

TRP THERAPEUTIC RECREATION PROGRAM



ARTS AND CULTURE

Enhancing participants' independent leisure lifestyle through exposure to hands-on activities in the areas of visual, literary, cultural, and expressive arts; facilitated within a positive and structured social setting that encourages appropriate social behaviors.

MIXED EMOTIONS DANCE TROUPE AGES 18 & OLDER [III]

Learn and practice dance steps and creative movement to many types of music! Increase self-confidence and poise by performing in public as a member of the Mixed Emotions Dance Troupe.

Online registration is NOT available for this activity; drop-off or mail-in only.

Westside Community Center, 1628 W. Bijou

Tuesdays/Thursdays; Jan. 9-May 9

3:30-4:30 p.m.; #17411

Limit: 12 (max), 8 (min)

Fee: \$130

Notes: No class on March 5 due to TRP dogsledding trip. The Mixed Emotions Dance Troupe will conduct its annual Spring Performance on Thursday, May 9 at 7 p.m. at Hillside Community Center, 925 S. Institute.

DRUMBEATS AGES 18 & OLDER

Drum Beats is a unique and different workout from any you've tried before! It captures the essence of movement and rhythm and combines it with fun to deliver results. The class joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. This program is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

LEVEL 1 [II]

This is a beginner course and will focus on basic drumming techniques, rhythm, and staying on beat.

Westside Community Center, 1628 W. Bijou

Mondays; Mar. 18-May 6

3:30-4:30 p.m.; #17412

Limit: 10 (max), 8 (min)

Fee: \$50

LEVEL 2 [III]

This is an intermediate course designed for individuals who have already participated in one or more drumming series. Course will focus on gross motor movement and drumming with more than one ball.

Online registration is NOT available for this activity; drop-off or mail-in only.

Westside Community Center, 1628 W. Bijou

Wednesdays; Mar. 20-May 8

3:30-4:30 p.m.; #17413

Limit: 10 (max), 8 (min)

Fee: \$50

Notes: Participants from Levels 1 & 2 will conduct their annual Spring Performance on Thursday, May 9 at 7 p.m. at Hillside Community Center, 925 S. Institute.

TR-Y IT ALL: ARTS & CULTURE EXTRAVAGANZA AGES 18 & OLDER [II]

Join the TRP for the 2nd Arts and Culture Extravaganza where we will explore our creative sides! Participants will have the opportunity to try out different arts-based activities and to learn new forms of expression while having fun.

Westside Community Center, 1628 W. Bijou

Friday, Feb. 2

1:00-3:30 p.m.; #17415

Limit: 12 (max), 10(min)

Fee: \$15

Notes: Dress in clothes that can get messy and bring a water bottle. Details will be available after registration.

ARTS AND CULTURE - CONTINUED

BROADWAY SHOWSTOPPER REVUE

AGES 18 & OLDER [I] **NEW!!!**

Do you love to sing? Well, get ready to take those tunes to the stage! The TRP is once again partnering with Sandy Golias with Mountain Music Therapy Services as we sing and choreograph songs from the best Broadway musicals. No prior music experience required.

Westside Community Center, 1628 W. Bijou
Mondays; Apr. 1-May 6
1:00-2:00 p.m.; **#17414**
Limit: 8 (max), 6 (min)
Fee: \$40

Notes: Participants in the Revue & Laugh Factory will perform during the annual Spring Performance on Thursday, May 9 at 7 p.m. at Hillside Community Center, 925 S. Institute.

LAUGH FACTORY AGES 18 & OLDER [II]

Are you made for the stage? We'll be exploring everyone's dramatic sides while we take part in various exercises related to improv, skits, and character work. Whether you are new to the stage or live for the drama, this program is just for you. Join us for this 6-week series as we gear up for the Spring Performance.

Westside Community Center, 1628 W. Bijou
Thursdays; Mar. 28-May 2
2:00-3:00 p.m.; **#17416**
Limit: 8 (max), 6 (min)
Fee: \$40

SOCIAL ENRICHMENT

Dances provide an opportunity to enjoy a social occasion while practicing social skills and engaging in a leisure activity

OUT ON THE TOWN DANCES AGES 16 & OLDER [II]

Come and socialize with old friends and new while you dance the night away! Dressing according to the theme is encouraged, but not required.

Hillside Community Center, 925 S. Institute
7:00-9:00 p.m.

