



STAFF

Sports and Fitness Supervisor

Chad Mejia

303-471-7035

chad.mejia@hrcaonline.org

Youth and Adult Therapeutic Recreation Coordinator

Summer Aden

303-471-7043

summer.aden@hrcaonline.org

24/7 Online

HRCAonline.org/TR

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.

To learn more

To learn more 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 at 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/\$52
TR 5 Pack: Five 30-minute sessions	\$192/\$221
TR 10 Pack: Ten 30-min sessions	\$320/\$368



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	\$100/\$115 per person
3+ participants	\$88/\$101 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 5-18+)

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 01/08/24 - 01/29/24	5:15 - 5:45 p.m.
M 02/05/24 - 02/26/24	5:15 - 5:45 p.m.
M 03/04/24 - 03/25/24	5:15 - 5:45 p.m.
M 04/08/24 - 04/29/24	5:15 - 5:45 p.m.



THERAPEUTIC RECREATION



Special Needs Hip Hop Dance Class (Ages 5-18+)

The focus of this class is a fun dance environment.
Westridge Dance Studio; Price \$80/\$92
No Class 3/14/23
 Tu 01/09/24 - 01/30/24 5:45 - 6:45 p.m.
 Tu 02/06/24 - 02/27/24 5:45 - 6:45 p.m.
 Tu 03/05/24 - 03/19/24 5:45 - 6:45 p.m.*
 Tu 04/02/24 - 04/30/24 5:45 - 6:45 p.m. **
 *Adjusted Price \$60/\$69
 **Adjusted Price \$100/\$115

Season package discounted pricing all four months: \$294/\$338;
 Tu 01/09/24 - 04/30/24 5:45 - 6:45 p.m.

Special Needs Indoor Soccer (Ages 8-18+)

Learn the skills to play soccer, the rules of the game, and good sportsmanship.
Southridge, Gym; Price \$55/\$63
 W 03/06/24 - 03/27/24 5:15 - 6:00 p.m.

TR Sports Sampler (Ages 8-18+)

Southridge, Gym; Price \$55/\$63
 W 04/03/24 - 04/24/24 5:15 - 6:00 p.m.

Special Olympics Swim Team (Ages 8-18+)

Eastridge; Price \$120/\$138
 F 04/12/24 - 05/31/24 5:30 - 6:30 p.m.

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 \$160/\$184
 Th 01/04/24 - 01/25/24 12:15 - 3:15 p.m.
 Th 02/01/24 - 02/29/24 12:15 - 3:15 p.m.*
 Th 03/07/24 - 03/28/24 12:15 - 3:15 p.m.
 Th 04/04/24 - 04/25/24 12:15 - 3:15 p.m.
 *Adjusted price \$200/\$230



TR Unified Basketball Team (Ages 15-18+)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork. Weekly home or away games will be played in January and February. Schedules will be available in December.
Southridge, Gym; Price \$115/\$132
 W 01/03/24 - 02/28/24 5:30-6:30 p.m.

Sweetheart Dance (Ages 16-18+)

Dance the night away! Requires an ISP. Enjoy an evening dancing to your favorite songs with your favorite people. You'll be out of your seat and dancing all night long! Request your favorite songs. Light snacks will be served. Ages 16+
Southridge, Wildcat Mountain Auditorium; Price \$16/\$18
 F 02/23/24 7:00 - 9:00 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 \$47/\$54
 F 01/05/24 - 01/26/24 1:00 - 1:30 p.m.
 F 02/02/24 - 02/23/24 1:00 - 1:30 p.m.
 F 03/01/24 - 03/29/24 1:00 - 1:30 p.m.*
 F 04/05/24 - 04/26/24 1:00 - 1:30 p.m.
 *Adjusted Price \$59/\$68

Special Needs Tumbling (Ages 3-7)

Movement skills, strength, coordination, and balance are enhanced as children experience the joy of moving through space. **Call 303-471-7043 for more details.**

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 \$110/\$127
 Tu, Th 01/02/24 - 01/30/24 3:50 - 4:30 p.m.
 Tu, Th 02/01/24 - 02/29/24 3:50 - 4:30 p.m.
 Tu, Th 03/05/24 - 03/28/24 3:50 - 4:30 p.m.
 Tu, Th 04/02/24 - 04/30/24 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 1st
 January TBA
 February TBA
 March TBA
 April TBA

SPRING BREAK CAMPS

Special Needs Spring Break Sports Camp (Ages 8-18+)

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 \$60/\$69
 Tu, Th 03/19/24 & 03/21/24 12:30-3:30 p.m.

Stride to Ride (Ages 5-18+)

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 03/18/24 - 03/22/24 10:00 - 11:00 am