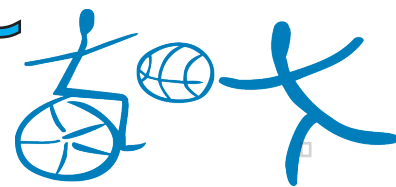


TRP THERAPEUTIC RECREATION PROGRAM



ARTS AND CULTURE

Activities in this core area focus on enhancing participants' own independent leisure lifestyle through exposure to a variety of hands-on activities in the areas of visual, literary, cultural, and expressive arts. This is facilitated within a positive and structured social setting that encourages attainment of appropriate social behaviors.

PHOTOGRAPHY IN THE PARK AGES 18 & OLDER [II]

Do you love to take pictures? Colorado Springs has some amazing views, and we want to see these through your lens! This program will focus on learning new photography skills and putting these skills into practice at a different local park each week. Let's get snapping!

TBA

Thursdays; August 1-22
10:00-11:30 a.m.; #18120

Limit: 10 (max), 8 (min)

Fee: \$40

Notes: Specific park locations will be available after registration. Please dress for the Colorado weather and wear comfortable walking shoes, bring a hat/sunglasses, and a water bottle. Please bring your own device (camera, phone, tablet, etc.) to take photos on and ensure it is charged prior to arrival.



TRP ACTIVITY EXERTION SCALE [I/II/III/IV]

Often times, TRP staff are asked 'how difficult is that activity?' In an effort to help participants understand the perceived level of exertion (i.e. how much effort is required) for an activity, former TRP Intern Hannah Hearn, with support from the TRP staff, created an Activity Exertion Scale. Each letter is a roman numeral [III] and represents the level of exertion needed to participate in at least 75% or more of an activity.

[I] Very Light Activity - little or no effort exerted, able to breathe at a consistent rate.

[II] Light Activity - easy to breathe and carry on conversation, standing for short periods of time, walking short distances, limited upper extremity movement.

[III] Moderate Activity - breathing becomes heavier, standing for longer periods of time, walking longer distances, increased upper extremity movement.

[IV] Vigorous Activity - activity takes place at a higher altitude, may experience shortness of breath and requires maximum effort to participate.

SOCIAL ENRICHMENT

Day camps are designed to provide participants a meaningful and fun experience with the opportunity to interact with their peers in a positive and constructive day camp environment.

Goals and outcomes include:

- Developing and practicing social skills in a structured environment
- Increasing endurance, coordination, motor-planning and body awareness through gross and fine motor activities
- Acquiring new leisure skills through participation in group and individual games/activities
- Learning decision-making and problem-solving skills to empower them to make positive decisions

DISCOVERY AGES 6-12 [II/III]

Observing, experiencing, and learning about the world around them is the purpose of this summer day camp designed for children with disabilities. Your child can anticipate a summer full of swimming, art, music, games, special events, and field trips! This program is four days for 6 weeks and is designed for individuals who function best in groups of less than 10 people.

Mondays-Thursdays; 9:00 a.m.-3:00 p.m.

June 10-July 25 for both sites; **(No camp June 19 & week of July 1-5)**

Fee: \$510 for full six weeks

Includes swimming & field trip fees

Explorer Elementary; 4190 Bardot Dr. (Partnership with District 20 - District 20 ESY students receive priority at this site); **#18114**

Limit: 20 (max.), 16 (min.)

Hillside Community Center; 925 S. Institute; **#18113**

Limit: 8 (max), 6 (min)

Notes: Approximate ratios of staff to participant are 1:3. Please provide a cold lunch and water bottle each day. Transportation to/from camp is the responsibility of the participant's parent/guardian. **No program on Fridays.**

TEEN S.C.O.P.E. (SUMMER CAMP OPPORTUNITIES WITH POSSIBILITIES FOR EVERYONE!)

AGES 13-18 [II/III]

Have a ball outdoors this summer at one of our two locations! You'll spend your summer days in activities such as swimming, sports, water games, crafts, group games, field trips, and so much more! This program is four half-days for a 6 week session and is designed for individuals who function best in groups of 10-15 people.

