



Special Needs Program

Programs & Services for People with Disabilities

Fall 2009



Registration Begins:
Tuesday, August 18 2009 for Denver residents
Wednesday, August 19, 2009 for non-residents

Main Line	720.865.0820
Fax	720.865.0821
Leah Huffer-Solomon, CTRS Recreation Supervisor	720.865.0825
Kelly Stevenson, CTRS Recreation Therapist	720.865.0824
Matt Miller, CTRS Recreation Therapist	720.865.0822
Aspen DeField, CTRS Recreation Coordinator	720.865.0823
Sarah Swain, CTRS Recreation Coordinator	720.865.0826

AQUATICS

Adapted Aquatics @ Washington Park

Swim skills are introduced and adapted for various levels of swimmers. Please specify which time and session you would prefer. Washington Park, 701 S. Franklin St.

Min. Age: 5+ **Cost:** \$24 res/\$36 non-res per session

Session Dates: **Session I.** 9/2/09-10/07/09
 Session II. 10/14/09-11/18/09

Days/Times: Wed 4:00 pm-4:30 pm **or**
 4:30 pm-5:00 pm **or**
 5:00 pm-5:30 pm

Parent Tot Adapted Aquatics @ Washington Park

This is a great opportunity for children to experience water and practice basic water skills. Parent and/or care providers will get in the water with the child weekly and teach from demonstrations provided by the class instructors. This class is held at Washington Park, 701 S. Franklin St.

Min Age: 6 mon-4 yrs **Cost:** \$32 res/ \$40 non-res per session

Session Dates: 9/02/09-10/21/09

Days/Times: Wed 3:30 pm-4:00 pm

Adapted Aquatics @ Rude Recreation Center

Swim skills are introduced and adapted for various levels of swimmers with developmental disabilities. Please specify which time and session you would prefer. See you at Rude recreation center, 2855 W. Holden Pl.

Min Age: 5+ **Cost:** \$24 res/ \$36 non-res per session

Session Dates: **Session I.** 9/10/09-10/15/09

Session II. 10/29/09-12/10/09 *no class on 11/26

Days/Times: Thu 4:30 pm-5:00 pm or 5:00 pm-5:30 pm

FITNESS

Circuit Training

During this class we will focus on muscular strength, endurance and cardiovascular fitness by moving through various adaptive exercise stations. Please specify which session and time frame you would prefer. See you at Washington Park, 701 S. Franklin St.

Min Age: 18+ **Cost:** \$12 res/\$18 non-res per session

Session Dates: **Session I.** 9/01/09-10/06/09

Session II. 10/13/09-11/17/09

Days/Times: Tue 9:30 am-10:30 am **or** 10:30 am-11:30 am

Stretch & Tone

This is a program which focuses on toning, flexibility and overall fitness. This program will be held at 20th Street Gym, 1011 20th St.

Min Age: 13+ **Cost:** \$14 res/\$21 non-res per session

Session Dates: 10/08/09-11/18/09

Days/Times: Thu 3:00 pm-4:00 pm

Water Fitness

This low impact program is great for improving balance, range of motion and over all fitness.

Join us at Montclair recreation center, 729 Ulster St.

Min Age: 18+ **Cost:** \$12 res/\$18 non-res

Session Dates: 9/18/09-10/30/09 *no class on 10/23

Day/Times: Fri 9:30 am-10:15 am

SPORTS

Hand/Bicycling

Hand cycles, 3-wheel cycles and other adaptations are used for people with various abilities to ride around Sloan's Lake, 4700 W. Byron Pl. Please specify which time you would like to attend.

Min Age: 16+ **Cost:** \$24 res/\$32 non-res

Session Dates: 9/11/09-10/16/09

Days/Times: Fri 2:00 pm-3:30 pm **OR** 3:30 pm-5:00 pm

Flag Football

If you love football come join us for fun, teambuilding and fast paced action. We will learn together the rules, skills and strategy for a successful team sport. Meet us at Lincoln Park directly next to La Alma recreation center, 1325 W. 11th Ave.

Min Age: 13+ **Cost:** \$20 res/\$30 non-res

Session Dates: 9/1/09-10/06/09

Days/Times: Tue 5:30 pm-6:30 pm

Recreational Adaptive Skiing - Saturday

Join us and the well trained volunteers at the National Sports Center for the Disabled at Sol Vista for a day of skiing. There is a weight limit of 200 lbs. for all sit-skiers. Meet at Barnum Recreation Center, 360 Hooker St.

