

Arts & Culture

Activities in this core area focus on enhancing participants' own independent leisure lifestyle through exposure to a variety of hands-on activities in the areas of visual, literary, cultural, and expressive arts. This is facilitated within a positive and structured social setting that encourages attainment of appropriate social behaviors.

MIXED EMOTIONS DANCE TROUPE AGES 18+ [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; Sept. 17-Dec. 5.
3:30-4:30 p.m.; #18308
Limit: 12 (max), 8 (min)
Fee: \$130

Note: No class on November 28 due to the holiday. Please note Mixed Emotions will participate in a Holiday Performance at the 10th annual TRP Arts and Culture Ability Expo on Thursday, December 5 at 7 p.m. at Hillside Community Center, 925 S. Institute.



Dance troupe performing on stage

DISNEY REVUE EXTRAVAGANZA AGES 18+ [II]

Do you love Disney songs as much as we do? Have you always wanted to act in a scene as a Disney character? Do you love being part of a team that wants to shine on-stage? This class is for YOU! The TRP is once again partnering with the wonderful Sandy Golias with Mountain Music Therapy Services. Come join us as we sing, dance, act and groove our way straight to the stage!

Westside Community Center, 1628 W. Bijou
Mondays; Oct. 7-Dec. 2.; 1:00-2:00 p.m.; #18311
Limit: 10 (max), 8 (min)
Fee: \$50

Notes: No class on November 11 due to the holiday. Please note this group will participate in a Holiday Performance at the 10th annual TRP Arts and Culture Ability Expo on Thursday, December 5 at 7 p.m. at Hillside Community Center, 925 S. Institute.



Three participants playing boomwhackers

DRUMBEATS AGES 18+ [II/III]

Aerobic exercise without the running! Drum Beats is a unique workout from any you've tried before. It captures the essence of movement and rhythm through the combination of yoga balls and drumsticks. This program is designed to give the mind and body instant feedback through continuous movement and rhythmical flow.

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

LEVEL 1 (NEW DAY & TIME)

Beginner Level

Westside Community Center, 1628 W. Bijou
Wednesdays; Oct. 9-Dec. 4
2:30-3:30 p.m.; #18309
Limit: 10 (max), 8 (min)
Fee: \$50

LEVEL 2 (NEW TIME)

Advanced Level

Westside Community Center, 1628 W. Bijou
Wednesdays; Oct. 9-Dec. 4
4:00-5:00 p.m.; #18310
Limit: 12 (max), 8 (min)
Fee: \$50

Notes: No class on November 27 due to the holiday. Please note both drumming groups will participate in a Holiday Performance at the 10th annual TRP Arts and Culture Ability Expo on Thursday, December 5 at 7 p.m. at Hillside Community Center, 925 S. Institute.



Two participants drumming on yoga balls



Community Integration & Leisure Education

Provide participants community opportunities to establish an awareness of self as it relates to leisure, acquire new and appropriate social and decision-making skills, learn new skills, explore various leisure alternatives, obtain community leisure resources, and participate in various recreation opportunities in a group setting.



COS Club posing after activity

C.O.S. CLUB – Creating Opportunities for Service

AGES 18+ [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. C.O.S. Club will meet one time a month. Projects and locations will be available after registration.

Westside Community Center, 1628 W. Bijou
Fridays; Sept. 13; Oct. 11; Nov. 8.; 1:30 p.m.-4:00 p.m.; **#18312**
Limit: 10 (max), 8 (min)
Fee: \$40

MARK REYNER STABLES AGES 18+ [II]

Join us for a 3-date series with the COS Therapeutic Riding Center-Mark Reyner Stables in Palmer Park. Experience the benefits of equine therapy with hands on activities such as horse care, grooming, saddling, and riding on the last date. Be sure to wear comfortable clothing and closed toe shoes- no sandals or flip flops! Safety regulations require riders to weigh less than 200lbs, and stable staff have final discretion as to who can safely ride.

Meet at Stables on 3254 Paseo Rd
Mondays, Sept. 9-23. 1:15-3:00p.m.; **#18313**
Limit: 8 (max), 6 (min)
Fee: \$45

Daytime Jaunts

Trips aim to maximize each participant's level of independence in the areas of cognition, mobility, communication, social adjustment and constructive use of leisure time by providing individuals with opportunities to practice these skills in specially selected community settings. All trips are limited to four wheelchairs and depart from Parks, Recreation & Cultural Services Administration, 1401 Recreation Way. Online registration is NOT available for these activities: drop-off or mail-in only.

SPACE FOUNDATION DISCOVERY CENTER [II]

Third time is the charm! This one is for the space lovers and explorers at heart! Join the TRP as we take a tour through the Solar System - led by one of the Space Foundation docents - 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 at the newly renovated Center!

Tuesday, Sept. 10. 9:30 a.m.-2:30 p.m.; **#18314**
Limit: 12 (max), 10 (min)
Fee: \$40 includes admission and tour
Note: Please bring money for lunch at a restaurant nearby.

