



# HRCRA

THERAPEUTIC  
RECREATION

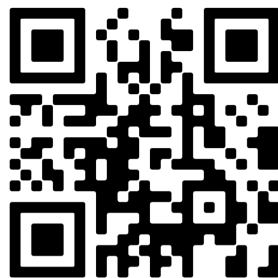


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## 2022 ANNUAL REPORT

Enhancing the Quality of Life for  
Special Needs Families

[HRCRAonline.org/TR](http://HRCRAonline.org/TR)



HIGHLANDS RANCH  
COMMUNITY ASSOCIATION

## OUR MISSION

The Therapeutic Recreation programs at the Highlands Ranch Community Association (HRCA) are intended to enhance the quality of life of individuals with special needs. Classes, programs, and events are designed to help people explore leisure interests, develop skills, and have fun. Programs are facilitated by Certified Therapeutic Recreation Specialists and/or qualified staff. We provide a quality and compassionate community-based environment for participants of all ages and abilities. Our specialized services are offered to all ages, regardless of ability or disability.

## OUR GOAL

Our goal is to challenge participants and support general independence, choice, self-determination, and self-confidence. We want each participant to enjoy recreation. We work towards social independence in a fun and safe environment, while encouraging a general sense of health, wellness, and improved quality of life.

## OUR PROGRAMS AND SERVICES

The Therapeutic Recreation Programs at the HRCA are intended to enhance the quality of life of individuals with special needs.

## OUR SCHOLARSHIPS

Scholarships are available for participants who need financial assistance to join groups or for personal instruction.

## OUR INDIVIDUAL SERVICE PLANS

A Therapeutic Recreation Individual Service Plan (ISP) is required to participate in Special Needs Programs. For new enrollees, an ISP must be completed before service begins and for all participants an annual update is required each year thereafter.

## OUR SENSORY FRIENDLY EVENT

Come and enjoy a sensory friendly experience at one of our community events.



## HOMETOWN HOLIDAY

Join the community Christmas celebration with a special ride with Santa on the wagon and front of the line for that special photo with Santa.



## OUR SPECIAL OLYMPICS PROGRAM

- Basketball in the winter
- Tennis in the summer
- Swim team in the spring
- Bowling in the fall

## OUR ACCOMPLISHMENTS



## OUR SPECIAL NEEDS PROGRAMS

Programs are facilitated by Certified Therapeutic Recreation Specialists and/or qualified staff. We have a variety of programs available including group and personal instruction. Programs may vary by season and are continually added and updated based on needs and interests. We provide a quality and compassionate community-based environment.



### HIP HOP DANCE

The focus of this class is a fun dance environment.



### INDOOR BASKETBALL AND SOCCER

Learn the skills to play Basketball and Soccer, the rules of the game, and good sportsmanship.



### SPORTS CAMP

Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.



### SWIMMING

Learn water safety activities, blowing bubbles, and swimming skills.



### TAEKWONDO

Designed to help students improve balance, concentration, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee.



### YOGA

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

## SUPPORT OUR PROGRAMS

Donate to the Highlands Ranch Therapeutic Recreation program to ensure that a plethora of programs continue to educate and stimulate our special needs community's interest and passions. The Highlands Ranch Therapeutic Recreation (TR) program is supported in part by individual donations, program enrollment, and funding from the Scientific and Cultural Facilities District (SCFD). Your tax deductible contribution to the CAA makes it possible to provide first-class cultural performances to enlighten and entertain the public.

## HRCA THERAPEUTIC RECREATION FALL 2023 SCHEDULE

Explore your recreation interests, develop skills, and have fun! Our specialized services are offered to all ages and ability levels to enhance health, wellness, and quality of life.

### ■ ONGOING

Yoga (Ages 5 - adult)  
Mondays, 5:15 - 5:45 p.m.

Hip Hop (Ages 5 - Adult)  
Tuesdays, 5:45 - 6:45 p.m.

Thrilling Thursdays (Ages 16 - adult)  
Thursdays, 12:15 - 3:15 p.m.

Tae Kwon Do (Ages 5 - adult)  
Tuesdays and Thursdays  
3:50 - 4:30 p.m.

Splash Swim (Ages 3 - 7)  
Fridays, 1:00 - 1:30 p.m.

### ■ SEPTEMBER - NOVEMBER

Special Olympics Bowling  
(Ages 8 - adult)  
Saturdays, 11:00 a.m. - 12:30 p.m.

### ■ SEPTEMBER - OCTOBER

Indoor Basketball (Ages 8 - adult)  
Wednesdays, 5:15 - 6:00 p.m.

Fall Break Sports Camp  
(Ages 8 - adult)  
October 18 and 20  
9:00 a.m. - 12:00 p.m.

Halloween Spooktacular Dance party  
(Ages 16 - adult)  
October 28 | 7:00 - 9:00 p.m.

### ■ NOVEMBER - DECEMBER

Unified Basketball (Ages 15 - adult)  
Wednesdays, 5:30-6:30 p.m.

### ■ DECEMBER

TR Winter Break Sports Camp  
December 27 & 29  
9:00 a.m. - 12:00 p.m.

### ■ HOLIDAY EVENTS

Hometown Holiday (All ages)  
Friday, December 2 | 4:30 - 7:30 p.m.

To join our programs, or for more information contact

Summer Aden:



Phone : 303-471-7043



Email: [summer.aden@hrcaonline.org](mailto:summer.aden@hrcaonline.org)



[HRCAonline.org/TR](https://hrcaonline.org/TR)

Make a difference in the lives of our Special Needs families and decide to become a volunteer.