Cost: \$255 res/\$280 non-res

Session Dates: **Session I.** 1/9,1/23,1/30,2/6,2/20 **Adults 18+**

Session II. 2/27,3/6,3/13,3/20,3/27 **Youth 8-17**

Days/Times: Sat 6:30 am-5:00 pm

Recreational Adaptive Skiing - Wednesday

Join us and the well trained volunteers at the National Sports Center for the Disabled at Winter Park for a day of skiing. There is a weight limit of 200 lbs. for all sit-skiers. Meet at The Special Needs office, 1849 Emerson St.

Min Age: 8+ **Cost:** \$255 res/\$280 non-res

Session Dates: 1/6,1/13,1/20,1/27,2/3

Days/Times: Wed 6:45 am-5:00 pm

ARTS & CULTURE

Scrap & Chat

Learn the fundamentals of scrap-booking and how to organize and preserve your photos! Tools and paper will be available to use. Please bring your own pictures. Program meets at the Special Needs office, 1849 Emerson St.

Min Age: 18+ **Cost:** \$32 res/\$40 non-res per session

Session Dates: 9/11/09-11/06/09 *no class 10/23

Days/Times: Fri 1:30 pm-3:30 pm

Dance Off!

Get your groove on. Learn the latest dance moves each week. We will also learn a new popular dance each week to get you ready for the next SNP dance. Class will be held at Glenarm Recreation center, 2800 Glenarm Pl.

Min Age: 13+ **Cost:** \$16 res/\$24 non-res

Session Dates: 9/14/09-11/02/09

Days/Times: Mon 6:00 pm-7:00 pm

Ceramics

Explore your artistic side by creating a variety of ceramic projects. Please bring 2-3 projects that can be purchased at a ceramics store to work on during this class. Contact Matt for store locations @ 720.865.0822. See you at Washington Park Recreation center, 701 S. Franklin St.

Min Age: 16+ **Cost:** \$18 res/\$24 non-res per session

Session Dates: **Session I.** 9/14/09-10/19/09

Session II. 10/26/09-11/30/09

Days/Times: Mon 11:30 am-1:00 pm

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.

Min Age: 13+

Session Dates: **Session I.** 9/02/09-10/07/09 **Cost:** \$50 res/\$58 non-res

Session II. 10/21/09-12/09/09 **Cost:** \$80 res/\$88 non-res

Days/Times: Wed 6:15 pm-7:15 pm

Cooking With Class

Learn basic cooking techniques while creating healthy and delicious meals. This program takes place at the Special Needs office, 1849 Emerson St.

Min Age: 18+ **Cost:** \$28 res/\$34 non-res

Session Dates: 10/07/09-11/11/09

Days/Times: Wed 10:00 am-12:00 pm

Crafty Cards

We will make holiday cards for our friends and family in this great class. Supplies will be provided.

Join us at the Special Needs office, 1849 Emerson St.

Min Age: 13+ **Cost:** \$9 res/\$12 non-res

Session Dates: 11/13, 11/20, 12/4

Days/Times: Fri 1:30 pm-3:30 pm

Urban Lens

Join the Urban Lens club after school for a great hands-on experience. This inclusion program will offer students the opportunity to learn the basics of photography and work with their peers. See you at Merrill Middle School, 1551 S. Monroe

Min Age: 11-14 **Cost:** \$45 res or non-res

Session Dates: 9/10/09-12/17/09

Days/Times: Thu 2:45 pm-4:15 pm

Special Olympics Volleyball

This program provides sports training and competition opportunities for people with developmental disabilities. Practices are held at Washington Park Recreation center, 701 S. Franklin St.

Min Age: 8+ **Cost:** \$20 res/\$30 non-res

Session Dates: 9/24/09-11/12/09

Days/Times: Thu 6:15 pm-7:30 pm

Saturday Challengers Special Olympics Bowling

League bowling for current Saturday Challengers members only with limited space. This program provides sports training and competition opportunities for people with developmental disabilities. Practices are held at Monaco Lanes, 6767 Leetsdale.

Min Age: 8+ **Cost:** \$55 res/\$75 non-res

Session Dates: 9/12/09-11/7/09

Days/Times: Sat 9:00 am-12:00 pm

Special Olympics Bowling @ Belleview Lanes

Sports training and competition opportunities for people with developmental disabilities. Practices are held at Belleview Lanes, 4900 S. Federal with Coach Lois Berry.

