



Adaptive Recreation
Programs & Services for People with Disabilities

Summer 2012



Registration Begins:
Monday, April 30, 2012 for Denver residents
Tuesday, March 1, 2012 for non-residents

NEW PROGRAMS

Adaptive Sailing

Enjoy a day on the water at Cherry Creek Rservoir with Community Sailing of Colorado. We will learn basic sailing techniques in a fun and safe environment. Please bring a sack lunch and meet at Adaptive Recreation, 1849 Emerson St.

Age: 12+ **Cost:** \$38 res/\$46 non-res
Session Dates: 8/10/2012
Days/Times: Fri 9:00 am – 3:00 pm

Canoeing/Kayaking

Pick your favorite type of boat and hit the water at Smith Lake in Washington Park. Class will focus on paddle strokes and safety in the water. The expert staff at NSCD will help make this program educational and fun. Meet at Smith Lake in Washington Park, 701 S Franklin St.

Age: 8+ **Cost:** \$34 res/\$41 non-res
Session Dates: 7/10/2012-7/31/2012
Days/Times: Tue 5:30 pm – 7:00 pm

Tubing on Clear Creek

If you love the water and the thrill of the rapids, come try tubing in beautiful Golden. We will meet NSCD staff, who will provide tubes, lifejackets, and helmets for all. Participants must be comfortable in cold water and able to swim. Please bring a sack lunch and meet at the Adaptive Recreation office, 1849 Emerson St.

Age: 15+ **Cost:** \$15 res/\$20 non-res
Session Dates: 6/18/2012
Days/Times: Mon 9:00 am – 1:30 pm

Youth in Motion

In this inclusive program, we'll be doing physical activity and traveling around town, exercising our bodies and our social skills. Each week will alternate between a physical fitness/teamwork class, and a fieldtrip into the community. Meeting locations will vary; see flyer after registering.

Age: 5-10 **Cost:** \$27 res/\$42 non-res + activity fees
Session Dates: 6/05/2012-7/10/2012
Days/Times: Tue 1:00 pm – 3:00 pm

Creative Dance

In this fun, inclusive atmosphere children will learn easy techniques of basic dance forms. Focus will be on both group and individual skills. The final performance will incorporate ideas and movements from the students to express what they've learned. Meet at Harvard Gulch recreation center, 500 E Iliff Ave.

Age: 5-8 **Cost:** \$30 res/\$37 non-res
Session Dates: 6/07/2012-7/12/2012
Days/Times: Thu 11:15 am – 12:15 pm

FREE EVENT!!

Get Outdoors Colorado: Saturday, June 9th, 10am-3pm at City Park. Visit getoutdoorscolorado.org for more info and swing by the DPR Adaptive Recreation table to say hello.

AQUATICS & FITNESS

Adapted Aquatics @ Cook Park Outdoor Pool

Swim skills are introduced and adapted for various levels of swimmers. Please specify which time you prefer. See you Cook Park Outdoor Pool, 7100 Cherry Creek South Drive.

Age: 5+ **Cost:** \$34 res/\$44 non-res
Session Dates: 6/15/2012-8/03/2012
Days/Times: Fri 10:00 am – 10:30 am
10:30 am – 11:00 am
11:00 am – 11:30 am

Parent Tot Adapted Aquatics @ Cook Park Outdoor Pool

This is a great opportunity for children to experience water and practicing basic water skills. Parent and/or care providers will get in the water with the child weekly and teach from demonstrations provided by the class instructors. This class is held at Cook Park Outdoor Pool, 7100 Cherry Creek South Drive.

Age: 6 mo-4 yrs **Cost:** \$34 res/\$44 non-res
Session Dates: 6/15/2012-8/03/2012
Days/Times: Fri 11:30 am – 12:00 pm

Fitness Plus

Join us for an energetic group fitness class to help keep you strong and healthy. We will incorporate a variety of fitness styles for maximum fun! Please indicate which session you would like. See you at Washington Park recreation center, 701 S Franklin St.

Age: 13+ **Cost:** \$14 res/\$21 non-res
Session Dates: Session I: 5/22/2012-6/26/2012
Session II: 7/10/2012-8/14/2012
Days/Times: Tue 9:30 am - 10:30 am

Adaptive Fitness

This program provides an opportunity for participants with physical disabilities to try a variety of exercises to increase strength, balance and mobility. Previously called Circuit Training. Please indicate which session you would like. See you at Washington Park recreation center, 701 S. Franklin St.

