

TRP Therapeutic Recreation Program



ARTS AND CULTURE

Activities in this core area focus on enhancing participants' independent leisure lifestyle through exposure to a variety of hands-on activities in the areas of visual, literary, cultural, and expressive arts.

This is facilitated within a positive and structured social setting that encourages attainment of appropriate social behaviors.

MIXED EMOTIONS DANCE TROUPE

Learn and practice dance steps and creative movement to many types of music! Increase self-confidence and poise by performing in public as a member of the Mixed Emotions Dance Troupe.

Colorado Springs Senior Center
1514 N. Hancock Ave.
Tuesdays/Thursdays; Sept. 6-Dec. 8
3:30-4:30 p.m.; #8016
Limit: 12 (max.), 10 (min.)
Fee: \$120

Notes: No class on September 27 and 29 due to a TRP overnight trip, or November 24 due to the Thanksgiving holiday. The Mixed Emotions Dance Troupe will conduct its Annual Holiday Performance on Thursday, December 8; @ 7 p.m. at the Library 21 C during the TRP Arts & Culture Ability Expo. *Please note there will be no practice on that date.*

ADVENTURES IN LEISURE

Come take a new adventure with us each month as we explore different cultures, celebrations, customs, and activities. We will be working on crafts, cooking, activities, and a trip now and then. Join the adventure! This class meets the first two Thursdays of each month.

Hillside Community Center
925 S. Institute
Thursdays; Sept. 1, 8; Oct. 6, 13;
Nov. 3, 10; and Dec. 1, 8
9:30-11:30 a.m.; #8017
Limit: 10 (max.), 8 (min.)
Fee: \$60

Note: This class is designed for participants who are able to follow 1-2 step directions.

DRUMS ALIVE®!

Drums Alive® is unique and different from every other workout you've tried before; it captures the essence of movement, rhythm and combines it with fun that delivers results. The class joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. This program is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. Come grab some drumsticks and an exercise ball as we drum for some fun in Drums Alive®!

Colorado Springs Senior Center
1514 N. Hancock Ave.
Wednesdays; Oct. 26-Nov. 30
3:15-4 p.m.; #8018
Limit: 10 (max.), 8 (min.)
Fee: \$25



2ND ANNUAL ARTS AND CULTURE ABILITY EXPO

Join the TR Program for its second Arts and Culture Ability Expo where the TRP will showcase the talents and amazing abilities of participants who are engaged in programs within the core area of Arts and Culture!

The evening will begin with a gallery show featuring photos from our photography workshop capturing scenic views of Crested Butte, CO, as well as other mediums from Fall classes. Following the gallery show there will be a performance by the Mixed Emotions Dance Troupe. Mark your calendars now as you will not want to miss this amazing event!

Library 21 C, 1175 Chapel Hills Dr.
Thursday, Dec. 8
Gallery Showing: 6:30-7 p.m.
Dance Performance: 7-8 p.m.

****Library 21 C provides a hearing loop for individuals with hearing loss. Switch to T-Coil setting for hearing loop or ask for portable receivers.**

FREE ADMISSION
Invite your friends and family

SOCIAL ENRICHMENT

Dances provide an opportunity for participants to enjoy a social occasion while practicing appropriate social behavior and engaging in a positive leisure activity with peers.

OUT ON THE TOWN DANCES

Come and socialize with old friends and new while you dance the night away. Dressing according to the theme is encouraged, but not required. Please do not arrive before 6:30 p.m.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
7-9 p.m.

- | | | |
|----------|--|-------|
| Sept. 16 | Olympic Spirit~GO Team USA
<i>(Wear red/white/blue or dress as a favorite Olympic/Paralympic athlete)</i> | #8019 |
| Oct. 21 | Pirate Party | #8020 |
| Nov. 18 | Denim & Diamonds Country Western Party | #8021 |
| Dec. 16 | Winter Wonderland Snowflake Ball | #8022 |

Limit: 100 (max.), 80 (min.)
Fee: \$5/night

NEW GUIDELINES FOR DANCES...