Min Age: 8+ **Cost:** \$55 res/\$75 non-res

Session Dates: 9/12/09-11/7/09

Days/Times: Sat 12:00 pm-2:00 pm

Special Olympics Bowling @ Monaco Lanes

Sports training and competition opportunities for people with developmental disabilities. Practices are held at Monaco Lanes, 6767 Leetsdale with Coach Mary Jo Crandall

Min Age: 8+ **Cost:** \$55 res/\$75 non-res

Session Dates: 9/12/09-11/7/09

Days/Times: Sat 1:00 pm-3:00 pm

Special Olympics Alpine/Snowboarding

Sports training and competition opportunities for people with developmental disabilities. Practices are held in collaboration with NSCD staff and volunteers. Meet @ Barnum Recreation center, 360 Hooker St.

Min Age: 8+ **Cost:** \$255 res/\$280 non-res

Session Dates: 2/6, 2/20, 3/6, 3/13, 3/20 *no practice 2/13 or 2/27

Days/Times: Sat 6:30 am-5:00 pm

Special Olympics Nordic/Snowshoeing

Sports training and competition opportunities for people with developmental disabilities. Practices are held in collaboration with NSCD staff and volunteers. Meet @ Barnum Recreation center, 360 Hooker St.

Min Age: 8+ **Cost:** \$215 res/\$235 non-res

Session Dates: 2/6, 2/20, 3/6, 3/13, 3/20 *no practice 2/13 or 2/27

Days/Times: Sat 6:30 am-5:00 pm

OUTDOOR RECREATION & EDUCATIONAL

Urban Hiking Club

NEW! Enjoy Denver's urban hiking trails while tracking your mileage with your own pedometer. While hiking, we will explore for hidden treasures using a new sport called "geocaching". We will use GPS systems to search coordinates which identify the "caches" hidden in some of Denver's finest parks. We will be leaving from the Special Needs office, 1849 Emerson St.

Min Age: 16+ **Cost:** \$26 res/\$33 non-res

Session Dates: 9/10/09-10/22/09

Days/Times: Thu 9:00 am-11:00 am

Rock Climbing

Experience the thrill of rock climbing with the expert staff of the National Sports Center for the Disabled. Participants must be ambulatory and refunds are not applicable for the Rock Climbing program. We will leave from the Special Needs office, 1849 Emerson St.

Min Age: 8+ **Cost:** \$100 res/\$105 non-res

Session Dates: 8/29/09-9/26/09 * no class on 9/5/09

Days/Times: Sat 8:30 am-1:30 pm

Overnight Yurt Trip for Adults

You will be staying in a Yurt in Golden Gate State Park overnight. The Yurt and bathroom facilities are wheelchair accessible. Meals will be provided, but please let the SNP staff know if you have any special dietary needs. Please meet at the Special Needs office, 1849 Emerson St.

Refunds are not available for this program.

Min Age: 18+ **Cost:** \$60 res/\$68 non-res

Session Dates: 10/30/09-10/31/09

Days/Times: 11:00 am Fri-2:00 pm Sat

Camp Cheley

Come join the Special Needs program and other local agencies for two days full of cooperative camping and activities. All meals will be provided. We will be leaving from the Special Needs office, 1849 Emerson St.

Min Age: 18+ **Cost:** \$150

Session Dates: 10/02/09-10/04/09

Days/Times: Fri-Sun TBA

Genesee Ropes Challenge Course

Are you up for the challenge? This trip is an opportunity to build skills in teamwork, safety, and communication while using high and low ropes course elements to challenge your mind and body. We will be led by the expert staff at Outdoor Recreation. Please bring a sack lunch and meet at the Special Needs office, 1849 Emerson St.

Min Age: 10+ **Cost:** \$40 res/\$49 non-res.

Session Date: 10/06/09

Days/Times: Tues 9:00 am-4:30 pm

Teen Night Out

Join your friends for a fun night out in the community. Please sign up for each activity individually. Meet at the Special Needs office, 1849 Emerson St.