Age: 13+ **Cost:** \$14 res/\$21 non-res
Session Dates: Session I: 5/22/2012-6/26/2012
Session II: 7/10/2012-8/14/2012
Days/Times: Tue 10:30 am-11:30 am

Back on Track

This is a class designed by outpatient therapy at Denver Health for people who live with chronic low back pain. Participants will learn stretches, strengthening, posture and positioning for pain management, and how to exercise safely and appropriately for the health of their backs. There will be an introduction to pool therapy during the second week of each session. Please contact Matt Miller, CTRS for more information. Meet at Glenarm recreation center, 2800 Glenarm Pl.

Age: 18+ **Cost:** \$9 res/\$14 non-res
Session Dates: Held monthly in 4 week sessions
Days/Times: Thu 11:00 am – 12:00 pm

SPORTS

Golf for Health & Wellness

Learn the fundamentals of golf in a fun and interactive environment. This class will cover rules, basic techniques and actual play. Meet at Wellshire Golf Course, 3333 S Colorado Blvd. Please bring your own clubs if possible.

Age: 13+ **Cost:** \$28 res/\$37 non-res
Session Dates: 6/18/2012-8/06/2012
Days/Times: Mon 9:30 am – 11:00 am

Adapted Water Skiing (Drop-In)

This program offers individuals an opportunity to experience the sport of water skiing by teaching adaptive water ski techniques. Skills and equipment are introduced and built upon each week. See you at the Sloan's Lake boathouse, 4700 W. Byron Place.

Age: 13+ **Cost:** \$5 Drop-In fee
Session Dates: 6/13/2012-8/08/2012 *7/04/2012
Days/Times: Wed 8:30 am – 1:00 pm

Adapted Cycling

Hand cycles, 3-wheel cycles and other adaptations are used for people with various abilities to ride around Sloan's Lake. Meet at Sloan's Lake boathouse 4700 W Byron Place.

Age: 13+ **Cost:** \$5 Drop-In fee
Session Dates: 6/13/2012-8/08/2012 *7/04/2012
Days/Times: Wed 9:00 am – 12:30 pm

Wheelchair Tennis

This program is for individuals who would like to focus on improving game strategy, game structure and movement using a wheelchair. Instruction and ball machine will be provided. There is also opportunity for doubles and singles play. Meet at the Washington Park west tennis courts. This program is endorsed by the Colorado Wheelchair Tennis Foundation.

Age: 12+ **Cost:** \$5 Drop-In fee
Session Dates: 6/04/2012-8/06/2012
Days/Times: Mon 5:30 pm – 7:00 pm

ARTS & CULTURE

Martial Arts & Safety

This class is designed to improve balance, awareness, confidence, physical and mental health, focus, self esteem and self defense skills. Meet at Gymnastics Plus, 6180 E. Warren Avenue. The instructors of the class are from the Mountain Tiger Society. For more information, visit www.mountaintiger.org.

Age: 13+ **Cost:** \$102 res/\$117 non-res
Session Dates: 5/23/2012-8/15/2012 *no class 7/04
Days/Times: Wed 6:15 pm-7:15 pm

Scrap & Chat

Learn the fundamentals of scrap-booking and how to organize and preserve your photos! Tools and paper will be available. Please bring your own photographs. Program meets at the Adaptive Recreation office, 1849 Emerson St.

Age: 13+ **Cost:** \$45 res/\$70 non-res
Session Dates: 6/08/2012-8/11/2012
Days/Times: Fri 1:30 pm-3:30 pm

Arts & Crafts

In this hands-on class participants will get to try various forms of art and craft projects. See you at Adaptive Recreation, 1849 Emerson St.

Age: 13+ **Cost:** \$20 res/\$32 non-res
Session Dates: 6/05/2012-7/10/12
Days/Times: Tue 1:30 pm – 3:00 pm

SPECIAL OLYMPIC SPORTS

Special Olympics Bocce

This program provides sports training and competition opportunities for people with developmental disabilities. Meet at Jacobs Park, 1101 S Quebec St.

Age: 8+ **Cost:** \$18 res/\$28 non-res
Session Dates: 6/16/2012-8/04/2012
Days/Times: Sat 8:30 am – 9:30 am

Special Olympics Tennis @ Mullen High School

This program provides sports training and competition opportunities for people with developmental disabilities. Meet at Mullen High School, 3601 S Lowell Blvd..

Age: 8+ **Cost:** \$48 res/\$64 non-res
Session Dates: 6/12/2012-8/09/2012
Days/Times: Tue & Thu 6:00 pm – 7:30 pm

Special Olympics Tennis @ City Park

This program provides sports training and competition opportunities for people with developmental disabilities. Practices are at City Park tennis courts.