As the dance continues to grow the TRP has put the following guidelines in place in order to create a safe and fun environment:

- All persons entering the building must check in at the registration table
- Participants must pay the \$5 entrance fee and receive a name tag
- Hanging out in the lobby without paying is not permitted
- Caregivers are also required to wear a name tag but do not need to pay
- Proper social and physical behavior is expected during the dance
- If a participant's behavior is harmful to self or others (*inappropriate verbal communication, hitting, self-abuse*) or refusal to stay with the group or adhere to TRP staff recommendations, participants may be asked to leave

NOTICE

For safety reasons, doors to the Colorado Springs Senior Center will be closed from 7:30-8:45 p.m. You may exit the building during these hours but reentry into the building will be prohibited. Please plan accordingly.

COMMUNITY INTEGRATION AND LEISURE EDUCATION

Provide participants community opportunities to establish an awareness of self as it relates to leisure, acquire new and appropriate social and decision-making skills, learn new leisure skills, explore various leisure alternatives, obtain community leisure resources, and participate in various recreation opportunities in a group setting.

C.O.S. CLUB - *Creating Opportunities for Service*

The C.O.S Club is all about coming together to help people in need and having fun while doing it! Whether it is packaging a meal, helping in the garden, or organizing items, we will get the job done. Club meets first two Fridays of the month with the exception of November.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
Fridays; Sept. 2, 9; Oct. 7, 14; Nov. 4; Dec. 2, 9
1:30-4 p.m.; #8023
Limit: 10 (max.) 8 (min.)
Fee: \$74

Notes: No program on Nov. 11 due to Veteran's Day. Specific projects and locations will be available after registration.



The Therapeutic Recreation Community Partners (TRCP) has been selected to participate in the 2016 Give! Campaign for the second year in a row.

Give! is a philanthropic platform created to encourage donors of all ages in the Pikes Peak Region to give to local nonprofits and get involved with their community. It is a project of the Colorado Springs Independent newspaper.

Last year Give! helped 88 participating local nonprofits and raised almost \$1.7 million via 12,236 donations from November 1-December 31. As a 2015 recipient, TRCP raised close to \$10,000 to support the Therapeutic Recreation Program, including scholarships.

**Please consider helping TRCP by donating to Give!
between November 9-December 31, 2016.
For more information visit www.indygive.com.**

2017 TRCP CALENDAR **FUN** DRAISER

Calendars will be on sale beginning November 1!
And will be available at various TRP activities or by contacting Gail at glab5470@gmail.com

DAYTIME JAUNTS

(Adults ages 18 and older)

Trips aim to maximize each participant's level of independence in the areas of cognition, mobility, communication, social adjustment and constructive use of leisure time by providing individuals with opportunities to practice these skills in specially selected community settings.

All trips depart from the Colorado Springs Senior Center, 1514 N. Hancock Ave., unless noted.

All trips are limited to four wheelchairs.

Online registration is not available for trips; mail-in or drop-off only!

CRIPPLE CREEK AND VICTOR NARROW GAUGE RAILROAD

All aboard! Enjoy a scenic adventure into yesteryear through the historic gold mining district in Cripple Creek. Don't forget your camera! After lunch browse through the Cripple Creek Heritage Center which features interactive displays that allow visitors to immerse themselves in the past glory days of this world-famous gold mining camp.

Tuesday, Oct. 4; **#8024**
Limit: 12 (max.), 10 (min.)
Fee: \$33 includes train ticket

Notes: This Jaunt is from 9:30 a.m.-2:30 p.m. Bring a sack lunch and money for the gift shop, if desired. Dress for the weather as the train is not enclosed.

DOWNTOWN DENVER AQUARIUM

With more than a million gallons of underwater exhibits the Downtown Aquarium provides a unique entertainment and dining experience.

Tuesday, Nov. 8; **#8025**
Limit: 12 (max.), 8 (min.)
Fee: \$33.95 includes admission

Notes: This Jaunt is from 9 a.m.-3:30 p.m. Bring money for lunch at the Dive Lounge and gift shop, if desired.