Mondays, Tuesdays, Thursdays, Fridays

10:30 a.m.-2:30 p.m.

June 10-July 26 for both sites; **(No camp June 19 & week of July 1-5)**

Fee: \$410 for full six weeks

Includes swimming & field trip fees

Cottonwood Creek Recreation Center; 3920 Dublin Blvd.; **#18116**

Limit: 15 (max.), 12 (min.)

Mountain Ridge Middle School; 9150 Lexington Dr. (Partnership with District 20 - District 20 ESY student registrations receive priority at this site); **#18117**

Limit: 15 (max.), 12 (min.)

Notes: Approximate ratios of staff to participant are 1:3. Please provide a cold lunch and water bottle each day. Transportation to/from camp is the responsibility of the participant's parent/guardian. **No program on Wednesdays.**

OUT ON THE TOWN DANCES AGES 16 & OLDER [II]

Come and socialize with old friends and new while you dance the night away! Dressing according to the theme is encouraged, but not required.

Hillside Community Center, 925 S. Institute

7:00-9:00 p.m.

August 16 Tie Dye Delight - **#18119**

Limit: 60 (max.), 40 (min.)

Fee: \$5

Notes: For safety reasons, the doors will be locked from 7:30-8:45 p.m. Participants may leave, but reentry during those times will not be allowed.

OUTDOOR ADVENTURES

Summertime Outdoor Adventures provide participants with opportunities to explore high risk outdoor leisure activities related to water that include use of adaptive equipment, learn new leisure skills in community settings, and benefit from experiences that focus on challenge by choice.

WHITEWATER RAFTING AGES 18 & OLDER [III]

Enjoy an exhilarating ride down Colorado's beautiful Arkansas River with Echo Canyon River Expeditions. You are guaranteed to catch some waves on this ride!

Online registration is NOT available for this activity; drop-off or mail-in only.

Departs from the Parks, Recreation & Cultural Services Administration
1401 Recreation Way
Tuesday, July 2; 7:30 a.m.-3:00 p.m.; #18121
Limit: 12 (max.), 6 (min.)

Fee: \$70

Notes: Registration fee includes jacket and bootie rental. Please bring a sack lunch and water bottle. Additional information and paperwork will be available after registration.

ADAPTIVE WATER-SKIING & TUBING AGES 10 & OLDER [III/IV]

Join us at Prospect Lake for a wonderful day of water skiing and tubing. Try out adaptive water-ski equipment specifically designed for individuals with physical disabilities, although individuals of all abilities are encouraged to ski. We are offering times for skiing in the morning and tubing in the afternoon. **Please select one activity per date and indicate preference when registering.**

Online registration is NOT available for this activity; drop-off or mail-in only.

Meet at Prospect Lake by the boat ramp (near Costilla and Hancock)

Wednesdays; 8:30 a.m.-3:00 p.m.

July 3; #18122-skiing #18128-tubing

July 10; #18123-skiing #18129-tubing

July 17; #18124-skiing #18130-tubing

July 24; #18125-skiing #18131-tubing

July 31; #18126-skiing #18132-tubing

August 7; #18127-skiing #18133-tubing

Limit: 20 (max.), 16 (min.)

Fee: \$12 per date

Notes: Please note that staff is available to supervise only when the skier is in the lake—approximately 20-30 minutes. After registration a time slot will be assigned to each participant. Everyone is welcome to stay and cheer for the other skiers, but individuals who require supervision must be accompanied by family or care providers. Participants must pass a water safety test prior to skiing. Additional information and paperwork will be available after registration.

ADAPTIVE KAYAKING/PADDLE BOARDING AGES 18 & OLDER [III/IV]

Come out to the lake this summer and learn how to kayak and/or paddleboard! The TRP is collaborating with SUP Colorado Springs (Front Range Paddle Boarding) to offer this exciting program. This course includes introduction to kayaking and paddle boarding, paddling skills and adaptations for the sport. Come out and try something new or learn how to improve your existing skills!

