



Therapeutic Recreation Program

Summer 2015



SOCIAL ENRICHMENT

TR STAFF

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Summer Interns

Paige Huntsman
University of Toledo
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CONTACT NUMBERS

TR Cell for Trips
(719) 651-7704

Paralympic Sport Club Cell
(719) 200-8427

Sports Office Front Desk
(719) 385-5981

WATCH THE TRP VIDEO HERE

www.coloradosprings.gov/tr

DISCOVERY (AGES 6-12)

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 excursions! 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; June 8-July 23
9:00 a.m.-3:00 p.m. for both sites

No camp week of June 29-July 3

Fee: \$460 for full six weeks, includes swimming and field trip fees

Pioneer Elementary School
3663 Woodland Hills Dr.

(Partnership with District 20 – District 20 student registrations receive priority at this site)

#6243

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

Hillside Community Center
925 S. Institute

#6245

Limit: 10 (max.), 6 (min.)

Notes: Approximate ratios of staff to participant are 1:3. Transportation to/from camp is the responsibility of the participant's parent/guardian.

IN THE MIX (AGES 6-12)

Is your child ready to be fully included in the neighborhood summer camp? If so, this camp is for you! TRP staff will provide support for youth to participate in the Hillside Community Center Summer Blast day camp. This program is four days for 6 weeks and is designed for individuals who function well in groups of 20 or more.

Mondays-Thursdays; June 8-July 23
9:00 a.m.-3:00 p.m.

No camp week of June 29-July 3

Fee: \$460 for full six weeks, includes swimming and field trip fees

Hillside Community Center
925 S. Institute

#6246

Limit: 3 (max.), 2 (min.)

Note: Transportation to/from camp is the responsibility of the participant's parent/guardian.

TEEN S.C.O.P.E. (AGES 13-18)

Summer Camp Opportunities with Possibilities for Everyone!

Have a ball outdoors this summer at one of our three 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; June 8-July 24
9:30 a.m.-1:30 p.m. for all sites

No camp week of June 29-July 3

Fee: \$360 for full six weeks, includes swimming and field trip fees

Monument Valley Park
170 W. Cache La Poudre St.

#6003

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

Cottonwood Creek Recreation Center
3920 Dublin Blvd.

#6240

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

Pioneer Elementary School
3663 Woodland Hills Dr.

(Partnership with District 20 – District 20 student registrations receive priority at this site)

#6241

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

Notes: Transportation to/from camp is the responsibility of the participant's parent/guardian. No program on Wednesdays.

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 policy:

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.

TEMPORARY OFFICE LOCATION UNTIL SPORTS OFFICE REPAIRS ARE COMPLETE
Parks, Recreation & Cultural Service Administration, 1401 Recreation Way (80905)

SOCIAL ENRICHMENT

OUT ON THE TOWN DANCE

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

Colorado Springs Senior Center, 1514 N. Hancock Ave.
Friday, August 21; 7:00-9:00 p.m.
Wild Wild West; #6247
Fee: \$5

NEW 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 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 are not required 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.

Therapeutic Recreation Community Partners (TRCP)

This Friends group's mission is to develop and implement strategies to support the services, programs, and needs of the Therapeutic Recreation Program.

TRCP is now a partner with Mountain Equipment Recyclers, www.merecyclers.com.

If you need to recycle outdoor equipment such as skis, clothes, and bikes, mention the TRCP and Mountain Equipment Recyclers will give them a donation for your used items! Everyone can make a difference!



**CLIMB for
COURAGE**
2015

Presented by:
GE JOHNSON
CONSTRUCTION COMPANY

Benefiting
Children's Hospital Colorado
Colorado Springs



CLIMB THE STAIRS TO HELP LOCAL KIDS LIKE CONNER

To register go to: childrenscoloradofoundation.org/climbforcourage

Join us for the inaugural Climb for Courage stair climb to raise funds for the patients served by Children's Hospital Colorado in Colorado Springs and Southern Colorado.

Stay for the Family Festival and visit the Ability Challenge for action-packed fun including hand-cycling, wheelchair basketball, an obstacle course and much more!

