CALL FOR VOLUNTEERS!
Adaptive Recreation and 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 ARISE staff members, volunteers would be responsible for guiding individuals ages 4-12 of varying ability levels through basic sport drills.
For more information, please email: arise@auroragov.org or call 303.326.8410.

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. 27!
**69402** Sept. 5-Oct. 24 (No program Oct. 17)
- Tuesday, 10 a.m.-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.
**69406** Oct. 31-Nov. 21
- Tuesday, 10 a.m.-noon
- $80 ($64 Resident)
- Central Recreation Center
AQUATICS - ADAPTIVE INTRO TO WATER
Ages 4-10 (Over 11 inquire with staff for a needs assessment)
Participant lead 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 1 instructor to 2 swimmers.
73863 Sept. 7-28
69393 Oct. 5-Nov. 2 (No program Oct. 19)
69398 Nov. 9-Dec. 7 (No program Nov. 23)
• Thursday, 3:30-4 p.m.

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 1 instructor to 2-3 participants.
69395 Sept. 7-28
69399 Oct. 5-Nov. 2 (No program Oct. 19)
69386 Nov. 9-Dec. 7 (No program Nov. 23)
• Thursday, 4-4:30 p.m.
69404 Sept. 7-28
69394 Oct. 5-Nov. 2 (No program Oct. 19)
69403 Nov. 9-Dec. 7 (No program Nov. 23)
• Thursday, 4:30-5 p.m.
69389 Sept. 7-28
69400 Oct. 5-Nov. 2 (No program Oct. 19)
69385 Nov. 9-Dec. 7 (No program Nov. 23)
• Thursday, 5-5:30 p.m.
• $63 ($50 Resident)
• Central Recreation Center

EXCURSIONS
Ages 13 and older
A weekly opportunity to explore Colorado, 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.-2 p.m.
69452 Sept. 8-Live bird presentation at Senac Nature Center
• $40 ($32 Resident)
69453 Sept. 22-Nickel-A-Play
• $53 ($42 Resident)
69454 Oct. 6-Bowling
• $55 ($44 Resident)
69455 Oct. 20-Top Golf
• $60 ($48 Resident)
69456 Nov. 17-Out to Lunch (Bring $ for lunch)
• $40 ($32 Resident)
• Central Recreation Center

AuroraGov.org/ARISE
Fitness, Sports and 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.

**FIT FUSION**  
Build strength, flexibility and balance by partaking in yoga and stretching exercises.  
69387 Sept. 5-26

**MUSIC AND MOVEMENT**  
Get your body moving while grooving to music, playing games with friends and participating in other fitness related activities.  
69405 Oct. 3-31 (No program Oct. 17)

**WATER WELLNESS**  
Aerobic exercise while in the pool to increase stamina, endurance and strength.  
69401 Nov. 7-28  
- Tuesday, 4:30-6 p.m.  
- $60 ($48 Resident)  
- Central Recreation Center

**WAKE UP WEDNESDAY**  
*Ages 13 and older*  
Beat the mid-week slump with variety of creatively cognitively and physically stimulating activities with an opportunity to swim each week.  
69388 Sept. 6-27  
69408 Oct. 4-25 (No program Oct. 18)*  
69411 Nov. 1-29 (No Nov. 22)  
- Wednesday, 10 a.m.-2 p.m.  
- $120 ($96 Resident)*  
- $160 ($128 Resident)  
- Central 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 with a themed party day each session. 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.  
69446 Sept. 14-Oct. 19  
69447 Nov. 2-Dec. 14 (No program Nov. 23)  
- Thursday, 12:45-2 p.m.  
- $38 ($30 Resident)  
- Southeast Recreation Center

*AuroraGov.org/ARISE*
YOUNG ATHLETES IN TRAINING
Ages 4-10 and 11-15
Introduce and improve FUNdamental sport skills. Exposure/experience to variety of sports; focus on football, baseball and other field games.

69407 Sept. 9-30
69391 Oct. 7-28
Saturday, 10-10:45 a.m.
• $40 ($32 Resident)
• Soccer Skills Area (20101 E. Hampden Ave.)

SPECIAL OLYMPICS FLAG FOOTBALL
Ages 16 and older
Adaptive techniques are used to teach teens/adults with developmental disabilities the fundamentals of a team sport and football. Volunteers and staff may play in positions alongside athletes to provide additional assistance and guidance.

69410 Aug. 19-Oct. 28 (No practice Sept. 2)
• Saturday, 11 a.m.-noon
• $31 ($25 Resident)
• Soccer Skills Area (20101 E. Hampden Ave.)

KOREAN ACADEMY OF MARTIAL ARTS SELF DEFENSE
Ages 5 and older
Taught by two Grandmasters, Ghassan Timani and Kenny Yoo, 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.

72474 Sept. 5-26
72475 Oct. 3-31 (No program Oct. 17)
72476 Nov. 7-28
• Tuesday, 4-4:45 p.m.
• $63 ($50 Resident)
• Central Recreation Center
Special Events

**Fab Fridays**
_Ages 13 and older_

**PIZZA PARTY**
_Ages 13 and older_
Enjoy pizza, a movie and games in this Fun Friday Night!

70542 Aug. 25
- Friday, 4:30-7 p.m.
- $31 ($25 Resident)
- Central Recreation Center

**NEON NIGHTS**
Come dressed in your brightest clothes for a night of laser tag at Central. Food and drinks included.

70543 Sept. 15
- Friday, 4:30-7 p.m.
- $31 ($25 Resident)
- Central Recreation Center

**TAKE THE REINS: THERAPEUTIC EQUESTRIAN EXPERIENCE***
_Ages 18 and older_
Build a therapeutic relationship with horses through equine-assisted activities at Prestige Therapeutic Equestrian Center. Beginning with grooming and groundwork, participants will work towards the opportunity to ride horses with the assistance and expertise of the equestrian staff.

72276 Sept. 7-Oct. 12
- Thursday, 10-2 p.m.
- $113 ($90 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.

69409 Sept. 29-Oct. 1
- Friday-Sunday 12:30-1:30 p.m.
- $313 ($250 Resident)
- Central Recreation Center (pick up and drop off)

**CONVERSATIONS WITH 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 City of Aurora police officers.

72153 Oct. 11
- Wednesday, 5-7 p.m.
- $25 ($20 Resident)
- Central Recreation Center

**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.

69451 Oct. 27
- Friday, 5:30-7:30 p.m. (Dance and games)
- 7:30-8 p.m. (Talent Show)
- $5 per person
- Beck Recreation Center

*Reach out to arise@auroragov.org with any questions and more details regarding information below!
- Inclusion services are offered 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.
- City of Aurora Financial Assistance and ARISE scholarship funding available

*Sponsored by Developmental Pathways

AuroraGov.org/ARISE