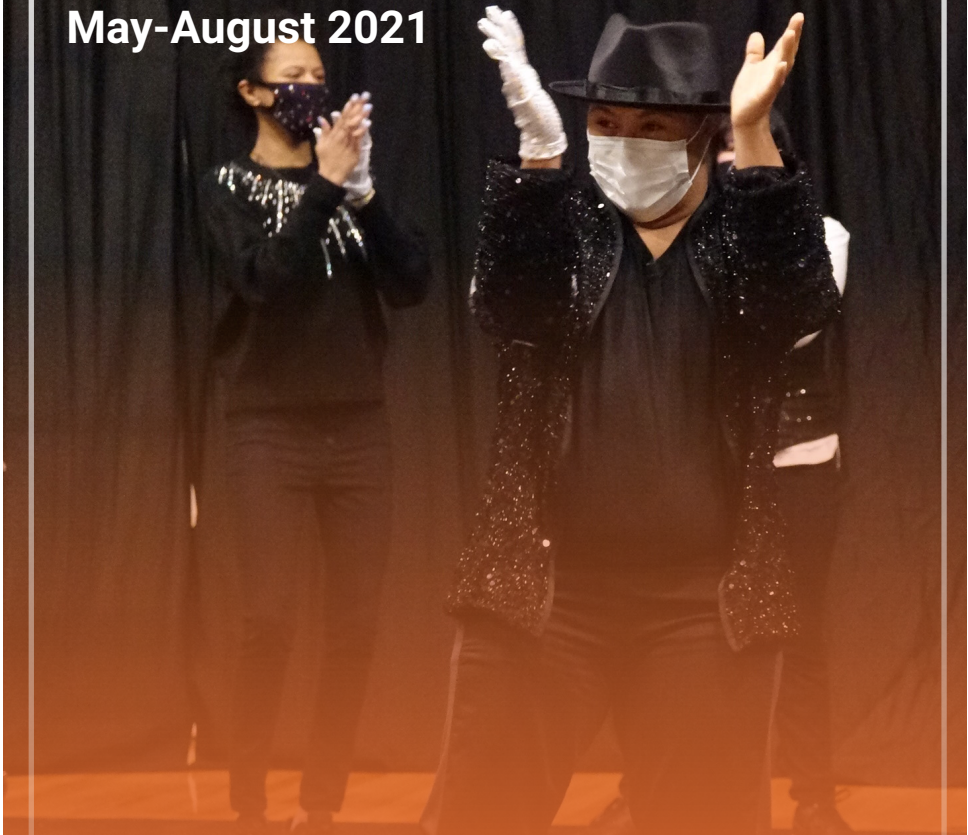


Adaptive & Inclusive Recreation (AIR)

May-August 2021



AIR provides opportunities for people of all abilities to participate in meaningful recreation for physical, social, emotional and cognitive well-being! Additionally, Thornton welcomes people with disabilities in any recreation program. Please indicate when you register, if you would like to request inclusion support or ADA accommodation.



THORNTON
PARKS, RECREATION & COMMUNITY PROGRAMS



thorntonparks.com • 303-538-PARK (7275)

THORNTON ADAPTIVE & INCLUSIVE RECREATION (AIR)

BECKY POST, AIR COORDINATOR

becky.post@ThorntonCO.gov • 720-977-5702 • gocot.net/air

Trail Winds Recreation Center (TWRC)

13495 Holly St.

Thornton Community Center (TCC)

2211 Eppinger Blvd.

Carpenter Recreation Center (CRC)

11151 Colorado Blvd.

SUMMER SESSION REGISTRATION DATES

AIR Gymnastics and Swim Lessons follow the program registration dates:

GYMNASTICS **Residents** | Monday, May 17, 7 a.m.
 Nonresidents | Tuesday, May 18, 7 a.m.

SWIM LESSONS **Residents** | Monday, May 17, 7 p.m.
 Nonresidents | Tuesday, May 18, 7 a.m.

All other AIR programming qualifies for *Ongoing Registration* that will begin on Tuesday, April 13 at 7 a.m.

■ AIR ADVISORY COMMITTEE

Please join us for AIR Advisory Committee! Share feedback, give suggestions, and get involved with accessibility, inclusion, and adaptive opportunities related to Thornton Recreation, Parks and Community Programs. This committee is, first and foremost, open to individuals with disabilities, but also family members, care providers, educators and advocates. Register to attend in person or virtually via Zoom. You will be emailed a Zoom link upon registration.

| | | | | |
|-----------|----|-------|----------------|------|
| 519410-A1 | Th | Jun 3 | 6:15-7:15 p.m. | CRC |
| 519410-B1 | Th | Jun 3 | 6:15-7:15 p.m. | ZOOM |

■ NEW! AIR BUDS

Introducing AIR Buds! Through this program, a participant with a disability is paired up with a volunteer based on age and common interests. Background checks required for volunteer buddies over 18. An orientation with the AIR Coordinator is required. After that, buddies are responsible for scheduling when and how they use the recreation center. Examples could be using the pool together, attend a Zumba class together, etc.

