



# A.R.I.S.E

## ADAPTIVE RECREATION AND INCLUSION SERVICES FOR EVERYONE

Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

### AQUATICS

#### ADAPTIVE INTRO TO WATER

*Ages 4-10 (Over 11, inquire with staff for a needs assessment)*

Participant lead water exposure in a safe, sensory friendly and low-pressure environment. Designed for participants who are not ready for Adaptive Swim Lessons. Class ratios are one instructor to two swimmers.

**54328** Jan. 5-26

**54318** Feb. 2-23

- Thu., 3-3:30 p.m.
- \$63 (\$50 Resident)
- Central Recreation Center

#### ADAPTIVE SWIM LESSONS

*Ages 4-10 (Over 11, inquire with staff for a needs assessment)*

Water safety and Level 1 & 2 swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons and with the goal to graduate into group lessons. Class ratios are one instructor to two or three participants.

**54326** Jan. 5-26

**54309** Feb. 2-23

- Thu., 4-4:30 p.m.

**54321** Jan. 5-26

**54308** Feb. 2-23

- Thu., 4:30-5 p.m.

**54324** Jan. 5-26

**54311** Feb. 2-23

- Thu., 5-5:30 p.m.
- \$63 (\$50 Resident)
- Central Recreation Center

## ARTS & CULTURE

### ADAPTIVE COOKING

*Ages 13 & older*

Bring out the spatulas & spoons for a delicious cooking class! Develop cooking skills & gain confidence working in the kitchen as you learn how to prepare & cook healthy meals.

**54323** Nov. 29-Dec. 20

**54313** Jan. 10-31

**54322** Feb. 7-28

- Tue., 10-noon
- \$100 (\$80 Resident)
- Central Recreation Center

### EXCURSIONS

*Ages 13 & older*

A weekly opportunity to explore Colorado, while enhancing social & independent skills. Drop off and pick up at Central Recreation Center. Bring a water bottle and sack lunch or snacks weekly.

- Fri., 10 a.m.-2 p.m.

**MORRISON NATURE CENTER:  
WINTER ADVENTURE IN THE WETLAND  
(or snowshoeing, weather permitting)**

**57003** Jan. 13 | \$40 (\$32 Resident)

### BOWLING

**57011** Jan. 20 | \$55 (\$44 Resident)

**PLAINS CONSERVATION CENTER:  
WINTER BIRDING SAFARI**

**57009** Jan. 27 | \$40 (\$32 Resident)

### OUT TO LUNCH

**57012** Feb. 3 | \$40 (\$32 Resident)

- Bring lunch money

**SENAC CREEK NATURE CENTER: WINTER  
WILDLIFE AT AURORA RESERVOIR**

**58313** Feb. 10 | \$40 (\$32 Resident)

**MORRISON NATURE CENTER:  
SNOWSHOEING (weather permitting)**

**57010** Feb. 24 | \$40 (\$32 Resident)

- Central Recreation Center



## FITNESS/SPORTS/ SPECIAL OLYMPICS

### TOTALLY FIT TUES-NIGHTS

*Ages 13 & older*

Develop gross motor skills, get exercise and have fun with your friends through a variety of physical activities. Start training for the Adaptive Triathlon in spring 2023.

**60050** Dec. 6-20\*

**54320** Jan. 10-31

**54314** Feb. 7-28

- Tue., 4:30-6:30 p.m.
- \$60 (\$48 Resident)\*
- \$80 (\$64 Resident)
- Central Recreation Center

### WAKE UP WEDNESDAY

*Ages 13 & older*

Beat the mid-week slump with variety of creatively cognitively and physically stimulating activities with an opportunity to swim each week.

**60051** Dec. 7-21\*

**54329** Jan. 4-25

**54315** Feb. 1-22

- Wed., 10 a.m.-2 p.m.
- \$120 (\$96 Resident)\*
- \$160 (\$128 Resident)
- Central Recreation Center

### YOUNG ATHLETES IN TRAINING

*Ages 4-10 & 11-15*

Introduce and improve FUNdamental sport skills. Exposure and experience to variety of sports; focus on basketball.

**54319** Jan. 7-28

**54327** Feb. 4-25

- Sat., 10-10:45 a.m.
- \$40 (\$32 Resident)
- Columbia Middle School

## SPECIAL OLYMPICS BASKETBALL

*Ages 16 & older*

Adaptive techniques are used to teach teens/adults with developmental disabilities the fundamentals of a team sport and basketball. The ARISE team will assess each participant's skill level and will place participants in a unified or traditional team.

**54316** Jan. 7-March 11

- Sat., 11 a.m.-noon
- \$31 (\$25 Resident)
- Columbia Middle School

## SPECIAL EVENTS

### ANNUAL HOLIDAY PARTY

*Ages 13 & older*

Join us for a sit-down holiday dinner with friends. The evening will be filled with games, dancing and a gift exchange.

**57000** Dec. 16

- Fri., 5-8 p.m.
- \$28 (\$22 Resident)
- Beck Recreation Center

### FAB FRIDAYS

*Ages 13 & older*

#### BRING IN 2023

Games, dancing, karaoke and PIZZA!

**57002** Jan. 6

#### VALENTINE CELEBRATION

MYO dinner, cookies and creations!

**57001** Feb. 17

- Fri., 4:30-7 p.m.
- \$38 (\$30 Resident)
- Central Recreation Center



## 1:1 FITNESS

Complete a short assessment with ARISE staff to develop a program plan with individualized goals. Meet for an hour weekly with staff to receive encouragement and support needed to reach your goal. Cancellations must be made 24 hours prior to your scheduled sessions.

- 6-week session: \$165 (\$132 Resident)



## WINTER BREAK

Program offerings TBA

Reach out to [arise@auroragov.org](mailto:arise@auroragov.org) with any questions and more details regarding the information below!

- Inclusion services are offered to provide assistance to all ages of individuals with or without disabilities to participate in recreation programs together. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.
- City of Aurora Financial Assistance & ARISE scholarship funding available