CRIPPLE CREEK BUTTE THEATER

This theater puts a spin on classic Dickens and serves up a great holiday outing. Come join with friends to see a Cripple Creek Christmas Carol at the Butte Theater.

Saturday, Dec. 3; **#8026**
Limit: 12 (max.), 10 (min.)
Fee: \$38 includes theater ticket

Notes: This Jaunt is from 9:30 a.m.-4:30 p.m. Bring money for brunch prior to the showing at 1 p.m.



OUTDOOR ADVENTURES

Outdoor Adventures provide participants with opportunities to explore higher risk outdoor leisure activities that include the use of adaptive equipment, learn new leisure skills in selected community settings, and benefit from experiences that focus on challenge by choice.

NEW! OVERNIGHT PHOTOGRAPHY WILDERNESS TRIP FOR PERSONS WITH PHYSICAL DISABILITIES

Experience the autumn beauty of Crested Butte, Colorado! Join us as we head to the Adaptive Sports Center (ASC) for a 4 day, 3 night trip. The focus of this trip will be photography - learning how to take great pictures of the beautiful colors in this small mountain town. Additional opportunities will include hiking and cycling on various trails, canoeing and kayaking, and spending leisure time in the town of Crested Butte.

Depart and Return to the Colorado Springs Senior Center, 1514 N. Hancock Ave. Monday-Thursday, Sept. 26-29; **#8027**
Limit: 8 (max.), 6 (min.)
Fee: \$300

Notes: More specific information and paperwork will be provided after registration. Transportation, lodging, meals, and all activities will be provided by the ASC. Each participant will take home a framed print of their favorite photo. Please contact the TRP office if you have questions about qualifying for an adjusted fee.

NEW! OUTDOOR ROCK CLIMBING

Meet us at Red Rock Canyon Open Space for a 2-part session of outdoor rock climbing in one of Colorado Springs most popular parks! Guides from the National Sports Center for the Disabled (NSCD) will be on hand to facilitate instruction and direct climbers through the courses. All equipment is provided.

Red Rock Canyon Open Space
(Meet at the parking lot off 31st Street)

Fridays; Sept. 16 & 23;

- Intellectual/Developmental Disabilities: 10 a.m.-12 (Noon); **#8029**
- Physical Disabilities: 1-3 p.m.; **#8030**

Limit: 8 (max.), 6 (min.)
Fee: \$30

Notes: Meet at the parking lot closest to 31st Street, located to the east of the BMX bike track. Please wear comfortable clothing for climbing, tennis shoes, and bring a bottle of water and sunscreen.

SPORTS, FITNESS & AQUATICS T-REX-PO (IT'S A THERAPEUTIC REC EXPO!)

Join the Therapeutic Recreation Program for its first ever Sports, Fitness & Aquatics T-Rex-po where we will get up, get movin', and learn some new skills with a TR twist! Participants will have the opportunity to try different activities on land and in the water, and learn new ways to be active, have fun, and exercise. Participants do not need to know how to swim in order to participate, but must be comfortable in the water.

Memorial Park Recreation Center, 280 S. Union Blvd.

Friday, Oct. 28

1-4 p.m.; #8028

Limit: 30 (max.), 20 (min.)

Fee: \$5

Notes: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle, swimming suit, and towel as some activities will be done on land and some in the water. Additional details will be available after registration.



The TRP will not be offering yoga classes this season but is happy to announce that our very own Yoga teacher, Stacie Wyatt, will be offering Yoga sessions in her home studio this fall for individuals with various disabilities.

Stacie brings 7 years of experience teaching for the TRP and we are glad that she is continuing to serve a unique population with outstanding classes. The cost for the 6 week session will be \$48. Her yoga studio is located near Garden of the Gods and I-25.

Space is limited so please email her at staciewyatt@gmail.com to receive session dates/times and to reserve your spot.

After registering, Stacie will contact you directly with directions to her studio.

YOGA

SPORTS, FITNESS & AQUATICS

Programs in this section teach a progression of physical skills and help participants achieve and maintain fitness. These activities also encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.