- Jan. 19 Hats Off to the New Year (Funky Hat Party) - **#17418**
- Feb. 16 Hearty Party - **#17419**
- Mar. 15 Shamrock the Night Away - **#17420**
- Apr. 19 Pajama Party - **#17421**
- May 17 Outer Space Odyssey - **#17422**

Limit: 60 (max.), 40 (min.)

Fee: \$5

Notes: For safety reasons, the doors will be locked from 7:30-8:45 p.m. Participants may leave, but reentry during those times will not be allowed.



COMMUNITY INTEGRATION AND LEISURE EDUCATION

Provide participants opportunities to establish an awareness of self as it relates to leisure, appropriate social and decision-making skills, explore leisure alternatives & community leisure resources in a group setting.

C.O.S. CLUB – Creating Opportunities for Service AGES 18 & OLDER [II/III]

The C.O.S. Club is all about coming together to help people in need and having fun while doing it! Whether it is packaging a meal, cleaning a facility, or helping at a community garden, we will get the job done. Club meets the second Friday of the month.

Fridays; Jan. 12, Feb. 9, Mar. 8, Apr. 12

1:30-4:00 p.m.; **#17423**

Limit: 10 (max.), 8 (min.)

Fee: \$40

Notes: Specific projects and locations will be available after registration. Please wear closed-toe shoes, dress for the weather, and bring a water bottle.

GARDENING SENSE AGES 18 & OLDER [III] **NEW!!!**

Gardening not only connects you to nature; it creates awareness of surroundings, encourages a sense of well-being, reduces stress & calms your mind. Join us for a 3-week series, & explore the benefits of gardening for all five senses. Taste the vegetables, smell the herbs, touch the soil, see the colors, and listen to your surroundings. Gain practical knowledge on how to start your own garden, & create a sensory garden plot in the Westside Community Garden.

Westside Community Center, 1628 W. Bijou
Tuesdays; May 7-21; 1:00-2:30 p.m.; **#17417**
Limit: 10 (max.), 8 (min.)

Fee: \$45

Notes: Series will include classroom lecture style and hands-on in the garden. All supplies will be provided.

DAYTIME JAUNTS **Adults ages 18 and older**

Trips aim to maximize participant's levels of independence by providing opportunities to practice skills in community settings.

All trips are limited to 4 wheelchairs & depart from Parks, Recreation & Cultural Services Administration, 1401 Recreation Way.

Online registration is NOT available for these activities; drop-off or mail-in only.

TUBING AT FRISCO ADVENTURE PARK [IV]

There's snow place like the Frisco Adventure Park with friends! We're headed to Frisco to take part in snow tubing on a 1,200 foot tubing hill, complete with lift service up the hill. We will spend the day tubing with a break for sack lunches in the lodge. Come join us for a great snow day!

Monday, Feb. 26

7:30 a.m.-5:30 p.m.; **#17424**

Limit: 10 (max.), 8 (min.)

Fee: \$75 includes admission

Notes: A separate participation waiver is required.

Please dress warmly, and bring a change of clothes, water bottle, and a sack lunch to eat on site.

DENVER BOTANIC GARDENS [III]

What is a better way to celebrate spring than to take in the beauty of the Denver Botanic Gardens at York Street. We will explore some of the gardens and collections that feature plants from all over the world! We will also take part in the Sensory Adventures at the Gardens program led by their horticultural therapist as well as eat at the restaurant onsite.

Thursday, May 16

TBA; **#17426**

Limit: 10 (max), 8 (min)

Fee: \$42 includes admission

Notes: Please bring money for lunch. Additional details will be available after registration.

SPACE FOUNDATION DISCOVERY CENTER [III]

Join the TRP as we take a docent-led tour through the Solar System and see the Universe with Science on a Sphere. We will wrap up the trip with lunch together at a local restaurant. Don't forget your spacesuit for an out-of-this-world experience!

Tuesday, Apr. 9

9:30 a.m.-2:30 p.m.; **#17425**

Limit: 12 (max.); 10 (min.)

Fee: \$40 includes admission & tour

Notes: This jaunt will involve walking as we explore the Space Foundation Discovery Center. Please bring money for lunch at a nearby restaurant.

OUTDOOR ADVENTURES

Opportunities to explore higher risk outdoor activities that include adaptive equipment and experiences that focus on challenge by choice.

All trips are limited to 4 wheelchairs & depart from Parks, Recreation & Cultural Services Administration, 1401 Recreation Way.

