Encouraging meaningful recreation opportunities and programs for individuals with disabilities to enhance and expand social, cognitive, affective and physical abilities.

CALL FOR VOLUNTEERS!
Adaptive Recreation & Inclusion Services for Everyone is seeking volunteers ages 12 and older to assist with their “Young Athletes in Training” program. Under the direction and supervision of full-time A.R.I.S.E. staff members, volunteers would be responsible for guiding individuals ages 4-12 of varying ability levels through basic sports drills.

For more information, please email arise@auroragov.org OR call 303.326.8410.

Aquatics

ADAPTIVE INTRO TO WATER
Ages 4-10 (Over 11 inquire with staff for a needs assessment)
Participant-led water exposure in a safe, sensory-friendly and low-pressure environment. Designed for participants who are not ready for Adaptive Swim Lessons. Class ratios are one instructor to two swimmers.

77412 March 7-28 (No program March 14)*
77403 April 4-25
77416 May 2-23
• Thursday, 3:30–4 p.m.
• Thursday, 3:30-4 p.m.
• $48 ($38 Resident)*
• $63 ($50 Resident)
• Central Recreation Center

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 two instructors to three to four participants.

77419 March 7-28 (No program March 14)*
77410 April 4-25
77422 May 2-23
• Thursday, 4-4:30 p.m.
77401 March 7-28 (No program March 14)*
77428 April 4-25
77409 May 2-23
• Thursday, 4:30-5 p.m.
77413 March 7-28 (No program March 14)*
77411 April 4-25
77431 May 2-23
• Thursday, 5-5:30 p.m.
• $48 ($38 Resident)*
• $63 ($50 Resident)
• Central Recreation Center

AuroraGov.org/ARISE
Arts and Culture

**SENSORY SATISFACTIONS**  
*Ages 13 and older*  
Satisfy your senses as you experiment with activities that involve all five senses. Express yourself through elements of messy and engaging fun.  
*77414* March 5-26  
*77405* April 2-23  
- Tuesday, 10 a.m.-noon  
- $80 ($64 Resident)  
- Central Recreation Center

**GARDENING GALORE**  
*Ages 13 and older*  
Discover the world of plants through art, science, gardening and outdoor exploration.  
*77427* April 30-May 21  
- Tuesday, 10 a.m.-noon  
- $80 ($64 Resident)  
- Central Recreation Center

**WAKE UP WEDNESDAY**  
*Ages 13 and older*  
Recharge your energy with a variety of engaging activities designed to stimulate your creativity, motivate your mind and get your body moving.  
*77407* March 6-27  
*77420* April 3-24  
*77426* May 1-22  
- Wednesday, 10 a.m.-2 p.m.  
- $160 ($128 Resident)  
- Central Recreation Center

Excursions

**Ages 13 and older**  
An opportunity to explore Colorado while enhancing social and independent skills. Bring a water bottle, sack lunch and snack, if desired.  
- Friday, 10 a.m.-2 p.m.  
- Central Recreation Center

**IFLY**  
I can fly! Experience the thrill of skydiving in an indoor vertical wind tunnel.  
*77402* March 15  
- $94 ($75 Resident)

**Feathered Friends**  
Join a city of Aurora Naturalist and learn about the birds that call Aurora home. We will be using natural dyes to color eggs, building nests and learning about bird beaks through a fun game.  
*77400* March 29  
- $40 ($32 Resident)

**Bowling**  
Let the good times roll!  
*77404* April 12  
- $55 ($44 Resident)

**Nickel-A-Play**  
Play endless games and win points to claim fun prizes. Bring money for lunch afterward.  
*77423* April 19  
- $53 ($42 Resident)

**Top Golf**  
Par-Tee time on the driving range.  
*77434* May 3  
- $60 ($48 Resident)

**Archery**  
This introductory course will teach you the basics and history of archery, allowing you to practice your skills at the Aurora Reservoir archery range.  
*77424* May 17  
- $40 ($32 Resident)
Fitness, Sports and Special Olympics

**ADAPTIVE KOREAN ACADEMY OF MARTIAL ARTS SELF-DEFENSE**
*Ages 5 and older*
Taught by Grandmaster, Ghassan Timani, 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.

