

FALL 2017

TRP

Therapeutic Recreation Program



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

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.

Colorado Springs Senior Center
1514 N. Hancock Ave.
Tuesdays/Thursdays; Sept. 7-Dec. 14
3:30-4:30 p.m.; #9434
Limit: 12 (max.), 8 (min.)
Fee: \$120

Notes: No class on November 23 due to the Thanksgiving holiday. The Mixed Emotions Dance Troupe will conduct its annual Holiday Performance at the 3rd Annual TRP Arts and Culture Ability Expo on Thursday, December 14; @ 7 p.m. at Stargazers Theatre, 10 S. Parkside Dr. *Please note there will be no practice that date.*

DRUMS ALIVE® BOOTCAMP

Let's get warmed up for the season and review basic moves of Drums Alive! If you plan to register for Drums Alive® level 1 or level 2, this is a fantastic way to assess skill levels and experience the differences between the two classes.

Colorado Springs Senior Center
1514 N. Hancock Ave.
Wednesdays; Sept. 13, 20
3:30-4:30 p.m.; #9437
Limit: 10 (max.), 8 (min.)
Fee: \$12.50

DRUMS ALIVE®

Drums Alive® is unique and different from every other workout you've tried before; it captures the essence of movement, rhythm and combines it with fun that delivers 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. Come grab some drumsticks and an exercise ball as we drum for some fun in Drums Alive®!

LEVEL 1

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

Colorado Springs Senior Center
1514 N. Hancock Ave.
Wednesdays; Oct. 25-Nov. 29
2:30-3:30 p.m.; #9435
Limit: 10 (max.), 8 (min.)
Fee: \$25

LEVEL 2

This is an intermediate course designed for individuals who have already participated in one or more Drums Alive® 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.

Colorado Springs Senior Center
1514 N. Hancock Ave.
Wednesdays; Oct. 25-Nov. 29
4-5 p.m.; #9436
Limit: 10 (max.), 8 (min.)
Fee: \$25

Note: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle. Participants from this session will perform during the 3rd annual TRP Arts and Culture Ability Expo on Thursday, December 14. Dress rehearsal/performance practice will be Dec. 6 from 3:30-5 p.m.

HEALTHY HOLIDAY TREATS

Do you love the holidays, but want more options for healthy, holiday treats? Join us in making fun, delicious, and healthy treats for your holiday parties this season.

Hillside Community Center, 925 S. InSTITUTE
Thursdays; Nov. 2 and Dec. 7
10 a.m.-12 p.m.; #9466
Limit: 10 (max.), 8 (min.)
Fee: \$15

Note: Please inform staff of any food allergies prior to the start of the program.



Reminder... 2017 Participant Incentive Program

Do you sign up for the same activities each season?

Need motivation to try something new?

TRP has implemented an incentive program in which participants who sign-up and participate, in at least, one new program in each of the TRP Core Areas in 2017, will receive an exclusive TRP waterbottle.

TRP staff will track participation and notify participants once the incentive has been earned.

Questions? Call (719) 385-6964

3RD ANNUAL ARTS AND CULTURE ABILITY EXPO

Join the TR Program for our annual Arts and Culture Ability Expo in which we showcase the talents and amazing abilities of participants who are engaged in programs within the core area of Arts and Culture! The evening will begin with a gallery showing featuring photos from our downtown and Photography in the Park workshops, which capture the views of Colorado Springs. Following the gallery showing will be a performance featuring the TRP Drums Alive! Group, as well as the Mixed Emotions Dance Troupe. Mark your calendars now as you will not want to miss this amazing event!

Stargazers Theatre, 10 S. Parkside Dr.

Thursday, December 14

Gallery Showing: 6:30-7 p.m.

Drums and Dance Performance: 7-8 p.m.

Free Admission; Invite your friends and family

SOCIAL ENRICHMENT

Dances provide an opportunity for participants to enjoy a social occasion while practicing appropriate social behavior and engaging in a positive leisure activity with peers.

OUT ON THE TOWN DANCES

Come and socialize with old friends and new while you dance the night away. Dressing according to the theme is encouraged, but not required.

Please do not arrive before 6:30 p.m.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
7-9 p.m.

Sept. 15	Tie-Dye	#9438
Oct. 20	Ghost Town	#9439
Nov. 17	Turkey Tango	#9440
Dec. 15	Christmas Party	#9441

Fee: \$5/night (**Cash only for walk-in registration**)

GUIDELINES FOR DANCES...

