ARTS AND CULTURE

Activities in this core area focus on enhancing participants’ own 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 (AGES 18 & OLDER) [III]

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. Online registration is NOT available for this activity; drop-off or mail-in only.

Hillside Community Center, 925 S. Institute
Tuesdays/Thursdays; Sept. 9-Dec. 9
3:30-4:30 p.m.; #14855
Limit: 12 (max), 8 (min)
Fee: $120

Notes: No class on Nov. 11 and 25 due to City holidays. The Mixed Emotions Dance Troupe will conduct its annual Holiday Performance at the 7th annual TRP Arts and Culture Ability Expo on Thursday, Dec. 9; at 7 p.m. at Hillside Community Center, 925 S. Institute. Please note there will be no practice that date.

DRUMBEATS (AGES 18 & OLDER)

Drum Beats is a unique and different workout from any you’ve tried before! It captures the essence of movement and rhythm, and combines it with fun to deliver 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.

LEVEL 1 [II]

This is a beginner course and will focus on basic drumming techniques, rhythm, and staying on beat.

Hillside Community Center, 925 S. Institute
Mondays; Oct. 18-Dec. 6
3:30-4:30 p.m.; #14856
Limit: 10 (max), 8 (min)
Fee: $40

Notes: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle. Participants from Levels 1 & 2 will perform during the 7th annual TRP Arts and Culture Ability Expo on Thursday, December 9; at Hillside Community Center, 925 S. Institute. Dress rehearsal/performance practice will be announced at a later date.

LEVEL 2 [III]

This is an intermediate course designed for individuals who have already participated in one or more drumming series. Course will focus on gross motor movement and drumming with more than one ball. Online registration is NOT available for this activity; drop-off or mail-in only.

Hillside Community Center, 925 S. Institute
Wednesdays; Oct. 20-Dec. 8
3:30-4:30 p.m.; #14857
Limit: 10 (max), 8 (min)
Fee: $40

What are those funny letters after the titles of my favorite programs? Often times TRP staff are asked ‘how difficult is that activity’, and instead of guessing if an activity will be tiring, require lots of energy, and/or push a person’s physical limits, TRP staff are pleased to present an Activity Exertion Scale made by former intern Hannah Hearn. Each letter is a roman numeral and represents a level of activity, based on active participation in 75% or more of an activity:

- [I] Very Light Activity – little or no effort exerted, able to breathe at a consistent rate.
- [II] Light Activity – easy to breathe and carry on conversation, standing for short periods of time, walking short distances, limited upper extremity movement.
- [III] Moderate Activity – breathing becomes heavier, standing for longer periods of time, walking longer distances, increased upper extremity movement.
- [IV] Vigorous Activity – takes place at a higher altitude, may experience shortness of breath, and requires maximum effort to participate.
ARTS & CULTURE - CONTINUED

VIRTUAL TIME RECREATING (VTR) DRUM BEATS LEVEL 1 (AGES 18 & OLDER) [II]
This is a beginner level drum course that will focus on basic drumming techniques, rhythm, and staying on beat. This program is only available to participants who are not enrolled in an in-person drum beats class.

Zoom (web conferencing platform)
Tuesdays: Oct. 19-Dec. 7
1:00-1:30 p.m.; #14858
Limit: 10 (max), 8 (min)
Fee: $30

Notes: This program is part of the TRP Virtual Program Series. Participants must have access to a computer or smartphone in order to participate. A link to the Zoom call will be provided after registration. Please wear comfortable workout clothes, tennis shoes, and have a water bottle close by.

JAM OUT MUSIC TIME (AGES 18 & OLDER) [I] NEW!!
Do you love music? Do you want to get together with others who love music, too? The TRP is partnering with Sandy Golias with Mountain Music Therapy so you can jam out to your favorite tunes. We will sing, play instruments, move our bodies to the beat and dance! For those who want to shine, you can even be a soloist! No experience or materials needed, just bring yourself!

