



Special Needs Program

Programs & Services for People with Disabilities

Summer 2009



Registration Begins:
Tuesday, May 13, 2008 for Denver residents
Wednesday, May 14, 2008 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 Recreation Coordinator	720.865.0823
Sarah Swain, CTRS Recreation Coordinator	720.865.0826

AQUATICS/SPORTS/FITNESS

Adapted Aquatics @ Cook Park Outdoor Pool

Swim skills are introduced and adapted for various levels of swimmers. Please specify which time you would prefer. See you at Cook Park, 7100 Cherry Creek South Drive.

Min. Age: 5+ **Cost:** \$32 res/\$40 non-res

Session Dates: 6/19/09-8/14/09 *No class on 7/3/09

Days/Times: Fri 10:00 am-10:30 am
10:30 am-11:00 am
11:00 am-11:30 am

Parent Tot Adapted Aquatics @ Cook Park Outdoor Pool

This is a great opportunity for children to experience water and practicing 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 Cook Park outdoor pool, 7100 Cherry Creek South Drive

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

Session Dates: 6/19/09-8/14/09 *No class on 7/3/09

Days/Times: Fri 11:30 am-12:00 pm

Adapted Aquatics @ Athmar Recreation Center

Swim skills are introduced and adapted for various levels of swimmers with developmental disabilities. Please specify which time you would prefer.

Athmar recreation center, 2680 W. Mexico Ave.

Min Age: 5+ **Cost:** \$32 res/\$40 non-res

Session Dates: 6/18/09-8/6/09

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

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 time you would like to attend.

See you at Washington Park recreation center, 701 S. Franklin St.

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

Session Dates: 6/9/09-7/28/09

Days/Times: Tue 9:30 am-10:30 am OR 10:30 am-11:30 am

OUTDOOR EDUCATION & EXCURSIONS

Wheelchair Tennis

This program is for individuals who would like to focus on improving game strategy, game structure and movement using a wheelchair. Instruction and ball machine will be provided. There is also opportunity for doubles and singles play. Meet at Washington Park west tennis courts. This program is endorsed by the Colorado Wheelchair Tennis Foundation.

Min Age: 12+ **Cost:** \$21 res/\$26 non-res

Session Dates: 6/15/08-8/10/08

Days/Times: Mon 5:30 pm-7:00 pm

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:** \$12 res/\$18 non-res

Session Dates: 6/18/09-7/23/09

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

Adaptive Water Skiing (Drop-In)

This program offers individuals an opportunity to experience the sport of water skiing by teaching adaptive water ski techniques. Skills and equipment are introduced and built upon. Groups are limited to 4 participants per day.

See you at Sloan's Lake Boat House, 4700 W. Byron Pl.

Min Age: 8+ **Cost:** \$5 drop-in fee each day

Session Dates: 6/10/09-7/29/09

Days/Times: Wed 8:30 am -1:00 pm

Golf for Health & Wellness

Learn the fundamentals of the game of golf in a fun and interactive environment. This class will cover rules, basic techniques and actual play. Meet at Wellshire Golf Course, 3333 S. Colorado Blvd.

Min Age: 13+ **Cost:** \$26 res/\$34 non-res

Session Dates: 6/15/09-8/3/09

Days/Times: Mon 9:30 am – 11:00 am

Hand/Bicycling (Drop-In)

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.

Min Age: 13+ **Cost:** \$5 daily drop-in fee
Session Dates: 6/10/09-7/29/09
Days/Times: Wed 9:00 am – 12:30 pm

Disc Golf

Learn the exciting sport of disc golf! We will explore different courses around Metro Denver. Meet at the Special Needs program office, 1849 Emerson St.

Min Age: 8+ **Cost:** \$30 res/\$45 non-res
Session Dates: 7/14/09-8/18/09
Days/Times: Tue 9:30 am-12:00 pm

Youth Overnight Camping Trip

This trip is a 3 day/ 2 night outdoor adventure appropriate for participants that require minimal assistance.

Join us as we enjoy the great outdoors sleeping in tents, cooking out, hiking and much more. We will also incorporate a half day rafting trip.

Meals are provided (please let staff know if you have special dietary needs). Additional activity fees may apply.

We will be leaving from the Special Needs office, 1849 Emerson St.

