

ARO Adaptive Recreation Opportunities

Summer Newsletter: June – August 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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Special Events

Adaptive Watersports Day

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 physical disabilities and their friends. Equipment and expertise provided by NSCD, Adaptive Adventures, and Baby Seal.

Age: 12 years & up **Location:** Horsetooth Reservoir, South Bay Pavilion

Note: Lunch included. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Rides from EPIC arranged as needed.

6/25 W 10:00 AM – 1:30 PM \$25 302973-01

Adaptive Cycling Tour

Adaptive Adventures will be bringing their mobile handcycle trailer and expertise for a great day of cycling. Handcycles and other adaptive bikes will be available to take on a short or intermediate bike tour.

Age: 14 years & up **Location:** Lee Martinez Park

Note: For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com.

8/23 Sa 9:30 AM – Noon \$5 302936-01

Over the Line

This event is an adapted version of wheelchair softball. There will be 3 people per team. The batter and pitcher will be on the same team and the objective is to hit the ball over the line without any of the other team players catching it. Don't miss out on the fun!

Age: 14 years & up **Location:** Edora Pool Ice Center

Note: This event is designed for people with physical disabilities who use wheelchairs. However, able bodied people may join in the fun if extra manual wheelchairs are available.

6/22 Su 5:30 – 7:00 PM \$10 302772-01

Aquatics

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. To join or volunteer assist, contact Jenna Moriarty at jmoriarty@fcgov.com or 970.224.6125.

6/10–8/26 Tu,Th 9:30 – 10:30 AM \$39 302228-01

Pool Running with AiT

Adaptive life vests are used to tow, interact and create movement for individuals with disabilities to inspire and stimulate physical activity in the water. Individuals are matched with a partner for a fun interactive pool experience.

Age: 8 years & up **Location:** Edora Pool Ice Center

Note: For more information or to volunteer, please contact Dennis Vanderheiden with Athletes in Tandem at 970.217.6751 or dennis@athletesintandem.org.

6/16–7/23 M,W 1:00 – 2:00 PM \$48 302389-01

Adaptive Swim Lessons

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

Age: 5 years & up **Location:** Edora Pool Ice Center

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

6/24–7/29 Tu 4:15 – 4:45 PM \$30 302326-01

6/24–7/29 Tu 4:50 – 5:20 PM \$30 302326-02

Artistic Abilities

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

Note: Class is held at Colorado State University in the Visual Arts Building, Room D102. Contact Alison Cope at acope@friu.com for more information.

5/21-6/11	W	4:00 – 6:00 PM	\$30	302990-01
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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 **Location:** Raintree Athletic Club

Note: For more information contact Renee Lee at 970.224.6027 or rlee@fcgov.com. No drop in rate.

6/26-7/24	Th	1:00 – 2:00 PM	\$37	302980-01
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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 Ice Center

Note: Please bring an attendant if you need assistance off the ice. Class will not be held on 7/22.

6/3-6/24	Tu	6:00 – 6:30 PM	\$33	310356-01
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7/8-8/5	Tu	6:00 – 6:30 PM	\$33	310356-02
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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 “Joseph and the Amazing Technicolor Dreamcoat”. This matinee will feature a sensory tour.

Age: 16 years & up **Location:** Leave from the Edora Pool Ice Center

Note: Lunch is included. Class not discountable. Registration deadline 7/11/2014.

7/20	Su	9:15 AM – 6:00 PM	\$41	302991-01
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Outdoors

Adaptive Waterskiing

Learn how to waterski or to improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and visual impairments only. Adaptive ski equipment and instruction provided.

Age: 12 years & up **Location:** Leave from Edora Pool Ice Center

Note: For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com.

6/24, 7/8, 7/22 & 8/5	Tu	7:00 AM – 12:30 PM	\$55	302937-01
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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:** Leave from the Edora Pool Ice Center

Note: For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com. Attendants must pre-register separately; \$50 (#302938-1A).

7/12	Sa	7:30 AM – 1:30 PM	\$59	302938-01
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7/12	Sa	7:30 AM – 1:30 PM	\$50	302938-1A
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Adaptive Kayaking

Join us for a summer evening on the water. This event is designed for people with physical disabilities, their friends and family. Adaptive Adventures will bring equipment for flat water kayaking to get you out and paddling!

Age: 14 years & up **Location:** Lone Tree Reservoir, Loveland

Note: For more information, contact Renee Lee at 970.224.6027, rlee@fcgov.com. Rides from EPIC will be arranged as needed.

7/30	W	4:30 – 7:30 PM	\$15	302939-01
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Social

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: 4-11 years **Location:** Inspiration Playground at Spring Canyon Park

Note: For more information about the Giant Friends Club, contact Renee Lee at 970.224.6027 or rlee@fcgov.com.

7/2-8/6	W	10:00 AM – Noon	\$36	302974-01
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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.

8/14	Th	5:30 – 8:00 PM	\$5	302909-01
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Sports

Unified Softball – Ages 16+

Integrated softball teams, made up of players with and without disabilities, have been formed to play in a Unified Softball league this summer. Contact Renee Lee if you have questions, rlee@fcgov.com.

Note: Fee increased to \$30 after the April 3, 2014 registration deadline.

5/12-7/28	M	5:00 – 8:00 PM	\$25	202055-01
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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: Game schedule will be available at first practice, times may vary. For more information, contact Renee Lee, rlee@fcgov.com. Class will not be held on 7/3.

Child

6/19-8/7	Th	6:00 – 7:00 PM	\$25	302956-01
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Family

6/19-8/7	Th	6:00 – 7:00 PM	\$40	302956-02
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WELCOME ARO SUMMER INTERNS!

Sara Fisher, Therapeutic Recreation intern from Ithaca College, New York. Katie Crelly and Sarah Feinberg, Occupational Therapy Level II fieldwork students from CSU. We are very excited to have these talented students join our ARO team this summer!