

# TRP Therapeutic Recreation Program



## ARTS AND CULTURE

Activities in this core area focus on enhancing participants' 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.

### MIXED EMOTIONS DANCE TROUPE

Learn and practice dance steps and creative movement to many types of music! Increase self-confidence and poise by performing in public as a member of the Mixed Emotions Dance Troupe.

Colorado Springs Senior Center  
1514 N. Hancock Ave.  
Tuesdays/Thursdays; Jan. 5-May 4  
3:30-4:30 p.m.; **#8817**  
Limit: 12 (max.), 10 (min.)  
Fee: \$120

**Notes:** There is no class on Tuesday, March 7 due to schedule conflict. The Mixed Emotions Dance Troupe will conduct its annual Spring Performance on Thursday, May 4, 7 p.m. at the Colorado Springs Senior Center. Please note there will be no practice on that date.

### HEALTHY COOKING

This cooking class is sure to be an adventure for your senses. Learn to prepare fun, nutritious meals and snacks. This class will teach you the basics of making any meal healthy while introducing you to new ingredients. Healthy can taste fabulous! Class meets the first and second Thursday of the month.

Hillside Community Center  
925 S. InSTITUTE  
Thursdays; Jan. 5 & 12; Feb. 2 & 9;  
Mar. 2 & 9; Apr. 6 & 13; May 4 & 11  
9:30-11:30 a.m.; **#8818**  
Limit: 10 (max.), 8 (min.)  
Fee: \$75

### PHOTOGRAPHY IN DOWNTOWN COLORADO SPRINGS

Colorado Springs has hidden beauty in every direction so let's take our focus to Downtown. We will photograph everything from murals to graffiti art to sculptures.

Colorado Springs Senior Center  
1514 N. Hancock Ave.  
Tuesdays; Apr. 4-May 9  
1-3 p.m.; **#8819**  
Limit: 10 (max.), 8 (min.)  
Fee: \$25

**Notes:** Bring your own camera, if possible. If you do not have access to a camera please notify TRP staff as cameras to borrow are available on a limited basis. Group will meet at the Senior Center each week for pick-up and drop-off unless you are informed by staff.

## DRUMS ALIVE®!

Drums Alive® is unique and different from every other workout you've tried before; it captures the essence of movement, rhythm and combines it with fun that delivers results. The class joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum.

This program is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

Come grab some drumsticks and an exercise ball as we drum for some fun in Drums Alive®!

**To serve the maximum number of people, please sign up for only one session!**

Colorado Springs Senior Center, 1514 N. Hancock Ave.  
• Session 1: Wednesdays; Feb. 1-Mar. 8; **#8820**  
• Session 2: Wednesdays; Mar. 29-May 3; **#8821**  
3-4 p.m.  
Limit: 10 (max.), 8 (min.)  
Fee: \$25

**Note:** Participants from both sessions will perform during the annual Spring Performance on Thursday, May 4, 7 p.m. at the Colorado Springs Senior Center.

# SOCIAL ENRICHMENT

Opportunities for participants to enjoy a social occasion while practicing appropriate social behavior and engaging in a positive leisure activity with peers.

## OUT ON THE TOWN DANCES

Come and socialize with old friends and new while you dance the night away. Dressing according to the theme is encouraged, but not required. **Please do not arrive before 6:30 p.m.**

Colorado Springs Senior Center, 1514 N. Hancock Ave.  
7-9 p.m.

Jan. 20	Stash Bash	#8822
Feb. 17	Wonka Party <i>Dress as favorite character from Willy Wonka</i>	#8823
Mar. 17	Luck of the Irish/St. Patrick's Day Party	#8824
Apr. 21	Under the Sea	#8825
May 19	Great Outdoors	#8826

Fee: \$5/night | Option to pre-register or to pay at the door

## DANCE GUIDELINES...

As the dance continues to grow the TRP has put the following guidelines in place in order to create a safe and fun environment:

- All persons entering the building must check in at the registration table
- Participants must pay the \$5 entrance fee and receive a name tag
- Hanging out in the lobby without paying is not permitted
- Caregivers are also required to wear a name tag but do not need to pay
- Proper social and physical behavior is expected during the dance
- If a participant's behavior is harmful to self or others (*inappropriate verbal communication, hitting, self-abuse*) or refusal to stay with the group or adhere to TRP staff recommendations, participants may be asked to leave

## NOTICE

For safety reasons, doors to the Colorado Springs Senior Center will be closed from 7:30-8:45 p.m. You may exit the building during these hours but reentry into the building will be prohibited. Please plan accordingly.



