

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. 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. The Alternative Programs are designed for adults with intellectual disabilities and focus on community activities and social outings. A list of programs can be found in the *Recreator* under the adult section and include monthly dances, Unified sports, 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! Call 224-6027.

WELCOME ARO FALL INTERN - Jaclynn Strauss!

Jaclynn will be joining the ARO team to complete her therapeutic recreation internship requirements from the University of Iowa.

CHECK OUT OUR WEBSITE!

www.fcgov.com/ARO

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

Renee Lee, CTRS,

970-224-6027, ree@fcgov.com

Brenda McDowell, Unified Sports Coordinator

970-416-2024, aro@fcgov.com

Alison Cope, MS, OTR, Recreation Specialist acope@frij.com

ARO Interns, 970-224-6034,

aro@fcgov.com



SPECIAL EVENTS

Giant Friends Special Event

The Giant Friends Club (GFC) is the coolest club for children, inspired by the spirit and magic of Inspiration Playground! This club brings together children of all abilities to play, learn about each other, and build friendships. The theme for this event is "Fantasy Forest".

Age: All

Location: Inspiration Playground

Note: Event free with support from the Inspiration Playground Endowment Fund.

10/17 F 10:30 AM-12:30 PM No Fee

AQUATICS

MS Aqua

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff gives 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: To join or volunteer assist, contact Renee Lee, ree@fcgov.com, 970.224.6027. Fee is for a 16 visit punch pass. Class partially discountable. Class will not be held on 11/25.

9/9-12/18 Tu,Th 9:30-10:30 AM \$43

ARTS AND CRAFTS

Artistic Abilities

Art with purpose. Create a variety of unique pieces of art with a goal of selling items for the holidays. 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@frij.com.

9/25-11/13 Th 4:00-6:00 PM \$45 402990-01

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: No drop in rate, class partially discountable.

9/25-10/9 Th 1:00-2:00 PM \$38 402980-01

10/23-11/20 Th 1:00-2:00 PM \$38 402980-02

Work Out Partners

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: Edora Pool Ice Center

9/24 W 6:30-7:30 PM \$20 402585-01

ICE

Adaptive Skating

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

Age: 8 years & up
 Location: Edora Pool Ice Center
 9/7-10/5 Sa 9:45-10:15 AM \$33 410356-01
 10/12-11/9 Sa 9:45-10:15 AM \$33 410356-02

will be held at an indoor range. Please dress for the weather.

9/10-10/15 W 4:30-5:45 PM
 \$30 402040-01

SPORTS



MUSIC/THEATER

Theatre Acting Workshop

Learn to express yourself on stage! We will have fun with theater games, improvisation and skits. This workshop is designed for people with and without disabilities.

Age: 14 years & up
 Location: Senior Center
 Note: For more info, contact Alison Cope at acope@frii.com.
 11/1 Sa 1:00-4:00 PM
 \$14 402593-01

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 Gym
 Note: Class will not be held on 11/11 or 11/25.
 9/23-12/9 Tu 6:00-8:00 PM \$22 402560-01

OUTDOORS

Adaptive Kayaking

Join us for a beautiful 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: 12 years & up
 Location: Horsetooth Reservoir, South Bay
 Note: Rides from the Sr. enter will be arranged as needed.
 9/3 W 4:30-7:30 PM
 \$15 402939-01

Adult Unified Flag Football

It's time for football! Come play on a unified team including people with and without special needs. Flag football is a non-tackle version of the sport, so protective equipment is not needed! Participants may have the opportunity to play in the Special Olympics Tournament.

Age: 16 years & up
 Location: City Park
 Note: Season includes practices and scrimmages. Date/time/location of tournament TBA. Class will not be held on 9/1.
 8/18-9/29 M 5:30-6:45 PM \$20 402157-01

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
 9/20 Sa 9:30 AM-Noon
 \$5 402034-01

Adult Unified Volleyball

A unified volleyball team will be created to include people with and without special needs. The season includes practices and scrimmages and is for all skill levels. Participants may have the opportunity to attend the Special Olympics tournament on Sunday, 10/19/14 in Boulder.

Age: 16 years & up
 Location: Foothills Gateway Gym
 Note: For more information contact Brenda McDowell at bmcdowell@fcgov.com.
 10/4-11/8 Sa 9:00 AM-Noon \$20 402959-01

Adaptive Archery

Adapted for individuals with varying physical abilities, this class will teach the basics of safely shooting a bow and arrow.

Age: 8 years & up
 Location: Fort Collins Archery Association-Archery Range
 Note: Classes are held at the outdoor archery range off of the Prospect frontage road; one class

Youth Unified Flag Football

It's time for football! Come play on a unified team which includes kids with and without special needs. Flag football is a non-tackle version of the sport, so protective equipment is not needed! Participants may have the opportunity to play in the Special Olympics Tournament.

Age: 8-21 years
 Location: City Park
 Note: Season includes practices and scrimmages. Date/time/location of tournament TBA. Class will not be held on 9/1.
 8/18-9/29 M 4:15-5:15 PM \$20 402061-01