Meet at Prospect Lake by the boat ramp (near Costilla and Hancock)

Tuesdays; August 6-27

• **Intellectual/Developmental Disabilities:** 9:00-11:00 a.m.; #18134

• **Physical Disabilities:** 11:00 a.m.-1:00 p.m.; #18135

Limit: 8 (max.), 4 (min.)

Fee: \$50 per session

Notes: Participants must be comfortable in the water. Life vests are required and provided.



COMMUNITY INTEGRATION AND LEISURE EDUCATION

Provide participants community opportunities to establish an awareness of self as it relates to leisure, acquire new and appropriate social and decision-making skills, learn new skills, explore various leisure alternatives, obtain community leisure resources, and participate in various recreation opportunities in a group setting.

DAYTIME JAUNTS Adults ages 18 and older

Trips aim to maximize each participant's level of independence in the areas of cognition, mobility, communication, social adjustment and constructive use of leisure time by providing individuals with opportunities to practice these skills in community settings. All trips are limited to four wheelchairs.

Online registration is NOT available for this activity; drop-off or mail-in only.

ROCKIES BASEBALL GAME AGES 18 & OLDER [III]

For this jaunt, we are headed to Denver to cheer on our Colorado Rockies as they take on the Miami Marlins. Wear your team colors (purple, black and grey), and get ready for some outdoor fun! Let's go, Rockies!

Thursday, August 29

10:00a.m.-6:30 p.m.; #18136

Limit: 12 (max.), 10 (min.)

Fee: \$50 includes game ticket

Notes: Please dress for the Colorado weather as we will be outdoors. Seats are partially in the shade but prepare for some sun. This jaunt includes walking as we make our way into/out of the stadium. Bag policy will be shared after registration. **Please note, Coors Field is a cashless facility.** Credit, debit, or prepaid Visa or Mastercard are required for concessions.

SPORTS, FITNESS & AQUATICS

Programs in this section teach a progression of physical skills and help participants achieve and maintain fitness. These activities also encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.

PROGRAMS FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

ZUMBA SERIES AGES 18 & OLDER [II/III]

Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, and a serious dose of awesome each time you leave class! The TRP is partnering with Zumba guru, Albert Jaramillo, to offer a 4-week series to introduce participants to beginner level Zumba movements and choreography. Join us for a hip shaking good time!

Westside Community Center, 1628 W. Bijou

Mondays; August 5-26

3:00-4:00 p.m.; #18137

Limit: 10 (max.); 8 (min.)

Fee: \$35

Note: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle each date.

THERAPEUTIC RECREATION PROGRAM POLICIES

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

- Appropriate social behavior is stressed during all programs.
- The staff and volunteers will do their best to ensure each participant's success in the programs.
- If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately.

Please call the TR office if you have any questions.

Summer registration begins Monday, April 15, 2024!

AQUA REHAB AGES 18 & OLDER [III]

Challenge yourself to a stretching and strengthening water workout three times a week. Activities will be geared to gradually improve stamina, increase flexibility, and strengthen muscles. The class will be adapted to the ability level of the participants.

Monument Valley Park Outdoor Pool, 2020 Mesa Rd.
Mondays/Wednesdays/Fridays; 10:15-11:15 a.m.

August 5-30; #18138

Limit: 15 (max.), 10 (min.)

Fee: \$40

Notes: Participants must have a current year physician prescription. Call (719) 385-6964 if you require 1:1 assistance in the water.

ADAPTIVE CYCLING RIDES AGES 18 & OLDER [III]

The TR Program is again partnering with local bike specialist, Cycle Different - ANGLETECH, to host weekend cycling rides on area bike trails for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, the TRP and Cycle Different will have cycles available for sign-out prior to each date. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

Angletech/Cycle Different, 1483 Garden of the Gods Rd.

Saturdays; 9:00 a.m.-1:00 p.m.

• June 15; #18139

• July 20; #18140

• August 17; #18141

Limit: 12 (max.), 9 (min.)

