



STAFF

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24/7 Online
 HRCAonline.org/TR

THE THERAPEUTIC RECREATION

THE THERAPEUTIC RECREATION (TR)

HRCA staff members in all program areas work together to support the leisure interests of people of all ages and abilities. Check the other sections of the guide for mainstream program opportunities when participants are ready for more independence.

THE THERAPEUTIC RECREATION SERVICES

Explore your leisure 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. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask the registration desk about our free valet parking.

SCHOLARSHIPS

Scholarships are available for participants who need financial assistance for HRCA programs. Completion of a scholarship form is required.

FOR INFORMATION

For information about Therapeutic Recreation programs, birthday parties, scholarships, personal instruction appointments, or to volunteer, call the Therapeutic Recreation Coordinator at 303-471-7043 or email summer.aden@hrcaonline.org.

THE THERAPEUTIC RECREATION INDIVIDUAL SERVICE PLAN/ANNUAL UPDATE

An Individual Service Plan (ISP) is required to participate in Special Needs Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. This is a non-refundable fee. ISP-new participant one-time fee: \$30/\$35

Therapeutic Recreation Aquatic & Land Personal Instruction (All Ages)

Individualized programs based on participant needs, goals and strengths. Cancellation notice of less than 24-hours can result in a charge for the session.

Single Session: 30-minute \$45/\$52
 TR 5 Pack: Five 30-minute sessions \$192/\$221
 TR 10 Pack: Ten 30-min sessions \$340/\$391

TR Small Group Instruction (All Ages)

Designed for small group needs, interests, and abilities in our gyms, pools, weight rooms, or in the community. Small groups are led by a Therapeutic Recreation staff member. Call the Therapeutic Recreation program to form groups. Offered ongoing. Call to schedule.

Four half-hour sessions
 Two participants \$100/\$115 per person
 Three or more participants \$88/\$101 per person



RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.

Therapeutic Recreation Yoga (Ages 5-Adult)

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.

Westridge, Fitness Studio	Price \$88/\$101
M 05/06/24 - 05/20/24	5:15 - 5:45 p.m.
Price \$66/\$76	
M 06/03/24 - 06/24/24	5:15 - 5:45 p.m.
M 07/08/24 - 07/29/24	5:15 - 5:45 p.m.
M 08/05/24 - 08/26/24	5:15 - 5:45 p.m.

Therapeutic Recreation Hip Hop Dance Class (Ages 5-Adult)

The focus of this class is a fun dance environment.

Westridge Dance Studio; Price \$84/\$97	
Tu 05/07/24 - 05/21/24	5:45 - 6:45 p.m.
Price \$63/\$72	
Tu 06/04/24 - 06/25/24	5:45 - 6:45 p.m.
Tu 07/09/24 - 07/30/24	5:45 - 6:45 p.m.
Tu 08/06/24 - 08/27/24	5:45 - 6:45 p.m.
Season package discount pricing all four months: \$300/\$345;	
Tu 05/07/24 - 08/27/24	5:45 - 6:45 p.m.

TR Basketball (Ages 8-Adult)

Get in the game! Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.

Southridge, Gym; Price \$95/\$109	
W 05/08/24 - 05/29/24	5:30-6:30 p.m.
W 06/05/24 - 06/26/24	5:30-6:30 p.m.

TR Indoor Soccer (Ages 8-Adult)

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

Southridge, Gym; Price \$55/\$63	
W 07/10/24 - 07/31/24	5:15 - 6:00 p.m.

TR Sports Sampler (Ages 8-Adult)

W 08/07/24 - 08/28/24	5:15 - 6:00 p.m.
Southridge, Gym; Price \$55/\$63	

**Special Olympics Tennis Team
(Ages 8-Adult)**

Northridge Tennis Pavilion; Price \$150/\$173
M 06/03/24 - 07/29/24 4:00 - 5:00 p.m.

TR Thrilling Thursdays (Ages 16+)

Participate in a variety of activities that increase motor skills, balance, and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, and more!

Southridge; Price \$160/\$184

Price \$120/\$138*

Price \$200/\$230**

Th 05/09/24 - 05/30/24 12:15 - 3:15 p.m.

Th 06/06/24 - 06/27/24 12:15 - 3:15 p.m.

Th 07/11/24 - 07/25/24 12:15 - 3:15 p.m.*

Th 08/01/24 - 08/29/24 12:15 - 3:15 p.m.**



YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

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

Southridge, Fitness Pool; Price \$47/\$54

F 05/10/24 - 05/31/24 1:00 - 1:30 p.m.

F 06/07/24 - 06/28/24 1:00 - 1:30 p.m.

F 07/12/24 - 07/26/24 1:00 - 1:30 p.m. *

F 08/02/24 - 08/30/24 1:00 - 1:30 p.m. **

*Adjusted Price \$35/\$40

**Adjusted Price \$59/\$68

Special Needs Tumbling (Ages 3-7)

Movement skills, strength, coordination, and balance are enhanced as children experience the joy of moving through space. Call 303-471-7043 for more details.

Special Needs Taekwondo (Ages 5-20)

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.

Northridge, Martial Arts Studio;

Price \$110/\$127 No class 08/13, 8/15

Tu, Th 05/02/24 - 05/30/24 3:50 - 4:30 p.m.

Tu, Th 06/04/24 - 06/27/24 3:50 - 4:30 p.m.

Tu, Th 07/02/24 - 07/30/24 3:50 - 4:30 p.m.

Tu, Th 08/01/24 - 08/29/24 3:50 - 4:30 p.m.

Special Needs Taekwondo Belt Testing (Ages 5-17)

The instructor determines who is eligible to test and the dates/times. Testing requires a separate fee.

Northridge, Martial Arts Studio

TKD Belt Test 1st

May TBA

June TBA

July TBA

August TBA



THERAPEUTIC RECREATION

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VOLLEYBALL

Youth Volleyball Summer Clinics (Ages 7-15)

Join HRCA this summer for a variety of different youth volleyball clinics! This summer we will be offering indoor and outdoor beach clinics. For more information, pricing, and schedules, please visit HRCAonline.org.

THERAPEUTIC RECREATION (TR)

TR Summer Sports Camp (Ages 8-Adult)

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

Southridge, Gym; Price \$120/\$138

Tu 07/09/24 - 07/30/24 9:00 a.m.-12:00 p.m.

Stride to Ride (Ages 5-Adult)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures. (including the cost of a STRIDER Balance Bike to take home. If you already own a STRIDER, the cost will be reduced accordingly.)

Southridge; Gym; Price: \$220/ \$253

M-F 06/17/24 - 06/21/24 10:00 - 11:00 am

TR Summer Lego Camp (Ages 8-Adult)

Build castles, amusement parks, motorized cars and robotics. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Snapology and Therapeutic Recreation staff. The engineer-designed curriculum challenges all ability levels to reach higher levels of engineering comprehension while having fun.

Southridge, Butte; Price \$120/\$138

M-F 06/03/24 - 06/07/24 9:30 - 11:00 a.m.

TR Tri Sports Camp (Ages 8- Adult)

If you like to swim, bike, or run, join in the fun! This program is designed to prepare athletes with special needs for the HRCA Splash Mash Dash Kids Triathlon on August 3 at Eastridge.

Eastridge, Outdoor pool, Mondays, Bike/Run practice Thursdays.

Price \$175/\$201

M/Th 06/03/24 - 08/03/24 6:00 - 7:00 p.m.

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- **Highlands Ranch Service Center** - corner of Highlands Ranch Pkwy and S University Blvd (Opening Spring 2023)



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