Age: 8+ **Cost:** \$21 res/\$32 non-res
Session Dates: 6/12/2012-8/07/2012
Days/Times: Tue 6:00 pm – 7:00 pm

Special Olympics Softball

This program provides sports training and competition opportunities for people with developmental disabilities. Practices and games will be held at Jackie Robinson fields, 8250 E Sports Blvd.

Age: 16+ **Cost:** \$45 res/\$70 non-res
Session Dates: 6/15/2012-8/03/2012
Days/Times: Fri 6:00 pm – 8:00 pm

Special Olympics Cycling

This program provides sports training and competition opportunities for people with developmental disabilities. The Pedal For Pennies event will be held on Wednesday, June 27th. Practices held at Sloan's Lake, 4700 W Byron Pl.

Age: 8+ **Cost:** \$34 res/\$53 non-res
Session Dates: 6/18/2012-8/06/2012
Days/Times: Mon 6:00 pm – 7:30 pm

SOCIAL ENRICHMENT & EXCURSIONS

Summer Excursions

A variety of outings designed to encourage socialization, take advantage of what can be found in our community, and have fun! Meet at the Adaptive Recreation office, 1849 Emerson St. Please sign up for each trip separately.

Age: 13+ **Cost:** \$9 res/\$13 non-res **per date + fees**
Days: Mon 6/11/2012 Elitch Gardens
Thu 7/12/2012 Wild Nights @ Wild Animal Sanctuary
Thu 8/16/2012 International Day
Times: Vary – see flyer after registering

Young Adult Adventures

This program provides an opportunity for young adults to experience a variety of activities that will assist them in developing lifetime leisure and social skills. Meet at the Adaptive Recreation office, 1849 Emerson St.

Age: 15-25 **Cost:** \$54 res/\$84 non-res + **activity fees**
Session Dates: 6/25/2012-7/30/2012
Days/Times: Mon Approx 10:00am–2:00pm; may vary

Drop-In Saturday Challengers Bowling

Join your friends for bowling at AMF Monaco Lanes, 6767 Leedsdale Dr. This is a year-round program designed for adults with developmental disabilities who can participate in a recreation program independently or with minimal supervision. Those individuals who require more supervision will be required to have a family member, guardian or community partner attend the program with them at the discretion of the program coordinator. Please contact Sarah Swain, CTRS, for more information.

Age: 18+ **Cost:** \$6.25 res/\$7.50 non-res
*includes bowling fee
Session Dates: 6/09/12–8/18/12 *no program 8/11
Days/Times: Sat 10:00 am – 12:30 pm

Saturday Challengers Afternoon Activity

After bowling, join us for a fun community outing. Monthly newsletters will keep you informed on what the activities will be, cost, pick up location and time. Because of limited space, please sign up for all activities in advance.

Age: 18+ **Cost:** Activity fees vary
Session Dates: 6/09/2012-8/18/2012 *no program 8/11
Days/Times: Sat Times will vary

OUTDOOR/EXPERIENTIAL EDUCATION

Rock Climbing

Join us and the NSCD staff for some quality time in the great outdoors. There will be trained staff to help you climb your way up the sides of Eldorado and Clear Creek Canyons. Please wear sunscreen, bring a sack lunch and plenty of water. Meet at Adaptive Recreation, 1849 Emerson St.

Age: 8+ **Cost:** \$60 res/\$70 non-res
Session Dates: 6/09/2012-6/23/2012
Days/Times: Sat 8:30 am-1:30 pm

Hiking

Come explore nature as we venture down accessible hiking paths in Denver and surrounding areas. We'll see a variety of trail types and settings while getting some exercise and fresh air. Please wear sunscreen, bring a sack lunch and plenty of water. Meet at Adaptive Recreation, 1849 Emerson St.

Age: 8+ **Cost:** \$60 res/\$70 non-res
Session Dates: 5/17/2012-6/21/2012
Days/Times: Thu 10am-3pm; may vary based on destination

Youth Overnight Camping Trip

This trip is a 3 day/2 night outdoor adventure for participants that require minimal assistance. Join us as we enjoy sleeping in tents cooking out, hiking and much more. Meals are provided (please let us know in advance if you have special dietary needs). Additional fees may apply for NSCD activities (contact NSCD for info about scholarships). We will be leaving from the Adaptive Recreation office, 1849 Emerson St.

