



# 2024 Winter-Spring Drop-In Activities

## Adaptive & Inclusive Recreation (AIR) Program

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. No class December 26 or January 2.

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](http://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. January 9 | February 13 | March 12 | April 9

### ▶ THIRD WEDNESDAY

**Not Your Average Bingo | Trail Winds Recreation Center**

Music, Bingo and more!

10:30-11:30 a.m. January 17 | February 21 | March 20 | April 7

### ▶ FOURTH THURSDAY

**Pickleball | Carpenter Recreation Center**

11 a.m.-12 p.m. January 25 | February 22 | March 21 | April 25



**THORNTON**  
PARKS, RECREATION & COMMUNITY PROGRAMS



To learn about additional Adaptive and Inclusive Recreation (AIR) Program opportunities, visit [gocot.net/AIR](http://gocot.net/AIR). Please contact [Becky.Post@ThorntonCO.gov](mailto:Becky.Post@ThorntonCO.gov) or 720-977-5702 with questions.