PROGRAMS FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

NEW! NINJA WARRIOR CLINIC

Think you have what it takes to beat the course and become the next Ninja Warrior of Colorado Springs? Join us as we partner with the National Sports Center for the Disabled (NSCD) to jump, crawl, and balance through their adaptive and accessible NSCD Moves! Obstacle Course.

Skyview Sports Complex

2890 Resnik Dr.

Monday, Sept. 12

1-3 p.m.; #8031

Limit: 30 (max.), 20 (min.)

Fee: \$10

Notes: This activity takes place on an artificial turf surface. Please wear tennis shoes, and bring a water bottle, hat, and sunscreen.

CYCLING TRAIL RIDE

The TRP is again partnering with local bike specialist, Cycle Different, to offer an opportunity for participants to ride on adaptive cycles on a short trail ride along historic Shooks Run. Participants will have the opportunity to practice trail etiquette and cycling safety, while accessing one of Colorado Springs most popular trail systems. Cycles and helmets are provided.

Monday, Sept. 19

1-3 p.m.; #8032

Limit: 6 (max.), 4 (min.)

Fee: \$9

Notes: Meeting location to be determined after registration.

AQUA POWER WALKING

Want to try exercising in the water? Aquatic exercise is a low-impact activity that takes the pressure off your bones, joints and muscles. Water offers natural resistance which helps strengthen your muscles. You can do aquatic exercise even if you don't know how to swim!

Memorial Park Swimming Pool

280 S. Union Blvd.

Tuesdays; Oct. 11- Nov. 15

11 a.m.-12 Noon; #8033

Limit: 8 (max.), 6 (min.)

Fee: \$25

SPECIAL OLYMPICS VOLLEYBALL TEAM

Join the first ever TRP team for Special Olympics Volleyball! We will practice the basics of volleyball and play against other SO volleyball teams. Beginners are welcome.

Dates/Times/Location: TBA; #8049

Limit: 8 (max.), 6 (min.)

Fee: \$30



PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

Classes in this and the Paralympic Sport section are specifically designed for individuals with physical disabilities, e.g., stroke, spinal cord injury, multiple sclerosis, brain injury, etc.

Are you looking to stay active and want to find a group to help keep you accountable to keep moving? Then consider joining the Achilles group. Achilles is essentially an all-inclusive running/walking/moving group open to people of all abilities and ages that meets once a week in Colorado Springs. For more information visit their website at <http://www.achillespikespeak.org>.

AQUA-REHAB

Challenge yourself to a stretching and strengthening water workout three times a week. Activities will be geared to gradually improve stamina, increase flexibility, and strengthen muscles. The class will be adapted to the ability level of the participants, including opportunities for water walking and deeper-water aerobic workouts.

Memorial Park Swimming Pool
280 S. Union Blvd.
Mondays/Wednesdays/Fridays
10-11 a.m.

- Sept. 19-23; **#8034**
- Oct. 3-28; **#8035**
- Oct. 31-Nov. 23; **#8036**
- Nov. 28-Dec. 23; **#8037**

Limit: 18 (max.), 12 (min.)

Fee: \$40/session;

\$10 for the first session (1 week)

Notes: Participants must have a current year physical prescription. Only one week of class offered in September due to pool maintenance closure and TRP overnight trip, and November 11 and 25 due to City holidays.

ADAPTIVE GOLF

Join us for the Fall session of Golf! All lessons will be taught by a golf professional, who will provide individualized instruction for chipping, putting, and driving techniques. Two Golf Xpress carts (*a single rider machine*), donated by Golf 4 the Disabled, will be available for individual use.

Meet at Patty Jewett Golf Course
900 E. Espanola St.
Tuesdays; Sept. 6-Oct. 4
9-10 a.m.; **#8038**

Limit: 6 (max.), 5 (min.)

Fees: \$22 + \$30 check payable to
"Golf 4 the Disabled"

Notes: Please bring a water bottle and wear sunscreen. This program is geared for individuals with neurological disabilities and orthopaedic injuries.