Online registration is NOT available for these activities; drop-off or mail-in only.

CROSS COUNTRY SKIING/SNOWSHOEING [IV]

AGES 18 & OLDER

Picture yourself silently gliding on a cross-country trail or creating the first set of snowshoe tracks as you trek through the woods of the Frisco Nordic Center near Breckenridge. Breckenridge Outdoor Education Center (BOEC) instructors will be on hand to assist participants at all levels of ability.

Tuesday, Jan. 16; **#17427**

Limit: 8 (max.), 6 (min.)

Fee: \$78

Notes: These trips are from 7:00 a.m.-6:00 p.m. Bring a sack lunch. BOEC forms will be available after registration. This is a strenuous activity and is only recommended for individuals that are in good physical condition.

DOG SLEDDING [III/IV] AGES 18 & OLDER

Always a popular trip, this exciting tour is designed to give each person the opportunity to ride on a dogsled and on a sleigh pulled by a snowmobile.

Tuesday, Mar. 5; **#17430**

Limit: 12 (max.), 10 (min.)

Fee: \$88

Notes: This trip is from 7:30 a.m.-6:00 p.m. Bring money for lunch at a Breckenridge restaurant. Participants must have the ability to sit and hold on independently. Please dress warmly as the activity takes place at an elevation between 9,000-10,000 feet. A liability release form must be signed prior to the activity.

DOWNHILL SKIING (SITTING OR STANDING) [IV] AGES 12 & OLDER

Experience the hills and thrills of downhill skiing on the slopes of Summit County! The Breckenridge Outdoor Education Center (BOEC) provides individualized instruction targeted to all levels and abilities.

- Tuesday, Jan. 30: For veterans and persons with physical disabilities; **#17428**

- Tuesday, Feb. 6: For individuals with intellectual/developmental disabilities; **#17429**

Limit: 8 (max.), 6 (min.)

Fee: \$98



SPORTS, FITNESS & AQUATICS

Programs in this section teach a progression of physical skills and help participants achieve and maintain fitness. Activities also encourage a sense of teamwork, fair play, promote a healthy active lifestyle, and promote self-esteem.

PROGRAMS FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

BOXERCISE AGES 18 & OLDER [III]

Learn or review boxing skills such as throwing jabs, hooks, and uppercuts while working at a beginners' pace. This group will spend each week learning fundamentals and ending each day executing skills learned on heavy bags. Due to high demand, there will be 2 different sessions. Please register for ONE that best fits your schedule!

Otis Park Community Center, 731 Iowa Ave.
Thursdays; 11:00a.m.-12:00 p.m.

• Session 1: Jan. 11-Feb. 8; **#17431**

• Session 2: Feb. 15-Mar. 14; **#17432**

Limit: 10 (max.); 8 (min.)

Fee: \$40

Note: Please wear tennis shoes, comfortable workout clothes, and bring a water bottle.

ROBIN HOOD TRAINING AGES 18 & OLDER [III]

Join us for this 4-week archery session for individuals with intellectual disabilities. We'll learn about bows, arrows, targets, and proper shooting technique. Beginner and experienced archers are welcome to participate. Maybe even you can split an arrow with an arrow!

Archery School of the Rockies, 2110 Busch Ave.
1:00-2:00 p.m.

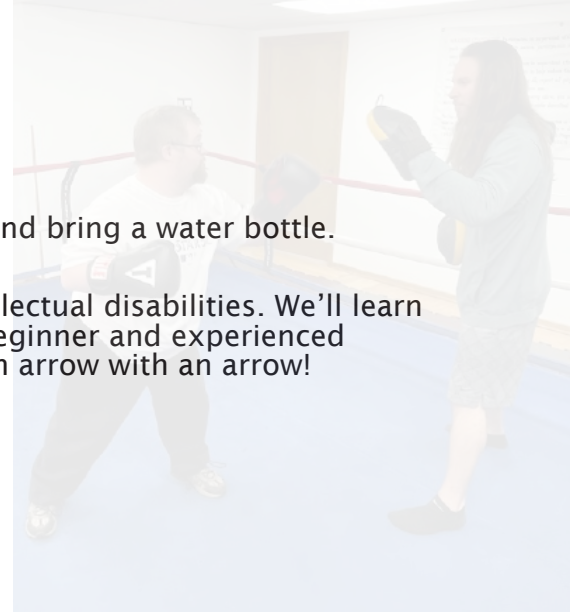
• Session 1 - Jan. 10-31; **#17434**

• Session 2 - Mar. 6-27; **#17435**

Limit: 8 (max.); 6 (min.)

