

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

CALL FOR VOLUNTEERS!

Adaptive Recreation & Inclusion Services for Everyone is seeking volunteers ages 12 and older to assist with their "Young Athletes in Training" program. Under the direction and supervision of full-time A.R.I.S.E. staff members, volunteers would be responsible for guiding individuals ages 4-12 of varying ability levels through basic sports drills.

For more information, please email arise@auroragov.org OR call 303.326.8410.



Aquatics

ADAPTIVE INTRO TO WATER

Ages 4-10 (Over 11 inquire with staff for a needs assessment)

Participant-led water exposure in a safe, sensory-friendly and low-pressure environment. Designed for participants who are not ready for Adaptive Swim Lessons. Class ratios are one instructor to two swimmers.

74547 Jan. 11–Feb. 1

74544 Feb. 8–29

- Thursday, 3:30–4 p.m.

- \$63 (\$50 Resident)

- Central Recreation Center

ADAPTIVE SWIM LESSONS

Ages 4-10 (Over 11 inquire with staff for a needs assessment)

Water safety and level 1 and 2 swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons and with the goal to graduate into group lessons. Class ratios are two instructors to three to four participants.

74536 Jan. 11–Feb. 1

74533 Feb. 8–29

- Thursday, 4–4:30 p.m.

74538 Jan. 11–Feb. 1

74545 Feb. 8–29

- Thursday, 4:30–5 p.m.

74529 Jan. 11–Feb. 1

74534 Feb. 8–29

- Thursday, 5–5:30 p.m.

- \$63 (\$50 Resident)

- Central Recreation Center

Arts and Culture

ADAPTIVE COOKING

Ages 13 and older

Ignite your passion for cooking and empower yourself with essential kitchen skills as we dive into the world of delicious and nutritious meals!

74539 Dec. 5–19*

74542 Jan. 9–30

74548 Feb. 6–27

- Tuesday, 10–12:30 p.m.

- \$75 (\$60 Resident)*

- \$100 (\$80 Resident)

- Central Recreation Center

WAKE UP WEDNESDAY

Ages 13 and older

Recharge your energy with a variety of engaging activities designed to stimulate your creativity, motivate your mind and get your body moving.

74540 Dec. 6–20

74530 Jan. 10–31

74537 Feb. 7–28

- Wednesday, 10 a.m.–2 p.m.

- \$160 (\$128 Resident)

- Central Recreation Center

Excursions

Ages 13 and older

An opportunity to explore Colorado, while enhancing social and independent skills. Bring a water bottle, sack lunch and snack, if desired.

- Friday, 10 a.m.–2 p.m.

GET INTO THE HOLIDAY SPIRIT AT THE GAYLORD (ICE EXHIBIT)

75057 Dec. 1

- \$88 (\$70 Resident)

WINTER FUN AT PLAINS CONSERVATION CENTER: SNOWSHOEING (WEATHER PENDING)/COOKING ON WOOD STOVE

75059 Jan. 19

- \$40 (\$32 Resident)

THE SENSORY GYM

75060 Jan. 26

- \$45 (\$36 Resident)

KA-KO JO'S ENTERTAINMENT CENTER: GLOW MINI GOLF AND MORE

75061 Feb. 23

- \$55 (\$44 Resident)

- Central Recreation Center



Fitness, Sports and Special Olympics

KOREAN ACADEMY OF MARTIAL ARTS SELF-DEFENSE

Ages 5 and older

Taught by Grandmaster, Ghassan Timani, alongside A.R.I.S.E. staff providing adaptations and support throughout class. The goal of this class is to ensure all students are given tools and techniques to defend themselves in all scenarios and situations, with an emphasis on endurance, perseverance, integrity, discipline and indomitable spirit. Please be prepared to assist your family member as needed.

75067 Dec. 5-19*

75068 Jan. 9-30

75071 Feb. 6-27

• Tuesday, 4-4:45 p.m.

