Aquatics

**ADAPTIVE SWIM LESSONS**
*Ages 4-10 (Over 11 inquire with staff for a needs assessment)*

Water safety and level 1 and 2 swim skills introduced and adapted for various levels of swimmers. Designed for participants with disabilities who are not ready for group lessons and with the goal to graduate into group lessons. Class ratios are one instructor to two or three participants.

- **82239** June 4-25
- **82222** July 9-30
  - Tuesday, 9-9:30 a.m.
- **82241** June 4-25
- **82224** July 9-30
  - Tuesday, 9:30-10 a.m.
- **82252** June 4-25
- **82221** July 9-30
  - Tuesday, 10-10:30 a.m.
  - $63 ($50 Resident)
  - Southeast Recreation Center and Fieldhouse

- **82245** June 6-27
- **82255** July 11-Aug. 1
  - Thursday, 8:30-9 a.m.
- **82242** June 6-27
- **82230** July 11-Aug. 1
  - Thursday, 9-9:30 a.m.
- **82250** June 6-27
- **82227** July 11-Aug. 1
  - Thursday, 9:30-10 a.m.
  - $63 ($50 Resident)
  - Central Recreation Center

Fitness/Sports/Special Olympics

**ADAPTIVE KOREAN ACADEMY OF MARTIAL ARTS SELF DEFENSE**
*Ages 5 and older*

Taught by Grandmaster Ghassan Timani, alongside ARISE staff providing adaptations and support throughout class. The goal of this class is to ensure all students are given tools and techniques to defend themselves in all scenarios and situations, with an emphasis on endurance, perseverance, integrity, discipline and indomitable spirit. Please be prepared to assist your family member as needed.

- **82235** June 3-24
- **82251** July 8-29
- **83699** Aug. 5-26
  - Monday, 4:30-5:15 p.m.
  - $63 ($50 Resident)
  - Southeast Recreation Center and Fieldhouse

**YOUNG ATHLETES IN TRAINING FIELD FUN AND GAMES**
*Ages 4-12*

Introduction to various sports and games played on a field. Gain exposure to and experience athletic and fundamental sport skills.

- **82258** June 4-25
- **82220** July 9-30
  - Tuesday, 3:15-4 p.m.
  - $40 ($32 Resident)
  - Southeast Recreation Center and Fieldhouse

**INDOOR FITNESS AND GAMES**
*Ages 13 and older*

Gain exposure to various fitness skills and games and practice appropriate social behavior and positive sportsmanship.

- **82225** June 6-27
- **83675** July 11-Aug. 1
  - Thursday, 3:30-5 p.m.
  - $60 ($48 Resident)
  - Southeast Recreation Center and Fieldhouse
Special Events
ARISE MINI CAMP (inquire for more details)
Ages 13 and older
• June 3-Aug. 9
• Monday/Wednesday/Friday, 10-3 p.m.

INCLUSION SERVICES
Available to provide assistance to all ages of individuals with or without disabilities to participate in recreation programs together. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.

FUNDING ASSISTANCE
The city of Aurora can reduce fees for residents on limited incomes. Call any recreation center for eligibility and an application.

Developmental Pathways scholarship funding available for active members, except towards swim lessons.

For more information, please email arise@auroragov.org or call 303.326.8410 or 720.859.4984. You can see all classes at AuroraGov.org/ARISE.