Special thanks to our Ability Challenge partners:



JUNE 27, 2015

RACE STARTS AT 9 A.M.

FAMILY FESTIVAL 9 A.M.-1 P.M.

ABILITY CHALLENGE 11 A.M.-1 P.M.

Falcon Stadium
U.S. Air Force Academy



Conner, age 6, Children's Colorado patient

OUTDOOR ADVENTURES

WHITEWATER RAFTING!

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.**

Depart from the Colorado Springs Senior Center
1514 N. Hancock Avenue
Thursday, July 2; 7:30 a.m.-3:00 p.m.
#6238
Limit: 12 (max.), 10 (min.)
Fee: \$60

Notes: Registration fee includes jacket and bootie rental. Please bring money to purchase rafting pictures upon completion of trip, if desired. Additional information and paperwork will be available after registration.

ADAPTIVE WATER SKIING (AGES 10 AND UP)

Join us at Prospect Lake for a wonderful day of water skiing. Try out adapted 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 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.
June 24 **#6223-skiing** **#6229-tubing**
July 1 **#6224-skiing** **#6230-tubing**
July 8 **#6225-skiing** **#6231-tubing**
July 15 **#6226-skiing** **#6232-tubing**
July 22 **#6227-skiing** **#6233-tubing**
July 29; **#6228-skiing** **#6234-tubing**
Limit: 20 (max.), 16 (min.)
Fee: \$10/date

Notes: Staff is available to supervise only when the skier is on 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 need supervision must be accompanied by family or care providers. Wear sunscreen, and if you plan to stay for the day, pack a lunch and drink. Participants must pass a water safety test prior to skiing. Additional information and paperwork will be available after registration.

ROCKY MOUNTAIN STATE GAMES

This is a multi-sport festival for Colorado residents of all ages and athletic abilities including those with physical disabilities or visual impairments. The Rocky Mountain State Games will be held July 17-19 & 24-26, 2015, with competition in 40 sports and venues that include the U.S. Olympic Training Center, Memorial Park, Colorado College, and others in the Pikes Peak Region. To register for competitions, go to coloradospringssports.org or call (719) 634-7333 for details.

ADAPTIVE KAYAKING - BACK BY POPULAR DEMAND

Come out to the lake this summer and learn how to kayak! The TRP is partnering with NSCD (National Sports Center for the Disabled) to offer this exciting program. An introduction to kayaking, including paddling skills and adaptations for the sport, will be taught. Opportunities to try standup paddle boarding will be available too!

Meet at Prospect Lake by the boat ramp
(near Costilla and Hancock)
Tuesdays; August 4-25

- Intellectual/Developmental Disabilities; 9:00-11:00 a.m.; **#6235**
 - Physical Disabilities; 11:00 a.m.-1:00 p.m.; **#6236**
- Limit: 8 (max.), 4 (min.)
Fee: \$45/session

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

SPLISH SPLASH BASH

NEW!

Celebrate your summer by playing on Prospect Lake with some new water sports! The TRP is partnering with the National Sports Center for the Disabled and Community Sailing of Colorado to offer participants the opportunity to try the following water activities: adaptive kayaking, standup paddle boarding, adaptive sailing, and inner tube water games! **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)
Tuesday; August 19
9:00 a.m.-3:00 p.m.; **#6237**
Limit: 30 (max.), 15 (min.)
Fee: \$10

Notes: As with Adaptive Water Skiing, you will be contacted after registration for a specific time slot. Please bring a water bottle, towel and sunscreen. All participants must show proof of swimming ability to participate. More information and paperwork will be available after registration.

ADAPTIVE SAILING SERIES

Discover the excitement and freedom of sailing through Community Sailing of Colorado's specialized Access 303W boats at the Cherry Creek Reservoir in Denver. The Adaptive Sailing Series is designed for those that have never sailed or as a refresher for someone who wants to get back on the water. Classes will cover basic fundamentals including boat handling, terminology and sail theory. All safety equipment will be provided.