Fee: \$45

Note: All equipment will be provided.



WERK IT! AGES 18 & OLDER [III] **NEW!!!**

Get ready to werk it! It's time to roll up the winter sleeves and pull out the dumbbells! This 4-week series will focus on getting up and moving through various fitness forms such as walking, light weight training, circuit training, and many more. Come ready to sweat a little and laugh a lot while we move with our friends.

Westside Community Center, 1628 W. Bijou
Mondays; Jan. 22-Feb. 12

3:00-4:00 p.m.; **#17433**

Limit: 10 (max.); 8 (min.)

Fee: \$35

Notes: This program is for individuals with developmental/intellectual disabilities. Please wear workout clothes, tennis shoes, and bring a water bottle.

GOLF 101 SERIES AGES 18 & OLDER [II]

Let's hit the course! Join us for this 4-week session taught by a golf professional, who will provide individualized instruction in a group setting for chipping, putting, and driving techniques. Two Golf Xpress carts (a single rider machine) will be available for individual use.

Meet at Patty Jewett Golf Course, 900 E. Espanola St.
Tuesdays; Apr. 30-May 21

10:15-11:15 a.m.; **#17436**

Limit: 6 (max.); 5 (min.)

Fee: \$45

Notes: If you have your own clubs, please bring them with you, otherwise they will be provided. Please bring a water bottle and wear sunscreen. This program is geared for individuals with a primary diagnosis of a developmental/intellectual disability.

CYCLING SKILLS SERIES AGES 18 & OLDER [III]

On your left! Geared toward beginners, this skills series is all about creating a foundation for more independent cycling. Participants will practice basic cycling techniques, including braking, turning, passing, and shifting gears in a group setting. Cycles and helmets are provided, and no prior experience is necessary.

Skyview Sports Complex, 2890 Resnik Dr.

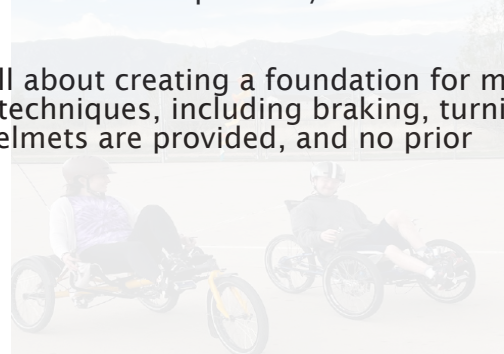
Wednesdays; May 15-29

1:00-2:30 p.m.; **#17437**

Limit: 6 (max.); 4 (min.)

Fee: \$35

Notes: This program is geared for individuals with developmental/intellectual disabilities. Please wear comfortable workout clothes, tennis shoes, sunscreen, and bring a water bottle to each date.



PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

Classes in this and the Adaptive Sport section are specifically designed for individuals with physical disabilities, e.g., stroke, spinal cord injury, multiple sclerosis, brain injury, etc.

AQUA REHAB [III]

Challenge yourself to a stretching and strengthening water workout three times a week. Activities will be geared to gradually improve stamina, increase flexibility, and strengthen muscles. The class will be adapted to the ability level of the participants.

Downtown YMCA, 207 N. Nevada
Mondays/Wednesdays/Fridays
10:15-11:15 a.m.

- Jan. 5-31; **#17438**
- Feb. 2-28; **#17439**
- Mar. 1-29 **#17440**
- Apr. 1-29; **#17441**
- May 1-24; **#17442**

Limit: 15 (max.), 12 (min.)

Fee: \$40/session

Notes: Participants must have a current year physician prescription. Call (719) 385-6964 if you require 1:1 assistance in the water. No class on January 15 and February 19 due to City holidays.

BOCCIA AGES 16 & OLDER [I]

This specialized sport of dedication and precision is open to youth and adults ages 16 and older with cerebral palsy, brain injury, muscular dystrophy, stroke and multiple sclerosis. Sessions will include skill-building, practice and some in-house competitive play. No experience necessary. Sign up for one or both sessions!

Westside Community Center, 1628 W. Bijou
Tuesdays; 1:30-3:00 p.m.

