VOLUNTEER ADAPTIVE RECREATION OPPORTUNITIES FOR VOLUNTEERS - SUMMER 2015



New Student/Volunteer Orientation

Tuesday, May 26th , 2:30 PM -4:00 PM 215 N. Mason St. - 3rd floor, Please RSVP to Becca Heinze, Therapeutic Recreation Coordinator 970-224-6125 or bheinze@fcgov.com.

Disability Awareness Training

Thursday, May 28th, 5:30 PM-8:00 PM A hands-on training designed to increase awareness of the impact of common disabilities with emphasis on people's abilities, and support techniques across a variety of recreational settings.

RSVP to Becca Heinze, Therapeutic Recreation Coordinator 970-224-6125 or bheinze@fcgov.com.

NCLUSION SUPPORT PARTNER

Serve as an inclusion support facilitator for an individual with a disability in a general recreation class or camp. Requests are received on a weekly basis. Opportunities include youth swim lessons, Summer Camps, Youth STEM classes, dance and craft classes and More! Training provided.

Contact Becca Heinze at rheinze@fcgov.com or 970-224-6125

SPECIALIZED PROGRAMS

The following programs are designed for the unique needs of people with disabilities, but are open to all. No experience is necessary and training is provided.

MS Aqua

Exercise and assist individuals with Multiple Sclerosis and other neurological disorders in the swimming pool while gaining an understanding of the therapeutic properties of water exercise.

Tuesdays & Thursdays, 6/4-8/27; no class 7/2. 9:15-10:45 AM

Note: Please bring bathing suit and towel. Actual class time: 9:30-10:30 AM Volunteer age: 18 years & up Coordinator: Becca Heinze Location: Mulberry Pool Required Training: June 2nd, 9:30 AM-11:00 AM; 215



Artistic Abilities

Participants, age 14 + learn techniques to create unique pieces of art. Volunteers support set up, clean up, and active engagement in the artistic process. Tuesdays, 6/2-6/30 3:30 - 6:30 P.M. Volunteer age: 14 years & up Coordinator: Alison Cope Actual event time: 4:00 PM - 6:00 PM Location: Senior Center

Giant Friends Club

The Giant Friends Club (GFC) brings together children of all abilities to play at the Inspiration Playground. Assist with facilitation of themed games and activities with youth ages 4-11 years. Note: Please dress for the weather.

Wednesdays, 7/8-8/5 9:30 A.M.-12:30 P.M. Volunteer age: 14 years & up Coordinator: Renee Lee Actual event time: 10:00 AM - 12:00 PM Location: Inspiration Playground, Spring Canyon Park Check out our webpage: fcgov.com/aro

Adaptive Swim Lessons

Assist in teaching swim skills to individuals ages 5 & up with varying abilities in a 1:1 setting under the supervision of a WSI.

2 Sessions:

Session 1: Wednesdays, 6/10-7/1, 4:00-5:45 PM Session 2: Tuesdays 7/7-7/28 4:00-5:45 PM Actual class times: 4:15-4:50 PM and 4:50-5:20 PM Volunteer age: 16 years & up Location: Edora Pool Ice Center (EPIC) Training: June 3, 4:00-6:00 PM at EPIC

SPECIAL EVENTS

Father's Day 5K

Assist with registration and court marshaling during this fundraiser. Staff/volunteer date/time: Sunday, 6/21, 6:00-11:00 AM (Times may vary slightly as date gets closer) Volunteer age: 18 years & up Location: Outside of Coopersmith's Pub Training: Day of

Journey of Hope Park Games Event

The "Journey of HOPE" is a cross-country bicycle ride to promote awareness, and support people with disabilities. The team has a layover at our very own Edora Park! Help us welcome them and celebrate ABILITY with park games from 3:00-5:00 PM. Volunteers will encourage and assist with games for participants age 14 +; set up, clean up, and participation in games. Volunteers are invited to the welcoming and barbeque at 12:30 PM

Sunday, 6/28 12:00 PM -5:30 PM Volunteer age: 18 years & up Coordinator: Becca Heinze Actual event time: Barbeque 12:30-2:00; Park Games 3:00-5:00; Location: Edora Park; Horseshoe pits Training: Day of, at 12:00 PM

Adaptive Watersports Day

Enjoy the beauty of Horsetooth Reservoir while assisting participants with a variety of physical disabilities try out water sports including sailboats, kayaks, canoes, and SUP's.