Min Age: 13-20 **Cost:** \$104 res/\$124 non-res
Session Dates: 8/7/09-8/9/09
Days/Times: Fri/Sat/Sun, Times TBA

Adult Overnight Camping Trip

This trip is a 2 day/1 night outdoor adventure appropriate for participants that require minimal assistance.

Join us as we enjoy the great outdoors sleeping in tents, cooking out, hiking and much more.

Meals are provided (please let staff know if you have special dietary needs). Additional activity fees may apply.

We will be leaving from the Special Needs office, 1849 Emerson St.

Min Age: 21+ **Cost:** \$50 res/\$70 non-res
Session Dates: 8/13/09-8/14/09
Days/Times: 10:00 am Thu-4:00 pm Fri

Genesee Ropes Challenge Course

Are you up for the challenge? This cooperative field trip is an opportunity to experience low and high rope elements and to a climbing wall as well as learning team building skills at Denver Parks and Recreation's Ropes Course.

We will be led by the experts of the Outdoor Recreation staff. Please bring a sack lunch. Meet at the Special Needs office, 1849 Emerson St.

Min Age: 10+ **Cost:** \$38 res/\$46 non-res
Session Dates: 6/08/09
Days/Times: Mon 8:00 am-3:00 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.

Min Age: 18+ **Cost:** \$5 res/\$6 non-res *includes bowling fee
Session Dates: 6/13/09-8/08/09 *No program 7/4/09
Days/Times: Sat 10:30 am-12:30 pm

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.

For our annual picnic, register for Family Fun in the Sun.

Min Age: 18+ **Cost:** Vary
Session Dates: 6/13/09-8/08/09 *No program 7/4/09
Days/Times: Sat Times will vary

ARTS/ EDUCATION/ CULTURAL

Scrap & Chat

Learn the fundamentals of scrap-booking and how to organize and preserve your photos! Tools and paper will be available to use.

Program meets at the Special Needs office, 1849 Emerson St.

Min Age: 18+ **Cost:** \$30 res/\$40 non-res
Session Dates: 6/12/09-8/07/09 *No class on 7/3/09
Days/Times: Fri 1:30 pm-3:30 pm

Arts In The Parks

This will be an opportunity for music lovers to experience local music & community events in a variety of venues around Metro Denver. Please sign up for each event separately. A designated meeting spot will be planned for each event.

Contact Matt Miller @ 720.865.0822 for more information.

Min Age: 18+ **Cost:** \$24 res/\$32 non-res + admission fees

Dates:	6/19	Skyline Park, Music	12-1:15 pm
	7/16	Confluence Park, Music	6:30-8:00 pm
	7/23	Cheesman Park, Music	7-9 pm
	8/7	Cheesman Park, Movie	TBA

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: 16+ **Cost:** \$28 res/\$34 non-res

Session Dates: 7/9/09-8/20/09 * No class on 8/6/09

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

Smitten For Knittin'

Join our Knitting group to learn basic techniques or improve your skills. You can bring knitting supplies and project you have, or use our supplies and basic patterns which will be provided. Meet at the Special Needs office, 1849 Emerson St.

Min Age: 16+ **Cost:** \$12 res/\$16 non-res

Session Dates: 8/5/09-8/26/09

Days/Times: Wed 6:30 pm-7:30 pm

SPECIAL OLYMPICS SPORTS

Special Olympics Cycling

This program provides sports training and competition opportunities for people with developmental disabilities. Practices are held at Sloan's Lake, 4700 W. Byron Pl.

Min Age: 8+ **Cost:** \$24 res/\$32 non-res

Session Dates: 6/08/09-7/27/09

Days/Times: Mon 6:00 pm-7:30 pm

Special Olympics Tennis @ Mullen High School

This program provides sports training and competition opportunities for people with developmental disabilities.

Practices are at Mullen High School, 3601 S. Lowell Blvd.

Min Age: 8+ **Cost:** \$40 res/\$56 non-res

Session Dates: 6/9/09-7/30/09

Days/Times: Tue/Thu 6:00 pm-7:30 pm

Special Olympics Tennis @ City Park

Sports training and competition opportunities for people with developmental disabilities.

Practices are held at City Park tennis courts.

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

Session Dates: 6/9/09-7/28/09

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

Special Olympics Softball

Sports training and competition opportunities for people with developmental disabilities.