## NEW!

## TEEN GAME NIGHT

(Ages 13-18)

Want a safe and fun environment for teens to come and socialize with their peers? Enjoy a night out full of music and group games.

Colorado Springs Senior Center, 1514 N. Hancock Ave.

Friday, Mar. 24

6:30-8 p.m. #8827

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

Fee: \$10



## 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 leisure skills, explore various leisure alternatives, obtain community leisure resources, and participate in various recreation opportunities in a group setting.

### C.O.S. CLUB - *Creating Opportunities for Service*

The C.O.S Club is all about coming together to help people in need and having fun while doing it! Whether it is packaging a meal, helping in the garden, or organizing items, we will get the job done. Club meets first two Fridays of the month.

Colorado Springs Senior Center, 1514 N. Hancock Ave.

Fridays; Jan. 6 & 13, Feb. 3 & 10, Mar. 3 & 10, Apr. 7 & 14, May 5 & 12

1:30-4 p.m.; #8828

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

Fee: \$74

**Notes:** Specific projects and locations will be available after registration. The Senior Center is the meeting place for pick-up and drop-off unless you are informed by staff.

# 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 specially selected community settings.

All trips depart from the Colorado Springs Senior Center, 1514 N. Hancock Ave., unless noted.

All trips are limited to four wheelchairs.

Online registration is not available for trips; mail-in or drop-off only!

## TUBING AT FRISCO ADVENTURE PARK

Join us at Frisco Adventure Park where adults can be kids again! The hill features lengthy 1200-foot tubing lanes with lift service up the hill. Enjoy two hours of tubing fun with lunch on site. A separate liability waiver will be required to participate.

Tuesday, Jan. 10; #8829  
Limit: 12 (max.), 10 (min.)  
Fee: \$61

**Notes:** This Jaunt is from 7:30 a.m.-5 p.m. Please dress warm with hat, gloves, heavy jacket, and waterproof footwear. Bring a sack lunch and beverage.

## PEPSI CENTER TOUR

Join us for the All Access VIP 90 minute tour of the Pepsi Center in Denver. Check out the multi-use arena which is a world class premier sports entertainment destination.

Wednesday, Mar. 15; #8830  
Limit: 12 (max.), 10 (min.)  
Fee: \$35

**Notes:** This Jaunt is from 8 a.m.-3:15 p.m. Please wear comfortable shoes for walking. We will be eating at a restaurant in Denver so please bring money for lunch on day of trip.

## BACK BY POPULAR DEMAND

### DOWNTOWN AQUARIUM

With more than a million gallons of underwater exhibits the Denver Downtown Aquarium provides a unique entertainment and dining experience.

Monday, Apr. 10; #8831  
Limit: 12 (max.), 8 (min.)  
Fee: \$38.95

**Notes:** This Jaunt is from 9 a.m.-3:30 p.m. Bring money for lunch at the Dive Lounge and gift shop, if desired. **If you attended the November 2016 trip, please allow others to register for this trip!**

### HUDSON GARDENS

The Hudson Gardens has 30 acres of botanical gardens located along the bank of the South Platte River. Join us as we admire the wide variety of plants in beautiful Colorado.

Tuesday, May 16; #8832  
Limit: 12 (max), 8 (min)  
Fee: \$25

**Notes:** This Jaunt is from 8:30 a.m.-3:30 p.m. Please wear comfortable shoes for walking. We will be eating at a restaurant in Denver so please bring money for lunch on day of trip.

## Forever Missed

We value each TRP participant whether they have participated for a few years or for decades.

With deep appreciation and respect we celebrate the lives of two participants who passed in 2016:

Gary Love  
and  
Debbie Mier

Our lives are so much richer because of how these individuals embraced life and challenged all of us to enjoy each moment.

# OUTDOOR ADVENTURES

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

All trips depart from the Colorado Springs Senior Center, 1514 N. Hancock Ave., unless noted.  
All trips are limited to four wheelchairs.

Online registration is not available for trips; mail-in or drop-off only!

## CROSS-COUNTRY SKIING/SNOW-SHOEING

Picture yourself silently gliding on a cross-country trail or creating the first set of snowshoe tracks in fresh powder as you trek through the peaceful woods of the Frisco Nordic Center in the mountains near Breckenridge. Breckenridge Outdoor Education Center (BOEC) instructors will be on hand to assist participants at all levels of ability.

