

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 (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.

Westside Community Center, 1628 W. Bijou
Tuesdays/Thursdays; Sept. 8-Dec. 8
3:30-4:30 p.m.; #16034
Limit: 12 (max), 8 (min)



Fee: \$120

Notes: No class on Nov. 24 due to the Thanksgiving holiday. The Mixed Emotions Dance Troupe will conduct its annual Holiday Performance at the 8th annual TRP Arts and Culture Ability Expo on Thursday, Dec. 8 at 7 p.m. at Westside Community Center, 1628 W. Bijou (see back page for more details). 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.

Westside Community Center, 1628 W. Bijou
Mondays; Oct. 17-Dec. 5
3:30-4:30 p.m.; #16035
Limit: 10 (max), 8 (min)
Fee: \$40



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.

Westside Community Center, 1628 W. Bijou
Wednesdays; Oct. 19-Dec. 7
3:30-4:30 p.m.; #16036
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 annual Holiday Performance at the 8th annual TRP Arts and Culture Ability Expo on Thursday, Dec. 8 at 7 p.m. at Westside Community Center, 1628 W. Bijou. Dress rehearsal/performance practice will be announced at a later date.

TRP ACTIVITY EXERTION SCALE [I/II/III/IV]

What are those funny letters after the titles of my favorite programs? Often times, TRP staff are asked 'how difficult is that activity?' In an effort to help participants understand the perceived level of exertion (i.e. how much effort is required) for an activity, former TRP Intern Hannah Hearn, with support from the TRP staff, created an Activity Exertion Scale. Each letter is a roman numeral [III] and represents the level of exertion needed to participate in at least 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** – activity takes place at a higher altitude, may experience shortness of breath and requires maximum effort to participate.



ARTS AND CULTURE - CONTINUED

YOU CAN UKE! (AGES 18 & OLDER) [II]

Join Music Therapist Sandy Golias for a 6-week course that will teach the basic chords of the ukulele. Ukulele is a fun portable instrument that is so easy to learn that you will start playing songs right away! You will learn different strum patterns to your favorite songs and by the end of the class series be able to show off your skills during the annual TRP Arts and Culture Expo!

Westside Community Center, 1628 W. Bijou
Mondays; Oct. 31-Dec. 5
2:15-3:15 p.m.; #16037
Limit: 8 (max), 6 (min)
Fee: \$38



Notes: Ukuleles and all materials will be provided. Participants will perform during the 8th annual TRP Arts and Culture Ability Expo on Thursday, December 8 at Westside Community Center, 1628 W. Bijou. Dress rehearsal will be announced at a later date.

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 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
7:00-9:00 p.m.

- Sept. 16 These Boots Were Made for Dancing; #16038
- Oct. 21 Party Like a Mon-Star; #16039
- Nov. 18 Flannel Festival; #16040
- Dec. 16 Bundle Up Tight, Dance Moves Tonight; #16041

Limit: 60 (max.), 40 (min.)
Fee: \$5/month

Notes: Pre-registration is required for this activity, no walk-in registration. 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 bringing the Out on the Town Dances to you! Join friends as we dance our Friday afternoons away! Dressing according to the theme is encouraged, but not required.

Zoom (web conferencing platform)
2:00-2:30 p.m.; #16042

- Sept. 2 It's Fall Y'all
- Oct. 7 Twist or Treat N
- Nov 4 Gobble till You Wobble
- Dec. 2 Reindeer Games

Limit: 60 (max.)
Fee: \$10/for all 4 months

Notes: This program is part of the TRP VTR series. Participants must have access to a computer or smartphone, a link will be provided after registration.

The TRP Office is Moving!!

In September, the TRP will be moving operations from the Sports Office in Memorial Park to the Westside Community Center. Our new mailing address will be:

1628 W. Bijou
Colorado Springs, CO 80904

Fall registration will still take place at the Sports Office, although most classes will be held at the Westside Community Center starting in September. Be sure to read activity details regarding location changes and be on the lookout for details for an open house later in the month.



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 one time a month.

Westside Community Center, 1628 W. Bijou
Fridays; Sept. 9; Oct. 14; Nov. 4
1:30 p.m.-4:00 p.m.; #16043
Limit: 10 (max.), 8 (min.)
Fee: \$28

Notes: C.O.S. Club will meet one time a month. Specific projects and locations will be available after registration. Please wear closed-toe shoes, dress for the weather, and bring a water bottle.