Hillside Community Center, 925 S. Institute
Mondays; Oct. 11-Nov. 1
2:00-3:00 p.m.; #14859
Limit: 12 (max), 8 (min)
Fee: $25

Notes:
7TH ANNUAL ARTS AND CULTURE ABILITY EXPO
Join the TR Program for our annual Arts and Culture Ability Expo, a showcase featuring the talents and amazing abilities of participants who are engaged in programs within the core area of Arts and Culture! The evening will feature performances by the Drum Beats levels 1 & 2, virtual Drum Beats, and the Mixed Emotions Dance Troupe. Mark your calendars now as you will not want to miss this amazing event!

Hillside Community Center, 925 S. Institute
Thursday Dec. 9
Drums and Dance Performance: 7-8 p.m.
Free Admission; Invite your friends and family!

SOCIAL ENRICHMENT

OUT ON THE TOWN DANCES (AGES 16 & OLDER) [II]
It’s back!!! Come and socialize with old friends and new while you dance the night away! Dressing according to the theme is encouraged, but not required.

Hillside Community Center, 925 S. Institute NEW LOCATION!!
7:00-9:00 p.m.
Sept. 17 Welcome Back Bash! - #14861
Oct. 15 The Great Pumpkin Party - #14862
Nov. 19 Mo-ember Mambo - #14863
Dec. 17 Winter Solstice Samba - #14864
Limit: 60 (max), 40 (min.)
Fee: $5

Notes: Pre-registration is required for this activity, no walk-in registrations. For safety reasons, the doors will be locked from 7:30-8:45 p.m. Participants may leave, but reentry during those times will not be allowed.

VTR OUT ON THE TOWN DANCES (AGES 16 & OLDER) [II]
Strap on your dancing shoes and clear some space, once a month, we’re going to bring the Out on the Town Dances to you! Join friends as we carry on the tradition of dancing on Friday afternoons! Dressing according to the theme is encouraged, but not required.

Zoom (web conferencing platform)
2:00-2:30 p.m.; #14865
Sept. 3 Line Dancing Lift Off
Oct. 1 Who You Gonna Call, Leaf Busters!
Nov. 5 Mo-ember Mambo
Dec. 3 Ski You Later
Limit: 20 (max.), 10 (min.)
Fee: $10/for all 4 months

Notes: This program is part of the TRP Virtual Program series. Participants must have access to a computer or smartphone, and a link to the Zoom call will be provided after registration.
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 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 (AGES 18 & OLDER) [II/III]
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, cleaning a facility, or helping at a community garden, we will get the job done. Club meets the second Friday of the month.

Parks, Recreation & Cultural Services Administration, 1401 Recreation Way
Fridays; Sept. 10; Oct. 8; Nov. 12
1:30pm-4:00 p.m.; #14866
Limit: 10 (max.), 8 (min.)
Fee: $28

Notes: C.O.S. Club will meet the second Friday of the month; specific projects and locations will be available after registration. Please meet at the Parks, Recreation & Cultural Services Administration Office, 1401 Recreation Way, for departure to locations. Please wear closed-toe shoes, dress for the weather, and bring a water bottle.

VIRTUAL TIME RECREATING (VTR) CREATIVE WRITING (AGES 18 & OLDER) [I]
Learn more about yourself and your own personal leisure interests as we sharpen our pencils, and dive into the world of journaling. Each week, you will be given an at-home recreation related prompt to write about while focusing on your own leisure interests, accomplishments, and goals. During our online time together, we will share our written responses in an open, supportive environment.

Zoom (web conferencing platform)
Tuesdays; Nov. 2-23
11:30 a.m.-12:00 p.m.; #14867
Limit: 10 (max), 8 (min)
Fee: $15

Notes: This program is part of the TRP Virtual Program Series. Participants must have access to a computer or smartphone in order to participate. A link to the Zoom call will be provided after registration. Participants will need their own “journal” and writing tool for this program.

