



HIGHLANDS  
RANCH  
COMMUNITY ASSOCIATION

Visit us at  
[HRCOnline.org/TR](http://HRCOnline.org/TR)

Sports and Fitness Supervisor  
Chad Mejia 303-471-7035  
[chad.mejia@hrcaonline.org](mailto:chad.mejia@hrcaonline.org)

## STAFF

Youth and Adult Therapeutic  
Recreation Programs  
Summer Aden 303-471-7043  
[summer.aden@hrcaonline.org](mailto: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](mailto: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: 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	05/06/19 - 05/20/19	5:15 - 5:45 p.m.
M	06/03/19 - 06/24/19	5:15 - 5:45 p.m.
M	07/08/19 - 07/29/19	5:15 - 5:45 p.m.
M	08/05/19 - 08/26/19	5:15 - 5:45 p.m.

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

The focus of this class is a fun, constructive and energetic dance environment. We are a good group of friends that enjoy adding to our group.

#### Eastridge Dance Studio; Price \$73/ \$84

Tu	05/07/19 - 05/28/19	6:00 - 7:00 p.m.
Tu	06/04/19 - 06/25/19	6:00 - 7:00 p.m.
Tu	07/09/19 - 07/30/19	6:00 - 7:00 p.m.
Tu	08/06/19 - 08/27/19	6:00 - 7:00 p.m.

#### Season package discount pricing all three months: \$219/\$252; No class 05/28 and 07/02

Tu	05/07/19 - 08/27/19	6:00 - 7:00 p.m.
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### Special Needs Basketball (Ages 8-Adult)

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

#### Southridge, Gym; Price \$55/ \$63; No class 05/08

W	5/01/19 - 5/29/19	5:15 - 6:00 p.m.
W	6/05/19 - 6/26/19	5:15 - 6:00 p.m.

### Special Needs 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	07/10/19 - 07/31/19	5:15 - 6:00 p.m.
W	08/07/19 - 08/28/19	5:15 - 6:00 p.m.*



## THERAPEUTIC RECREATION CAMPS

### Special Needs 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 \$147/\$169

Tu 07/9/19 - 07/30/19 9:00 a.m. - Noon

### TR Lego Summer Camp with STEM Challenge (Ages 8-Adult)

Build cities, bridges, motorized cars and planes. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Play-Well Engineering 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 \$130/\$150

M-F 06/03/19 - 06/7/19 9:30 - 11:00 a.m.

### Tri Sports Camp (Ages 8-Adult)

If you like to swim, bike or run join in the fun!

This program is designed to prepare special needs athletes for the HRCA Splash Mash Dash Kids Triathlon on August 3 at Northridge.

#### Northridge, Outdoor pool, Mondays, Bike/Run practice Thursdays

#### Price \$155/\$178 No class 07/04

M/Th 06/03/19 - 08/01/19 5:30 - 6:30 p.m.



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

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

#### Northridge, Tennis Pavilion; Price \$105/\$120

M 06/03/19 - 07/29/19 4:00 - 5:00 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 \$120/\$138; No class 05/9

Th	05/02/19 - 05/30/19	12:30 - 3:30 p.m.
Th	06/06/19 - 06/27/19	12:30 - 3:30 p.m.
Th	07/11/19 - 07/25/19	12:30 - 3:30 p.m.

#### Adjusted Price \$90/\$104

Th	08/01/19 - 08/29/19	12:30 - 3:30 p.m.
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#### Adjusted Price \$150/\$173

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Call  
303-471-8810

[www.HRCAonline.org/Biz](http://www.HRCAonline.org/Biz)

## 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;

No class 05/10

F 05/03/19 - 05/31/19 1:30 - 2:00 p.m.

F 06/07/19 - 06/28/19 1:30 - 2:00 p.m.

F 07/05/19 - 07/26/19 1:30 - 2:00 p.m.

F 08/02/19 - 08/30/19 1:30 - 2:00 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 5-17)

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; No class 07/04, 08/06 - 08/08

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

Tu, Th 06/04/19 - 06/27/19 3:50 - 4:30 p.m.

Tu, Th 07/02/19 - 07/30/19 3:50 - 4:30 p.m.

Tu, Th 08/01/19 - 08/29/19 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 5 belts

Price \$50

May TBA

June TBA

July TBA

August TBA

TKD Belt Test

2nd 4 belts

Price \$75

May TBA

June TBA

July TBA

August TBA

## Want to Volunteer?

Contact 303-471-7043 or email [summer.aden@hrcaonline.org](mailto:summer.aden@hrcaonline.org)

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to Schedule to Interview

720-630-3154

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