As the dance continues to grow, the TRP has put the following guidelines in place in order to create a safe and fun environment:

- All persons entering the building must check in at the registration table
- Participants must pay the \$5 entrance fee and receive a name tag
- Hanging out in the lobby without paying is not permitted
- Caregivers are also required to wear a name tag but do not need to pay
- Proper social and physical behavior is expected during the dance
- If a participant's behavior is harmful to self or others (*inappropriate verbal communication, hitting, self-abuse*) or refusal to stay with the group or adhere to TRP staff recommendations, participants may be asked to leave

NOTICE

For safety reasons, doors to the Colorado Springs Senior Center will be locked from 7:30-8:45 p.m. You may exit the building during these hours, but reentry during those times will not be allowed. Please plan accordingly.

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

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 park, or organizing items, we will get the job done. Club meets first two Fridays of the month with the exception of November.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
Fridays; Sept. 1, 8; Oct. 6, 13; Nov. 3; Dec. 1, 8
1:30-4 p.m.; #9442
Limit: 10 (max.) 8 (min.)
Fee: \$74

Notes: No program on Nov. 10 due to Veteran's Day holiday. Please meet at the Colorado Springs Senior for departure to project locations. Specific projects and locations will be available after registration. Please wear close-toed shoes, a hat, and bring a water bottle and jacket for outdoor projects.

NEW! MINIATURE HORSE THERAPY

Join us for a four week series as we travel to Mello Memories, Inc. in Black Forest to interact and learn from their miniature horses. Participants will bond with their horse through grooming and sensory trail activities, as well as learn to lead horses through various obstacle courses, while working on balance, coordination, sensory integration, and increasing self-confidence. Please plan to attend all four sessions as consistency is a vital component to this series.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
Mondays; Sept. 11-Oct. 2
1:30-4 p.m.; #9443
Limit: 10 (max.) 8 (min.)
Fee: \$40

Notes: Transportation will be provided from the Senior Center to Mello Memories. Please wear close-toed shoes, dress for the weather, and bring a water bottle. A waiver of liability will be available after registration.

NEW! RELAXATION TECHNIQUES WITH ESSENTIAL OILS

We all need a new way to free our minds, right? We will identify our favorite ways to spend time de-stressing. Let's find new ways to incorporate essential oils into our daily relaxation routine.

Hillside Community Center, 925 S. Institute
Thursdays, Oct. 5-26
10-11:30 a.m.; #9444
Limit: 10 (max.) 8 (min.)
Fee: \$25

Note: This program will utilize essential oils.

NEW! ESSENTIAL OILS 101 Using Essential Oils for Health and Wellness

Join us for this two-part series, led by Jaimy Criswell, an Elite Wellness Advocate from doTERRA Essential Oils. We will explore the benefits and uses of essential oils for pain management and inflammation, immune and digestive health, emotional support, sleep aides, cognition and focus, and many more! Participants will have the opportunity to learn about therapeutic grade oils, their many uses, and sample products.

Colorado Springs Senior Center, 1514 N. Hancock Ave.
Tuesday & Thursday; Dec. 12 & 14
9:30-11:30 a.m.; #9445
Limit: 10 (max.) 8 (min.)
Fee: \$10

Notes: This program is geared for individuals with physical disabilities, neurological impairments and orthopaedic injuries.



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:

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 (719) 651-7704. Please be considerate of the group.

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.

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. Your consideration is appreciated.

DAYTIME JAUNTS

(Adults ages 18 and 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 Colorado Springs Senior Center, 1514 N. Hancock Ave., unless noted.

All trips are limited to four wheelchairs.

[Online registration is not available for trips; mail-in or drop-off only!](#)

BUTTERFLY PAVILION

The Butterfly Pavilion is located in Westminster, CO and opened in 1995 as the first standalone non-profit insect zoo in the United States. Join us as we visit this 30,000 square-foot facility, situated on 11 acres, featuring five main exhibit areas to teach visitors about butterflies and other invertebrates. The main exhibit features an indoor rainforest filled with 1,200 free-flying tropical butterflies.

Thursday, Sept. 14

Limit: 12 (max.), 10 (min.)

8 a.m.-3 p.m.; #9465

Fee: \$34 *includes admission*

Notes: Please wear shoes comfortable for walking as this is a walking tour, and bring money for lunch at a local restaurant.

