

THERAPEUTIC RECREATION

ACTIVITIES FOR PEOPLE WITH DISABILITIES



THERAPEUTIC RECREATION OPPORTUNITIES

Parker's Therapeutic Recreation program is designed to enhance the quality of life for individuals with disabilities through participation in adapted programming. We strive to minimize barriers, increase leisure awareness, promote skill-building, celebrate individual success and improve overall well being.

ADAPTIVE SWIM LESSONS

3 years and older

Learn how to swim or continue practicing basic swim stroke techniques. Participants must be ready to enter the water by the start of class. Lessons are designed for small groups or individuals, are by appointment only and usually last 30 minutes. Each participant may sign up for 10 initial lessons. Additional lessons may be added depending on waitlist and instructor availability.

Parker Recreation Center

1 Lesson	\$22 R/NR
5 Lessons	\$100 R/NR
10 Lessons	\$200 R/NR

ONE-ON-ONE AQUATIC THERAPY TRAINING

8 years and older

Come experience the positive results of aquatic therapy, including: improved coordination and balance, increased flexibility and range of motion, increased muscle strength and endurance, decreased joint swelling, and reduced pain. Individuals can use water as a way of coping with disease or maintaining health. Enjoy simpler, less stressful exercise with your personal instructor. Sessions are uniquely designed for individuals, are by appointment only and usually last 30 minutes.

Parker Recreation Center

1 Session	\$22 R/NR
5 Sessions	\$100 R/NR
10 Sessions	\$200 R/NR

ONE-ON-ONE ADAPTIVE CLIMBING WALL SESSIONS

All ages

Our trained climbing wall instructors will help participants reach new heights with 60-minute, one-on-one Adaptive Climbing Wall sessions. Climbing may help improve strength, flexibility and confidence. Adaptive equipment is available. For more information, email climbingwall@parkeronline.org.

Parker Fieldhouse

1 Session	\$30 R/NR
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ROCKIN' ABILITIES

13 years and older

Calling all adolescents and adults with exceptionalities to join Parker's hottest new rock band! In Rockabilities, we will create small groups to sing and play together on instruments such as the guitar, bass, drums, piano, and tambourine, which can all be adapted for use by those with disabilities of any kind. No previous experience needed. Can't wait for you to join the band! Scholarships are available for this program, thanks to Developmental Pathways.

PACE Center | Cost: \$120 R/NR

W; 5:30 p.m.-6:15 p.m.

April 26-June 14	46230
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W; 6:30 p.m.-7:15 p.m.

April 26-June 14	46231
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W; 7:30 p.m.-8:15 p.m.

April 26-June 14	46232
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Check out the **Rockin' Abilities Theater Camp** class on page 2 of the Parker Arts section.

RUNABILITIES

6 years and older

Parker Therapeutic Recreation has teamed up with Square Peg Therapies to bring you an exciting run/walk program! Individuals with disabilities and their families will train for 10 weeks and participate in our 2 mile inaugural Fun Run in September. Win fun prizes and even more exciting, build confidence, strength, balance, and friendships! This program will use a unique approach to combining the principles of pediatric physical and occupational therapy with the components of sensory-motor benefits of running and walking.

Parker Fieldhouse | Cost: \$50 R/NR

Tu; 5 p.m.-6 p.m.

April 4-June 6 45517
June 13-Aug. 22 45520

No class July 4

ADAPTIVE MULTI-SPORT

3 to 14 years

Designed for individuals with disabilities, with the intent to introduce or improve basic sport skills or simply to provide a safe space to move and make new friends. Seasons include exposure to a variety of sports that may be held indoors or out, depending on weather. Visit www.ParkerRec.com/Register for the schedule of sports and locations.

Location Varies | Cost: \$72 R/NR

AGES 3 TO 6

M; 10 a.m.-10:45 a.m.

June 5-July 24 45597

W; 1 p.m.- 1:45 p.m.

June 7-July 26 45598

AGES 7 TO 14

Th; 4:30 p.m.-5:15 p.m.

April 6-May 25 45591

June 1-July 20 45594

THERAPEUTIC REC: SOCIALS

13 years and older

Gather with friends for fun and socializing! Programs will consist of game nights, craft nights, drum circles, LEGO building, swimming, bowling and summer outings! Register for each class separately.

Location, end time and cost vary by activity; check www.ParkerRec.com/Register for specific details.

Th; 6 p.m.

April 6	Craft Night	45534
April 13	Bowling	45529
April 20	Out to Dinner	45580
May 4	Movie	45584
May 11	Animal Safari	45581
May 18	Drum Circle	45573
May 25	Game Night	45575
June 2	Swim Night	45578
June 8	Bowling	45532
June 15	Lego	45571
June 22	BBQ & Games	45582
June 29	Craft Night	45569
July 13	Drum Circle	45574
July 20	Game Night	45576
July 27	Fishing	45583
Aug. 4	Swim Night	45579
Aug. 10	Craft Night	45570
Aug. 17	Bowling	45533
Aug. 24	Lego	45572
Aug. 31	Game Night	45577

THERAPEUTIC REC: ADULT DANCE

14 years and older

Join us for a fun night of dancing, crafts, and delicious refreshments. This is a good opportunity to meet new friends and have a great time showing off your moves!

F; 6 p.m.-8 p.m. | Cost: \$10 R/NR

The Millhouse at Philip S. Miller Park, Castle Rock

April 28 45587

Parker Recreation Center

July 7 45588

ACTIVITIES FOR PEOPLE WITH DISABILITIES

SCHOLARSHIPS AVAILABLE!

The Therapeutic Recreation division offers scholarship assistance to individuals or groups with disabilities to participate in recreation activities. This includes our scheduled programs or one-on-one training sessions. Scholarship applications are available at www.ParkerRec.com/TR or by contacting Heather at 303.805.3208 or hballantyne@parkeronline.org.