DAYTIME JAUNTS (ADULTS AGES 18 & 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 Parks, Recreation & Cultural Services Administration Office, 1401 Recreation Way unless noted. All trips are limited to four wheelchairs. Online registration is not available for trips; mail-in or drop-off only!

ROCKIES BASEBALL GAME (AGES 18 & OLDER) [II]
For this trip, we are headed to Denver to enjoy a Colorado pastime: Rockies Baseball! Wear your purple and black as we cheer on the Rockies to victory against the L.A. Dodgers. Let’s go Rockies!

Thursday, Sept. 23
10:00 a.m.-5:30 p.m.; #14868
Limit: 12 (max.), 10 (min.)
Fee: $40 includes game ticket

Notes: Please dress for the Colorado weather as seats are partially in the shade. This jaunt will include stairs/significant walking. Please bring money for concessions.

OUTDOOR ICE SKATING AT ACACIA PARK (AGES 18 & OLDER) [III]
Never been to the outdoor skating rink at Acacia Park, but always wanted to try it? Lace up your skates and join the TRP for some outdoor fun in the park! Fee includes admission and skate rental, along with hot chocolate or tea at the conclusion of our skate time.

Meet at the Ice Rink on Tejon St. (Between Platte Ave. and Bijou St.)
Acacia Park, 115 E. Platte Ave.
Tuesday, Dec. 14
Time TBA; #14869
Limit: 10 (max.); 8 (min.)
Fee: $15 includes admission & skate rental

Note: Please dress according to the weather and bring a hat, gloves, and warm jacket.
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.

TRACK CHAIR DEMO (AGES 12 & OLDER) [III/IV]
Colorado Parks and Wildlife (CPW) values the right of every visitor to experience our state’s natural beauty. In partnership with the TRP, CPW will visit with two Action Trackchairs®. The chairs are designed to bring joy and freedom with hiking/exploring to individuals who may not be able to access the great outdoors. Participants must be able to independently pilot the Trackchairs® after an orientation. This demo is intended for individuals with impairments that limit their ability to hike/access the outdoors.

Meet at Red Rock Canyon Open Space, 3550 W. High Street
Thursday, Oct. 14
10:00 a.m.-2:00 p.m.; #14870
Limit: 8 (max.); 6 (min.)
Fee: $5
Notes: Participants will be assigned a 30 minute time slot to use the chair. Please arrive a few minutes prior to your scheduled time.

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.

PICKLEBALL (AGES 18 & OLDER) [III]
Have you ever wondered what all the hype is about pickleball? Join our pickleball series and find out for yourself! The TRP is partnering with the USA Pickleball Association to teach us about the fastest growing sport in the nation! Pickleball is a paddle sport that combines elements of tennis, badminton, and ping pong and is played on a badminton-sized court with a lower net. Come out and join the fun!

Monument Valley Park, 170 W Cache La Poudre St.
Wednesdays, Sept. 8-29; #14871
1:00-2:00 p.m.
Limit: 12 (max.); 8 (min.)
Fee: $25
Note: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle.

SPORTS, FITNESS & AQUATICS T-REX-PO
IT’S A THERAPEUTIC REC EXPO! (AGES 18 & OLDER) [III]
Join the Therapeutic Recreation Program for the 6th 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 out different activities and learn new ways to be active, have fun, and exercise. This year, we are adding a spooky twist: costumes that you can exercise in! Costumes are encouraged, but not required to participate.

Hillside Community Center, 925 S. Institute
Friday, October 29; #14872
1:30-4:00 p.m.
Limit: 20 (max.); 10 (min.)
Fee: $5
Notes: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle. Additional details will be available after registration.

PROGRAMS FOR ADULTS WITH INTELLECTUAL/DEVELOPMENTAL DISABILITIES

A WALK IN THE PARK (AGES 18 & OLDER) [II/III]
Did you know that the City of Colorado Springs has over 135 parks? Right in your backyard! Have you been to all of them? For this program, we will be visiting local parks to check out the amenities and go for a walk. Each session, we will walk approximately 1-2 miles as we explore a local park. Locations will change each week. Put on your walking shoes and let’s hit the trail!