HAPPY APPLE FARM

Interested in an opportunity to pick your own apples to take home? We will enjoy picking apples, a hayride, and the opportunity to bring home a bag of hand-picked apples.

Tuesday, Nov. 14

9 a.m.-2:30 p.m.; #9469

Limit: 12 (max.); 10 (min.)

Fee: \$25

Notes: Please bring money for lunch at a local restaurant and additional money if you would like to purchase apples to bring home. Please wear shoes comfortable for walking around the farm.

HAMMOND'S CANDY FACTORY

Unlock your inner sweet tooth! Hammond's complimentary candy factory tours are fun and educational for candy lovers of all ages! You can experience handcrafted candy canes, ribbon candy, and lollipops that are pulled, twisted, and shaped by hand—just like they were in 1920.

Monday, Dec. 4

9 a.m.-3 p.m.; #9470

Limit: 12 (max.); 10 (min.)

Fee: \$25

Notes: Please bring money for lunch at a local restaurant and additional money if you would like to purchase something from the gift shop. Please wear shoes comfortable for walking.



WILDERNESS ON WHEELS

Wilderness on Wheels has been providing access to nature for people of all abilities for over 30 years. This fully accessible trail begins with an 8-foot wide boardwalk, turning toward a 12,300 foot mountain peak; the boardwalk begins a gentle climb through lush forests. Join us for a hike and picnic at one of Colorado's most scenic views.

Tuesday, Oct. 10

8 a.m.-4:30 p.m.; #9468

Limit: 12 (max.); 10 (min.)

Fee: \$30

Notes: This activity takes place at an elevation of 9000 feet. A picnic lunch will be provided; if you have special dietary requirements, please let staff know after registration. Please wear close-toed shoes, a hat, and dress in layers, also please bring a water bottle and sunscreen.



The TRP is proud to partner with the National Inclusion Project for a second year!

Our goal is to provide better training to general recreation staff on how to be more fully inclusive in their programming. We also aim to be a better resource for general youth recreation activities and community centers in the areas of advocacy, education, and training.

Through this partnership we want to help make inclusion the expectation, not the exception!

Check out their website at www.inclusionproject.org

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.

OUTDOOR ROCK CLIMBING

Meet us at Red Rock Canyon Open Space for a session of outdoor rock climbing in one of Colorado Springs most popular parks! Guides from the National Sports Center for the Disabled (NSCD) will be on hand to facilitate instruction and direct climbers through the courses. All equipment is provided.

Red Rock Canyon Open Space (*Meet at the parking lot off 31st Street*)

Friday; Sept. 12

- Intellectual/Developmental Disabilities: 10 a.m.-12 (Noon); **#9446**
- Physical Disabilities: 12:30-2:30 p.m.; **#9467**

Limit: 8 (max.), 6 (min.)

Fee: \$15

Notes: Meet at the parking lot closest to 31st Street, located to the east of the BMX bike track. Please wear comfortable clothing for climbing, tennis shoes, and bring a water bottle and sunscreen.

SPORTS, FITNESS & AQUATICS T-REX-PO (IT'S A THERAPEUTIC REC EXPO!)

Join the Therapeutic Recreation Program for the 2nd 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 on land and in the water, and learn new ways to be active, have fun, and exercise. Participants do not need to know how to swim in order to participate, but must be comfortable in the water.

Memorial Park Recreation Center, 280 S. Union Blvd.

Friday, Oct. 27

1-4 p.m.; **#9448**

Limit: 30 (max.), 20 (min.)

Fee: \$5

Notes: Please wear comfortable workout clothes, tennis shoes, and bring a water bottle, swimming suit, and towel as some activities will be done on land and some in the water. Additional details will be available after registration.



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.

PROGRAMS FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

AQUA FITNESS

Let's get moving in the water! Join us as we experience different ways to exercise and have fun in the water.

Memorial Park Swimming Pool

280 S. Union Blvd.

Mondays; Oct. 23- Nov. 13

3-4 p.m.; **#9449**

Limit: 8 (max.), 6 (min.)

Fee: \$25

Notes: Please wear a swimming suit and water shoes, if you have them. Bring a towel and water bottle each day.

CYCLING TRAIL RIDE

The TRP is again partnering with local bike specialist, Cycle Different, to offer an opportunity for participants to ride on adaptive cycles on a short trail ride along historic Shooks Run. Participants will have the opportunity to practice trail etiquette and cycling safety, while accessing one of Colorado Springs most popular trail systems. Cycles and helmets are provided.

