



HIGHLANDS
RANCH
COMMUNITY ASSOCIATION



STAFF

Sports and Fitness Supervisor

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Youth and Adult Therapeutic Recreation Programs

Summer Aden
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24/7 Online
HRCAonline.org/Classes-Camps-Activites

THE 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.

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: Five 30-minute sessions \$180/\$207
TR 10 Pack: Ten 30-minute sessions \$310/\$357

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	\$95/\$109 per person
3 participants	\$85/\$98 per person
4 participants	\$75/\$86 per person
5 participants	\$65/\$75 per person



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, Fitness Studio

Call 303-471-7043 for pricing details

M	05/01/23 - 05/22/23	5:15 - 5:45 p.m.
M	06/05/23 - 06/26/23	5:15 - 5:45 p.m.
M	07/10/23 - 07/31/23	5:15 - 5:45 p.m.
M	08/07/23 - 08/28/23	5:15 - 5:45 p.m.

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

The focus of this class is a fun dance environment.

Eastridge Dance Studio; Price \$80/\$92

Tu	05/02/23 - 05/23/23	5:45 - 6:45 p.m.
Tu	06/06/23 - 06/27/23	5:45 - 6:45 p.m.
Tu	07/11/23 - 07/25/23	5:45 - 6:45 p.m.*
Tu	08/01/23 - 08/29/23	5:45 - 6:45 p.m. **

*Adjusted Price \$60/\$69

**Adjusted Price \$100/\$115

Season package discount pricing all four months: \$295/\$339;

Tu	05/02/23 - 08/29/23	5:45 - 6:45 p.m.
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TR Basketball (Ages 8-Adult)

Get in the game! Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.

Southridge, Gym;

Price \$90/\$104

W	05/10/23 - 05/31/23	5:15-6:00 p.m.
W	06/07/23 - 06/28/23	5:15-6:00 p.m.

TR 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	07/05/23 - 07/26/23	5:15 - 6:00 p.m.
W	08/02/23 - 08/30/23	5:15 - 6:00 p.m.

Special Olympics Tennis Team (Ages 8-Adult)

Northridge Tennis Pavilion;

Price \$140/\$161

M	06/05/23 - 07/31/23	4:00 - 5:00 p.m.
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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 \$117/\$135

Th 05/11/23 - 05/25/23 12:15 - 3:15 p.m.

Price \$194/\$223

Th 06/01/23 - 06/29/23 12:15 - 3:15 p.m.

Price \$155/\$178

Th 07/06/23 - 07/27/23 12:15 - 3:15 p.m.

Price \$194/\$223

Th 08/03/23 - 08/31/23 12:15 - 3:15 p.m.



YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

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

Southridge, Fitness Pool;

Price \$35/\$40

F 05/12/23 - 05/26/23 1:00 - 1:30 p.m.

Price \$59/\$68

F 06/02/23 - 06/30/23 1:00 - 1:30 p.m.

Price \$47/\$54

F 07/07/23 - 07/28/23 1:00 - 1:30 p.m.

Price \$47/\$54

F 08/04/23 - 08/25/23 1:00 - 1:30 p.m.

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 \$105/\$120;

Tu, Th 05/02/23 - 05/30/23 3:50 - 4:30 p.m.

Tu, Th 06/01/23 - 06/29/23 3:50 - 4:30 p.m.

Tu, Th 07/06/23 - 07/27/23 3:50 - 4:30 p.m.

Tu, Th 08/08/23 - 08/31/23 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 Price \$50

May TBA

June TBA

July TBA

August TBA



THERAPEUTIC RECREATION



CHERRY HILLS
COMMUNITY CHURCH

3900 Grace Blvd
Highlands Ranch, CO 80126

There is a place here for you!

Sundays, 9 & 11a
cherryhills.com



WE NEED VOLUNTEERS, COME JOIN US!



VOLUNTEER WITH THERAPEUTIC RECREATION

Contact:

Summer Aden

☎ 303-471-7043

✉ summer.aden@hrcaonline.org



BE A VOLUNTEER COACH

Contact:

Patrick Gojan

☎ 303-471-8869

✉ patrick.gojan@hrcaonline.org

Giving back makes philanthropic leaders. Lets continue to show our community we care.





HRCA TUMBLING CAMP

HRCA Tumbling Camp (Ages 3-7)

Visit HRCAonline.org and fill out the children's application under Tumbling section and bring it filled out the first day of class.

What to Bring to Camp: Bring a peanut free lunch and drink. Children should wear a swimsuit under their clothes, have sunscreen on, and bring clothes to change into and a towel.

Camp Requirements

A children's application must be brought on the first day of camp.

Classes for children ages three and older unless noted.

Children need to be potty trained.

Children do not need to know how swim in these summer classes.

It's Summertime (Ages 3-7)

This camp is filled with swimming, tumbling, crafts, and games. Bring a peanut-free sack lunch and a drink.

Westridge, Osprey; Price \$70/\$80

Tu-Th 05/30/23 - 06/01/23 1:00 - 4:00 p.m.

Flip and Dip Camp (Ages 3-7)

We'll do a fun art project, swim, and do some exciting tumbling. Children should wear their swimsuit and have sunscreen already applied. Bring a peanut-free lunch/snack. Children must be potty-trained. Note: Visit the web site and fill out the children's application under Tumbling section and bring with you the first day.

Westridge, Osprey; Price \$28/\$32

Tu 06/13/23 1:00 - 4:00 p.m.
 Tu 06/27/23 1:00 - 4:00 p.m.
 Tu 07/11/23 1:00 - 4:00 p.m.
 Tu 07/25/23 1:00 - 4:00 p.m.
 Tu 08/01/23 1:00 - 4:00 p.m.