Meeting locations TBA
Mondays; Sept. 13-Oct. 4
1:00-2:30 p.m.; #14873
Limit: 12 (max.); 8 (min.)
Fee: $25
Notes: Please wear shoes comfortable for walking, and bring a water bottle, hat and sunscreen. Meeting locations will be available after registration.

REGISTRATION BEGINS MONDAY, August 16!
AQUA REHAB (AGES 18 & OLDER) [III]
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, but may include water walking and deeper-water aerobic workouts.

Downtown YMCA, 207 N. Nevada Ave.
Mondays/Wednesdays/Fridays
10:15-11:15 a.m.
限: 18 (max.); 12 (min.)
费: $25

Note: Please wear tennis shoes, comfortable workout clothes, and bring a water bottle. To help us serve as many participants as possible, please register for only one session.

ROBIN HOOD TRAINING (AGES 18 & OLDER) [III]
Robin Hood sure made using a bow and arrow look easy. But it is easy! Join us for this 4-week archery session for individuals with intellectual disabilities. We’ll learn about bows, arrows, targets, and proper shooting technique. Beginner and experienced archers are welcome to participate. Maybe even you can split an arrow with an arrow!

Archery School of the Rockies, 2110 Busch Ave.
Wednesdays: Oct. 6-27
1:00-2:00 p.m.; #14876
限: 8 (max.); 4 (min.)
费: $50

Note: Equipment will be provided.

ZUMBA (AGES 18 & OLDER) [III]
Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, and a serious dose of awesome each time you leave class! The TRP is partnering with Zumba guru, Alberto Jaramillo to offer a 4-week series to introduce participants to beginner level Zumba movements and choreography. Join us for a hip shaking good time!

Hillside Community Center, 925 S. Institute
Mondays; Nov. 8-29
2:00-3:00 p.m.; #14877
限: 10 (max.); 8 (min.)
费: $25

Note: Please wear tennis shoes, comfortable workout clothes, and bring a water bottle.

PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

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

AQUA REHAB (AGES 18 & OLDER) [III]
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, but may include water walking and deeper-water aerobic workouts.

Downtown YMCA, 207 N. Nevada Ave.
Mondays/Wednesdays/Fridays
10:15-11:15 a.m. 新的开始时间!!
限: 18 (max.); 12 (min.)
费: $40/session

Notes: Participants must have a current year physician prescription. Call 385-6964 if you require 1:1 assistance in the water. No classes on Nov. 26 due to a city holiday.

ADAPTIVE GOLF (AGES 18 & OLDER) [II]
Join us for the Fall session of golf! All lessons will be taught by a golf professional, who will provide individualized instruction in a group setting 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. 7-Oct 5
9:00-10:00 a.m.; #14882
限: 6 (max.), 5 (min.)
费: $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 orthopedic injuries.
SPORTS, FITNESS & AQUATICS - CONTINUED
PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES-CONT.

BOCCIA (AGES 16 & OLDER) [I]
This specialized sport of dedication and precision is open to youth and adults ages 16 and older with cerebral palsy, brain injury, muscular dystrophy, stroke, and multiple sclerosis. Sessions will include skill-building, practice, and some in-house competitive play. Sign up for one or both sessions!

Hillside Community Center, 925 S. Institute
Tuesdays; 1:30-3:00 p.m.
• Session 1: Sept. 14-Oct 12; #14883
• Session 2: Oct. 19-Nov. 16; #14884
Limit: 8 (max.), 4 (min.)
Fee: $36/session

ADAPTIVE CYCLING RIDES (AGES 18 & OLDER) [III]
The TR Program is again partnering with local bike specialist, Cycle Different - ANGLETECH, to host weekend cycling rides on area bike trails for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, the TRP and Cycle Different will have cycles available for sign-out prior to each date. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

Cycle Different - Angletech, 1483 Garden of the Gods Rd.
Saturdays; 9:00 a.m.-1:00 p.m.
• Sept. 11; #14885
• Sept. 25; #14886
• Oct. 9; #14887
• Oct. 23; #14888
Limit: 12 (max.), 9 (min.)
Fee: $9/per date

ARCHERY (AGES 18 & OLDER) [III]
Archery is a fully accessible sport that is a great workout for individuals of all abilities. This program will utilize the indoor shooting range at the Archery School of the Rockies. Sessions will provide opportunities 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.

