Greetings Therapeutic Recreation Friends and Families,

Is it March already? It is hard to believe how fast this year is flying by and we are already gearing up for our exciting spring activities!

A big thank you to all of our volunteers, parents, and sponsors who helped make our Sweetheart Dance so much fun. We all had a great time dancing the night away and we could not have done it without you.

A very special THANK YOU to the Firehouse Quilts of Colorado, Inc for their donation of the beautiful quilts and handbags to the Sweetheart Dance. Amazing work and detail, and the raffle winners loved them! We appreciate your generous support for the past 13 years!

Another big thank you to our Unified Basketball volunteers! You have made this season possible and we have enjoyed every minute. See you again in September!

Mark your calendars: Spring Break Sports Camp Monday March 16th and Wednesday March 18th from 9:00 a.m - 12:00 p.m. For more information and registration, click HERE

Looking for even more exciting events? Check out the 2020 Winter Activity Guide: January-April Activity Guide

Planning ahead for summer fun activities? Here is a link to our Summer Camps! HERE

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

~Summer Aden
TR HAPPENINGS

**Spring Break Sports Camp (8-Adult)**

Learn the skills necessary to play a variety of sports. Also learn the rules of the game, focusing on sportsmanship and teamwork. Bring a snack and a water bottle.

Southridge Rec Center - South Gym  
Mon, March 16, 9:00 a.m. - 12:00 p.m.  
Wed, March 18, 9:00 a.m. - 12:00 p.m.

Register [HERE](#)

**Special Needs Indoor Soccer (8-Adult)**

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

Southridge South Gym  
Wednesdays, March 4th - 25th  
5:15 p.m. - 6:00 p.m

Register [HERE](#)

**Special Olympic Swim Team (8-Adult)**

Join in the swimming fun on Friday nights to increase proficiency in a variety of strokes in a recreational environment. Make friends and train for a swim meet!

Eastridge Lap Pool  
Fridays, April 3rd - May 29th  
5:30 p.m. - 6:30 p.m.

Register [HERE](#)

**Splash Swim Group (3 - 7)**

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

Southridge Fitness Pool  
Fridays, March 6th - 27th  
1:00 p.m. - 1:30 p.m.

Register [HERE](#)
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: Splash Swim Group on Fridays, Soccer on Wednesdays, Spring Break Sports Camp (March 16 & 18th), and Special Olympics Swim Team in April and May.

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.

Please encourage other families to check out our web page at 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

Athlete of the Month: Aidan L.

Aidan is a 16-year-old sophomore at Rock Canyon High School, where his favorite subject is math. He loves train rides on the light rail and skiing at Winter Park. Swimming is not Aidan’s only sport. He also plays soccer, basketball, and participates in our TR Sports Camps!

Aidan plans on attending college and would like to be a swim instructor or life guard. He credits Mom and Dad for their support and positive impact. Aidan has been working diligently on his swimming since he was nine years old. He is able to swim the entire length of the pool and recently passed his swim test! Aidan would like to encourage all young swimmers to work hard and pass the swim test.

Congratulations Aidan, you are our Athlete of the Month!

Volunteers of the Month: Unified Basketball Coaches

Our February Volunteers of the Month are the Unified Basketball Coaches! You guys worked hard getting our athletes into their best shape, which lead to an incredible season.

Congratulations Krishna, Jeff, Brandon, Morgan, and Rob, you are our Volunteers of the Month!

Not pictured: Coach Larry
Special thanks to our new scorekeeper Vicki Leigh!
Volunteers of the Month: Sweetheart Dance Volunteers

What a night! Thank you so much to all of our volunteers for all of your hard work to make this year's dance so special.

Thank you to Rocky Vista University, Mountain Vista H.S. NHS, LDS Youth Southridge Ward, and many others who contributed to the success of this event!