Wednesday, 6/24, 8:30 A.M. - 2:30 P.M. Volunteer age: 18 years & up Coordinator: Renee Lee Actual class time: 10:00 AM-1:30 PM Location: Meet at ARO Office

4th of July Parade

Join us in representing Adaptive Recreation Opportunities in the City of Fort Collins 4th of July Parade! Volunteer roles include being in the parade with us, helping monitor for participant safety, passing prizes to the crowd, and more!

Saturday, 7/4, 8:00 A.M.-12:00 P.M. Volunteer age: 16 years & up Coordinator: Brenda McDowell Actual event time: 9:00 AM- 11:00 AM Location: City Park

Phamaly Performance

Assist a group on a trip to see "Cabaret", including a backstage tactile tour. Volunteer roles include monitoring safety, interacting with, and guiding or assisting participants as needed.! NOTE: lunch & transportation to/from the Senior Center is included.

Sunday, 7/26, 8:45 A.M.-6:15 P.M. Volunteer age: 18 years & up Coordinator: Alison Cope Actual program time: 9:00 AM-6:00 PM Location: Senior Center

End of Summer Picnic

Celebrate the end of the season with friends, teammates, and family. Potluck style dinner. Volunteer roles include helping with set up before, serving food, clean up after, and actively participating with families and participants. Thursday, 8/13, 5:00-8:30 P.M. Volunteer age: 18 years & up Coordinator: Renee Lee Actual event time: 5:30 PM - 8:00 PM Location: Spring Canyon Park, North Pavilion

Adaptive Yoga

This class is specifically designed for people with physical disabilities. Volunteers will assist participants in moving into a variety of Yoga-based postures that can be practiced from a chair, standing or seated on the floor.

Thursdays, 6/25-7/30, 12:45 PM – 2:15 PM Note: Please wear athletic clothing Actual class time: 1:00 PM- 2:00 PM Volunteer age: 18 years & up Instructor: Faith Brandt Location: Raintree Athletic Club (RAC) 2555 S. Shields Training: June 2nd, 9:30-11:00 A.M.



Veteran Programs

ARO is pleased to have been selected to receive grant funding in support of Paralympic Sport and physical activity programs for disabled Veterans and disabled members of the Armed Forces! **Programs in Archery, aquatic fitness, water sports, cycling, and iRest Yoga will be offered to Veterans free of charge.**

To get a schedule, and to register: Contact Renee Lee, rlee@fcgov.com, (970) 224-6027.

Adaptive Kayaking

This program offers adaptive and guided kayaking opportunities for people with physical disabilities & visual impairments 12 years and older, their friends, and family. Assist with equipment, and provide support in and out of the water for participants. **Wednesday, 7/29 3:00 PM -8:30 PM** Volunteer age: 18 years & up Coordinator: Renee Lee Actual class time: 3:30 PM- 8:00 PM

Location: Meet at the Senior Center

Adaptive Waterskiing

Assist & support people with visual impairments and physical disabilities ages 12 and older to introduce them to adaptive waterskiing at Boulder Reservoir. **Tuesdays, 6/23, 7/7, 7/21, 8/4, 6:45 A.M.-1:00 P.M.** Volunteer age: 18 years & up Actual class time: 7:00 A.M.-12:30 P.M. Location: Leave from Senior Center: 1200 Raintree.

Adaptive Ice Skating

Basic skills to advanced introduced for people with a wide variety of ability levels. Skill improvement and fun are the focus. Adaptive equipment provided.

Volunteer roles include providing 1:1 support with guidance from the skating instructor. Skates provided. Tuesdays, 6/2-6/23 and 7/7-7/28 5:45-6:45 PM, at EPIC ice rink.

