Denver
Parks + Recreation

Adaptive Recreation

Programs & Services for People with Disabilities

Helping Hands Volunteer Brochure

Spring 2013

FITNESS

Aquatics
Swim skills are introduced and adapted for various levels of swimmers.
Location: Martin Luther King recreation center, 2880 Newport St.
Age: 5+
Session Dates: 3/20/2013-5/08/2013
Days/Times: Wed 4:00 pm – 4:30 pm
4:30 pm – 5:00 pm

Outdoor Cardio Bonanza
This outdoor fitness class will involve constant movement around the park, incorporating walking, jogging, and other cardio elements with muscle toning stations.
Location: Harvard Gulch park, 550 E Iliff Ave.
Age: 13+
Session Dates: 4/02/2013-5/07/2013
Days/Times: Thu 3:30 pm – 4:30 pm

SPORTS/OUTDOOR RECREATION

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. Please bring your own clubs if possible.
Location: Wellshire Golf Course, 3333 S Colorado Blvd.
Age: 13+
Session Dates: 4/08/2013-5/13/2013
Days/Times: Mon 9:30–11:00 am

Cycling
Hand cycles, 3-wheel cycles and other adaptations are used for people with various abilities to ride around Sloan's Lake. Please specify which time you would like to ride.
Location: Sloan's Lake boathouse, 4700 W Byron Place.
Age: 13+
Session Dates: 4/11/2013-5/16/2013
Days/Times: Thu 2:00–3:30 pm or 3:30-5:00 pm

Kayaking
Get a jumpstart on the summer season with this exciting NSCD opportunity. We will start with learning basic kayaking skills, such as paddle strokes, what to do if your kayak tips, and other rescue techniques, in a warm pool. Then we will take it outside and use our skills to glide across Sloan's Lake. Kayaking is an accessible activity open to all ability levels.
Location: Start at Rude recreation center, 2855 W. Holden Place.
Age: 8+
Session Dates: 4/06/2013-5/11/2013
Days/Times: Fri 4:00 pm – 5:30 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. The instructors of the class are from the Mountain Tiger Society. For more information, visit www.mountaintiger.org.
Location: Platt Park senior center, 1500 S. Grant St.
Age: 13+
Session Dates: 3/20/2013-5/08/2013
Days/Times: Wed 6:00 -7:00 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.
Location: Adaptive Recreation, 1849 Emerson St.
Age: 18+
Session Dates: 3/15/2013-5/17/2013
Days/Times: Fri 1:30 -3:30 pm

Ceramics
Explore your artistic side by creating a variety of ceramic projects. Please bring 2-3 projects to work on during this class, which can be purchased at a ceramics store.
Location: Harvard Gulch recreation center, 550 E. Iliff Ave.
Age: 16+
Session Dates: 4/01/2013-5/06/2013
Days/Times: Mon 1:00 -2:30 pm

Writers' Workshop
Let your creative side out by writing. We will experiment with autobiographies, poetry, fiction and more
Location: Adaptive Recreation, 1849 Emerson St.
Age: 12+
Session Dates: 3/14/2013-4/04/2013
Days/Times: Thu 4:00 -5:30 pm

SPECIAL OLYMPIC SPORTS

Special Olympics Young Athletes Program
The Young Athletes Program was created to introduce children ages 2 ½ to 7, both with and without developmental disabilities, to the world of sports through developmentally appropriate play activities designed to foster their physical, cognitive, and social needs in a variety of learning situations. Parents and siblings are encouraged to attend and participate.
Location: Harvard Gulch recreation center, 550 E Iliff Ave.
Age: 2 ½ to 7
Session Dates: 3/12/2013-4/30/2013
Days/Times: Tue 3:45 pm – 4:30 pm

Special Olympics Adult Soccer
This program provides sports training and competition opportunities for people with developmental disabilities.
Location: Harvard Gulch recreation center, 550 E Iliff Ave.
Age: 22+
Session Dates: 3/18/2013-5/20/2013
Days/Times: Mon 6:00 pm – 7:00 pm

