A.R.I.S.E.
Adaptive Recreation and Inclusion Services for Everyone
Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

Arts and Culture

TUESDAYS GOT TALENT
*Ages 13 and older*
Experience a variety of talents i.e.: dancing, singing, magic, etc. Preparation for the Halloween Talent Show on Oct. 25!

- **86434** Sept. 3 to Oct. 22 (No program Oct. 15)
  - Tuesday, 10 a.m. to noon
  - $140 ($112 Resident)
  - Central Recreation Center

FANCY FALL CREATIONS
*Ages 13 and older*
Learn and explore new techniques for art, pottery, music and more.

- **86426** Oct. 29 to Nov. 26
  - Tuesday, 10 a.m. to noon
  - $100 ($80 Resident)
  - Central Recreation Center

Aquatics

ADAPTIVE SWIM LESSONS
*Ages 4 to 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.

- **86432** Sept. 3 to 24
- **86440** Oct. 1 to 29 (No program Oct. 15)
- **86429** Nov. 5 to 26
  - Tuesday, 4 to 4:30 p.m.
- **87345** Sept. 3 to 24
- **87354** Oct. 1 to 29 (No program Oct. 15)
- **87356** Nov. 5 to 26
  - Tuesday, 4:30 to 5 p.m.
- **87352** Sept. 3 to 24
- **87355** Oct. 1 to 29 (No program Oct. 15)
- **87357** Nov. 5 to 26
  - Tuesday, 5 to 5:30 p.m.
- **86436** Sept. 5 to 26
- **86430** Oct. 3 to Nov. 7 (No program Oct. 17 and 31)
- **86446** Nov. 14 to Dec. 12 (No program Nov. 28)
  - Thursday, 4 to 4:30 p.m.
- **86417** Sept. 5 to 26
- **86414** Oct. 3 to Nov. 7 (No program Oct. 17 and 31)
- **86418** Nov. 14 to Dec. 12 (No program Nov. 28)
  - Thursday, 4:30 to 5 p.m.
- **86424** Sept. 5 to 26
- **86447** Oct. 3 to Nov. 7 (No program Oct. 17 and 31)
- **86413** Nov. 14 to Dec. 12 (No program Nov. 28)
  - Thursday, 5 to 5:30 p.m.
  - $63 ($50 Resident)
  - Southeast Recreation Center
**Excursions**  
*Ages 13 and older*
Increase activity awareness in the metro area, while enhancing social and independent skills. Drop off and pick up at Central Recreation Center. Bring a sack lunch unless otherwise noted.
- Friday, 10 a.m. to 2 p.m.
- Central Recreation Center

**TOP GOLF**
Par-Tee time on the driving range.
86444 Sept. 6  
- $60 ($48 Resident)

**NICKEL-A-PLAY *(Bring $ for lunch)***
Play endless games and win points to claim fun prizes.
86435 Sept. 20  
- $53 ($42 Resident)

**BOWLING**
Let the good times roll!
86443 Oct. 11  
- $55 ($44 Resident)

**MOVIE**
Escape reality, reel in the fun.
86438 Nov. 8  
- $53 ($42 Resident)

**OUT TO LUNCH *(Bring $ for lunch)***
Good food meets great company.
86442 Nov. 22  
- $44 ($35 Resident)

**Fitness/Sports/Special Olympics**

**TOTALLY FIT TUES-NIGHTS**  
*Ages 13 and older*
Develop gross motor skills, get exercise and have fun with your friends through a variety of physical activities.

