



Adaptive Recreation Opportunities

Fall Newsletter: September-November 2011

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) 416-2024.

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 will be provided. Join us for fun and adventure! Call (970) 224-6125.

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

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(970) 224-6034
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PARALYMPIC SPORT CLUB- FORT COLLINS Over the Line Event

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: Rolland Moore Park

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. For more information, please contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com .

10/1 Sa 3:00-5:00 PM \$10 84611-01

Adaptive Climbing Clinic

Climbing techniques and equipment will be adapted for climbers with physical disabilities. Chad O'Connor, P&O Group, will share his talents and expertise about climbing, prosthetics and more. Come join us for an afternoon of food, fun, community and climbing!

Age: 16 years & up

Location: Inner Strength Climbing Gym, 3713 S. Mason, Fort Collins,80525

Note: Clinic will take place at Inner Strength Climbing Gym, 3713 S. Mason. Climbing shoe rental is available, \$4. For more information, contact Renee Lee, (970) 224-6027, rlee@fcgov.com . Class partially discountable.

11/19 Sat. 1:00-3:00 PM \$19 84618-01

AQUATICS Adaptive Swim Lesson

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 care assistance outside of the water. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com.

9/27-10/18 Tu 4:15-4:45 PM \$25 84602-01

9/27-10/18 Tu 4:50-5:20 PM \$25 84602-02

10/25-11/15 Tu 4:15-4:45 PM \$25 84602-03

10/25-11/15 Tu 4:50-5:20 PM \$25 84602-04

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 in a cool water environment. It is offered in cooperation with the local MS chapter. To join or volunteer assist, call Jenna Van Fossan at 970.224.6125.

Location: Mulberry Pool

Note: Please bring an attendant if you need assistance with personal care out of the water. Class will not take place 11/22 or 11/24.

9/13-12/15 Tu, Th 9:30-10:30 AM \$43/16 punch pass

Check out our website!
www.fcgov.com/ARO

ART Artistic Abilities Open Studio

This class is open to participants of all abilities with previous visual art experience, with accommodations provided for various challenges and disabilities. We will have a variety of materials available for creative expression centered around a weekly theme.

Age: 13 years & up

Location: Senior Center Studio

Note: For more information, contact Alison Cope, 416-2024, acope@fcgov.com

10/3-11/7 M 4:00-6:00 PM \$38 84616-01

EDUCATION & ENRICHMENT Giant Friends Club Special Event - Free "Fairy Tales " Theme

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. Fairy Tale activities, entertainment, crafts and more will be planned for a gigantic good time!

Contact: Renee Lee, 224-6027, rlee@fcgov.com

Age: All

Location: Inspiration Playground at Spring Canyon Park

9/17 Sa 1:00-3:00 PM Free 84614-01

Youth Nights for Active Teens

Join the fun at Northside Aztlan Center! We will provide support on the second Thursday each month for any teen with a disability to participate in drop-in activities that include dodgeball, ping pong, dance, food, prizes and much more.

Age: 12-18 years

Location: Northside Aztlan Center

Note: For more information and to RSVP, contact Alison Cope, 416-2024, acope@fcgov.com

9/8,10/13 &11/10 Th 5:00-8:00 PM Free #84610-01

MUSIC & THEATRE 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: Northside Aztlan Center

Note: Bring an attendant if personal care assistance is needed. For more information, contact Alison Cope at 970.416.2024, or acope@fcgov.com.

11/12 Sa 1:00-4:00 PM \$12 84607-01

FITNESS Gentle Yoga For All

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 to be adapted for people of all physical abilities and to help you incorporate Yoga principals into everyday life.

Instructor: Faith Brandt

Age: 16 years & up

Location: Northside Aztlan Center

Note: Bring an attendant if personal care assistance is needed. For more information, contact Alison Cope at 970.416.2024 or acope@fcgov.com. Drop in rate is \$8 per class. This class is not discountable

9/2-9/23 F 8:45-10:00 AM \$28 84620-01

9/30-10/21 F 8:45-10:00 AM \$28 84620-02

10/28-11/18 F 8:45-10:00 AM \$28 84620-03

Work Out Partners

Workout partners with and without disabilities will be matched to meet weekly at a time and day that works in both partners schedule. Strength training, cardiovascular equipment and aquatic exercise are all available to create the workout best for you.

Age: 16 years & up

Location: Northside Aztlan Center

Note: Participants must attend the match up day listed below. Previous participants will be put on a waiting list and matched as partners are available. For more information, contact Renee Lee at 970.224.6027 or rlee@fcgov.com

9/15 Th 5:00-6:00 PM \$20 84603-01

ICE Adaptive Skating

Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus in class.

Age: 5 years & up

Location: EPIC Ice Arena

Note: Please bring an attendant if you need assistance off the ice. Class will not be held on 9/3.

8/20-9/24 Sat 9:45-10:15 AM \$39 83260-01

10/1-10/29 Sat 9:45-10:15 AM \$39 83260-02

OUTDOOR RECREATION 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 Assoc. Range

Note: Classes will be held at the outdoor archery range off of the Prospect frontage road near I-25, with one class held at the indoor archery range at JAX. Please dress for the weather.

9/14-10/12 Wed 4:30-5:30 PM \$30 84605-01

SPORTS 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, don't miss out.

Age: 12 years & up

Location: Youth Activity Center

Note: Participants of all levels are welcome. For more information or to volunteer, contact Jenna Van Fossan at 970.224.6125 or jvanfossan@fcgov.com. Class will not be held 10/8, 10/15.

9/17-11/12 Sat. 9:30-11:30 AM \$24 84612-01

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: Contact Renee lee at 224.6027 or rlee@fcgov.com for more information. Class will not be held on 11/22.

9/20-11/29 Tue 6:30-8:00 PM \$20 84606-01

Adaptive Junior Sports

Youth with and without disabilities join to play volleyball, kickball, fitness and more.

Age: 8-15 years

Location: Northside Aztlan Center

Note: Class partially discountable. Contact Renee Lee at 224.6125 or rlee@fcgov.com for more information.

10/19-11/16 Wed 4:30-5:30 PM \$20 84604-01