Special Olympics Youth Soccer
This program provides sports training and competition opportunities for people with developmental disabilities.
Location: Harvard Gulch recreation center, 550 E Iliff Ave.
Age: 8-21
Session Dates: 3/18/2013-5/20/2013
Days/Times: Mon 5:00 pm – 6:00 pm

Special Olympics Track & Field
This program provides sports training and competition opportunities for people with developmental disabilities.
Location: Harvard Gulch Stadium (north of center), 550 E. Iliff Ave.
Age: 8+
Session Dates: 4/11/2013-5/30/2013
Days/Times: Thu 6:15 pm – 7:30 pm

Saturday Challengers Special Olympics Track & Field
This program provides sports training and competition opportunities for people with developmental disabilities.
Location: TBA
Age: 18+
Session Dates: 4/06/2013-5/18/2013
Days/Times: Sat 1:00 pm – 2:30 pm

Special Olympics Aquatics
This program provides sports training and competition opportunities for people with developmental disabilities.
Location: West High School, 951 Elati St.
Age: 8+
Session Dates: 4/02/2013-5/29/2013
Days/Times: Tue 6:15 pm – 7:45 pm

SOCIAL ENRICHMENT & EXCURSIONS

DPS Spring Break
Join us for a few days of activities to take advantage of your Spring Break! Meeting times and locations will be sent on flyer. Please sign up for each date separately.
Age: 13-21
Days: Tue 3/26/2013 Tie-Dye & Fun City
Wed 3/27/2013 IMAX/Museum of Nature and Science
Thu 3/28/2013 Red Rocks Picnic and hike

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. 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+
Session Dates: 3/10/12–5/12/12 *no program 4/7
Days/Times: Sat 9:00 am – 11:30 pm

Interested in volunteering for any of these programs?
Please contact Sarah Swain at sarah.swain@denvergov.org or 720.865.0826.

Thank you!

What a wonderful winter! Thank you for all of your time, talents, and effort with our programs. Because of you we are able to provide a safe, fun and successful environment.

S.O. Basketball- Youth & Young Adult
Bob Barnstable, John Werth, Jeff Hensley, Becky Bussey, Leah Crawford, Andrew Bettlach, Evan Rice, Becca Tormey, Krysta Baglien, Beth Lindroos, Cole Pomeroy, Mitch Sweeney, Blayne Lincoln, Connor Cunningham

S.O. Basketball- Adult
Tom Chichester, Kyle Whitefield, James Keefe, Todd Baldini, Aaron Wolf, Lise-Anne McLaughlin, Sam Hagreen, Ken Munro

S.O. Nordic Ski
Joe Rizzo, Rachel Thompson

Spinning
Patrick Carry

Saturday Challengers
Joe & Patti Rizzo, Sue Rickard, Lee Lopez, Leah Kronick, Jeff Hensley, Edna Sheldon

Holiday Gift Workshop
Ilima Kane, Francine Dale

Holiday Cookie Exchange
Ben Hansen

Holiday Dinner & Dance
Rachel Thompson, Todd Baldini, Ben Hansen Joe Rizzo, Lee Lopez, Leah Kronick, Kitty Sherman, Hillary and Jordan Wiseman, James Keefe, DJ Joel Solomon

Thank you to our Regis University Service Learning Partners
Edith Amaya, Bryanna Bustos, Ben Costa, Christian Goreake, Daniel Hammond, Tim Hinton, Jenny Jensen, Jessica Kohnen, Ceilia Maccani, Rachel Neiman, Scott Parks, Chris Peloquin, Karson Rizley, Nikki Robinett, Danielle Scialdo, Tim Terry, Austin Ulrich, Nick Weber, Allison Zocco, Val Zamora

A very special thank you to our winter interns!
Abby Wilson, Amanda Murray

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You can find the Adaptive Recreation page at
www.facebook.com/dpradaptiverecreation