THERAPEUTIC RECREATION

Spring 2020

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

SENSORY SATISFACTIONS
Ages 13 and older
Satisfy your senses, as you experiment with activities that involve all 5 senses. Express yourself through elements of messy, engaging and fun.
25004 March 2-30 (no class March 17)
24997 April 6-27
• Mon., 10:30 a.m.-12:30 p.m.
• $45 ($36 Resident)
• Central

GARDENING GALORE
Ages 13 and older
Discover the world of plants through art, science, gardening and outdoor exploration.
24994 May 4-18
• Mon., 10:30 a.m.-12:30 p.m.
• $45 ($36 Resident)
• Central

Aquatics
Ages 4 and older
Swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons. Class ratios are one instructor to max 2 participants
Tuesdays @ Central
24515 March 3-24
24532 March 31-April 21
24529 April 28 -May 19
• 4-4:30 p.m.
24530 March 3-24
24536 March 31-April 21
24534 April 28 -May 19
• 4:30-5 p.m.
24541 March 3-24
24512 March 31-April 21
24517 May 5 -May 19
• 5-5:30 p.m.
Thursdays @ Moorhead
24514 March 5-26
24535 April 2-23
24522 April 30-May 21
• 4:30-5 p.m.
24521 March 5-26
24520 April 2-23
24511 April 30-May 21
• 5-5:30 p.m.

Excursions
Ages 13 and older
A weekly opportunity to explore Colorado, while enhancing social and independent skills. Bring a sack lunch.
• Full transportation provided, please allow for a 20 minute window on pick-up/drop-offs.
• Thu., 10 a.m.-12:30 p.m.
• $31 ($25 Resident)

March Masterpieces
24531 March 5
• $34 ($27 Resident)

iFLY (All Abilities indoor skydiving)
Drop off @ Central, no AM transport
25170 March 12
• $68 ($54 Resident)

Movie at Century Theater
24526 March 26
• $39 ($31 Resident)

Ceramics in the City (paint your own pottery)
24519 April 2
• $46 ($37 Resident)

Top Golf
24523 April 9
• $38 ($30 Resident)

Light Rail to Rockies game
Pick up @ Beck, no PM transport
24527 May 14
• $49 ($39 Resident)

Play and Picnic @ Red-Tailed Hawk
24524 May 21
Fitness/Sports/ Special Olympics

**ADAPTIVE GYMNASTICS**

*Ages 3-9*

Improve balance, strength, coordination and motor skills while still receiving support from mom or dad in a small class setting.

Adaptations made to fit each participant’s needs.

- **24996** March 2-30
- **24989** April 5-26
- **24987** May 4-18
  - 3:15-4 p.m.
  - $35 ($28 Resident)
  - Meadowood

**BOWLING**

*Ages 13 and older*

Have fun while enhancing and developing game play and social skills. Transportation provided from home/school to activity. Participant must be picked up from set location.

- **24999** March 4- April 1 (No program Mar.18)
- **25011** April 8-29
- **25010** May 6-27
  - 3-5 p.m.
  - $60 ($48 Resident)
  - AMF Aurora Lanes (16700 E Mississippi Ave.)

**SPECIAL OLYMPICS GYMNASTICS**

*Ages 10 and older*

Adaptive techniques used to teach participants with developmental disabilities various gymnastics routines with the chance to compete at Special Olympics competition. We will work on floor, beam and level 1 bar and vault routines.

- **25008** March 4-April 29 (Competition on May 3)
  - Wed., 4-5 p.m.
  - $90 ($72 Resident)
  - Meadowood

**SPECIAL OLYMPICS SPORTS TRIAL**

*Ages 13 and older*

Explore playing different S/O sports with your friends, including: pickle ball, volleyball, floor hockey, swimming and more. Practice for an upcoming season or just get in shape!

- **24993** March 6-27 (No program March 20)
- **25006** April 3-24
- **24991** May 1-22
  - Fri., 10:30 a.m.-12:30 p.m.
  - $60 ($48 Resident)
  - Central

**TOTALLY FIT TUESDAYS**

*Ages 13 and older*

Develop gross motor skills, get exercise and have fun training with your friends through a variety of physical activities, including: pool, bike and gym workouts. Develop the confidence to participate in our Adaptive Triathlon, see Special Events section.

