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
ARISE

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)
• Central Recreation Center

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 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