ALL practices and games will be held at Jackie Robinson Field.

Min Age: 16+ **Cost:** \$35 res/\$46 non-res

Session Dates: 6/12/09-8/7/09 * No practice 7/03/09

Days/Times: Fri 6:00 pm-8:00 pm

Special Olympics Bocce

Sports training and competition opportunities for people with developmental disabilities. Practices are held at Jacobs Park, Quebec & Mississippi.

Min Age: 8+ **Cost:** \$16 res/\$24 non-res

Session Dates: 6/13/09-7/25/09 *No practice 7/04 or 7/11

Days/Times: Sat 8:30 am-9:30 am

SPECIAL EVENTS & PARTNERSHIPS

Summer Luau Dance

Why not start off the summer in style? We will have a luau outside on the west lawn of the recreation center. This dance is hosted by the Special Needs program and Denver Options FIESTA committee. Join us at Cook Park Recreation center, 7100 Cherry Creek South Drive to start off the summer right. In case of bad weather, we will hold the dance inside the recreation center.

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

Session Dates: 06/12/08

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

Stars of Tomorrow Sports Camp

This is an opportunity for youth with physical disabilities to experience a variety of sports. This event is in partnership with Adaptive Adventures. See you at Sloan's Lake, 4700 W. Byron Pl.

Min Age: 6-18 **Cost:** FREE

Session Dates: 8/06/09-8/07/09

Days/Times: Thu & Fri 9:00 am-3:00 pm

Family Fun in the Sun Day

Join the Special Needs program, Saturday Challengers and Denver Options for a day of summer time fun. Lunch will be provided. See you at Sloan's Lake, 4700 W. Byron Pl.

Min Age: ALL **Cost:** \$5 res/\$7 non-res **PAY @ THE DOOR ONLY!**

Session Dates: 7/11/09

Days/Times: Sat 9:30 am-1:30 pm

Rockies Baseball Camp

This is an opportunity for youth and adults to participate in a baseball clinic hosted by the National Sports Center for the Disabled and the Colorado Rockies Baseball Club. Participants will work on skills related to baseball such as hitting, fielding, throwing and running.

Dress to actively participate. Bring sunscreen, a hat, and your favorite Rockies attire. Lunch will be provided for participants only.

This event will be held at All-Star Park, 200 S. Harlan St. in Lakewood.

Min Age: 6+ **Cost:** FREE

Session Dates: 6/05/09

Days/Times: Fri 8:30 am-12:30 pm

SOCIAL ENRICHMENT

Young Adult Adventures

An opportunity for young adults to experience a variety of activities that will assist in developing lifetime leisure and social skills.

Meet at the Special Needs office, 1849 Emerson St.

Min Age: 15-24 **Cost:** \$36 res/\$48 non-res +activity fees

Session Dates: 6/15/09-7/27/09 *No program 7/6/09

Days/Times: Mon 10:00 am-3:00 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+ **Cost:** \$80 res/\$88 non-res

Session Dates: 6/10/09-8/12/09

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

High School Musical Performance

What happens when the basketball star and math-whiz try out for their high school musical? Find out at the SNP production of Disney's High School Musical.

Monday, May 18th

6:30 pm

South High School Auditorium

Tickets \$2.00 each

T.R.A.C. PROGRAM Transition to Recreational Activities in the Community

TRAC provides free services to people with disabilities in an effort to support participation in recreation center programs within Denver Parks and Recreation. Special Needs staff, student interns or trained volunteers assess individual needs, eliminate barriers and provide assistance for successful inclusion.

Services Include:

- 1:1 Therapeutic sessions
- Development of an individualized therapeutic plan
- Group or class therapeutic programs
- Elimination of barriers to recreation participation
- Inclusion opportunities

ALL AGES WELCOME!

For more information, contact

Matt Miller, CTRS @ 720.865.0822 or matthew.miller@denvergov.org

Kelly Stevenson, CTRS @ 720.865.0824 or kelly.stevenson@denvergov.org

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: special.needs@ci.denver.co.us
 Phone: 720.865.0820 Fax: 720.865.0821

Registration:
 Tuesday, May 12, 2009 for Denver residents
 Wednesday, May 13, 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. If possible, please call us on the bus phone, 303.880.8207 to 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.**

Refunds are handled on a case by case basis