



HIGHLANDS
RANCH
COMMUNITY ASSOCIATION

Visit us at
HRCOnline.org/TR

Sports and Fitness Supervisor
Chad Mejia 303-471-7035
chad.mejia@hrcaonline.org

STAFF

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

Therapeutic Recreation



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.

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.

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/\$50**
 TR 5 Pack: Five 30-minute sessions **\$145/\$165**
 TR 10 Punch Card (30-minute sessions) **\$250/\$288**

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

2 participants **\$80/\$92 per person**
 3 participants **\$70/\$80 per person**
 4 participants **\$60/\$68 per person**

Special Needs Family Swim (All Ages)

Perfect for program guests. Bring your family and enjoy some water fun. Call to schedule.

Guests: \$10 for the first two guests and applicable guest fee for each additional guest after the first two.



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

Call 303-471-7043 for pricing details

M 01/07/19 - 01/28/19 5:15 - 5:45 p.m.
 M 02/04/19 - 02/25/19 5:15 - 5:45 p.m.
 M 03/04/19 - 03/25/19 5:15 - 5:45 p.m.
 M 04/08/19 - 04/29/19 5:15 - 5:45 p.m.

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

The focus of this class is a fun dance environment.

Eastridge Dance Studio

Price **\$70/\$80**

Tu 01/08/19 - 01/29/19 6:00 - 7:00 p.m.
 Tu 02/05/19 - 02/26/19 6:00 - 7:00 p.m.

Price **\$53/\$61; No class 03/19/19**

Tu 03/05/19 - 03/26/19 6:00 - 7:00 p.m.
 Price **\$88/\$101**

Tu 04/02/19 - 04/30/19 6:00 - 7:00 p.m.

Season package discount pricing all four months: **\$200/\$230;**

Tu 01/08/19 - 04/30/19 6:00 - 7:00 p.m.

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. Schedules will be available in December.

Southridge, Gym; Price **\$95/\$109;**

W 01/02/19 - 02/27/19 5:15 - 7:00 p.m.

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; Price **\$60/\$69**

W, F 01/02/19 & 01/04/19 9:00 a.m. - Noon
 M, W 03/18/19 & 03/20/19 9:00 a.m. - Noon



Special Needs Indoor Soccer (Ages 8-Adult)

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

Southridge, Gym; Price **\$50/\$58**

W 03/06/19 - 03/27/19 5:15 - 6:00 p.m.
 W 04/03/19 - 04/24/19 5:15 - 6:00 p.m.

Special Olympics Swim Team (Ages 8-Adult)

Eastridge Lap pool; Price **\$105/\$120;**

No practice 05/03/19

F 04/05/19 - 05/31/19 5:30 a.m. - 6:30 p.m.

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 **\$150/\$173**

Th 01/03/19 - 01/31/19 12:30 - 3:30 p.m.

Price **\$120/\$138**

Th 02/07/19 - 02/28/19 12:30 - 3:30 p.m.

Th 03/07/19 - 03/28/19 12:30 - 3:30 p.m.

Th 04/04/19 - 04/25/19 12:30 - 3:30 p.m.

Sweetheart Dance (Ages 16-Adult)

Dance the night away! Requires an ISP.

Southridge, Wildcat Mountain Auditorium;

Price **\$10/\$12**

F 02/22/19 7:00 - 9:00 p.m.



To Volunteer -

303-471-7043 or email

summer.aden@hrcaonline.org

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 01/04/19 - 01/25/19 1:00 - 1:30 p.m.

F 02/01/19 - 02/22/19 1:00 - 1:30 p.m.

F 03/01/19 - 03/29/19 1:00 - 1:30 p.m.*

F 04/05/19 - 04/26/19 1:00 - 1:30 p.m.

*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 5-21)

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 \$100/\$115;

Tu, Th 01/03/19 - 01/31/19 3:50 - 4:30 p.m.

Tu, Th 02/05/19 - 02/28/19 3:50 - 4:30 p.m.

Tu, Th 03/05/19 - 03/28/19 3:50 - 4:30 p.m.

Tu, Th 04/02/19 - 04/30/19 3:50 - 4:30 p.m.

Special Needs Taekwondo Belt Testing (Ages 5-21)

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 5 belts

Price \$50

January TBA

February TBA

March TBA

April TBA

TKD Belt Test 2nd 4 belts

Price \$75

January TBA

February TBA

March TBA

April TBA

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