- Session 1: Jan. 9-Feb. 6; **#17443**
- Session 2: Feb. 13-Mar. 12; **#17444**

Limit: 6 (max.), 4 (min.)

Fee: \$40/session

ADAPTIVE CYCLING RIDES

AGES 18 & OLDER [III]

The TR Program is again partnering with local bike specialist, Cycle Different - ANGLETECH to host Saturday cycling rides on area bike trails for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, the TRP and Cycle Different - ANGLETECH will have cycles available. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

Cycle Different - ANGLETECH, 1483 Garden of the Gods Rd.

Saturday; 9:00 a.m.-1:00 p.m.

May 18; **#17445**

Limit: 12 (max.), 9 (min.)

Fee: \$10/date

ARCHERY AGES 18 & OLDER [III]

Archery is a fully accessible sport that is a great workout for individuals of all abilities. This program will utilize the indoor archery range at the Archery School of the Rockies. Sessions will provide opportunities for individuals with physical disabilities to expand their archery skills as well as physical health, focus, and attention skills. Beginner and experienced archers are welcome.

Archery School of the Rockies, 2110 Busch Ave.
Wednesdays; 1:00-2:00 p.m.

Feb. 7-28 **#17446**

Limit: 8 (max.), 6 (min.)

Fee: \$45

Notes: Equipment will be provided. However, if you have your own bow, please bring it with you.

ADAPTIVE GOLF AGES 18 & OLDER [II]

Join us for the spring session of golf! All lessons will be taught by a golf professional, who will provide individualized instruction in a group setting for chipping, putting, and driving techniques. Two Golf Xpress carts (a single rider machine), donated by Golf 4 the Disabled, will be available for individual use.

Meet at Patty Jewett Golf Course, 900 E. Espanola St.

Tuesdays; Apr. 23-May 21

9:00-10:00 a.m.; **#17447**

Limit: 6 (max.), 5 (min.)

Fee: \$45

Notes: Please bring a water bottle and wear sunscreen. This program is geared for individuals with neurological disabilities and orthopedic injuries.

TRP ACTIVITY EXERTION SCALE

[I/II/III/IV]

To understand the perceived level of exertion (i.e., how much effort is required) for an activity, former TRP Intern Hannah Hearn and TRP staff, created a Activity Exertion Scale. Each letter is a roman numeral [II] and represents the level of exertion needed to participate in at least 75% or more of an activity.

[I] Very Light Activity - little or no effort exerted, able to breathe at a consistent rate.

[II] Light Activity - easy to breathe and carry on conversation, standing for short periods of time, walking short distances, limited upper extremity movement.

[III] Moderate Activity - breathing becomes heavier, standing for longer periods of time, walking longer distances, increased upper extremity movement.

[IV] Vigorous Activity - activity takes place at a higher altitude, may experience shortness of breath and requires maximum effort to participate.



Therapeutic Recreation Program Policy

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. Please call the TRP office if you have any questions.

- 1 Please note specific trip arrival and departure times. All trips will wait a maximum of 15 minutes before departing. Upon return, all participants must be picked up within 15 minutes. If you know you will be late, call the TRP Program Cell Phone at (719) 651-7704. Please be considerate of the group.
- 2 Note that each program activity has a list of maximum and minimum numbers for enrollment. If the maximum numbers have been reached, a wait list will be initiated and those individuals will be contacted when there is an opening. If the minimum numbers are not reached, the class will be canceled.
- 3 Because we attempt to accommodate as many people as possible, if you cannot participate in a scheduled program, please call to cancel as soon as possible so we can contact the participants on the wait list. Your consideration is appreciated.

HOW DOES PARTICIPATION IN RECREATION ACTIVITIES IMPACT MENTAL HEALTH?

In addition to numerous physical benefits & the development of life skills, research has shown that participation in recreation and leisure activities also has the following mental health effects:

- Reduced mental fatigue
- Lower levels of stress
- Improved quality of sleep
- Elevated mood
- Relieved symptoms of anxiety & depression
- A sense of purpose & value
- Enhanced memory
- Improved problem solving skills
- Better decision making
- Increased self-esteem & confidence
- Helps build positive relationships



HOW TO REACH US

1628 W. Bijou
Colorado Springs, CO 80904
Main Office Front Desk: (719) 385-7920
Office Fax: (719) 385-6013
OR
www.coloradosprings.gov/tr
and follow us on