Archery School of the Rockies, 2110 Busch Ave.
Wednesdays; 2:00-3:30 p.m. NEW TIME!!
Oct. 6-Nov. 10; #14889
Limit: 8 (max.), 4 (min.)
Fee: $90

Note: Equipment will be provided, however if you have your own bow, please bring it with you.
Attention TRP Friends and Family!

Please remember to submit a Participant Annual Information Form! This form is designed to simplify the Registration process and aims to collect important information from you once per year! Regardless of the way you register for programs (i.e. in person, by mail or on line) you will need to complete and submit this form with your first registration of the year. Forms are valid for the entire calendar year.

Please contact Felicia if you have any questions at (719) 385-6964 or Felicia.Barnhart@coloradosprings.gov.

REGISTRATION FORM

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<thead>
<tr>
<th>Participant Name:</th>
<th>Age:</th>
<th>Birthdate:</th>
<th>Gender:</th>
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<td>State:</td>
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<td>Parent/Guardian Name:</td>
<td>Emergency Contact or Parent:</td>
<td>Relationship:</td>
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<tr>
<th>Activity Name # Fee</th>
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<tbody>
<tr>
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<td>DAYTIME JAUNTS</td>
<td>OUTDOOR ADVENTURES</td>
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<td>Rockies Baseball Game 14868 $40</td>
<td>Track Chair Demo 14870 $5</td>
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<tr>
<td>Drum Beats-Level 1 14856 $40</td>
<td>Outdoor Ice Skating-Acacia Park 14869 $15</td>
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<tr>
<td>Drum Beats-Level 2 14857 $40</td>
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<td>VTR Drum Beats-Level 1 14858 $30</td>
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<td>Jam Out Music Time 14859 $25</td>
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<td>SOCIAL ENRICHMENT</td>
<td>SPORTS, FITNESS &amp; AQUATICS</td>
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<td>Out on the Town Dance: Sep 17 14861 $5</td>
<td>Pickleball 14871 $25</td>
<td>Intellectual/Developmental Disabilities</td>
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<td>Out on the Town Dance: Oct 15 14862 $5</td>
<td>T-REX-PO 14872 $5</td>
<td>A Walk In The Park 14873 $25</td>
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<td>Out on the Town Dance: Nov 19 14863 $5</td>
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<td>Boxercise: Sep 9-30 14874 $25</td>
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<td>Out on the Town Dance: Dec 17 14864 $5</td>
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<td>Boxercise: Oct 7-28 14875 $25</td>
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<td>VTR Dances: Sep 3 - Dec 3 14865 $10/For 4</td>
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<td>Robin Hood Training 14876 $50</td>
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<td>COMMUNITY INTEGRATION &amp; LEISURE EDUCATION</td>
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<td>C.O.S. Club 14866 $28</td>
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<td>VTR Creative Writing 14867 $15</td>
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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. 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 651-7704. Please be considerate of the group.

2. 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.

3. 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 the participants on the wait list.

THERAPEUTIC RECREATION - 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

Online: coloradosprings.gov/TR
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 16, 2021; 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 e-mail or mail to confirm your enrollment in the class. E-mailed receipts will come from Colorado Springs Parks & Recreation; the e-mail will provide a link to view your receipt.

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 the Therapeutic Recreation Program cancels a class/activity. When requesting a refund, please specify refund check or credit to your account. Allow 2 weeks for a refund check.