Wednesday, Sept. 6

1-3 p.m.; **#9450**

Limit: 6 (max.), 4 (min.)

Fee: \$9

Notes: Meeting location to be determined after registration.



PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

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

AQUA-REHAB

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, including opportunities for water walking and deeper-water aerobic workouts.

Memorial Park Swimming Pool
280 S. Union Blvd.
Mondays/Wednesdays/Fridays
10-11 a.m.

- Sept. 11-29; **#9451**
- Oct. 2-27; **#9452**
- Oct. 30-Nov.24; **#9453**
- Nov. 27-Dec. 22; **#9454**

Limit: 18 (max.), 12 (min.)

Fee: \$40/session;

\$30 for the first session (3 weeks)

Notes: Participants must have a current year physician prescription. No class the week of Sept. 4 due to pool maintenance, and November 10 and 24 due to City holidays.

ADAPTIVE GOLF

Join us for the Fall session of golf! All lessons will be taught by a golf professional, who will provide individualized instruction 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. 5-Oct. 3

9:00-10:00 a.m.; **#9455**

Limit: 6 (max.), 5 (min.)

Fees: \$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 orthopaedic injuries.

BOCCIA

This specialized sport of dedication and precision is open to youth and adults ages 6 and older with cerebral palsy, brain injury, muscular dystrophy, stroke and multiple sclerosis. There will be opportunity for match play and in-house competition. Due to popular demand, two sessions will be offered. Sign up for one or both sessions!

Colorado Springs Senior Center
1514 N. Hancock Ave.

Tuesdays; 3:30-4:30 p.m.

- Session 1: Sept. 12-Oct. 17; **#9456**
- Session 2: Oct. 24-Nov. 28; **#9457**

Limit: 6 (max.), 4 (min.)

Fee: \$36/session

ADAPTIVE CYCLING RIDES

The TR Program is again partnering with local bike specialist, Cycle Different, to host weekend cycling rides on the area bike trail system for individuals with a physical disability. Please bring your own cycle if you have one. If you need a bike, Cycle Different will have cycles available for sign-out prior to each date, including recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner or veteran riders are welcome!

1483 Garden of the Gods Rd.

Saturdays; 9 a.m.-1 p.m.

- Sept. 9; **#9458**
- Sept. 23; **#9459**
- Oct. 7; **#9460**

Saturdays; 1-3:30 p.m.

- Oct. 21; **#9461**
- Nov. 18; **#9462**

Limit: 12 (max.), 9 (min.)

Fee: \$ 9/date

ARCHERY

Join us for one or both four week program series, as we meet at the Archery School of the Rockies for indoor archery! Series will provide the opportunity 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
1831 N. Circle Dr.

Wednesdays; 1-3 p.m.

- Session 1: Oct. 11-Nov. 1; **#9463**
- Session 2: Nov. 15-Dec. 6; **#9564**

Limit: 8 (max.), 4 (min.)

Fee: \$60

Note: Equipment will be provided, however if you have your own bow please bring it with you.



**COLORADO
SPRINGS**

REGISTRATION FORM

Participant Name: _____ Age: _____ Birthdate: _____ Gender: Male Female
 Address: _____ City: _____ Zip: _____
 Primary Phone: _____ Other Phone: _____ Email: _____
 Active Military: _____ Veteran: _____ Disability: _____
 Parent/Guardian Name: _____
 Type of Living Situation (choose one): Family Independent Living Group Home Supervised Apt. Other
 Emergency Contact/Relationship: _____ Phone: _____
 List Medications: _____ Does participant need supervision/assistance with taking medications? Yes No
 Diet Restrictions (list): _____
 Check those that apply: Asthma Diabetes Tube Feeding Allergies (type: _____) Epi Pen required: Yes No
 Is the participant subject to seizures? Yes No Type: _____ Frequency: _____
 Assistive equipment and/or physical restrictions: _____
 Other pertinent information in regards to safety and behavioral concerns: _____
 Other information that may enhance the quality and safety of recreation participation: _____

✓	Activity Name	#	Fee
ARTS & CULTURE			
	Mixed Emotions Dance Troupe	9434	\$120
	DRUMS ALIVE® Bootcamp	9437	\$12.50
	DRUMS ALIVE® Level 1	9435	\$25
	DRUMS ALIVE® Level 2	9436	\$25
	Healthy Holiday Treats	9466	\$15

