



A.R.I.S.E.

ADAPTIVE RECREATION AND INCLUSION SERVICES FOR EVERYONE

Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

AQUATICS

ADAPTIVE INTRO TO WATER

Ages 4-10 (Over 11, inquire with staff for a needs assessment)

Participant led water exposure in a safe, sensory friendly and low-pressure environment.

Designed for participants who are not ready for Adaptive Swim Lessons. Class ratios are one instructor to two swimmers.

65167 June 6-27

65168 July 11-Aug. 1

- Tue., 9-9:30 a.m.

- \$63 (\$50 Resident)

- Southeast Recreation Center

65169 June 8-29

66271 July 13-Aug. 3

- Thu., 9-9:30 a.m.

- \$63 (\$50 Resident)

- Central Recreation Center



ADAPTIVE SWIM LESSONS

Ages 4-10 (Over 11, inquire with staff for a needs assessment)

Water safety and Level 1 and 2 swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons and with the goal to graduate into group lessons. Class ratios are one instructor to two or three participants.

65173 June 6-27

65170 July 11-Aug. 1

- Tue., 9:30-10 a.m.

65172 June 6-27

65171 July 11-Aug. 1

- Tue., 10-10:30 a.m.

- \$63 (\$50 Resident)

- Southeast Recreation Center

65166 June 8-29

66273 July 13-Aug. 3

- Thu., 9:30-10 a.m.

66272 June 8-29

66275 July 13-Aug. 3

- Thu., 10-10:30 a.m.

- \$63 (\$50 Resident)

- Central Recreation Center

ARISE

FITNESS/SPORTS/ SPECIAL OLYMPICS

YOUNG ATHLETES IN TRAINING

Ages 4-7

Introduction to various sports played on a field (soccer, soccer, track and field). ARISE staff will introduce one sport per week, teaching the fundamentals and basic rules of each.

66283 June 6-27

66284 July 11-Aug. 1

- Tue., 3:15-4 p.m.
- \$40 (\$32 Resident)
- Southeast Recreation Center

SPECIAL OLYMPICS BOCCE

Ages 8 and older

Acquire basic bocce skills, practice appropriate social behavior and obtain functional knowledge of the rules of bocce to participate successfully in competition.

66282 June 6-Aug. 22 (end date subject to change)

- Tue., 4-5 p.m.
- \$33 (\$25 Resident)
- Southeast Recreation Center

KOREAN ACADEMY OF MARTIAL ARTS SELF DEFENSE

Ages 5 and older

Taught by two Grandmasters, Ghassan Timani and Kenny Yoo, alongside ARISE staff providing adaptations and support throughout class. The goal of this class is to ensure all students are given tools and techniques to defend themselves in all scenarios and situations, with an emphasis on endurance, perseverance, integrity, discipline and indomitable spirit. Please be prepared to assist your family member as needed.

66276 June 8-29

66277 July 13-Aug. 3

- Thu., 4-4:45 p.m.
- \$63 (\$50 Resident)
- Central Recreation Center

SPECIAL EVENTS

ARISE MINI CAMP

Ages 13 and older

Opportunity to explore & participate in adaptive excursions throughout Colorado. Inquire via the contact information below for more details

- June 5-Aug. 11
- Mon./Wed./Fri., 10-3 p.m.

SUMMER OVERNIGHT LOCK-IN

Ages 18 and older

- [REDACTED], official dates to be determined
- Reach out to arise@auroragov.org to be placed on the list.

INCLUSION SERVICES

Available to provide assistance to all ages of individuals with or without disabilities to participate in recreation programs together. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.

FUNDING ASSISTANCE

City of Aurora can reduce fees for residents on limited incomes. Call any recreation center for eligibility and an application.

Developmental Pathways scholarship funding available for active members, except towards swim lessons.

For more information, please email arise@auroragov.org or call 303.326.8410/720.859.4984.

You can see all classes at AuroraGov.org/ARISE.