

Thornton Adaptive & Inclusive Recreation (AIR) Fall Drop-In Activities

Thornton's AIR Drop-In Activities are designed for individuals with physical or intellectual disabilities, but everyone is welcome to participate.

These activities are included with your daily facility drop-in fee. Please inform the front desk staff that you will be participating in that day's AIR Drop-In program and make sure to reserve your spot for Adaptive Yoga. (Group Games, Not your Average Bingo and Pickleball do not require reservations at this time.)

EVERY TUESDAY

Adaptive Yoga | Trail Winds Recreation Center
10:30-11:30 a.m.

To secure your spot in advance, call 720-977-5901 or sign up at the front desk.

You may also go online to goCOT.net/registration and select *Register Now > Reservations > CRC & TWRC Fitness Classes*.

SECOND TUESDAY

Group Games | Trail Winds Recreation Center

Bean Bag Toss, Bocce Ball, Yard Dice, Bunco and more!

10:30-11:30 a.m. September 10 | October 8 | November 12 | December 10

THIRD WEDNESDAY

Not Your Average Bingo | Trail Winds Recreation Center

Music, Bingo and more!

10:30-11:30 a.m. September 18 | October 16 | November 20 | December 18

FOURTH THURSDAY

Pickleball | Carpenter Recreation Center

11 a.m.-12 p.m. September 26 | October 24



To learn about additional Adaptive and Inclusive Recreation (AIR) Program opportunities, visit goCOTnet/AIR. Please contact Becky.Post@ThorntonCO.gov or 720-977-5702 with questions.