SPAMALOT AT THE BUTTE THEATER [II]

The TRP is traveling to Cripple Creek! We will be enjoying an early lunch before visiting the historic Butte Theater for a matinee showing of Monty Python's Spamalot. Inspired by the classic comedy film, Monty Python and the Holy Grail, Spamalot, the musical, tells the legendary tale of King Arthur's quest to find the Holy Grail.

Thursday, Oct. 10. 9:30 a.m. – 5:00 p.m.; **#18316**
Limit: 10 (max), 8 (min)
Fee: \$50 includes ticket to show

Note: Please bring money for lunch at a restaurant in Cripple Creek prior to the show. If interested in concessions during the show, please also provide money to cover this.

OUTDOOR ICE SKATING ACACIA PARK [III]

Lace up your skates, and join the TRP for some outdoor fun in the park! Fee includes admission and skate rental along with a warm beverage at the conclusion of our skate time. Please dress according to the weather, and bring a hat, gloves, and a warm jacket.

Meet at the Acacia Ice Rink on Tejon St. (Between Platte Ave. & Bijou St.)
Acacia Park, 115 E. Platte Ave.
Tuesday, Dec. 10. 3:45 – 6:30 p.m.; **#18315**
Limit: 10 (max), 8 (min)
Fee: \$15 includes admission & skate rental



Two participants ice skating, one with an assistive device the other without



COS Volunteer group showing off blankets made for Linus Project



Participants posing inside of shark teeth

Social Enrichment

Dances provide an opportunity for participants to enjoy a social occasion while practicing appropriate social behavior and engaging in a positive leisure activity with peers.

OUT ON THE TOWN DANCES AGES 16+ [II]

Come and socialize with old friends and new while you dance the night away! Dressing to the night's theme is encouraged, but not required. A snack and drink will be provided by the TRP. Please complete a registration form prior to arrival or at the door!

Hillside Community Center, 925 S. Institute.
Fridays; 7:00 p.m.-9:00 p.m.
Fee: \$5/per dance

- Sept. 20 - Disco All Night **#18322**
- Oct. 18 - Monster Mash **#18323**
- Nov. 15 - Denim Daze **#18324**
- Dec. 20 - Holiday Hoopla **#18325**



Participants posing for picture after an Out on the Town Dance

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:

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

Sports, Fitness & Aquatics - Physical Disabilities

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

ADAPTIVE CYCLING RIDES Ages 18+ [II/III]

The TR Program is again partnering with local bike specialist, Cycle Different - ANGLETECH, to host weekend 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 will have cycles available. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner and veteran riders are welcome!

1483 Garden of the Gods Rd.
Saturdays; 9:00 a.m.- 1:00 p.m.

- Sept. 14; **#18326**
- Oct. 12; **#18327**

Limit: 12 (max), 8 (min)
Fee: \$10/date

ADAPTIVE GOLF Ages 18+ [II]

Join us for the Fall 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 (single rider machine), donated by Golf 4 the Disabled, will be available for use. If you have your own clubs, please bring them with you, otherwise they will be provided

Meet at Patty Jewett Golf Course, 900 E. Espanola St.
Tuesdays; Sept. 17-Oct. 8; 9:00-10:00 a.m.; **#18328**
Limit: 6 (max), 5 (min)
Fee: \$45

ARCHERY Ages 18+ [II]

Archery is a fully accessible sport that is a great workout for individuals of all abilities. This program will utilize the indoor shooting 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 to participate.

Archery School of the Rockies, 2110 Busch Ave.
Wednesdays; Oct. 9-Nov. 6; 1:00-2:00 p.m.; **#18329**
Limit: 8 (max), 6 (min)
Fee: \$45

AQUA REHAB Ages 18+ [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 but may include water walking and deeper-water aerobic workouts.

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

- Sept. 4-30; **#18330**
- Oct. 2-30; **#18331**
- Nov. 1-27; **#18332**
- Dec. 2-20; **#18333**

Limit: 16 (max), 10 (min)
Fee: \$40/session

Note: Participants must have a current year physician prescription. Please call 385-6965 if you require 1:1 assistance in the water. No class on Nov. 11 and Nov. 29 due to City holidays.

BOCCIA Ages 16+ [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. Sign up for one or both sessions!

Westside Community Center, 1628 W. Bijou
Tuesdays; 1:30-3:00 p.m.
Sept. 17-Oct. 15; **#18334**
Limit: 6 (max), 4 (min)
Fee: \$40



Two participants riding adaptive recumbent cycles



Participant posing with robinhood arrow



Participants following instruction of music therapist

Sports, Fitness & Aquatics - Intellectual/Developmental

BOXERCISE Ages 18+ [III]

Boxing and fitness are tough, but you can do it! Learn boxing skills such as throwing jabs, hooks, and uppercuts while working at a beginners' pace. This is the perfect class to get started, and we know once you try it, you'll be hooked! Please note, to help us serve as many people as possible, please register for only one session.

