

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 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.

82239 June 4-25

82222 July 9-30

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

82241 June 4-25

82224 July 9-30

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

82252 June 4-25

82221 July 9-30

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

- \$63 (\$50 Resident)

- Southeast Recreation Center and Fieldhouse

82245 June 6-27

82255 July 11-Aug. 1

- Thursday, 8:30-9 a.m.

82242 June 6-27

82230 July 11-Aug. 1

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

82250 June 6-27

82227 July 11-Aug. 1

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

- \$63 (\$50 Resident)

- Central Recreation Center



Fitness/Sports/Special Olympics

ADAPTIVE KOREAN ACADEMY OF MARTIAL ARTS SELF DEFENSE

Ages 5 and older

Taught by Grandmaster Ghassan Timani, 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.

82235 June 3-24

82251 July 8-29

83699 Aug. 5-26

- Monday, 4:30-5:15 p.m.

- \$63 (\$50 Resident)

- Southeast Recreation Center and Fieldhouse

YOUNG ATHLETES IN TRAINING FIELD FUN AND GAMES

Ages 4-12

Introduction to various sports and games played on a field. Gain exposure to and experience athletic and fundamental sport skills.

82258 June 4-25

82220 July 9-30

- Tuesday, 3:15-4 p.m.

- \$40 (\$32 Resident)

- Southeast Recreation Center and Fieldhouse

INDOOR FITNESS AND GAMES

Ages 13 and older

Gain exposure to various fitness skills and games and practice appropriate social behavior and positive sportsmanship.

82225 June 6-27

83675 July 11-Aug. 1

- Thursday, 3:30-5 p.m.

- \$60 (\$48 Resident)

- Southeast Recreation Center and Fieldhouse



Special Events

ARISE MINI CAMP *(inquire for more details)*

Ages 13 and older

- June 3-Aug. 9
- Monday/Wednesday/Friday, 10-3 p.m.



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

The 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** or **720.859.4984**. You can see all classes at AuroraGov.org/ARISE.