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 are limited to four wheelchairs and depart from Parks, Recreation & Cultural Services Administration, 1401 Recreation Way. *Online registration is NOT available for these activities; drop-off or mail-in only.*

TOP GOLF [II]

FORE!!! Whether you're an aspiring golf pro or picking up a club for the first time, Topgolf is everyone's game. Spend the afternoon practicing your golf swing while shooting at giant targets set for all ability levels. Topgolf uses microchipped golf balls to track distance, velocity, and points in multiple driving range practice games. Topgolf is a game that everyone can play!

TBA
Limit: 12 (max.); 10 (min.)
Fee: \$40

Notes: Please dress for Colorado weather as games are played outdoors but in a covered area. Bring money for concessions.

BUTTE THEATRE - YOUNG

FRANKENSTEIN THE MUSICAL [II]

Join us for brunch at IHOP prior to traveling to Cripple Creek's historic Butte Theatre for a matinee showing of Young Frankenstein. Based on the 1974 film, comedy genius, Mel Brooks, adapts his legendary film into a brilliant stage creation and is scientifically proven, monstrously good entertainment!

Wednesday, Oct. 5
9:45 a.m.-5:00 p.m.; #16044
Limit: 10 (max.); 8 (min.)
Fee: \$45 includes admission

Note: Please bring money for lunch prior to the show.

OUTDOOR ICE SKATING AT ACACIA PARK [III]

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. & Bijou St.)

Acacia Park, 115 E. Platte Ave.
Tuesday, Dec. 13
Time TBA.; #16045

Limit: 10 (max.); 8 (min.)

Fee: \$15 includes admission & skate rental

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



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 INTELLECTUAL/DEVELOPMENTAL DISABILITIES

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, Albert 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!

Westside Community Center, 1628 W. Bijou
Mondays; Oct. 3-24
2:00-3:00 p.m.; #16049
Limit: 10 (max.); 8 (min.)
Fee: \$25



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

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 developmental 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. 12-Nov. 2
1:00-2:30 p.m.; #16048
Limit: 8 (max.); 6 (min.)
Fee: \$50

Note: All equipment will be provided.



BOXERCISE (AGES 18 & OLDER) [III]

Boxing and fitness are tough, but you can do it! Learn boxing skills such as throwing jabs, hooks, and uppercuts while working at a beginners' pace. This is the perfect class to get started, and we know once you try it, you'll be hooked!

Otis Park Community Center, 731 Iowa Ave.
Thursdays; 11:00 a.m.-12:00 p.m.
• Session 1 : Sept. 8-29; #16046
• Session 2 : Oct. 6-27; #16047
Limit: 10 (max.); 8 (min.)
Fee: \$25



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



PROGRAMS FOR ADULTS WITH PHYSICAL DISABILITIES

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

AQUA REHAB [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.
• Sept. 7-30; #16050
• Oct. 3-31; #16051
• Nov. 2-30; #16052
• Dec. 2-16; #16053

Limit: 18 (max.), 12 (min.)
Fee: \$40/session

Notes: Participants must have a current year physician prescription. Please call 385-6964 if you require 1:1 assistance in the water. No class on Nov. 11 and Nov. 25 due to City holidays.

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. 6-Oct. 4
9:00-10:00 a.m.; #16054
Limit: 6 (max.), 5 (min.)
Fee: \$22

Notes: Please bring a water bottle and wear sunscreen. This program is geared for individuals with neurological disabilities and orthopedic injuries.

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!

Westside Community Center, 1628 W. Bijou
Tuesdays; 1:30-3:00 p.m.
• Session 1: Sept. 13-Oct 11; #16055
• Session 2: Oct. 18-Nov. 15 #16056
Limit: 6 (max.), 4 (min.)
Fee: \$36/session

NEW LOCATION!



ADAPTIVE CYCLING RIDES

(AGES 18 & OLDER) [II/III]

The TRP 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. Cycle styles include recumbent trikes, handcycles, and upright bikes. Pre-registration is required for each single ride date below. Beginner and veteran riders are welcome!

