

A.R.I.S.E

ADAPTIVE RECREATION & INCLUSION SERVICES FOR EVERYONE - FORMALLY THERAPEUTIC RECREATION

Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

**** NEW -CYO (CREATE YOUR OWN) PROGRAM**

Looking for a program to best meet your needs or goals? Reach out to our team about available options for customizing an adaptive 4-week program for you and at least 3 or more friends, siblings and/or classmates seeking similar opportunities.

- Customize days/times
- \$40 (\$32 Resident) – 1-hour
- \$80 (\$64 Resident) – 2-hour
- Beck, Central or Moorhead Recreation Centers

**** NEW-TRY IT OUT TUES-NIGHTS**

Join your friends exploring creative ways of experimenting with activities. Have fun engaging and expressing yourself while moving and grooving!

36710 April 6-27

- Tue., 4:30-6:30 p.m.
- \$80 (\$64 Resident)
- Central Recreation Center

WONDEROUS WEDNESDAY

Beat that mid-week slump and join your friends for some active and creative fun!

36713 April 7-28

- Wed., 1-3 p.m.
- \$80 (\$64 Resident)
- Central Recreation Center

TOTALLY FUN THURSDAYS

Variety of active games, dancing, workouts and more!

36714 April 8-29

- Thu., 10 a.m.-noon
- \$80 (\$64 Resident)
- Central Recreation Center



Scholarship funding available, reach out for further details.

****Looking for virtual or at-home programming options?***

email bbolks@auroragov.org

ARISE

ADAPTIVE SPORTS SKILLS TRAINING

With sports looking much different these days, now is the perfect time to improve those FUNdamental skills. With our individualized training, athletes will be physically and mentally ready to play!

36792 April 3-24

- Sat., 10-11 a.m. (Young athletes 3-7)
(Youth 8-14)
- \$25 (\$20 Resident)
- Central Recreation Center

FRIDAY NIGHT IN

After the long week, join us for a variety of games to work on your game play & socialize with your friends.

36716 April 9

- Fri., 4:30-6:30 p.m.
- \$20 (\$16 Resident)
- Central Recreation Center

AT-HOME MOUNTAIN HIKES

Join in as everyone independently takes on the challenge of hiking mountains around the world. Counting your steps and tracking your miles to reach the summit at your own pace. If interested, please contact us for more information.

1:1 FITNESS

Complete a short assessment with ARISE staff to develop a program plan with individualized goals. Meet for an hour weekly with staff to receive encouragement and support needed to reach your goal. Cancellations must be made 24 hours prior to your scheduled sessions.

6-week session: \$165 (\$132 Resident)

SPECIAL OLYMPICS SOCCER & TRACK & FIELD

Learn fundamentals of soccer, track & field. It will focus on skill development and working on improving your personal best. Participants could have the opportunity to compete in individualized competition!

36715 April 3-24

- Sat., 11-12 p.m. (Young adults/adults 15+)
- \$25 (\$20 Resident)
- Central Recreation Center