**OTHER
NUMBERS** TRP Program Cell
for Day of Trips only
(719) 651-7704

Adaptive Sport Club Cell
for Day of Programs only
(719) 200-8427

TRP STAFF

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Ashley Bordenet, CTRS
Program Coordinator
(719) 385-6953
Ashley.Bordenet@coloradosprings.gov

REGISTRATION FORM

Participant Name: _____ Age: _____ Birthdate: _____ Gender: ☐ Male ☐ Female
Address: _____ City: _____ Zip: _____
Primary Phone: _____ Other Phone: _____ Email: _____
Active Military: _____ Veteran: _____ Disability: _____
Parent/Guardian Name: _____
Type of Living Situation (choose one): ☐ Family ☐ Independent Living ☐ Group Home ☐ Supervised Apt. ☐ Other: _____
Emergency Contact/Relationship: _____ Phone: _____
List Medications: _____ Does participant need supervision/assistance with taking medications? ☐ Yes ☐ No
Diet Restrictions (list): _____
Check those that apply: ☐ Asthma ☐ Diabetes ☐ Tube Feeding ☐ Allergies (type: _____)
Epi Pen required: ☐ Yes ☐ No
Is the participant subject to seizures? ☐ Yes ☐ No Type: _____ Frequency: _____
Assistive equipment and/or physical restrictions: _____
Other pertinent information in regards to safety and behavioral concerns: _____
Other information that may enhance the quality and safety of recreation participation: _____

✓	Activity Name	#	Fee	✓	Activity Name	#	Fee	✓	Activity Name	#	Fee
ARTS & CULTURE				DAYTIME JAUNTS				SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Mixed Emotions	17411	\$130		Tubing at Frisco	17424	\$75		Aqua Rehab: Jan. 5-31	17438	\$40
	Drum Beats Level 1	17412	\$50		Space Foundation	17425	\$40		Aqua Rehab: Feb. 2-28	17439	\$40
	Drum Beats Level 2	17413	\$50		Denver Botanic Gardens	17426	\$42		Aqua Rehab: Mar. 1-29	17440	\$40
	Broadway Showstopper	17414	\$40	OUTDOOR ADVENTURES					Aqua Rehab: Apr. 1-29	17441	\$40
	TR-Y It All	17415	\$15		XC Ski & Snow Shoe	17427	\$78		Aqua Rehab: May 1-24	17442	\$40
	Laugh Factory	17416	\$40		Downhill Ski - Vets/Phys Dis	17428	\$98		Boccia: Jan. 9-Feb. 6	17443	\$40
SOCIAL ENRICHMENT					Dowhill Ski - ID/DD	17429	\$98		Boccia: Feb. 13-Mar. 12	17444	\$40
	OOT Dance Jan. 19	17418	\$5		Dog Sledding	17430	\$88		Adaptive Cycling: May 18	17445	\$10
	OOT Dance Feb. 16	17419	\$5	SPORTS, FITNESS & AQUATICS Intellectual/Developmental Disabilities					Archery	17446	\$45
	OOT Dance Mar. 15	17420	\$5		Boxercise: Jan. 11-Feb. 8	17431	\$40		Adaptive Golf	17447	\$45
	OOT Dance Apr. 19	17421	\$5		Boxercise: Feb. 15-Mar. 14	17432	\$40				
	OOT Dance May 17	17422	\$5		Werk It!	17433	\$35				
COMM INTEGRATION/ LEISURE EDUCATION					Robin Hood - Jan. 10-31	17434	\$45				
	C.O.S. Club	17423	\$40		Robin Hood - Mar. 6-27	17435	\$45				
	Gardening Sense	17417	\$45		Golf 101 Series	17436	\$45				
					Cycling Skills Series	17437	\$35				

☐ Yes ☐ No

I hereby give permission for photographs, stories and recordings of myself and/or my child to be featured in marketing efforts of the City of Colorado Springs - TRP and their agents/partners.

☐ Yes ☐ No

Registrant has authorization to ride the PRCS buses for TRP field trips.

☐ Yes ☐ No

CONSENT TO CONTACT AND RELEASE INFORMATION:

I grant permission to the TRP to contact school, teacher, physician, employer and/or provider for the purpose of gathering or releasing information regarding the participant. The information will be used to implement the most effective plan in providing therapeutic recreation and inclusion services. All information will be kept confidential.

WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS: Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the City of Colorado Springs Therapeutic Recreation Program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants and employees. I do hereby fully release and discharge the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize the City of Colorado Springs Therapeutic Recreation Program to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

PLEASE SIGN. EACH REGISTRATION FORM MUST BE SIGNED.

Participant/Parent/Guardian: _____ Date: _____

REGISTRATION INFORMATION

HOW TO REGISTER

Complete the information for each class on the Therapeutic Recreation Program Registration Form.

WHERE TO REGISTER

Mail your registration form to or register in-person:

Therapeutic Recreation Program
1628 W. Bijou
Colorado Springs, CO 80904

OR

Online: www.coloradosprings.gov/TR

1. Click the REGISTER HERE Button
2. Click MY ACCOUNT
3. Enter (LOGIN and PASSWORD)
4. Click REGISTER FOR ACTIVITIES
5. Use ACTIVITY NUMBER
6. Select the NAME OF ACTIVITY, click ADD TO MY CART
7. In the drop down box, select the participant who will be taking the class. When finished, click CONTINUE
8. Follow the steps for payment, VISA, MC, Discover, or AMEX accepted. Be sure to complete your order and click CONTINUE
9. Print receipt or go green!

WHEN TO REGISTER

Monday, December 11, 2023; 8:00 a.m.-5:00 p.m.
All mail-in and drop-off registrations will be placed in a box. At the end of each day, registrations will be randomly drawn until the classes are filled or all registrations are drawn.

A receipt will be sent to you by email or in the mail to confirm your enrollment in the class. Emailed receipts will come from Colorado Springs Parks & Recreation; the email will provide a link to view your receipt.

PAYMENT

To reserve a spot in the program, one-half of each class fee must accompany the registration form. Make checks payable to Recreation Services. Payment in full must be made by the first day of class. All payments will be processed after the turn of the New Year (i.e. after January 1, 2024).

ADJUSTED FEES

Payment Plans and Adjusted Fees are available for classes exceeding a registration cost of \$35. Trip fees do not qualify. Please contact the TRP Supervisor for additional information.

CANCELLATIONS

If a class is canceled due to lack of registration, you will be notified and may choose to:

- enroll in another activity
- obtain credit toward other activities
- receive a full refund

REFUND POLICY

- A refund or credit for classes/activities will not be issued once registration has occurred. If withdrawal from the class/activity is for a medical reason or due to a move from the Pikes Peak region, a pro-rated credit or refund will be issued from the start date up to the mid-point of the class/activity.
- No refund or credit will be issued after 50% of the class/activity has been completed.
- A full refund or credit is issued if the TRP cancels a class/activity.
- When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.

CHEERS TO OUR 2023 COMMUNITY PARTNERS & VOLUNTEERS!

The TRP could not offer the wide variety of opportunities without collaboration with our amazing community partners and volunteers!

- Academy School District 20
- Archery School of the Rockies
- Breckenridge Outdoor Education Center (BOEC)
- Colorado Parks and Wildlife
- Colorado Springs World Affairs
- CU School of Medicine
- Cycle Different - AngleTech
- Echo Canyon River Expeditions
- Falcon School District 49
- Good Times Adventures
- Mountain Music Therapy Services
- Patty Jewett Golf Pros
- Project Angel Heart
- Recreation Services Division
- Temple University
- TOPS
- Underwater Connection
- University of Wisconsin-La Crosse
- YMCA of the Pikes Peak Region

Cheers for 2023 Volunteers!

- Dave Allgood
- Don Allred
- Haley Ashley
- Cynthia Carrion
- Alyssa Cole
- Geri Cook
- Gary Dean
- Eydie Elkins
- Rudy Haerr
- Michael Haftel
- Jason Hoch
- Caroline Lamz
- Larry Lamz
- Joni Landon
- Franki Lang
- Jon MacCaffrey
- Lynn MacCaffrey
- Eli Makaiwi
- Celia Molner
- Dan Molner
- Brian Murray
- Amy Palmer
- Lynn Pickett
- Diane Ridderhoff

- Alison Shaw
- Larry Seidman
- Mike Smith
- Terry Smith
- Lynn Stringham
- Annie Wiley
- Barb Zeiss

Intern Students

- Ashley Nowak
- Alexis Shott

Youth Volunteers

- Ian Barnhart
- Elise Barraclough
- Noah Bracht
- Stephanie Clark
- Delaney Fogarty
- Connor Fox
- Reilly Reed
- Katelyn Schreuder
- Annie Vigueria
- Izzy Vigueria