• \$48 (\$38 Resident)*

• \$63 (\$50 Resident)

• Central Recreation Center

TOTALLY FIT TUES-NIGHTS

Ages 13 and older

Develop gross motor skills, get exercise and have fun with your friends through a variety of physical activities.

Circuit Training

Pushing boundaries and building strength with adaptive low-impact circuit and weight training.

74543 Dec. 5-19*

Going the Distance

Track every step to go the distance together whether biking, walking or running in this adaptive fitness class.

74546 Jan. 9-30

Water Wellness

Aerobic exercise while in the pool to increase stamina, endurance and strength.

74532 Feb. 6-27

• Tuesday, 4:30-6 p.m.

• \$60 (\$48 Resident)*

• \$80 (\$64 Resident)

• Central Recreation Center

SPECIAL OLYMPICS YOUNG ATHLETE BASKETBALL

Ages 4-10 and 11-15

Unlock potential through practice and play. Join us as we enhance foundational skills for team sport participation, with a focus on basketball. Athletes will have the opportunity to compete in individual skills (ages 8+) or gain exposure to competition settings (ages 4-7) at the regional level.

74541 Jan. 10-31

74531 Feb. 7-28

• Wednesday, 4-4:45 p.m.

• \$40 (\$32 Resident)

• Central Recreation Center

SPECIAL OLYMPICS BASKETBALL

Ages 16 and older

In this program, we will use adaptive techniques to teach the fundamentals of basketball and team play. The A.R.I.S.E. team will work with participants on specific skills and will assign participants to unified or traditional teams based on their individual strengths. Participants will have the opportunity to compete in the regional competition with the Special Olympics.

74535 Jan. 10-March 13 (subject to change based on Special Olympics competition schedule)

• Wednesday, 5-6 p.m.

• \$31 (\$25 Resident)

• Central Recreation Center

SPECIAL OLYMPICS UNIFIED RED SHIRT ROOKIES

Ages 3 and older

Ready to venture into the realm of limitless potential? Join us for Special Olympics Unified Red Shirt Rookies! This program is a great opportunity for individuals ages 3 and older to socialize, gain exposure and experience a variety of sports. Each session ends with a themed award ceremony. Staff and coaches provide full assistance with a 1:2 or 1:3 ratio to ensure successful participation throughout the session. Caregivers need to stay on-site to provide any personal care assistance.

75079 Jan. 11-Feb. 15

• Thursday, 12:45-2 p.m.

• \$38 (\$30 Resident)

• Southeast Recreation Center



Special Events

ANNUAL HOLIDAY PARTY

sponsored by  Developmental Pathways

Ages 13 and older

Celebrate with us for a sit-down holiday dinner with friends. The evening will be filled with games, dancing and a gift exchange.

75088 Dec. 15

• Friday, 4:30-7 p.m.

• \$23 (\$18 Resident)

• Beck Recreation Center

FAB FRIDAYS

Ages 13 and older

Hit The Floor, It's 2024!

Join us for an evening of games, dancing, karaoke and PIZZA!

75089 Jan. 5

• Friday, 4:30-7 p.m.

• \$38 (\$30 Resident)

• Central Recreation Center

Valentine Celebration

Join us as we make a special dinner and festive creations. We will also sweeten up the evening with some cookies.

74549 Feb. 9

• Friday, 4:30-7 p.m.

• \$38 (\$30 Resident)

• Central Recreation Center

INCLUSION SERVICES

Available to provide assistance to all ages of individuals with or without disabilities to participate in recreation programs together. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.

FUNDING ASSISTANCE

The city of Aurora can reduce fees for residents on limited incomes. Call any recreation center on page three for eligibility and an application.

Developmental Pathways scholarship funding is available for active members, except towards swim lessons.

For more information, please email arise@auroragov.org or call 303.326.8410/720.859.4984. You can see all classes at AuroraGov.org/ARISE