Tuesday, Jan. 31; **#8833**  
Limit: 8 (max.), 6 (min.)  
Fee: \$68

**Notes:** This trip is from 7 a.m.-6 p.m. Bring a sack lunch. This is a strenuous activity and is only recommended for individuals that are in good physical condition. BOEC forms will be available upon registration.

## DOWNHILLS SKIING (Sitting or Standing) Ages 12 & older

Experience the hills and thrills of downhill skiing on the slopes of Summit County! The nationally recognized Breckenridge Outdoor Education Center (BOEC) provides individualized instruction targeted to all levels and abilities. Their trained personnel and adapted equipment make this a special experience.

- Tuesday, Feb. 14: For veterans and persons with physical disabilities; **#8834**
- Tuesday, Feb. 21: For individuals with intellectual/developmental disabilities; **#8835**

Limit: 8 (max.), 6 (min.)  
Fee: \$88

**Notes:** This trip is from 7 a.m.-6 p.m. Bring a sack lunch. BOEC forms will be available upon registration.

## DOG SLEDDING

Always a popular trip, this exciting one-hour tour is designed to give each person the opportunity to ride on a dogsled and on a sleigh pulled by a snowmobile.

Tuesday, Mar. 7; **#8836**  
Limit: 16 (max.), 13 (min.)  
Fee: \$48

**Notes:** This trip is from 7:30 a.m.-5:30 p.m. Bring money for lunch at a Breckenridge restaurant. Participants must have the ability to sit and hold on independently. Please dress warmly as the activity takes place at an elevation between 9,000-10,000 feet. A liability release form must be signed prior to the activity.

# 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

### SPLASH DANCE

If you enjoy music, dance, and movement in the water you will enjoy Splash Dance. Join your friends for a fun and funky dance workout to all styles of music in the water. These exercises will help increase flexibility, balance, and coordination.

Memorial Park Recreation Center; 280 S. Union Blvd.  
Mondays; Jan. 23-Feb. 13  
2:30-3:30 p.m.; **#8837**  
Limit: 10 (max.) 8 (min.)  
Fee: \$25

**Notes:** Please wear a swimming suit and wear water shoes if you have them. Bring your towel and water bottle.

### NINJA WARRIOR TRAINING

Want to be the next Champion of a Ninja Warrior Obstacle Course? Join us each week as we practice different ways to move, maneuver, and conquer obstacles. Program will focus on building balance, endurance, and gross motor skills all while having fun and trying a different way to get fit!

Memorial Park Recreation Center; 280 S. Union Blvd.  
Mondays; March 6-27  
3-4 p.m.; **#8838**  
Limit: 10 (max.), 8 (min.)  
Fee: \$25

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

The TRP will not be offering yoga classes this season but is happy to announce that our very own Yoga teacher, Stacie Wyatt, will be offering Yoga sessions in her home studio for individuals with various disabilities. Stacie brings 7 years of experience teaching for the TRP and we are glad that she is continuing to serve a unique population with outstanding classes. Her yoga studio is located near Garden of the Gods and I-25. Space is limited so please email her at [staciewyatt@gmail.com](mailto:staciewyatt@gmail.com) to receive session dates/times and to reserve your spot. After registering, Stacie will contact you directly with directions to her studio.

# YOGA

# SPORTS, FITNESS & AQUATICS

## PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

Classes in this and the Paralympic Sport section are specifically designed for individuals with physical disabilities, e.g., stroke, spinal cord injury, multiple sclerosis, brain injury, etc.

### AQUA-REHAB

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, including opportunities for water walking and deeper-water aerobic workouts.

Memorial Park Recreation Center; 280 S. Union Blvd.  
Mondays/Wednesdays/Fridays  
10-11 a.m.

- Jan. 4-Feb. 3; #8839
- Feb. 6-Mar. 3; #8840
- Mar. 6-31; #8841
- Apr. 3-28; #8842
- May 1-26; #8843

Limit: 15 (max.), 12 (min.)  
Fee: \$40/session

**Notes:** Participants must have a current year physician prescription. No program on January 16 and February 20 due to City holidays.

### BOCCIA

This specialized sport of dedication and precision is open to youth and adults ages 6 and older with cerebral palsy, brain injury, muscular dystrophy, stroke and multiple sclerosis. There will be opportunity for match play and in-house competition. Due to popular demand, two sessions will be offered. Sign up for one or both sessions!