*Availability of this program is dependent on enrollment and an available buddy is not guaranteed. Some limitations exist due to safety. Contact Becky Post for more information.

MULTI-WEEK PROGRAMS & CLASSES

■ ADAPTIVE SWIM LESSONS | AGES 4-12

Basic swim and safety skills are introduced and adapted for swimmers with disabilities. Depending on current COVID social distancing guidelines, a household family member may be asked to provide 1:1 assistance in the water. Fees: \$45R/\$52NR

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|----------|-------|---------------|-----------------------|------|
| 564911-C | Tu/Th | Jun 8-Jul 8 | 11:50 a.m.-12:20 p.m. | TWRC |
| 564911-D | Tu/Th | Jul 13-Aug 12 | 11:50 a.m.-12:20 p.m. | TWRC |
| 564921-C | Tu/Th | Jun 8-Jul 8 | 12:25-12:55 p.m. | TWRC |
| 564921-D | Tu/Th | Jul 13-Aug 12 | 12:25-12:55 p.m. | TWRC |

■ GYMNASTICS | AGES 4+

Learn gymnastics skills for all the Olympic events: Vault, uneven bars, parallel bars, pommel horse, rings, floor exercise, balance beam and tumble trak (trampoline). This class is designed to include gymnasts of all abilities with an option to train for the annual Special Olympics competition.

Ages 4-12

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|-----------|----|---------------|-------------|-----------------|-----|
| 517180-A1 | Fr | Jun 11-Jul 9 | 3-3:45 p.m. | \$33.75R/\$40NR | CRC |
| 517180-A2 | Fr | Jul 16-Aug 13 | 3-3:45 p.m. | \$33.75R/\$40NR | CRC |

Ages 13+

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|-----------|----|---------------|-------------|-----------------|-----|
| 517180-B1 | Fr | Jun 11-Jul 9 | 4-4:45 p.m. | \$33.75R/\$40NR | CRC |
| 517180-B2 | Fr | Jul 16-Aug 13 | 4-4:45 p.m. | \$33.75R/\$40NR | CRC |

■ SPECIAL OLYMPICS BOCCE BALL | AGES 8+

Join us at Carpenter Park for some friendly competition and fun in the sun with the game of Bocce Ball. There may be an opportunity to compete in the Special Olympics tournament in June.

Ages 8-15

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|-----------|----|--------------|-------------|--------------|----------------|
| 519409-A1 | Th | May 6-Jun 17 | 5-5:45 p.m. | \$35R/\$42NR | Carpenter Park |
|-----------|----|--------------|-------------|--------------|----------------|

Ages 16+

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|-----------|----|--------------|-------------|--------------|----------------|
| 519409-B1 | Th | May 6-Jun 17 | 4-4:45 p.m. | \$35R/\$42NR | Carpenter Park |
|-----------|----|--------------|-------------|--------------|----------------|

■ GOLF | AGES 8+

Join Thornton's golf instructors and AIR staff for golf lessons. In these small group lessons, you will get individualized instruction and adaptations based on your needs. Location: Thorncreek Golf Course

Ages 8-15

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|-----------|----|---------------|-------------|--------------|
| 509930-A1 | Th | Jun 10-Jul 8 | 9-9:45 a.m. | \$25R/\$30NR |
| 509930-A2 | Th | Jul 15-Aug 12 | 9-9:45 a.m. | \$25R/\$30NR |

Ages 16+

| | | | | |
|-----------|----|---------------|---------------|--------------|
| 509930-B1 | Th | Jun 10-Jul 8 | 10-10:45 a.m. | \$25R/\$30NR |
| 509930-B2 | Th | Jul 15-Aug 12 | 10-10:45 a.m. | \$25R/\$30NR |

■ UNIFIED SOFTBALL | AGES 8+

Athletes with disabilities and partners will practice softball skills and play together in a fun, recreational setting. Location: Cherry Park

Ages 8-15

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|-----------|----|--------------|-------------|--------------|
| 509220-A1 | Th | Jul 1-Aug 12 | 5-5:45 p.m. | \$35R/\$42NR |
|-----------|----|--------------|-------------|--------------|

Ages 16+

| | | | | |
|-----------|----|--------------|-------------|--------------|
| 509220-B1 | Th | Jul 1-Aug 12 | 4-4:45 p.m. | \$35R/\$42NR |
|-----------|----|--------------|-------------|--------------|

■ ART FOR ALL ABILITIES | AGES 13+

Art for all Abilities is a colorful adventure in art projects to express your creativity using a variety of art materials. This program is in collaboration with Access Gallery and artist Emily vonSwearingen. Access Gallery annually works with nearly 2,000 people with disabilities and their families in the arts and firmly believes that every person with a disability deserves access to empowering arts experiences. Emily has worked with Access Gallery as a teaching artist since 2001 and offers extensive experience in creating arts programs for students with all ability levels. She works with mixed and multi-media, tactile storytelling and therapeutic approaches in integrative arts and focuses on sensory engagement and adapting tools and teaching methods to be fully inclusive for all students. Fees include supplies.