Depart from the Colorado Springs Senior Center
1514 N. Hancock Avenue
Thursdays, September 3-24
8:00 a.m.-3:30 p.m.; **#6239**
Limit: 10 (max.), 6 (min.)
Fee: \$150

Notes: Please bring a water bottle, sack lunch, towel and sunscreen. All participants must demonstrate proof of swimming ability to participate. More information and paperwork will be available after registration.

TRP Summer registration begins Monday, April 27!

ARTS & CULTURE

PAINTING IN THE PARK SERIES

Come join us at our local city parks and capture the beauty of the amazing views. All skill levels from beginner to expert are welcome. Paint, brushes and easels will be provided. Please bring your own canvas of any size. Caregivers are welcome to stay and participate as well.

Location: TBA (Specific locations will be available after registration)

Wednesdays; August 5-26

• Intellectual/Developmental Disabilities; 10:45-11:45 a.m.; #6260

• Physical Disabilities; 12 noon-1:30 p.m.; #6261

Limit: 8 (max), 6 (min)

Fee: \$25

DAYTIME JAUNTS

FOR ADULTS AGES 18 AND OLDER

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 these activities; drop-off or mail-in only.

BBQ/HAYRIDE

Happy Trails to you! Wrap-up the summer at the M Lazy C Ranch located in the beautiful mountains near Lake George. The trip offers a hayride and concludes with a good old-fashioned brisket lunch. Two dates are offered to serve more individuals.

Thursday, July 30; #6248

Thursday, August 13; #6249

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

Fee: \$20

Notes: This jaunt is from 9:30 a.m.-2:30 p.m.

Please bring a water bottle, sunscreen, and a hat.

BRONCOS 2015 TRAINING CAMP

The offseason is over and it's time for the Broncos to strap on their helmets and hit the practice field in preparation for the 2015 season. Join us as we watch all the action up close and personal at the team's annual training camp. Take pictures, get autographs, and much more!

Tuesday, July 28; #6250

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

Fee: \$20

Notes: *Date subject to change as official training schedule is not released until the end of June.* This jaunt is from 7:00 a.m.-2:00 p.m. Please bring a sack lunch, water bottle, sunscreen, and be prepared to be outside all day. Cameras are welcomed but no video cameras are permitted. There will be an opportunity to shop in the team store; bring adequate money for shopping, if desired.

SPORTS, FITNESS & AQUATICS

FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

ACHILLES PIKES PEAK

It's time to get outside and get active! Join the TRP staff as we join the Achilles Pikes Peak group for a weekly workout. Achilles is an all-inclusive running/walking/moving group open to people of all abilities and ages. Participants are paired in groups according to interest and ability levels. Set goals and work at your own pace.

Mondays; August 3, 10, 17 & 24

6:15-7:30 p.m.; #6251

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

Fee: \$20

Notes: Meet at Colorado Running Company in University Village; 5262 N Nevada Ave #140 to divide into groups. Participants will hook up with the Pikes Peak Greenway Trail for the workout.

SPORTS, FITNESS & AQUATICS

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, but may include water walking and deeper-water aerobic workouts.

Memorial Park Swimming Pool, 280 S. Union Blvd.

Mondays/Wednesdays/Fridays; July 27-August 28

10:00-11:00 a.m.; #6252

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

Fee: \$40

Notes: Participants must have a current year physician prescription. Call 385-6958 if you require 1:1 assistance in the water.

ADULT PARALYMPIC ACTIVITIES

ADAPTIVE CYCLING RIDES

INCENTIVE FOR CYCLING - Participate in ten rides in 2015/2016 and you will earn an exclusive cycling shirt from the TRP!

The TR Program is again 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; 9:00 a.m.-1:00 p.m.

June 6; #6253

June 20; #6254

July 11; #6255

August 1; #6256

August 15; #6257

August 29; #6258

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

Fee: \$ 9/date

BOCCIA BOOTCAMP

Interested in practicing throws and strategy before the fall bocchia season begins or trying it out to see if you like it? Join our bootcamp as we review the basics of play for this specialized sport of dedication and precision, open to youth and adults ages 6 and older with cerebral palsy, brain injury, muscular dystrophy, stroke, and multiple sclerosis.