Colorado Springs Senior Center, 1514 N. Hancock Ave.  
Tuesdays; 3:30-4:30 p.m.

- Session 1: Jan. 10-Feb. 28; #8844
- Session 2: Mar. 14-May 2; #8845

Limit: 6 (max.), 4 (min.)  
Fee: \$36/session

**Note:** No class on March 7 due to TRP dog sledding trip.

### ARCHERY

Join us for one or both four week program series, as we meet at the Archery School of the Rockies for indoor archery! It will provide the opportunity for individuals with physical disabilities to expand their archery skills as well as physical health, focus, and attention skills. Beginner and experienced archers are welcome to participate.

Archery School of the Rockies, 1831 N. Circle Dr.  
Wednesdays; 1-3 p.m.

- Session 1: Feb. 1-22; #8851
- Session 2: Apr. 5-26; #8852

Limit: 8 (max.), 4 (min.)  
Fee: \$60

**Note:** Equipment will be provided, however if you have your own bow please bring it with you.

### INDOOR SHOOTING EXPERIENCE

This one-time event will introduce participants to the competitive sport of shooting at the indoor range of the Olympic Training Center. Participants will learn the basics of air rifle and air pistol use, proper shooting form, scoring, and opportunity for in-house competition. Coaches from USA Shooting and the National Training Center Shooting Club will be on hand to provide instruction. Equipment will be provided.

Olympic Training Center Shooting Range (lower range)  
1 Olympic Plaza  
Wednesday; Mar. 22  
7-9 p.m.; #8850  
Limit: 8 (max.), 6 (min.)  
Fee: \$15

**Note:** Olympic Training Center, USA Shooting and National Training Center Shooting Club forms will be available upon registration and must be completed prior to participation.

### ADAPTIVE CYCLING RIDES

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

1483 Garden of the Gods Rd.  
Saturdays; 1-3:30 p.m.

- April 8; #8846
- April 22; #8847

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

- May 6; #8848
- May 20; #8849

Limit: 12 (max.), 9 (min.)  
Fee: \$ 9/date



# HOW TO FIND TRP

Therapeutic Recreation Program  
1315 E. Pikes Peak Ave.  
Colorado Springs, CO 80909

## TRP STAFF

**Felicia Barnhart**, CTRS  
Program Coordinator  
(719) 385-6964  
fbarnhart@springsgov.com

**Allen Beauchamp**  
Adaptive Cycling Specialist  
(719) 385-6855  
abeauchamp@springsgov.com

**Sarah Braun**, CTRS  
Program Coordinator  
(719) 385-6855  
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**Jacki Mueller**  
Recreation Assistant  
(719) 385-6965  
jmueller1@springsgov.com

**Diane Ridderhoff**, CTRS  
Program Supervisor  
(719) 385-6958  
dridderhoff@springsgov.com

**Winter/Spring Intern**  
Danielle Nehman  
University of Iowa

## CONTACT NUMBERS

TR Cell

**for Day of Trips**  
(719) 651-7704

Paralympic Sport Club Cell  
(719) 200-8427

Office Front Desk  
(719) 385-5981

Fax  
(719) 385-6013

## TRP VIDEO

@ [coloradosprings.gov/tr](http://coloradosprings.gov/tr)

LIKE US 



# 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 at:

**Therapeutic Recreation Program**  
1315 E. Pikes Peak Ave.  
Colorado Springs, CO 80909

Register online at: [coloradosprings.gov/TR](http://coloradosprings.gov/TR)

click the "REGISTER HERE" button

Online process:

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, December 5, 2016**

**8 a.m.-5 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.**

## PAYMENT

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

*Make checks payable to Recreation Services.*

## 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

## ADJUSTED FEES

Payment Plans and Adjusted Fees are available for classes exceeding a registration cost of \$25. Trip fees do not qualify. Please contact the TRP Supervisor for additional information.

## 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 will be issued if Parks, Recreation & Cultural Services cancels a class/activity. When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.

Winter/Spring registration begins Monday, December 5!

