportunities

Spring Newsletter: March – June 2014

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.**

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.

A Therapeutic Recreation specialist will help you develop your personal Passport to Recreation Profile and discuss your needs, strengths, and interests. 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 is provided. Join us for fun and adventure! Contact Jenna Moriarty at 970.224.6125 or jmoriarty@fcgov.com.

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

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Note: This special event is provided for free with support from the Inspiration Playground Endowment Fund. For more information or to volunteer, contact Renee Lee at 970.224.6027, rlee@fcgov.com.

4/11 Friday 10:30 AM – 12:30 PM Free!

Special Events

Giant Friends Club

Come and play together at the accessible Inspiration Playground at this free special event. This club brings kids of all abilities together for fun and friendships. The theme for this event is “Dr. Suess” and will feature “Suessical” activities, entertainment and more for a gigantic good time!

Age: All **Location:** Inspiration Playground

Aquatics

Adaptive Swim Fitness –New!

Our Paralympic Sports Club is excited to offer this program to individuals and Veterans with physical disabilities and polytrauma. Instructions will be individualized in a small group setting. All levels of swim abilities welcomed.

Age: 18 years & up **Location:** Edora Pool Ice Center

Note: For more information or to volunteer, please contact Jenna Moriarty at 970.224.6125 or jmoriarty@fcgov.com.

4/4 – 5/9 Friday 2:00 – 3:00 PM \$36 202389-01

MS Aqua

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. To join or volunteer assist, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125. Fee is for a 16 visit punch pass.

3/25 – 5/20 Tu & Th 9:30 – 10:30 AM \$43 for 16 classes

Arts & Crafts

Artistic Abilities 3-D Art

Participants will learn techniques with a variety of materials to create unique pieces of 3-D 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: Contact Alison Cope at acope@friu.com for more information.

3/25 – 4/22 Tuesday 4:00 – 6:00 PM \$32 202990-01

Theatre Acting Class/Show

Express your creativity on stage! We will learn acting techniques; work on a short script, then present a show for the last class! This class is designed for people with and without disabilities.

Age: 14 years & up **Location:** Club Tico

Note: The final show will take place on May 10! For more information, contact Alison Cope at acope@friu.com.

3/29 – 5/10 Saturday 2:00 – 4:00 PM \$38 202593-01

Fitness

Adaptive Martial Arts

Improve your coordination, posture, flexibility, and environmental awareness, through the practice of martial arts, enhancing focus and well-being. This class is adapted for people with disabilities and includes martial arts fundamentals, exercises and games.

Age: 10 years & up **Location:** Northside Aztlan Center

Note: Class will not be held on 3/21.

3/7 – 4/11 Friday 4:30 – 5:30 PM \$30 202581-01

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

Note: No drop in rate.

4/4 – 5/2 Friday Noon – 1:00 PM \$37 202980-01

Adaptive Running Club

This program is designed for people with visual impairments and is designed for participants to increase physical endurance while learning or enhancing basic running techniques with a partner. Guided running partners will also have the opportunity to participate in the Father's Day 5K race.

Age: 16 years & up **Location:** Gardens on Spring Creek

Note: All abilities welcome. Fee includes one entry for the Fathers Day 5K, Sun, 6/15, (optional), which is a fundraiser for ARO programs.

5/13 – 6/12 Tu & Th 3:30 – 4:30 PM \$25 202988-01

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 and Ice Center

Note: Class will not be held on 4/26.

3/29 – 5/3 Saturday 9:45 – 10:15 AM \$33 210356-01



Outdoor Recreation

Adaptive Cycling

Experience the freedom of cycling. Handcycles, tandems, and three wheel bikes will be available for riders with disabilities to take out on the Poudre River Trail.

Age: 14 years & up **Location:** Northside Aztlan Center North Parking Lot

4/3 – 4/17 Thursday 4:00-5:30 PM \$18 202034-01

NSCD Youth Ski Trips

The National Sports Center for the Disabled in Winter Park 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.

Age: 10–17 years **Location:** Depart from Mountain View HS, Loveland

Note: Kids not independent in personal care or who need extra supervision must provide an attendant at no fee. Contact Coach Brad Nelson, brad.nelson@thompsonschoools.org

3/21 Friday 6:00 AM – 6:00 PM \$90 202933-01

4/4 Friday 6:00 AM – 6:00 PM \$90 202933-02

Sports

Adaptive Boccia Tournament

Boccia is a paralympic sport, adapted for athletes with physical disabilities. Come play in this friendly tournament and test your strategic skills.

Age: 14+ **Location:** Senior Center

4/5 Saturday 3:00 – 5:00 PM \$5 202464-01

Wheelchair Rugby

Wheelchair rugby is a fast paced, full contact wheelchair sport played indoors on a modified basketball court. All abilities are welcome. Extra sport chairs are available.

Age: 14 years & up **Location:** Northside Aztlan Center

Note: Drop In rate is \$4.00 per class.

3/25 – 5/6 Tuesday 6:00 – 8:00 PM \$22 202560-01

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 Paralympic sport, so don't miss out!

Age: 12 years & up **Location:** TBA

Note: Participants of all levels are welcome. For more information, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125. Drop in rate is \$5 per visit.

4/5 – 5/3 Saturday 9:30 – 11:30 AM \$20 202762-01

Unified Sports

Players with and without disabilities play as teammates against other integrated teams. Unified teams will practice, play games and have the opportunity to compete in a Special Olympics Unified area tournament. For more information or to volunteer, contact Brenda McDowell at bmcowell@fcgov.com or 970.416.2024.

Adult Unified Soccer

Age: 16 years & up **Location:** Troutman Park

4/2 – 5/7 Wednesday 5:30 – 6:45 PM \$22 202053-01

Junior Unified Soccer

Age: 8–21 years **Location:** Troutman Park

Unified Jr. Child

3/31 – 5/5 Monday 5:00 – 6:00 PM \$22 202054-01

Unified Family

3/31 – 5/5 Monday 5:00 – 6:00 PM \$30 202054-02

Adult Unified Softball

Age: 16 years & up **Location:** Beattie Elementary/Rolland Moore Park

Note: Register by April 3, 2014 (fee increases to \$30 after this date). Contact Brenda McDowell, 970-416-2024, bmcowell@fcgov.com or Renee Lee, 970.224.6027; rlee@fcgov.com.

5/12 – 7/28 Monday 5:00 – 8:00 PM \$25 202055-01