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

- Session 1 : Sept. 5-Oct. 3; #18320
- Session 2 : Oct. 17-Nov. 14; #18321

Limit: 10 (max); 8 (min)

Fee: \$40



Participant boxing inside of ring with instructor

GOLF 101 Ages 18+ [II]

Let's hit the course and practice our driving, putting, and chipping! 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), donated by Golf 4 the Disabled, will be available for individual use. This series is designed for individuals with a primary diagnosis of an intellectual or developmental disability. If you have your own clubs, please bring them with you, otherwise they will be provided

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

Tuesdays; Sept. 17-Oct. 8; 10:15-11:15 a.m.; #18319

Limit: 6 (max); 5 (min)

Fee: \$45



Participants putting on green at Patty Jewett Golf Course

ROBINHOOD TRAINING Ages 18+ [II]

Robin Hood sure made using a bow and arrow look easy. But it is easy! Join us for this 5-week archery session for individuals with developmental 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! Equipment will be provided; however, if you have your own bow, please bring it with you.

Archery School of the Rockies, 2110 Busch Ave.

Wednesdays; Sept. 4-Oct. 2; 1:00-2:00 p.m.; #18318

Limit: 8 (max); 6 (min)

Fee: \$45



Participants posing in front of archery range

SPORTS, FITNESS & AQUATICS T-REX-PO Ages 18+ [III]

Join the TRP at the annual Sports, Fitness & Aquatics T-Rex-Po! We will get up, get movin', and learn some new skills with a TR twist! Participants will have the opportunity to try out different activities while learning new ways of being active. This afternoon is all about having fun while getting some exercise in with friends! Please wear comfortable workout clothes, tennis shoes, and bring a water bottle.

Westside Community Center, 1628 W. Bijou

Friday, Nov. 1; 1:00-3:30p.m.; #18317

Limit: 12 (max); 10 (min)

Fee: \$10

TRP Activity Exertion Scale [I/II/III/IV]

What are those funny letters after the titles of my favorite programs? Often times, TRP staff are asked 'how difficult is that activity?' In an effort to help participants understand the perceived level of exertion (i.e. how much effort is required) for an activity, former TRP Intern Hannah Hearn, with support from the TRP staff, created an Activity Exertion Scale. Each letter is a roman numeral [III] 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.

ARTS AND CULTURE ABILITY EXPO

Join us for the 10th Annual Arts & Culture Ability Expo!!!

Where?

Hillside Community Center, 925 S. Institute St.

When?

Thursday, December 5th at 7:00p.m.



Together, the City of Colorado Springs, El Paso County Public Health, and numerous community partners are working together to connect people to the help they need, build a more resilient community, and become the leading city on mental health and wellness in the United States.

Mental Health is All of Us.

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

Follow us on Facebook & YouTube

TRP Team & Contacts



Felicia Barnhart, CTRS
Program Supervisor
(719) 385-6964
Felicia.Barnhart@coloradosprings.gov

TRP female staff smiling



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

TRP female staff smiling



Casey Grice, CTRS
Recreation Assistant
(719) 385-6965
Casey.Grice@coloradosprings.gov

TRP male staff smiling

Program Cell Phone
for Day of Trips only
(719) 651-7704

Cambrie Garner
Fall Intern
BYU Idaho

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: _____

X	Activity Name	#	Fee	X	Activity Name	#	Fee	X	Activity Name	#	Fee
ARTS & CULTURE				SOCIAL ENRICHMENT				SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Mixed Emotions	18308	\$130		OOT Dance Sept. 20	18322	\$5		Adaptive Cycling Sept.	18326	\$10
	Drum Beats - Level 1	18309	\$50		OOT Dance Oct. 18	18323	\$5		Adaptive Cycling Oct.	18327	\$10
	Drum Beats - Level 2	18310	\$50		OOT Dance Nov. 15	18324	\$5		Adaptive Golf	18328	\$45
	Disney Extravaganza	18311	\$50		OOT Dance Dec. 20	18325	\$5		Archery	18329	\$55
COMMUNITY INTEGRATION & LEISURE EDUCATION				Intellectual/Developmental Disabilities							
	C.O.S. Club	18312	\$40		Boxercise Session 1	18320	\$40		Aqua Rehab Sept.	18330	\$40
	Mark Reyener Stables	18313	\$45		Boxercise Session 2	18321	\$40		Aqua Rehab Oct.	18331	\$40
DAYTIME JAUNTS					Golf 101	18319	\$45		Aqua Rehab Nov.	18332	\$40
	Space Foundation	18314	\$40		Robinhood Training	18318	\$45		Aqua Rehab Dec.	18333	\$40
	Acacia Ice Skate	18315	\$15		T-Rex-Po	18317	\$10		Boccia	18334	\$40
	Butte Theater Spamalot	18316	\$50								

- 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

***Not all programs can be registered online

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

WHEN TO REGISTER

Monday, August 19, 2024; 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. **Please note that online registration is NOT available for all programs!**

PAYMENT

Due to a change in the City registration system, please do not send in direct payment until you receive an invoice from the TRP after registration! 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.

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.

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 TR office if you have any questions.

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.

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.

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.

