



Adaptive Recreation
Programs & Services for People with Disabilities

Helping Hands

Summer 2012



****NEW PROGRAMS****

Adaptive Sailing

Enjoy a day on the water at Cherry Creek Reservoir 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.

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.

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.

Session Dates: 6/18/2012

Days/Times: Mon 9:00 am – 1:30 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.

Session Dates: 6/07/2012-7/12/2012

Days/Times: Thu 11:15 am – 12:15 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.

Session Dates: 6/05/2012-7/10/2012

Days/Times: Tue 1:00 pm – 3:00 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.

Session Dates: 6/18/2012-8/06/2012

Days/Times: Mon 9:30 am – 11:00 am

Adapted Water Skiing

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.

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.

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.

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.

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.

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.

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.

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..

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.

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.

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.

Session Dates: 6/18/2012-8/06/2012

Days/Times: Mon 6:00 pm – 7:30 pm

SOCIAL ENRICHMENT & EXCURSIONS

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.

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 Leetsdale 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.

Session Dates: 6/09/12–8/18/12 *no program 8/11

Days/Times: Sat 10:00 am – 12:30 pm

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.

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.

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). We will be leaving from the Adaptive Recreation office, 1849 Emerson St.

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). We will be leaving from the Adaptive Recreation office, 1849 Emerson St.

Session Dates: 8/17/2012-8/18/2012

Days/Times: 10:00 am Fri – 4:00 pm Sat

SPECIAL EVENTS & PARTNERSHIPS

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.

Session Dates: 8/02/2012-8/03/2012

Days/Times: Thu & Fri 9:00 am-3:00 pm

Thank you!

You made spring special! We appreciate your time and talents. Because of volunteers like you we are able to provide a safe, fun and successful environment.

S.O. Soccer: Ilima Kane, Phil Knight, Patrick Carry, Tonya Swikert, Sarah Pomerantz, Allie Goldblatt, Mike Conrad, Elijah Cox, Leah Crawford, Danielle Higgins, Sam Henderson, Sam Hagreen, Becca Tormey

S.O. Aquatics: Patti Rizzo, Erik Zitek, Aaron Johnson, Leah Kronick, Michaela Ulibarri, Katie Shea, Jeff Hensley

S.O. Track & Field: Todd Baldini, Rachael Thompson, Leila Hahn, Amy Gannon

S.O. Track & Field-Saturday Challengers: Leah Kronick, Joe & Patti Rizzo, Emily Tucker, Tiah Johnson, Dori Einbeck

Actors' Workshop: Francine Dale

Kayaking: Meghan Wons

Saturday Challengers: Sue Rickard, Leah Kronick, Lee Lopez, Joe & Patti Rizzo, Julie Engle, Jeff Hensley, Chad Jacomet, Andrea Masias

Lock-In & Excursion: Kyle Whitefield

Young Athletes Program: Pam & Rachel Lukes

Try It You'll Like It: Kayla Gagliardi, Kristin Valencia, Kyle McIntosh, Makena Roe, Katie Evans, Jane Helsing, Rebecca Richardson, Kim Gangwich, Rebecca Blomberg, Olivia Staton, Devin Olsen, Brett Yoho, Sidney Rozmiarek, Eboni Sweat

A Special Thank you to our Regis service learning students!

Chris Peloquin
Nate Hamilton
Kylie Miller

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Ben Hensley
Sarah Clinghan
Sean Rogers
Angela Beasley
Amanda Madrid