Colorado Springs Senior Center, 1514 N. Hancock Ave.

Thursdays, August 6-27

3:30-4:30 p.m.; #6259

Limit: 6 (max.), 4 (min.)

Fee: \$18



COLORADO SPRINGS

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:

Parks Administration Office
c/of Therapeutic Recreation Program
1401 Recreation Way
Colorado Springs, CO 80905

Mail:

Parks Administration Office
c/of Therapeutic Recreation Program
1401 Recreation Way
Colorado Springs, CO 80905

Drop-Box:

Parks Administration Office
c/of Therapeutic Recreation Program
1401 Recreation Way
Colorado Springs, CO 80905

OR

Sports Office
c/of Therapeutic Recreation Program
1315 East Pikes Peak Avenue
Colorado Springs, CO 80909

WHEN TO REGISTER

Monday, April 27, 2015
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 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.**

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.

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 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.

REGISTER ONLINE

www.coloradosprings.gov/tr

Click the **blue button - REGISTER HERE**

Not available for all activities!

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: _____
 Doctor's Name: _____ Phone: _____
 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
SOCIAL ENRICHMENT			
	Discovery: Pioneer	6243	\$460
	Discovery Hillside	6245	\$460
	In the Mix: Hillside	6246	\$460
	Teen Scope: Monument Valley	6003	\$360
	Teen Scope: Cottonwood	6240	\$360
	Teen Scope: Pioneer	6241	\$360
	Out on Town Dance: Aug. 21	6247	\$5

ARTS & CULTURE			
	Paint in the Park - Intellectual/Developmental	6260	\$25
	Paint in the Park - Physical	6261	\$25

DAYTIME JAUNTS			
	BBQ/Hayride: July 30	6248	\$20
	BBQ/Hayride: Aug. 13	6249	\$20
	Broncos Training Camp: July 28	6250	\$20

✓	Activity Name	#	Fee
OUTDOOR ADVENTURES			
	Whitewater Rafting: July 2	6238	\$60
	Adaptive Water Skiing: June 24	6223	\$10
	Adaptive Tubing: June 24	6229	\$10
	Adaptive Water Skiing: July 1	6224	\$10
	Adaptive Tubing: July 1	6230	\$10
	Adaptive Water Skiing: July 8	6225	\$10
	Adaptive Tubing: July 8	6231	\$10
	Adaptive Water Skiing: July 15	6226	\$10
	Adaptive Tubing: July 15	6232	\$10
	Adaptive Water Skiing: July 22	6227	\$10
	Adaptive Tubing: July 22	6233	\$10
	Adaptive Water Skiing: July 29	6228	\$10
	Adaptive Tubing: July 29	6234	\$10
	Adaptive Kayaking - Intellectual/Developmental	6235	\$45
	Adaptive Kayaking - Physical	6236	\$45
	Splish Splash Bash	6237	\$10
	Adaptive Sailing Series	6239	\$150

✓	Activity Name	#	Fee
SPORTS, FITNESS & AQUATICS FOR INTELLECTUAL/DEVELOPMENTAL DISABILITIES			
	Achilles Pikes Peak	6251	\$20
SPORTS, FITNESS & AQUATICS FOR PHYSICAL DISABILITIES			
	Aqua-Rehab: July 27- Aug. 28	6252	\$40
	Adaptive Cycling: June 6	6253	\$9
	Adaptive Cycling: June 20	6254	\$9
	Adaptive Cycling: July 11	6255	\$9
	Adaptive Cycling: Aug. 1	6256	\$9
	Adaptive Cycling: Aug. 8	6257	\$9
	Adaptive Cycling: Aug. 29	6258	\$9
	Boccia Bootcamp	6259	\$18

- Yes No I hereby give permission for photographs, stories and recordings of myself and/or my child to be used for educational or promotional purposes for PR&CS.
- Yes No Registrant has authorization to ride the PR&CS 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: _____