# REGISTRATION FORM

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Gender:  Male  Female  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Active Military: \_\_\_\_\_ Veteran: \_\_\_\_\_ Disability: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 Type of Living Situation (choose one):  Family  Independent Living  Group Home  Supervised Apt.  Other  
 Alternate 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: \_\_\_\_\_

✓	Activity Name	#	Fee
<b>ARTS &amp; CULTURE</b>			
	Mixed Emotions Dance Troupe	8817	\$120
	Healthy Cooking	8818	\$75
	Photography in Downtown	8819	\$25
	DRUMS ALIVE *: Feb. 1-Mar. 8	8820	\$25
	DRUMS ALIVE *: Mar. 29-May 3	8821	\$25

✓	Activity Name	#	Fee
<b>SOCIAL ENRICHMENT</b>			
	Out on Town Dance: Jan. 20	8822	\$5
	Out on Town Dance: Feb. 17	8823	\$5
	Out on Town Dance: Mar. 17	8824	\$5
	Out on Town Dance: Apr. 21	8825	\$5
	Out on Town Dance: May 19	8826	\$5
	Teen Game Night	8827	\$10

✓	Activity Name	#	Fee
<b>COMMUNITY INTEGRATION/LEISURE EDUCATION</b>			
	COS Club	8828	\$74

✓	Activity Name	#	Fee
<b>DAYTIME JAUNTS</b>			
	Tubing at Frisco Adventure Park	8029	\$61
	Pepsi Center Tour	8830	\$35
	Downtown Denver Aquarium	8831	\$38.95
	Hudson Gardens	8832	\$25

✓	Activity Name	#	Fee
<b>OUTDOOR ADVENTURE</b>			
	Cross Country Skiing/Snow-Shoeing	8833	\$68
	Downhill Skiing (Sit/Stand) for Veterans/Physical Disabilities	8834	\$88
	Downhill Skiing (Sit/Stand) for Intellectual/Development Disabilities	8835	\$88
	Dog Sledding	8836	\$48

✓	Activity Name	#	Fee
<b>SPORTS, FITNESS &amp; AQUATICS Intellectual/Developmental Disabilities</b>			
	Splash Dance	8837	\$25
	Ninja Warrior Training	8838	\$25

✓	Activity Name	#	Fee
<b>SPORTS, FITNESS &amp; AQUATICS Physical Disabilities</b>			
	Aqua-Rehab: Jan. 4-Feb. 3	8839	\$40
	Aqua-Rehab: Feb. 6-Mar. 3	8840	\$40
	Aqua-Rehab: Mar. 6-31	8841	\$40
	Aqua-Rehab: Apr. 3-28	8842	\$40
	Aqua-Rehab: May 1-26	8843	\$22
	Boccia: Jan. 10-Feb. 28	8844	\$36
	Boccia: Mar. 14-May 2	8845	\$36
	Adaptive Cycling: Apr. 8	8846	\$9
	Adaptive Cycling: Apr. 22	8847	\$9
	Adaptive Cycling: May 6	8848	\$9
	Adaptive Cycling: May 20	8849	\$9
	Indoor Shooting	8850	\$15
	Archery: Feb. 1-22	8851	\$60
	Archery: Apr. 5-26	8852	\$60

Yes  No I hereby give permission for photographs, stories and recordings of myself and/or my child to featured in the following marketing efforts of the City of Colorado Springs Recreation Services Division and their agents/partners.

**(check all that apply)**

Educational Material

Promotional Material (fliers, brochures)

Social Media (Facebook, Twitter, YouTube,...)

Yes  No Registrant has authorization to ride the PRCS buses for TR field trips.

Yes  No **CONSENT TO CONTACT AND RELEASE INFORMATION:** I grant permission to the TRP 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: \_\_\_\_\_

# 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:

- 1** 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.
- 2** 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 cell phone at (719) 651-7704. Please be considerate of the group.
- 3** 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. 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 participants on the wait list. Your consideration is appreciated.



NATIONAL  
INCLUSION  
PROJECT

PROUD PARTNER

NATIONAL INCLUSION PROJECT

Our goal is to provide better training to general recreation staff on how to be more fully inclusive.

Additionally, we aim to be a better resource for general youth recreation activities and community centers in the areas of advocacy, education, and training.

Through this partnership we want to help make inclusion the expectation, expectation, not the exception!

Check out their website at [www.inclusionproject.org](http://www.inclusionproject.org)



PARKS, RECREATION & CULTURAL SERVICES  
THERAPEUTIC RECREATION PROGRAM  
1315 EAST PIKES PEAK AVENUE  
COLORADO SPRINGS, CO 80909