Age: 13-20 **Cost:** \$86 res/\$122 non-res
Session Dates: 6/29/2012-7/01/2012
Days/Times: 2:00 pm Fri – 12:00 pm Sun

Adult Overnight Camping Trip

This trip is a 2 day/1 night outdoor adventure appropriate for participants that require minimal assistance. Join us as we enjoy the outdoors sleeping in tents, cooking out, hiking and much more. Meals are provided (please let us know in advance if you have special dietary needs). Additional activity fees may apply. We will be leaving from the Adaptive Recreation office, 1849 Emerson St.

Age: 21+ **Cost:** \$62 res/\$88 non-res
Session Dates: 8/17/2012-8/18/2012
Days/Times: 10:00 am Fri – 4:00 pm Sat

SPECIAL EVENTS & PARTNERSHIPS

Pedal For Pennies & Family Picnic

Join our Special Olympics cycling team and the young men from Push America for our annual fundraiser, combined with our summer family picnic (formerly Fun in the Sun). There will be games, entertainment and dinner. Meet at the City Park Pavilion, near 17th & York.

Age: All **Cost:** \$5 res and non-res
Session Dates: 6/27/2012
Days/Times: Wed 4:30 pm-8:00 pm

Stars of Tomorrow Sports Camp

This is an opportunity for youth with physical disabilities to experience a variety of sports. This event is in partnership with Adaptive Adventures. See you at Sloan's Lake, 4700 W Byron Pl.

Age: 6-18 **Cost:** FREE
Session Dates: 8/02/2012-8/03/2012
Days/Times: Thu & Fri 9:00 am-3:00 pm

Main Line 720.865.0820

Fax 720.865.0821

Leah Huffer-Solomon, CTRS 720.865.0825
Recreation Supervisor

Matt Miller, CTRS 720.865.0822
Recreation Therapist

Melissa Root, CTRS 720-865-0824
Recreation Therapist

Sarah Swain, CTRS 720.865.0826
Recreation Coordinator

Aspen DeField, CTRS 720.865.0823
Recreation Coordinator

Website: www.denvergov.org/recreation

Facebook: www.facebook.com/dpradaptiverecreation

T.R.A.C. PROGRAM

Transition to Recreational Activities in the Community

TRAC provides free services to people with disabilities in an effort to support participation in recreation center programs within Denver Parks and Recreation.

Adaptive Recreation staff, student interns or trained volunteers assess individual needs, eliminate barriers and provide assistance for successful inclusion.

Services Include:

- 1:1 Therapeutic sessions
- Development of an individualized therapeutic plan
- Group or class therapeutic programs
- Elimination of barriers to recreation participation
- Inclusion opportunities

ALL AGES WELCOME!

For more information, contact
Melissa Root, CTRS @ 720.865.0824 or
Melissa.root@denvergov.org
Matt Miller, CTRS @ 720.865.0822 or
matthew.miller@denvergov.org

ADAPTIVE RECREATION: REGISTRATION FORM

Participant Name: _____ Age: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Contact Name: _____ Contact Phone: _____

E-mail: _____

Bill to (if different from above): _____ Contact Name: _____

Uses a wheelchair: yes no

SEND REGISTRATION TO: Adaptive Recreation

1849 Emerson St., Denver, CO 80218

E-mail: specialneeds@denvergov.org

Phone: 720.865.0820

Fax: 720.865.0821

Please include a cover page with all faxes

Registration:

Monday, April 30, 2012 for Denver residents

Tuesday, May 1, 2012 for non-residents

Visit us online at www.denvergov.org/recreation

<u>Program</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>

FINANACIAL ASSISTANCE is available for Denver residents.

Please contact Leah Huffer-Solomon at 720.865.0825.

PROGRAM POLICIES

Appropriate Social Behavior: Participants will refrain from behavior that can be detrimental to the group (hitting, kicking, self-abusing, refusal to stay with group, etc...). If a participant's behavior is detrimental, a parent or guardian will be called and will be required to pick up the participant immediately. If a participant demonstrates unsafe action, that participant will be requested to withdraw from the activity with the balance of fees refunded.

Personal Needs Assistance: Personal arrangements must be made for participants needing assistance with feeding, medication, using the restroom or dressing during a program.

Late Pick-up/Drop-off Policy: A \$5.00 fee will be charged if a participant's ride arrives 15 minutes later than the designated pick-up time. An additional \$5.00 will be charged for every 15 minutes thereafter. The bus will leave at the time listed on the brochure. Please be considerate of the group. ***If you are riding Access-A-Ride, PLEASE let us know the pick-up and drop-off times. We'll do our best to accommodate you.***