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|-----------|----|----------|-------------|--------------|------|
| 519620-A1 | Mo | Jun 7-28 | 4:30-6 p.m. | \$50R/\$60NR | TWRC |
|-----------|----|----------|-------------|--------------|------|

| | | | | | |
|-----------|----|--------------|-------------|-----------------|------|
| 519620-A2 | Mo | Jul 12-Aug 9 | 4:30-6 p.m. | \$62.50R/\$75NR | TWRC |
|-----------|----|--------------|-------------|-----------------|------|

■ DANCE | AGES 16+

This is a fun dance class to get your body moving to music with age appropriate dance styles and techniques. This class is designed to include dancers of all abilities. Location: Harley Brown Amphitheater

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|-----------|----|---------------|-------------|-----------------|------|
| 569520-A1 | We | Jun 16-Aug 11 | 5-5:40 p.m. | \$63R/\$76.50NR | TWRC |
|-----------|----|---------------|-------------|-----------------|------|

■ ADAPTIVE FITNESS | AGES 16+

Join one of Thornton's personal trainers as we work to get fit! This small group fitness training will offer assistance with adapting workouts and developing goals. In addition to the small group training, one 1:1 session is included.

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|-----------|----|--------------|-----------------|--------------|------|
| 569415-A1 | Fr | Jun 11-Jul 9 | 9:30-10:15 a.m. | \$35R/\$42NR | TWRC |
|-----------|----|--------------|-----------------|--------------|------|

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|-----------|----|---------------|-----------------|--------------|-----|
| 569415-A2 | Fr | Jul 16-Aug 13 | 9:30-10:15 a.m. | \$35R/\$42NR | CRC |
|-----------|----|---------------|-----------------|--------------|-----|

■ ARCHERY | AGES 16+

Whether you are a brand new or experienced archer, this is the perfect opportunity to improve your skills and work toward the bullseye with a certified archery instructor. A variety of adaptations are available to ensure success for all abilities! Location: Sprat-Platte Fishing Facility

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|-----------|----|----------|-----------------|--------------|
| 509920-A1 | Mo | Jun 7-28 | 9:30-10:30 a.m. | \$25R/\$30NR |
|-----------|----|----------|-----------------|--------------|

| | | | | |
|-----------|----|--------------|-----------------|--------------|
| 509920-A2 | Mo | Jul 12-Aug 9 | 9:30-10:30 a.m. | \$25R/\$30NR |
|-----------|----|--------------|-----------------|--------------|

If you are under the age of 16, check out the Thornton Sports Academy Archery program and request *Inclusion* when registering if supports or adaptations are needed.

AIR ADVENTURES

■ ROCK CLIMBING | AGES 8+

AIR provides the adaptive gear and instruction needed so everyone is able to work their way to the top.

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|-----------|----|--------|----------------|--------------|------|
| 569920-A1 | Tu | Jun 22 | 1:45-2:45 p.m. | \$10R/\$12NR | TWRC |
| 569920-B1 | Tu | Jun 22 | 3-4 p.m. | \$10R/\$12NR | TWRC |
| 569920-A2 | Tu | Jul 27 | 1:45-2:45 p.m. | \$10R/\$12NR | TWRC |
| 569920-B2 | Tu | Jul 27 | 3-4 p.m. | \$10R/\$12NR | TWRC |
| 569920-A3 | Tu | Aug 17 | 1:45-2:45 p.m. | \$10R/\$12NR | TWRC |
| 569920-B3 | Tu | Aug 17 | 3-4 p.m. | \$10R/\$12NR | TWRC |

■ HIKING CLUB | AGES 16+

Join us as we travel to Staunton State Park for accessible hiking. You will have the chance to use their track chairs as we explore the trails together. The van has limited spaces for wheel chair tie-downs. Prior to registration, please contact becky.post@thorntonco.gov if you are in need of a tie-down space.

Drop off/pick up at Carpenter Recreation Center. Please arrive by 8 a.m. Bring a sack lunch, water bottle, hat and sunscreen. If you are in need of personal care assistance, an aid is welcome to join at no extra cost.