Min Age: 13-19 **Cost:** \$8 res/\$12 non-res **per night +activity fees**

Session Dates: 9/25 Professional Dance Lessons @ Arthur Murray Studios

10/16 Banjo Billy's Haunted Bus Tour (5:45 pm-9:00 pm)

11/20 Sporting Event

Fall Excursions

This program takes participants on a variety of outings into the community. Please sign up for each excursion separately. We will meet at the Special Needs office, 1849 Emerson St.

Min Age: 18+ **Cost:** \$8 res/\$16 non-res + activity fees

Session Dates:

9/10	Rockies Baseball Game	12:30 pm-4:30 pm
10/16	Banjo Billy's Haunted Bus Tour	5:45 pm-9:00 pm
12/12	Dinner & Holiday Lights	6:00 pm-10:00 pm

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 for more information @ 720.865.0826. **Drop in bowling space is limited to 20 people in the fall due to Special Olympics bowling league play.**

Min Age: 18+ **Cost:** \$5.50 res/\$6.50 non-res *includes bowling fee

Session Dates: 9/12/09-12/19/09

Days/Times: Sat 9:00 am-11:30 am

Saturday Challengers Afternoon Activities

After bowling join us for a fun community outing. Monthly newsletters will keep you informed on what activities are planned, the cost and pick-up information. Due to limited space, all activities must be signed up for in advance.

Min Age: 18+ **Cost:** Vary

Session Dates: 11/21/09-12/19/09

Days/Times: Sat Times will vary

SPECIAL EVENTS

Masquerade Ball

Wear your best costume and maybe win a prize! Join us at Cook Park Recreation Center, 7100 Cherry Creek Drive South.

Min Age: 13+ **Cost:** \$3 res/\$5 non-res

Session Dates: 10/30/09

Days/Times: Fri 6:30 pm-8:30 pm

Holiday Dinner & Dance

Come join us for a special holiday meal. After dinner we will dance the night away to your favorite music. Join us at Cook Park Recreation center, 7100 Cherry Creek Drive South.

Registration is required in advance, no walk-ins will be accommodated.

Min Age: 13+ **Cost:** \$8 res/\$10 non-res

Session Dates: 12/18/09

Days/Times: Fri 5:30 pm-8:30 pm

SPECIAL NEEDS PROGRAM: REGISTRATION FORM

Participant Name: _____ Age: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Contact Name: _____ Contact Phone: _____

E-mail: _____ Bill to (if different from above): _____

Uses a wheelchair: yes no

Name of contact: _____

SEND REGISTRATION TO: Special Needs Program
 1849 Emerson St., Denver, CO 80218
 E-mail: specialneeds@denvergov.org
 Phone: 720.865.0820 Fax: 720.865.0821

Registration:
 Tuesday, August 18, 2009 for Denver residents
 Wednesday, August 19, 2009 for non-residents

Program	Location	Date	Time	Fee

SCHOLARSHIP POLICY: Any resident of Denver who cannot afford to pay for membership and/or class/program fees may request and submit the "Application for Scholarship" form to potentially receive a partial or full reduction in a fee/charge. All scholarships, regardless of amount, are limited to Denver residents only.

When requesting a scholarship, each adult or parent /guardian may present supporting documentation demonstrating the need for financial assistance :

- One valid photo identification card
- One proof of residency, and
- One proof of need (such as a Medicaid card, White Medicare card, WIC card, CICP or letter stating you receive free or reduced school lunch.)

All "Application for Scholarship" forms that are submitted will be reviewed and processed within two to three business days. Scholarships are handled on a case by case basis. If you have any questions, please contact Leah Huffer-Solomon @ 720.865.0825.

PROGRAM POLICIES

Appropriate Social Behavior: Participants will refrain from behavior that can be detrimental to the group (hitting, kicking, self-abusing, refusal to stay with group, etc...). If a participant's behavior is detrimental, a parent or guardian will be called and will be required to pick up the participant immediately. If a participant demonstrates unsafe action, that participant will be requested to withdraw from the activity with the balance of fees refunded.

Personal Needs Assistance: Personal arrangements must be made for participants needing assistance with feeding, medication, using the restroom or dressing during a program.

Late Pick-up/Drop-off Policy: A \$5.00 fee will be charged if a participant's ride arrives 15 minutes later than the designated pick-up time. An additional \$5.00 will be charged for every 15 minutes thereafter. The bus will leave at the time listed on the brochure. Please be considerate of the group and let us know if you are late.

If you are riding Access-A-Ride, PLEASE let us know the pick-up and drop-off times. We'll do our best to accommodate you.