**Circuit Training**
Pushing boundaries and building strength with adaptive low-impact circuit and weight training.
86428 Sept. 3 to 24

**Water Wellness**
Aerobic exercise while in the pool to increase stamina, endurance and strength.
86411 Oct. 1 to 29 (No program Oct. 15)

**Music and Movement**
Get your body moving while grooving to music, playing games with friends and participating in other fitness-related activities.
86412 Nov. 5 to 26  
- Tuesday, 4:30 to 6 p.m.
- $80 ($64 Resident)
- Central Recreation Center

**WAKE UP WEDNESDAY**  
*Ages 13 and older*
Beat the mid-week slump with a variety of creatively, cognitively and physically stimulating activities with an opportunity to swim each week.
86431 Sept. 4 to 25
86420 Oct. 2 to 30 (No program Oct. 16)
86415 Nov. 6 to 20*  
- Wednesday, 10 a.m. to 2 p.m.
- $160 ($128 Resident)
- $120 ($96 Resident)*
- Central Recreation Center
SPECIAL OLYMPICS FLAG FOOTBALL
Ages 16 and older
Adaptive techniques used to teach teens/adults with developmental disabilities the fundamentals of team sports and flag football. Volunteers and staff may play in positions alongside athletes to provide additional assistance and guidance. Special Olympics regional competition is scheduled to take place on Oct. 12.
86445 Aug. 24 to Oct. 26
· Saturday, 9:30 to 10:30 a.m.
· $31 ($25 Resident)
· Soccer Skills Area (20101 E. Hampden Ave.)

SPECIAL OLYMPICS UNIFIED RED SHIRT ROOKIES
Ages 3 and older
Opportunity for home-schooled, partially schooled and adults to socialize, gain exposure and experience a variety of sports. Staff and coaches provide full assistance with a 1:2 or 1:3 ratio to ensure successful participation throughout the session. Caregivers need to stay on-site to provide any personal care assistance.
86427 Flag Football, Sept. 5 to 26
86441 Volleyball, Oct. 3 to 31 (No program Oct. 17)
87419 Hockey, Nov. 7 to Dec. 5 (No program Nov. 28)
· Thursday, 12:45 to 2 p.m.
· $38 ($30 Resident)
· Southeast Recreation Center

YOUNG ATHLETES IN TRAINING
Ages 4 to 10 and 11 to 15
Enhance foundational skills for team sport participation, with a focus on football, baseball and other field games. Athletes will have the opportunity to compete in individual skills competitions (ages 8 and older) or gain exposure to competition settings with the Special Olympics’ Young Athletes program (ages 4 to 7) at the regional level scheduled on Oct. 12.
86410 Sept. 7 to 28
86439 Oct. 5 to 26
· Saturday, 10:30 to 11:15 a.m.
· $40 ($32 Resident)
· Soccer Skills Area (20101 E. Hampden Ave.)

KOREAN ACADEMY OF MARTIAL ARTS SELF-DEFENSE
Ages 5 and older
Taught by a Korean Academy Master alongside A.R.I.S.E. 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.
86423 Sept. 9 to 30
86416 Oct. 7 to 28
86425 Nov. 4 to 25
· Monday, 4:30 to 5:15 p.m.
· $63 ($50 Resident)
· Southeast Recreation Center
Special Events

FAB FRIDAYS
Ages 13 and older

Camping Night In
Themed activities, food and drinks!
86433 Aug. 23
• Friday, 4:30 to 7 p.m.
• $31 ($25 Resident)
• Central Recreation Center

Party in Your Pajamas
Come dressed in your pajamas. Food and drinks included.
86437 Sept. 13
• Friday, 4:30 to 7 p.m.
• $31 ($25 Resident)
• Central Recreation Center

CAMP CHELEY IN ESTES PARK
Ages 18 and older
Weekend filled with hiking, archery, fishing, cooperative games, campfires, rock climbing wall and themed dance. Campers will sleep in large, heated cabins on bunk beds.
86419 Sept. 27 to 29
• Friday to Sunday, 12:30 p.m. to 12:30 p.m.
• $344 ($275 Resident)
• Central Recreation Center (pick up and drop off)

HALLOWEEN DANCE
Ages 12 and older
We will provide a fun spooky environment for dancing, games, a costume contest and more. Come boogie the night away with your new and old friends.
86422 Oct. 25
• Friday, 5:30 to 7:30 p.m. (Dance and games)
  7:30 to 8 p.m. (Talent Show)
• $5 per person
• Beck Recreation Center

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
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.