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|-----------|----|--------|---------------------|--------------|-----|
| 509100-A1 | Tu | Jun 8 | 8:30 a.m.-3:30 p.m. | \$20R/\$24NR | CRC |
| 509100-A2 | Tu | Jul 13 | 8:30 a.m.-3:30 p.m. | \$20R/\$24NR | CRC |
| 509100-A3 | Tu | Aug 10 | 8:30 a.m.-3:30 p.m. | \$20R/\$24NR | CRC |

■ ADAPTIVE CYCLING RIDE | AGES 7+

AIR is collaborating with an adaptive sport partner to offer adaptive cycling rides! Numerous bike options will be available including recumbent, hand cycles, modified pedals, handlebars and more. Registration and paperwork required two weeks in advance of the cycle date. Location, time and fee information TBD. Details to be updated in this brochure at gocot.net/air by May 1.

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|-----------|----|-------|--|--|--|
| 569410-A1 | Tu | Jun 1 | | | |
| 569410-A2 | Tu | Jul 6 | | | |
| 569410-A3 | Tu | Aug 3 | | | |

AIR SOCIAL ACTIVITIES

■ AIR YOUNG ATHLETES | AGES 3-9

Special Olympics Young Athletes is a free early childhood play program for children with and without disabilities. Join us in exploring inclusive games to facilitate friendships and develop motor skills. In addition to fun and physical activity, this is a wonderful opportunity to encourage your young athlete to be a friend to all.

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|-----------|----|--------|-----------------|-------|----------------|
| 519800-A1 | Tu | Jun 15 | 9:30-10:30 a.m. | FREE! | Carpenter Park |
| 519800-A2 | Tu | Jul 20 | 9:30-10:30 a.m. | FREE! | Carpenter Park |
| 519800-A3 | Tu | Aug 17 | 9:30-10:30 a.m. | FREE! | Carpenter Park |

■ YOUTH & TEEN NIGHT | AGES 10-21

Come hang out with friends at Thornton's Movies in the Park events this summer. Snacks and drinks will be Included with registration. There will be a 50% discount for any additional family members that wish to participate in this activity.

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|-----------|----|-----|--------------|---------|-----|
| 529320-A1 | Sa | TBD | 7:30-10 p.m. | \$5R/NR | TBD |
| 529320-A2 | Sa | TBD | 7:30-10 p.m. | \$5R/NR | TBD |
| 529320-A3 | Sa | TBD | 7:30-10 p.m. | \$5R/NR | TBD |

■ HEALTHY TOGETHER WALKING GROUP | ALL AGES

Let's get active together in the great outdoors. Discussion about different wellness topics will be encouraged during walks. Open to all ages and abilities. Joining us is free, but please register in advance.

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|-----------|----|--------------|-----------------|-------|----------------|
| 519430-A1 | We | Jun 9-Aug 11 | 9:30-10:15 a.m. | Free! | Carpenter Park |
|-----------|----|--------------|-----------------|-------|----------------|

■ SPECIAL OLYMPICS ESPORTS | AGES 8+

Come play various video games while hanging with friends. Learn skills and strategies from an eSports coach. This is a pilot program for future eSports leagues with Special Olympics. Adaptive Xbox controller is available.

Ages 8-15

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|-----------|----|--------|----------|---------|------|
| 569130-A1 | Tu | May 25 | 5-6 p.m. | \$5R/NR | TWRC |
| 569130-A2 | Tu | Jun 29 | 5-6 p.m. | \$5R/NR | TWRC |
| 569130-A3 | Tu | Jul 13 | 5-6 p.m. | \$5R/NR | TWRC |
| 569130-A4 | Tu | Aug 24 | 5-6 p.m. | \$5R/NR | TWRC |

Ages 16+

| | | | | | |
|-----------|----|--------|----------------|---------|------|
| 569130-B1 | Tu | May 25 | 6:15-7:15 p.m. | \$5R/NR | TWRC |
| 569130-B2 | Tu | Jun 29 | 6:15-7:15 p.m. | \$5R/NR | TWRC |
| 569130-B3 | Tu | Jul 13 | 6:15-7:15 p.m. | \$5R/NR | TWRC |
| 569130-B4 | Tu | Aug 24 | 6:15-7:15 p.m. | \$5R/NR | TWRC |

■ NEW! SKYHAWKS ADAPTIVE PROGRAMS | AGES 4-12

Available this summer, we will be offering opportunities for you through the Skyhawks Sports Academy to participate in baseball, basketball and/or soccer. Skyhawks is the country's leader in providing a safe, fun and skill-based sports experience for kids. Be certain to watch for more information coming soon to your inbox, on our website and through social media.