BOCCIA

This specialized sport of dedication and precision is open to youth and adults ages 6 and older with cerebral palsy, brain injury, muscular dystrophy, stroke and multiple sclerosis. There will be opportunity for match play and in-house competition. Due to popular demand, two sessions will be offered. Sign up for one or both sessions!

Colorado Springs Senior Center
1514 N. Hancock Ave.

Tuesdays; 3:30-4:30 p.m.

- Session 1: Sept. 13-Oct. 25; **#8039**
- Session 2: Nov. 1-Dec. 6; **#8040**

Limit: 6 (max.), 4 (min.)

Fee: \$36/session

Note: No class on September 27 due to TRP Overnight Trip.

ADAPTIVE CYCLING RIDES

Incentive for Cycling - Participate in ten rides in 2015/2016 and you will earn an exclusive cycling shirt from the TRP!

The TRP is again partnering with local bike specialist, Cycle Different, to host weekend cycling rides on the area bike trail system for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, Cycle Different will have cycles available for sign-out prior to each date, including recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

1483 Garden of the Gods Rd.

Saturdays; 9 a.m.-1 p.m.

- Sept. 24; **#8041**
- Oct. 8; **#8042**

Saturdays; 1-3:30 p.m.

- Oct. 22; **#8043**
- Nov. 5; **#8044**
- Nov. 19; **#8045**

Limit: 12 (max.), 9 (min.)

Fee: \$ 9/date

INDOOR SHOOTING EXPERIENCE

This one-time event will introduce participants to the competitive sport of shooting at the indoor range of the Olympic Training Center. Participants will learn the basics of air rifle and air pistol use, proper shooting form, scoring, and opportunity for in-house competition. Coaches from USA Shooting and the National Training Center Shooting Club will be on hand to provide instruction. Equipment will be provided.

Olympic Training Center Shooting Range (lower range), 1 Olympic Plaza
Wednesday; Oct. 12

7-9 p.m.; **#8046**

Limit: 8 (max.), 6 (min.)

Fee: \$15

Note: Olympic Training Center, USA Shooting and National Training Center Shooting Club forms will be available upon registration and must be completed prior to participation.

ARCHERY

Join us for one or both four week program series, as we meet at Razor Edge Archery for indoor archery! Series will provide the opportunity for individuals with physical disabilities to expand their archery skills as well as physical health, focus, and attention skills. Beginner and experienced archers are welcome to participate.

Razor Edge Archery
2360 Montebello Square Dr.
Wednesdays; 1-3 p.m.

- Session 1: Oct. 5-26; **#8047**
- Session 2: Nov. 9-30; **#8048**

Limit: 8 (max.), 4 (min.)

Fee: \$60

Note: Equipment will be provided, however if you have your own bow please bring it with you.



HOW TO FIND TRP

Therapeutic Recreation Program
1315 E. Pikes Peak Ave.
Colorado Springs, CO 80909

TRP STAFF

Felicia Barnhart, CTRS
Program Coordinator
(719) 385-6964
fbarnhart@springsgov.com

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Adaptive Cycling Specialist
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Program Supervisor
(719) 385-6958
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Fall Interns
Kara Karcher
Grand Valley State University

Chelsea Yadon
Indiana University

CONTACT NUMBERS

TR Cell

for Day of Trips
(719) 651-7704

Paralympic Sport Club Cell
(719) 200-8427

Office Front Desk
(719) 385-5981

Fax
(719) 385-6013

TRP VIDEO

@ coloradosprings.gov/tr

LIKE US 



REGISTRATION INFORMATION

HOW TO REGISTER

Complete the information for each class on the Therapeutic Recreation Program Registration Form

WHERE TO REGISTER

Mail your registration form to or register in-person at:

Therapeutic Recreation Program
1315 E. Pikes Peak Ave.
Colorado Springs, CO 80909

Register online at: coloradosprings.gov/TR

click the blue "REGISTER HERE" button

Online process:

1. Click the "REGISTER HERE" Button
2. Click MY ACCOUNT
3. Enter (LOGIN and PASSWORD)
4. Click REGISTER FOR ACTIVITIES
5. Use ACTIVITY NUMBER
6. Select the NAME OF ACTIVITY, click ADD TO MY CART
7. In the drop down box, select the participant who will be taking the class. When finished, click CONTINUE.
8. Follow the steps for payment. Visa, MC, Discover, or AMEX Accepted. Be sure to complete your order and click CONTINUE.
9. Print receipt or go green!

