

STAFF

Youth and Adult Therapeutic
Recreation Programs
Summer Aden 303-471-7043
summer.aden@hrcaonline.org



Visit us at
www.HRCAonline.org/TR

Sports and Fitness Supervisor
Chad Mejia 303-471-7035
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HRCA Therapeutic Recreation Spring 2021 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. Visit www.HRCAonline.org/TR.

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, 12:30 - 3:30 p.m.

Tae Kwon Do (Ages 5-21)
Tuesdays and Thursdays
3:50 - 4:30 p.m.

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

JANUARY & FEBRUARY

Unified Basketball (Ages 15-Adult)
Weekly Games

FEBRUARY

26 Sweetheart Dance (Ages 16-Adult)
7:00 - 9:00 p.m.

MARCH

15, 17 Spring Break Sports Camp
(Ages 8-Adult)
Monday and Wednesday
12:30 - 3:30 p.m.

15-19 Stride to Ride (Ages 5-Adult)
10:00 - 11:00 a.m.

3-31 Indoor Soccer (Ages 8-Adult)
Wednesdays, 5:15 - 6:00 p.m.

APRIL

7-28 Indoor Soccer (Ages 8-Adult)
Wednesdays, 5:15 - 6:00 p.m.

26-30 Stride to Ride (Ages 5-Adult)
5:15 - 6:15 p.m.

APRIL/MAY

2-May 28 Special Olympics Swim Team
(Ages 8-Adult)
Fridays, 5:30 - 6:30 p.m.

HOW TO JOIN OUR PROGRAMS

Visit www.HRCAonline.org/TR for more information or to register. Call Summer Aden at 303-471-7043 or email summer.aden@hrcaonline.org. For information about private swim lessons, personal training, and scholarships.

For information or to register visit www.HRCAonline.org/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.

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 the most current information about Therapeutic Recreation Program offerings and details please visit www.HRCAonline.org/TR

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.

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.



Spring Break Special Needs Sports Camps (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



RECREATION CLASSES

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

Special Needs Yoga (Ages 5-Adult)

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.

Westridge, Hawk Room on Mondays
Call 303-471-7043 for pricing details for monthly registration.

Special Needs Hip Hop Dance Class (Ages 5-Adult)

The focus of this class is a fun dance environment. Monthly or seasonal registration are available.

Eastridge Dance Studio on Tuesdays

Special Needs Unified Basketball Team (Ages 15-Adult)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork. Weekly home or away games will be played in January and February. Schedules will be available in December.

Southridge, Gym

Special Needs Indoor Soccer (Ages 8-Adult)

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

Southridge, Gym
Wednesdays in March and April

Special Olympics Swim Team (Ages 8-Adult)

Eastridge Lap Pool
Fridays in April and May

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; monthly registration, meets on Thursday afternoons.**

Sweetheart Dance (Ages 16-Adult)
Dance the night away! Requires an ISP.
Southridge, Wildcat Mountain Auditorium

YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

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

Southridge, Fitness Pool; monthly registration, meets on Fridays

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 5-22)

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 T/TH
Monthly registration

Special Needs Taekwondo Belt Testing (Ages 5-22)

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

Northridge, Martial Arts Studio

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.

Southridge, Gym

(Registration includes a STRIDER Balance Bike to take home. If you already own a STRIDER, the cost will be reduced accordingly.)



To Volunteer -
303-471-7043 or email
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