Fee: \$10/date



ACTIVITIES TO IMPROVE MENTAL HEALTH & SELF-CARE

- EXERCISE
- GARDENING
- MEDITATION
- SPENDING TIME OUTDOORS
- DEEP BREATHING
- EATING HEALTHY

- WALKING
- CONNECTING WITH OTHERS
- SPENDING TIME WITH FRIENDS
- READ A BOOK
- DO SOMETHING NEW
- LAUGH



Therapeutic Recreation Program Policy

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. Please call the TR office if you have any questions.

- 1 Please note specific trip arrival and departure times. All trips will wait a maximum of 15 minutes before departing. Upon return, all participants must be picked up within 15 minutes. If you know you will be late, call the TRP Program Cell Phone at (719) 651-7704. Please be considerate of the group.
- 2 Note that each program activity has a list of maximum and minimum numbers for enrollment. If the maximum numbers have been reached, a wait list will be initiated and those individuals will be contacted when there is an opening. If the minimum numbers are not reached, the class will be canceled.
- 3 Because we attempt to accommodate as many people as possible, if you cannot participate in a scheduled program, please call to cancel as soon as possible so we can contact the participants on the wait list. Your consideration is appreciated.



HOW TO REACH US

1628 W. Bijou
Colorado Springs, CO 80904
Main Office Front Desk: (719) 385-7920
Office Fax: (719) 385-6013
OR
www.coloradosprings.gov/tr
and follow us on  

OTHER NUMBERS

TRP Program Cell
for Day of Trips only
(719) 651-7704

Adaptive Sport Club Cell
for Day of Programs only
(719) 200-8427

TRP STAFF

Felicia Barnhart, CTRS
Program Supervisor
(719) 385-6964
Felicia.Barnhart@coloradosprings.gov

Ashley Bordenet, CTRS
Program Coordinator
(719) 385-6953
Ashley.Bordenet@coloradosprings.gov

Sarah Braun, CTRS
Program Coordinator
(719) 385-6855
Sarah.Braun@coloradosprings.gov

Casey Grice, CTRS
Recreation Assistant
(719) 385-6965
Casey.Grice@coloradosprings.gov

Summer Intern:
Adeline VanNoller
Grand Valley State University

REGISTRATION FORM

Participant Name: _____ Age: _____ Birthdate: _____ Gender: Male Female
 Address: _____ City: _____ Zip: _____
 Primary Phone: _____ Other Phone: _____ Email: _____
 Active Military: _____ Veteran: _____ Disability: _____
 Parent/Guardian Name: _____
 Type of Living Situation (choose one): Family Independent Living Group Home Supervised Apt. Other: _____
 Emergency Contact/Relationship: _____ Phone: _____
 List Medications: _____ Does participant need supervision/assistance with taking medications? Yes No
 Diet Restrictions (list): _____
 Check those that apply: Asthma Diabetes Tube Feeding Allergies (type: _____)
 Epi Pen required: Yes No
 Is the participant subject to seizures? Yes No Type: _____ Frequency: _____
 Assistive equipment and/or physical restrictions: _____
 Other pertinent information in regards to safety and behavioral concerns: _____
 Other information that may enhance the quality and safety of recreation participation: _____

ARTS & CULTURE				OUTDOOR ADVENTURES CONT.				SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Photography in the Park	18120	\$40		Whitewater Rafting	18121	\$70		Aqua Rehab: Aug. 5-30	18138	\$40
SOCIAL ENRICHMENT					Adaptive Water Skiing Jul 3	18122	\$12		Adaptive Cycling: Jun 15	18139	\$10
	Discovery at Explorer	18114	\$510		Adaptive Water Skiing Jul 10	18123	\$12		Adaptive Cycling: Jul 20	18140	\$10
	Discovery at Hillside	18113	\$510		Adaptive Water Skiing Jul 17	18124	\$12		Adaptive Cycling: Aug 17	18141	\$10
	Teen SCOPE Cottonwood	18116	\$410		Adaptive Water Skiing Jul 24	18125	\$12	SPORTS, FITNESS & AQUATICS CONT. Intellectual/Developmental Disabilities			
	Teen SCOPE Mountain Ridge	18117	\$410		Adaptive Water Skiing Jul 31	18126	\$12		Zumba Series	18137	\$35
	OOT Dance August 16	18119	\$5		Adaptive Water Skiing Aug 7	18127	\$12	DAYTIME JAUNTS			
OUTDOOR ADVENTURES					Adaptive Water Tubing Jul 3	18128	\$12		Rockies Baseball Game	18136	\$50
	Adaptive Kayaking/Paddle Boarding - IDD	18134	\$50		Adaptive Water Tubing Jul 10	18129	\$12				
	Adaptive Kayaking/Paddle Boarding - PD	18135	\$50		Adaptive Water Tubing Jul 17	18130	\$12				
					Adaptive Water Tubing Jul 24	18131	\$12				
					Adaptive Water Tubing Jul 31	18132	\$12				
					Adaptive Water Tubing Aug 7	18133	\$12				