**Morning class**

- Tues., 10:30-12:30 p.m.
- **24998** March 3-31 (No program March 17)
- **25000** April 7-28
- **24992** May 5-19
  - $60 ($48 Resident)
  - $45 ($36 Resident)*
- **25160** March 3-31 (No program March 17)
- **25175** April 7-28
- **25176** May 5-19
  - $25 ($20 Resident)
  - $23 ($18 Resident)*
  - Central

**Evening class**

- Tues., 5:30 p.m.-6:30 p.m.
- **25006** April 3-24
- **24991** May 1-22
  - Fri., 10:30 a.m.-12:30 p.m.
  - $60 ($48 Resident)
  - Central

**INCLUSION SERVICES**

If you see a program offered in the city wide guide, not under Therapeutic Recreation and would like to participate, let our team know! We offer 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.

**QUESTIONS?**

For information on Americans with Disabilities Act, program conduct and assistance with transportation, funding or personal needs, please visit our website, AuroraGov.org/Recreation and click Therapeutic Recreation or contact a TR staff member directly.

**Brea Bolks, CTRS**
303.326.8410
bbolks@auroragov.org
*Therapeutic Recreation Specialist*

**Jenni Brown, CTRS**
720.859.4984
jjbrown@auroragov.org
*Therapeutic Recreation Program Coordinator*

**Beth Gibson, CTRS**
303.326.8412
bgibson@auroragov.org
*Therapeutic Recreation Program Coordinator*

**INTERESTED IN VOLUNTEERING?**

Find a program that interests you and contact us to fill out an application.
SPECIAL OLYMPICS SOCCER
Ages 8 and older
Learn fundamentals of soccer, a team sport. It will focus on skill development and league play. Participants could have the opportunity to compete in an area and state competition.

Youth (Ages 8-15)
24995 April 4-May 30 (No program May 23)
• Sat., 10:30-11:30 a.m.

Adult (Ages 16+)
25177 April 4-May 30 (No program May 23)
• Sat., 11:30 a.m.-12:30 p.m.
• $31 ($25 Resident)
• Hampden Skills Park (20101 E. Hampden Ave.)

ADAPTIVE TAEKWON-DO
Ages 7 and Older
Enhance and develop self-esteem, balance, motor coordination, focus and social skills. Lead by black belt from Maum Sin Yong and assisted by Therapeutic Recreation staff.

25005 March 7-21*
25009 April 4-25
24990 May 2-30 (No program May 23)
• Sat., 12:45-1:45 p.m.
• $45 ($36 Resident)
• $34 ($27 Resident)*
• Beck (Fitness studio)

1:1 FITNESS
Complete a short assessment with Therapeutic staff to develop a workout plan with individualized goals. Meet on a consistent basis with staff to receive support needed to reach your goals and encouragement to ultimately navigate recreation services as independently as possible. This includes gym and pool workout plans. Cancellations must be made 24 hours prior to your schedule session. Call a member of the Therapeutic team today for more information.

6-week session: $143 ($114 Resident)

Special Events

FAB FRIDAYS
Ages 13 and older

Dinner and Nickel Arcade
25012 March 6
• 6-8:30 p.m.
• $33 ($25 Resident)
• Central
• Bring $15

Supper from Scratch
24988 May 1
• 6-8:30 p.m.
• $25 ($20 Resident)
• Moorhead

SPRING BREAK PROGRAM
Ages 13 and older
Variety of recreational opportunities during school break for students and young adults who reside at home or in group homes. Transportation provided to and from home. Bring a sack lunch.
• 10 a.m.-1 p.m.

Lava Island
25001 March 16
• $50 ($40 Resident)

Denver Aquarium
25003 March 17
• $56 ($45 Resident)

Senac Creek Nature Center
25007 March 18
• $38 ($30 Resident)

Crafting Creations @ Eloise May
25002 March 19
• $38 ($30 Resident)

Pickleball and Pizza
25013 March 20
• $40 ($32 Resident)

SOAR INTO SPRING
Ages 12 and older
A night filled with superhero themed games, snacks, music and a make your own cape station!

25051 April 3
• Fri., 6-8:30 p.m.
• $5 per person
• Beck

ADAPTIVE TRIATHLON
Ages 12 and older
Opportunity to compete against YOU! Develop and enhance independence, confidence and fitness. Train with TR team through Totally Fit Tuesdays or set up 1:1 sessions to work towards your personal best. Sign up individually or split the disciplines with a partner. Participants will receive a packet upon registration.

Water Walk/Swim – 15 mins
Stationery Hand/Spin Bike- 20 mins
Walk/Run/Roll- 25 mins (followed by lunch and awards)

25349 May 16
• Sat., 10-2 p.m.
• $36 ($30 Resident)
• Central

ConocoPhillips supports programming for children of all abilities.