WHEN TO REGISTER

Monday, August 22, 2016

8 a.m.-5 p.m.

All mail-in and drop-off registrations will be placed in a box. At the end of each day, registrations will be randomly drawn until the classes are filled or all registrations are drawn. **A receipt will be sent to you by email or in the mail to confirm your enrollment in the class.**

PAYMENT

To reserve a spot in the program, one-half of each class fee must accompany the registration form. **Payment-in-full must be made by the first day of class.**

Make checks payable to Recreation Services.

CANCELLATIONS

If a class is canceled due to lack of registration, you will be notified and may choose to:

- enroll in another activity
- obtain credit toward other activities
- receive a full refund

ADJUSTED FEES

Payment Plans and Adjusted Fees are available for classes exceeding a registration cost of \$25. Trip fees do not qualify. Please contact the TRP Supervisor for additional information.

REFUND POLICY

A refund or credit for classes/activities will not be issued once registration has occurred. If withdrawal from the class/activity is for a medical reason or due to a move from the Pikes Peak region, a pro-rated credit or refund will be issued from the start date up to the mid-point of the class/activity. No refund or credit will be issued after 50% of the class/activity has been completed.

A full refund or credit will be issued if Parks, Recreation & Cultural Services cancels a class/activity. When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.



REGISTRATION FORM

Participant Name: _____ Age: _____ Birthdate: _____ Gender: Male Female
 Address: _____ City: _____ Zip: _____
 Primary Phone: _____ Email: _____
 Active Military: _____ Veteran: _____ Disability: _____
 Emergency Contact: _____
 Type of Living Situation (choose one): Family Independent Living Group Home Supervised Apt. Other
 Alternate Emergency Contact/Relationship: _____ Phone: _____
 List Medications: _____ Does participant need supervision/assistance with taking medications? Yes No
 Diet Restrictions (list): _____
 Check those that apply: Asthma Diabetes Tube Feeding Allergies (type: _____) Epi Pen required: Yes No
 Is the participant subject to seizures? Yes No Type: _____ Frequency: _____
 Assistive equipment and/or physical restrictions: _____
 Other pertinent information in regards to safety and behavioral concerns: _____
 Other information that may enhance the quality and safety of recreation participation: _____

✓	Activity Name	#	Fee
ARTS & CULTURE			
	Mixed Emotions Dance Troupe	8016	\$120
	Adventures in Leisure	8017	\$60
	DRUMS ALIVE !	8018	\$25

SOCIAL ENRICHMENT			
	Out on Town Dance: Sept. 16	8019	\$5
	Out on Town Dance: Oct. 21	8020	\$5
	Out on Town Dance: Nov. 18	8021	\$5
	Out on Town Dance: Dec. 16	8022	\$5

COMMUNITY INTEGRATION/LEISURE EDUCATION			
	COS Club	8023	\$74

✓	Activity Name	#	Fee
DAYTIME JAUNTS			
	Narrow Gauge Railroad	8024	\$33
	Downtown Denver Aquarium	8025	\$33.95
	Cripple Creek Butte Theater	8026	\$38

SOCIAL ENRICHMENT			
	Overnight Photography Trip	8027	\$300
	Outdoor Rock Climbing: <i>Intellectual/Developmental Disabilities</i>	8029	\$30
	Outdoor Rock Climbing: <i>Physical Disabilities</i>	8030	\$30

SPORTS, FITNESS & AQUATICS			
	T-REX-PO	8028	\$5

✓	Activity Name	#	Fee
SPORTS, FITNESS & AQUATICS Intellectual/Developmental Disabilities			
	Ninja Warrior Clinic	8031	\$10
	Cycling Trail Ride	8032	\$9
	Aqua Power Walking	8033	\$25
	S.O. Volleyball	8049	\$30

SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Aqua-Rehab: Sept. 19-23	8034	\$10
	Aqua-Rehab: Oct. 3-28	8035	\$40
	Aqua-Rehab: Oct. 31-Nov. 23	8036	\$40
	Aqua-Rehab: Nov. 28-Dec. 23	8037	\$40
	Adaptive Golf + \$30 to "Golf 4 the Disabled"	8037	\$22
	Boccia: Sept. 13-Oct. 25	8039	\$36
	Boccia: Nov. 1-Dec. 6	8040	\$36
	Adaptive Cycling: Sept. 24	8041	\$9
	Adaptive Cycling: Oct. 8	8042	\$9
	Adaptive Cycling: Oct. 22	8043	\$9
	Adaptive Cycling: Nov. 5	8044	\$9
	Adaptive Cycling: Nov. 19	8045	\$9
	Indoor Shooting	8046	\$15
	Archery: Oct. 5-26	8047	\$60
	Archery: Nov. 9-30	8048	\$60

Yes No I hereby give permission for photographs, stories and recordings of myself and/or my child to featured in the following marketing efforts of the City of Colorado Springs Recreation Services Division and their agents/partners.

(check all that apply)

Educational Material
 Promotional Material (fliers, brochures)
 Social Media (Facebook, Twitter, YouTube,...)

Yes No Registrant has authorization to ride the PRCS buses for TR field trips.

Yes No **CONSENT TO CONTACT AND RELEASE INFORMATION:**
 I grant permission to the TRP contact school, teacher, physician, employer and/or provider for the purpose of gathering or releasing information regarding the participant. The information will be used to implement the most effective plan in providing therapeutic recreation and inclusion services. All information will be kept confidential.

WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS: Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the City of Colorado Springs Therapeutic Recreation Program, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of said program(s). I recognize and acknowledge that there are certain risks of physical injury to participants in a program, and I agree to assume the full risk of any injuries, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants and employees. I do hereby fully release and discharge the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims from injuries, damage, or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program. I further agree to indemnify and hold harmless and defend the City of Colorado Springs Therapeutic Recreation Program and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program. In the event of any emergency, I authorize the City of Colorado Springs Therapeutic Recreation Program to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of any and all medical services rendered. I have read and fully understand the Program Details, Waiver and Release of All Claims and Permission to Secure Treatment.

PLEASE SIGN. EACH REGISTRATION FORM MUST BE SIGNED.

Participant/Parent/Guardian: _____ Date: _____

THERAPEUTIC RECREATION PROGRAM POLICIES

It is the goal of the Therapeutic Recreation Program to provide a positive, safe, and fun recreation experience for all individuals. To provide you with the best possible experience, we have developed the following policies:

- 1** Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. Please call the TR Office if you have any questions.
- 2** Please note specific trip arrival and departure times. All trips will wait a maximum of 15 minutes before departing. Upon return, all participants must be picked up within 15 minutes. If you know you will be late, call the cell phone at (719) 651-7704. Please be considerate of the group.
- 3** Note that each program activity has a list of maximum and minimum numbers for enrollment. If the maximum numbers have been reached, a wait list will be initiated and those individuals will be contacted when there is an opening. If the minimum numbers are not reached, the class will be canceled. Because we attempt to accommodate as many people as possible, if you cannot participate in a scheduled program, please call to cancel as soon as possible so we can contact participants on the wait list. Your consideration is appreciated.



TRP is proud to announce our partnership with the **NATIONAL INCLUSION PROJECT** and are honored to be one of just **12 new organizations in the nation** in which they are partnering with this year!

Our goal is to provide better training to general recreation staff on how to be more fully inclusive in their programming. We also aim to be a better resource for general youth recreation activities and community centers in the areas of advocacy, education, and training.

Through this partnership we want to help make inclusion the expectation, not the exception!

Check out their website at www.inclusionproject.org



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