Volunteer age: 18 years & up

ALTERNATIVE PROGRAMS

Volunteers for programs in this section must be at least 18 years of age and older, unless otherwise noted. Activities listed in this section are designed for adults ages 18 and over with intellectual disabilities. Alternative programs focus on fun and community involvement, and are designed to enhance confidence and social skills. All classes meet at the Senior Center, 1200 Raintree Drive, unless otherwise noted.

AP Bingo & Ice Cream Social

Kick off the summer with us at this fun, social event including ice cream & bingo games! Volunteer roles include assisting with set up, clean up, and active involvement in playing bingo and eating ice cream with participants.

Friday, 6/5, 5:30-8:30 P.M., Senior Center Volunteer age: 18 years & up

AP Cooking

Support participants while they learn independent cooking skills. Classes meet at the Senior Center. Island Delights - Thursday, 6/18, 6:00-8:30 PM Summer Salads - Wednesday, 7/8-7/15, 6:00-8:30 PM

AP Movie Nights

Travel with a group to watch a movie on the big screen. Movie ticket cost is included. Tuesday, 6/16, 6:00-9:45 PM Tuesday, 7/21, 6:00-9:45 PM Tuesday, 8/18, 6:00-9:45 PM

Restaurant Nights

Travel with a group to a restaurant for dinner to enjoying a night out on the town. Note: \$10 worth of the cost of dinner is included.

Tuesday, 6/30, 5:30-8:15 PM Monday, 8/24, 5:30-8:15 PM

AP Monthly Themed Dances

Dances are large fun-filled events based on a particular theme. Dressing for the theme is highly encouraged. Volunteer roles include dancing, mingling, serving snacks and being a positive role model.



Caribbean Cruise- Friday, 6/26, 5:30-8:30 PM

ADAPTIVE RECREATION OPPORTUNITIES FOR VOLUNTEERS - SUMMER 2015

Red, White, and Blue, 7/31, 5:30-8:30 PM

Into the Jungle- Friday, 8/28, 5:30-8:30 PM

Tie Dye Crafts

Create your own unique bright tie dye t-shirt! Materials provided for 1 shirt.

Volunteer roles include assisting with set up, clean up, and active involvement in tie dying process with participants. Friday, 8/7, 4:00-6:15 P.M., Senior Center

Volunteer age: 18 years & up

AP Day Trips and Outings

Travel with a group to assist with chaperoning and leadership. Note: Ticket costs are included. Depart from the Sr. Center . Volunteer roles include assisting with set up, clean up, and active involvement in tie dying process with participants.

Water World Day Trip- Tuesday, 7/14, 9:45 AM - 5:15 PM RMNP Accessible Hiking Trip- Saturday, 8/8, 8:45-5:15 PM Boulder Dinner Theatre – Sunday, 8/30, 10:30 AM -4:45 PM



AP Park Games

Play in the park with friends! Games may include washers, Boccia, badminton, disc golf, and more! Indoor games will be played in bad weather. NOTE: Dress to play and for changing weather, bring a water bottle. Wednesdays, 8/5-8/19, 4:00-6:15 PM Location: Senior Center

AP Bowling

This program is designed for any skill level and emphasizes fun! Group meets at Chipper's Lanes -North. Saturdays, 12:00-1:45 P.M. 7/11-8/15; No Class 7/25.

Baseball for All

This integrated baseball league is for children and teens with and without disabilities. Teams are formed to learn skills, teamwork, and play games. **NOTE: No class on 7/2.** Questions? Call Brenda McDowell at 970-416-2024.

Thursdays, 6/11-8/6 5:30 PM-7:30 PM Actual class time: 6:00-7:00 P.M. Volunteer age: 8 years & up Location: Beattie Ballfields

Adult Unified Softball

Play as a partner or coach on an integrated softball team. Regional Tournament will be July 25th in Longmont. More details TBA.

Mondays, 5/11-7/27, 5:00-8:00 PM Volunteer age: 18 years & up Location: Beattie Ballfields Teams practice for 1 hour. Volunteers will need to complete the Special Olympics volunteer application and required online trainings.