Westridge, Osprey; Price \$28/\$32

W 06/07/23 9:30 a.m. - 12:30 p.m.
 W 06/14/23 9:30 a.m. - 12:30 p.m.
 W 06/21/23 9:30 a.m. - 12:30 p.m.
 W 06/28/23 9:30 a.m. - 12:30 p.m.
 W 07/12/23 9:30 a.m. - 12:30 p.m.
 W 07/19/23 9:30 a.m. - 12:30 p.m.
 W 07/26/23 9:30 a.m. - 12:30 p.m.
 W 08/02/23 9:30 a.m. - 12:30 p.m.

Westridge, Redtail Hawk; Price \$28/\$32

Th 06/08/23 1:00 - 4:00 p.m.
 Th 06/15/23 1:00 - 4:00 p.m.
 Th 06/22/23 1:00 - 4:00 p.m.
 Th 06/29/23 1:00 - 4:00 p.m.
 Th 07/06/23 1:00 - 4:00 p.m.
 Th 07/13/23 1:00 - 4:00 p.m.
 Th 07/20/23 1:00 - 4:00 p.m.
 Th 07/27/23 1:00 - 4:00 p.m.
 Th 08/03/23 1:00 - 4:00 p.m.

Pop into Summer (Ages 3-7)

Come and cool off with two hours of fun-filled tumbling, music, games, and a cold treat.

Westridge, Turf; Price \$20/\$26

F 06/09/23 9:30 - 11:30 a.m.
 F 06/16/23 9:30 - 11:30 a.m.
 F 06/23/23 9:30 - 11:30 a.m.
 F 07/07/23 9:30 - 11:30 a.m.
 F 07/14/23 9:30 - 11:30 a.m.
 F 07/28/23 9:30 - 11:30 a.m.
 F 08/04/23 9:30 - 11:30 a.m.

Kick Off to Summer Camp (Ages 3-7)

This camp is filled with swimming, tumbling, crafts, and games. Bring a peanut-free sack lunch and a drink.

Westridge, Coopers Hawk; Price \$28/\$32

Tu 05/30/23 9:30 a.m. - 12:30 p.m.
 F 06/02/23 9:30 a.m. - 12:30 p.m.

KICKBALL CAMPS

For more information, please contact 303-471-8869.

Youth Kickball (Ages 9-12)

For all young athletes, this coed program is full of fun and is the perfect summer activity. Includes team shirt.

Westridge, Turf

Price \$60/\$69

Th 06/08/23 - 06/29/23 2:00 - 4:00 p.m.
 Th 07/06/23 - 07/27/23 2:00 - 4:00 p.m.

MARTIAL ART CAMPS



Summer Taekwondo Camp (Ages 5-13)

Camps are a great way for students to immerse themselves in Taekwondo while having the opportunity to try new things and make new friends. Students will advance 15 classes towards belt testing during the weeklong camps. Camps include the following activities: belt curriculum, breaking, games, friends and FUN.

Northridge

Price \$200/\$230

M-F 06/05/23 - 06/09/23 Noon - 4:00 p.m.
 M-F 07/17/23 - 07/21/23 Noon - 4:00 p.m.

YOUTH TENNIS CAMPS

Westridge Summer Tennis Camp (Ages 7-9)

This is a three-day entry-level camp. Camp includes swimming. Bring a tennis racquet, tennis shoes, water bottle, snack, swimsuit, and towel.

Westridge; Price \$114/\$132

Tu-Th 06/06/23 - 06/08/2023 9:00 a.m. - Noon
 Tu-Th 06/13/23 - 06/14/2023 9:00 a.m. - Noon
 Tu-Th 06/20/23 - 06/22/2023 9:00 a.m. - Noon
 Tu-Th 06/27/23 - 06/29/2023 9:00 a.m. - Noon
 Tu-Th 07/11/23 - 07/13/2023 9:00 a.m. - Noon
 Tu-Th 07/18/23 - 07/20/2023 9:00 a.m. - Noon
 Tu-Th 07/25/23 - 07/27/2023 9:00 a.m. - Noon
 Tu-Th 08/01/23 - 08/03/2023 9:00 a.m. - Noon



Southridge Summer Tennis Camp (Ages 10-12)

This is a four-day entry-level camp. Camp includes swimming. Bring a tennis racquet, tennis shoes, water bottle, snack, swimsuit, and towel.

Southridge; Price \$152/\$176

Tu-F 06/06/23 - 06/09/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 06/13/23 - 06/15/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 06/20/23 - 06/23/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 06/27/23 - 06/30/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 07/11/23 - 07/14/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 07/18/23 - 07/21/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 07/25/23 - 07/28/2023 1:00 p.m. - 4:00 p.m.
 Tu-F 08/01/23 - 08/04/2023 1:00 p.m. - 4:00 p.m.

THERAPUTIC RECREATION SUMMER CAMPS

TR Summer Lego Camp (Ages 8-Adult)

Build castles, amusement parks, motorized cars and robotics. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Snapology 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 \$120/\$138

M-F 06/05/23 - 06/09/23 1:00 - 2:30 p.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 athletes with special needs for the HRCA Splash Mash Dash Kids Triathlon on August 5 at Eastridge.

Eastridge, Outdoor pool, Mondays, Bike/Run practice Thursdays

Price \$170/\$195

M/Th 06/05/23 - 08/05/23 6:00 - 7:00 p.m.

Stride to Ride (Ages 5-Adult)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures.

Southridge, Gym;

Price: \$220/ \$253

(including the cost of a STRIDER Balance Bike to take home, If you already own a STRIDER, the cost will be reduced accordingly.)

M-F 06/19/23 - 06/23/23 10:00 - 11:00 am

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 \$90/\$104

Tu 07/11/23 - 07/25/23 9:00a.m. - Noon

