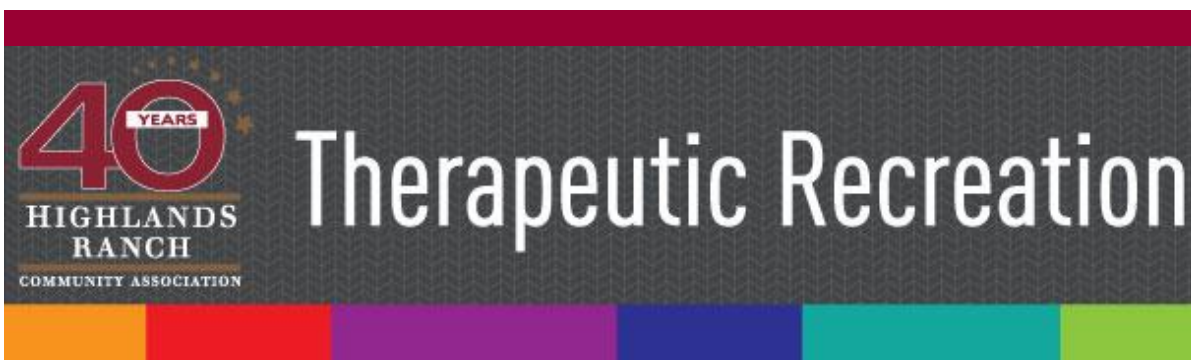


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TR Times January 2021 Newsletter

MESSAGE FROM SUMMER

Greetings Therapeutic Recreation Friends and Families,

Happy New Year!! It is time for a fresh start, and we are excited for all of the upcoming events. From Almost 8, Just Can't Wait, to Indoor Soccer to Splash Swim, to the Sweetheart Dance! You can find more information about all of our offerings on our [TR Website!](#)

Find more information about the Sweetheart Dance [HERE!](#)

Looking for spring break camps? Check out our [Therapeutic Recreation Sports Camps!](#)

Planning ahead? You can find more activities in our online [Jan - April Guide!](#)

For more information about the HRCA Therapeutic Recreation Program, class pricing, and availability, please feel free to contact summer.aden@hrcaonline.org.



Finally, we want to wish a fond farewell and all the best to Joe Lundquist. Joe has impacted the lives of so many athletes in our program, and has been a favorite coach and friend.

Joe said good-bye to Therapeutic Recreation at the end of November after eight years of service and we are all going to miss him very much.

Good luck Joe!

~Summer Aden

[Learn more or register now!](#)

TR HAPPENINGS



Splash Swim Group (3 - 7)

Learn water safety, blowing bubbles, and swimming skills.

Southridge, Fitness Pool

Fridays, 1:00 p.m. - 1:30 p.m.

Register for January 8th - 29th [HERE](#)

Register for February 5th - 26th [HERE](#)

Register for March 5th - 26th [HERE](#)

Register for April 2nd - 30th [HERE](#)



Hip Hop (5 - Adult)

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

Eastridge, Dance Studio

Tuesdays 5:45 p.m. - 6:45 p.m.

Register for January 5th - 26th [HERE](#)

Register for January - April [HERE](#)



Almost 8, Just Can't Wait! (3 - 7)

For kids 3 - 7 who just can't wait to be an athlete! Provides an introduction to Special Olympics sports and skills including soccer, basketball, t-ball, track-and-field, yoga, and swimming.

Southridge, Gym

Wednesdays

3:30 p.m. - 4:15 p.m.

February 3rd - March 10th

Register [HERE](#)



Thrilling Thursdays (16 - Adult)

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, Fitness Studio

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

Register for January 7th - 28th [HERE](#)

Register for February 4th - 25th [HERE](#)

Register for March 4th - 25th [HERE](#)

Register for April 1st - 29th [HERE](#)

++Per State of Colorado Mandate, masks are required during classes and camps for anyone 10 and older **

[Learn more or register now!](#)

VOLUNTEERS WANTED



Many of our group programs could not run without volunteer support. We welcome adults and teens (ages 15 and up). We are always looking for volunteers for our activities. Volunteer and change a life!

We have volunteer opportunities in the following programs:
Hip Hop, Splash Swim, Thrilling Thursdays, and Club Friday.

If you are interested in volunteering to help with any Therapeutic Recreation programs and/or fundraisers please contact Summer Aden at 303-471-7043 or

[**Summer.Aden@HRCAOnline.org.**](mailto:Summer.Aden@HRCAOnline.org)

Please encourage other families to check out our web page at the [**TR website**](#) or to subscribe to the TR newsletter by asking them to email Summer. Thank you for spreading the word about all that TR has to offer.

FEATURED ATHLETES & VOLUNTEERS OF THE MONTH



Athletes of the Month: Taekwondo Belt Testers!

Congratulations to Kosmo, Cooper, and McKenzie, who all tested for their next belts at the end of December.

Kosmo was promoted from a purple (fifth) belt to a blue (sixth) belt!

Cooper and McKenzie were both promoted from white (first) belts to yellow (second) belts!

Students are tested on all of their kicks, strikes, blocks, and forms. Forms are a series of movements using stances, blocks, kicks, and strikes. Each belt level has a unique form that students need to memorize.

Each student then completes their belt test by breaking a board with a specific kick!

Congratulations Kosmo, Cooper, and McKenzie, you are our athletes of the month!



Volunteer of the Month: Rob S.

Rob is currently volunteering with Soccer and Unified Basketball and we are certainly lucky to have him! He has been a volunteer with TR for the past 5 years and has brought much to our programs.

By day, Rob is a financial consultant and also works with Youth Sports. He is also a marathoner, having completed five full distance races including: The Chicago Marathon, The New York Marathon, and The Marine Corps Marathon. Rob chose to volunteer with TR because he wanted the opportunity to help and work with athletes that may not have the same opportunities. He has since found the time with TR to be very rewarding. His favorite moments are seeing an athlete score their first goal or watching them improve through the season. Rob would encourage others to volunteer and advises them to not get too stressed, just be yourself and be supportive.

Thank you Rob - you are our volunteer of the month!

We are working diligently to provide a clean, safe environment for you, but with all things related to COVID-19 there is inherent risk. It is up to you to choose to use the HRCA amenities, knowing that you assume risk when gathering with other people and visiting other facilities.

HRCAonline.org | 303-791-2500

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HIGHLANDS RANCH
COMMUNITY ASSOCIATION

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