- **78196** March 4-25
- **78197** April 1-22
- **78198** April 29-May 20
  - Monday, 4:30-5:15 p.m.
  - Southeast Recreation Center
- **78156** March 5-26
- **78200** April 2-23
- **78160** April 30-May 21
  - Tuesday, 4-4:45 p.m.
  - Central Recreation Center
  - $63 ($50 Resident)

**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. Train for all components of the Adaptive Triathlon on April 27, 2024, see special events section for more information.

- **77418** March 5-26
- **77432** April 2-23
- **77430** April 30-May 21
  - Tuesday, 4:30-6 p.m.
  - $60 ($48 Resident)
  - Central Recreation Center

**SPECIAL OLYMPICS GYMNASTICS**
*Ages 10 and older*
Adaptive techniques used to teach participants with developmental disabilities various gymnastics routines with the chance to compete at Special Olympics competition. We will work on floor, beam and level 1 bar and vault routines.

- **77408** April 3-May 15
  - Wednesday, 4-5 p.m.
  - $44 ($35 Resident)
  - Meadowood Recreation Center

**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.

- **78164** Feb. 22-March 14 (Bocce/Curling)
- **78165** April 4-25 (Soccer)
- **78166** May 2-23 (Lacrosse)
  - Thursday, 12:45-2 p.m.
  - $38 ($30 Resident)
  - Southeast Recreation Center

**SPECIAL OLYMPICS SOCCER**
Adaptive techniques used to teach participants with developmental disabilities soccer skills. Athletes will have the opportunity to compete in individual skills or team competitions at Denver’s regional competition. Athletes will need a current medical report and application on file with Special Olympics.

- **78543** March 23-May 11*
  - Ages 4 and older
- **78543** March 23-May 11**
  - Ages 18 and older
  - Saturday, 9:30-10:30 a.m.
  - $31 ($25 Resident)
  - Soccer Skills Area: 20101 E. Hampden Avenue
  - *Skill Building: For athletes who want to build on skills, need extra support or to gain experience in a team sport*
  - **Competitive Play: Goal to play in a team setting

**YOUNG ATHLETES IN TRAINING POOL FUN AND GAMES**
*Ages 4-15*
Introduce and improve FUNdamental athletic and sport skills. Gain exposure to and experience swim skills and games.

- **77421** March 30-May 11*
  - Saturday, 11:15 a.m.-noon
  - $60 ($48 Resident)
  - Central Recreation Center
  - *No program April 27

AuroraGov.org/ARISE
Special Events

FAB FRIDAYS
Ages 13 and older
Opportunity to socialize, play games and enjoy dinner with new and old friends!

St. Patrick’s Day Party
77415 March 8
• Friday, 4:30-7 p.m.
• $31 ($25 Resident)
• Central Recreation Center

Game Night
77433 May 10
• Friday, 4:30-7 p.m.
• $31 ($25 Resident)
• Central Recreation Center

SENSORY FRIENDLY FAMILY EVENT
Ages 3-17
Opportunity to engage in free play, socialize in a safe welcoming environment and build community connections. An A.R.I.S.E. team member will be available to address inquiries and offer equipment assistance. Parent/guardian oversight and assistance required.

Gymnasium
Variety of gym equipment and stations will be available, volleyball, exercise balls, basketball and more.
79036 March 10
• Sunday, 10:30 a.m.-noon
• $13 ($10 Resident) per family
• Southeast Recreation Center
*Sign up through A.R.I.S.E. participant’s account

CONVERSATIONS WITH APD POLICE OFFICERS
Ages 10 and older
Explore real-life scenarios and practice appropriate interactions with law enforcement. Opportunity to converse with, ask questions and build relationships with Aurora police officers. Family members are highly encouraged to stay and participate, no additional registration needed.
79009 April 17
• Wednesday, 4:30-6 p.m.
• $19 ($15 Resident)
• Central Recreation Center

ADAPTIVE TRIATHLON
Ages 12 and older
Opportunity to compete against YOU! Develop and enhance independence, confidence and fitness. Train with the A.R.I.S.E. team through Totally Fit Tuesdays or set up 1:1 sessions to work towards your personal best. Sign up individually or split the disciplines with a partner. Participants will receive a packet upon registration.

Water Walk/Swim-15 mins
Stationery Hand/Spin Bike-20 mins
Walk/Run/Roll-25 mins
(followed by lunch and awards)
77425 April 27
• Saturday, 10 a.m.-1 p.m.
• $36 ($30 Resident)
• Central 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
The city of Aurora can reduce fees for residents on limited incomes. Call any recreation center on page three for eligibility and an application.

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

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