SOCIAL ENRICHMENT			
	Out on Town Dance: Sept. 15	9438	\$5
	Out on Town Dance: Oct. 20	9439	\$5
	Out on Town Dance: Nov. 17	9440	\$5
	Out on Town Dance: Dec. 15	9441	\$5

COMMUNITY INTEGRATION/LEISURE EDUCATION			
	COS Club	9442	\$74
	Miniature Horse Therapy	9443	\$40
	Relaxation Techniques with Essential Oils	9444	\$25
	Essential Oils 101	9445	\$10

✓	Activity Name	#	Fee
DAYTIME JAUNTS			
	Butterfly Pavilion	9465	\$34
	Wilderness on Wheels	9468	\$30
	Happy Apple Farm	9469	\$25
	Hammond's Candy Factory	9470	\$25

OUTDOOR ADVENTURES			
	Outdoor Rock Climbing: <i>Intellectual/Developmental Disabilities</i>	9446	\$15
	Outdoor Rock Climbing: <i>Physical Disabilities</i>	9447	\$15

SPORTS, FITNESS & AQUATICS			
	T-REX-PO	9448	\$5

SPORTS, FITNESS & AQUATICS Intellectual/Developmental Disabilities			
	Aqua Fitness	9449	\$25
	Cycling Trail Ride	9450	\$9

✓	Activity Name	#	Fee
SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Aqua-Rehab: Sept. 11-29	9451	\$30
	Aqua-Rehab: Oct. 2-27	9452	\$40
	Aqua-Rehab: Oct. 30-Nov. 24	9453	\$40
	Aqua-Rehab: Nov. 27-Dec. 22	9454	\$40
	Adaptive Golf + \$30 to "Golf 4 the Disabled"	9455	\$22
	Boccia: Sept. 12-Oct. 17	9456	\$36
	Boccia: Oct. 24-Nov. 28	9457	\$36
	Adaptive Cycling: Sept. 9	9458	\$9
	Adaptive Cycling: Sept. 23	9459	\$9
	Adaptive Cycling: Oct. 7	9460	\$9
	Adaptive Cycling: Oct. 21	9461	\$9
	Adaptive Cycling: Nov. 18	9462	\$9
	Archery: Oct.11-Nov. 1	9463	\$60
	Archery: Nov. 15-Dec. 6	9464	\$60

(check all that apply)

- Yes No I hereby give permission for photographs, stories and recordings of myself and/or my child to featured in the following marketing efforts of the City of Colorado Springs Recreation Services Division and their agents/partners.
- Yes No Registrant has authorization to ride the PRCS buses for TR field trips.
- Yes No **CONSENT TO CONTACT AND RELEASE INFORMATION:** I grant permission to the TRP contact school, teacher, physician, employer and/or provider for the purpose of gathering or releasing information regarding the participant. The information will be used to implement the most effective plan in providing therapeutic recreation and inclusion services. All information will be kept confidential.

- Educational Material
- Promotional Material (fliers, brochures)
- Social Media (Facebook, Twitter, YouTube,...)

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: _____

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

OR

Online at: www.coloradosprings.gov/TR
click [Register Here Button](#)

Before registering for any activities online, families must establish an account and receive a LOGIN and PASSWORD.

Contact TRP for details.

Online registrations require payment with Visa, MasterCard, American Express or Discover.

WHEN TO REGISTER

Beginning Monday, Aug. 21, 2017
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 email or in the mail to confirm your enrollment in the class.

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 TRP.

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.

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

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

HOW TO REACH US

1315 East Pikes Peak Avenue
Colorado Springs, CO 80909

OR

visit www.coloradosprings.gov/tr
and follow us on



TRP STAFF

Allen Beauchamp

Adaptive Cycling Specialist
(719) 385-6855
abeauchamp@springsgov.com

Felicia Barnhart, CTRS

Program Supervisor
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Jacki Mueller

Recreation Assistant
(719) 385-6965
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Sarah Braun, CTRS

Program Coordinator
(719) 385-6855
sbraun@springsgov.com

Fall Intern

Carrie Goodfellow,
Georgia Southern University

OTHER NUMBERS

TR Cell
for Day of Trips
(719) 651-7704

Paralympic Sport
Club Cell
(719) 200-8427

Office Front Desk
(719) 385-6002

Fax
(719) 385-6013



PARKS, RECREATION & CULTURAL SERVICES
THERAPEUTIC RECREATION PROGRAM
1315 EAST PIKES PEAK AVENUE
COLORADO SPRINGS, CO 80909