- Yes No I hereby give permission for photographs, stories and recordings of myself and/or my child to be featured in marketing efforts of the City of Colorado Springs - TRP and their agents/partners.
- Yes No Registrant has authorization to ride the PRCS buses for TRP field trips.
- CONSENT TO CONTACT AND RELEASE INFORMATION:**
- Yes No I grant permission to the TRP to contact school, teacher, physician, employer and/or provider for the purpose of gathering or releasing information regarding the participant. The information will be used to implement the most effective plan in providing therapeutic recreation and inclusion services. All information will be kept confidential.

WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS: Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the City of Colorado Springs Therapeutic Recreation Program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants and employees. I do hereby fully release and discharge the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize the City of Colorado Springs Therapeutic Recreation Program to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

PLEASE SIGN. EACH REGISTRATION FORM MUST BE SIGNED.

Participant/Parent/Guardian: _____ Date: _____

REGISTRATION INFORMATION

HOW TO REGISTER

Complete the information for each class on the Therapeutic Recreation Program Registration Form.

WHERE TO REGISTER

Mail your registration form to or register in-person:
Therapeutic Recreation Program
1628 W. Bijou
Colorado Springs, CO 80904

OR

Online: www.coloradosprings.gov/TR

1. Click the REGISTER HERE Button
2. Click MY ACCOUNT
3. Enter (LOGIN and PASSWORD)
4. Click REGISTER FOR ACTIVITIES
5. Use ACTIVITY NUMBER
6. Select the NAME OF ACTIVITY, click ADD TO MY CART
7. In the drop down box, select the participant who will be taking the class. When finished, click CONTINUE
8. Follow the steps for payment, VISA, MC, Discover, or AMEX accepted. Be sure to complete your order and click CONTINUE
9. Print receipt or go green!

WHEN TO REGISTER

Monday, April 15, 2024; 8:00 a.m.-5:00 p.m.
All mail-in and drop-off registrations will be placed in a box. At the end of each day, registrations will be randomly drawn until the classes are filled or all registrations are drawn.

A receipt will be sent to you by email or in the mail to confirm your enrollment in the class. Emailed receipts will come from Colorado Springs Parks & Recreation; the email will provide a link to view your receipt.

PAYMENT

To reserve a spot in the program, one-half of each class fee must accompany the registration form. *Make checks payable to Recreation Services. Payment in full must be made by the first day of class.*

ADJUSTED FEES

Payment Plans and Adjusted Fees are available for classes exceeding a registration cost of \$35. Trip fees do not qualify. Please contact the TRP Supervisor for additional information.

CANCELLATIONS

If a class is canceled due to lack of registration, you will be notified and may choose to:

- enroll in another activity
- obtain credit toward other activities
- receive a full refund

REFUND POLICY

- A refund or credit for classes/activities will not be issued once registration has occurred. If withdrawal from the class/activity is for a medical reason or due to a move from the Pikes Peak region, a pro-rated credit or refund will be issued from the start date up to the mid-point of the class/activity.
- No refund or credit will be issued after 50% of the class/activity has been completed.
- A full refund or credit is issued if the TRP cancels a class/activity.
- When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.