1483 Garden of the Gods Rd.
Saturdays; 9:00 a.m.- 1:00 p.m.

- Sept. 10; #16058
- Sept. 24; #16059
- Oct. 8; #16060
- Oct. 22; #16061

Limit: 12 (max.), 9 (min.)
Fee: \$9/date



ARCHERY (AGES 18 & OLDER) [II]

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; 1:00-2:00 p.m.
Nov. 9-30; #16062
Limit: 8 (max.), 6 (min.)
Fee: \$90

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



Therapeutic Recreation Program Policy

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:

Appropriate social behavior is stressed during all programs. The staff and volunteers will do their best to ensure each participant's success in the programs. If a participant's behavior is detrimental to the group or self (kicking, biting, hitting, self-abusing, refusal to stay with the group, etc.), a parent or guardian will be called to pick up the participant immediately. Please call the TR office if you have any questions.

- 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 TRP Program Cell Phone at (719) 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. Your consideration is appreciated.



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 You can Uke! class, Drum Beats levels 1 & 2, as well as the Mixed Emotions Dance Troupe. Mark your calendars now as you will not want to miss this amazing event!

Westside Community Center, 1628 W. Bijou
 Thursday, Dec. 8
 Ukulele, Drums and Dance Performance: 7:00-8:00 p.m.
 Free admission! Invite your friends and family!

NEW LOCATION!

HOW TO REACH US

1315 East Pikes Peak Avenue
 Colorado Springs, CO 80909
 Main Office Front Desk: (719) 385-6002
 Office Fax: (719) 385-6013

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



OTHER NUMBERS
 TRP Program Cell for Day of Trips only
 (719) 651-7704

Adaptive Sport Club Cell for Day of Programs only
 (719) 200-8427

TRP STAFF

Felicia Barnhart, CTRS
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 (719) 385-6964
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 (719) 385-6855
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 (719) 385-6965
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Devin Jaramillo
 Program Director
 (719) 385-6855
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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	✓	Activity Name	#	Fee	✓	Activity Name	#	Fee
ARTS & CULTURE				COMMUNITY INTEGRATION & LEISURE EDUCATION				SPORTS, FITNESS & AQUATICS Physical Disabilities			
	Mixed Emotions Dance Troupe	16034	\$120		C.O.S. Club	16043	\$28		Aqua Rehab: Sept. 7-30	16050	\$40
	Drum Beats - Level 1	16035	\$40		DAYTIME JAUNTS				Aqua Rehab: Oct. 3-31	16051	\$40
	Drum Beats - Level 2	16036	\$40		Top Golf-TBA		\$40		Aqua Rehab: Nov. 2-30	16052	\$40
	You Can Uke!	16037	\$38		Butte Theatre Young Frankenstein	16044	\$45		Aqua Rehab: Dec. 2-16	16053	\$40
SOCIAL ENRICHMENT					Outdoor Ice Skating @ Acacia Park	16045	\$15		Adaptive Golf	16054	\$22
	OOT Dance Sept. 16	16038	\$5	SPORTS, FITNESS & AQUATICS Intellectual/Developmental Disabilities					Boccia: Sept. 13-Oct.11	16055	\$36
	OOT Dance Oct. 21	16039	\$5		Boxercise: Sept. 8-29	16046	\$25		Boccia: Oct. 18-Nov. 15	16056	\$36
	OOT Dance Nov. 18	16040	\$5		Boxercise: Oct. 6-27	16047	\$25		Adaptive Cycling: Sept. 10	16058	\$9
	OOT Dance Dec. 16	16041	\$5		Robin Hood Training	16048	\$50		Adaptive Cycling: Sept. 24	16059	\$9
	VTR Dances/all 4 months	16042	\$10		Zumba	16049	\$25		Adaptive Cycling: Oct. 8	16060	\$9
									Adaptive Cycling: Oct. 22	16061	\$9
									Archery: Nov. 9-30	16062	\$90

REGISTRATION OPENS AUG. 15!

- Yes No I hereby give permission for photographs, stories and recordings of myself and/or my child to be featured in marketing efforts of the City of Colorado Springs - TRP and their agents/partners.
- Yes No Registrant has authorization to ride the PRCS buses for TRP field trips.
- CONSENT TO CONTACT AND RELEASE INFORMATION:**
- Yes No I grant permission to the TRP to 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.

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:

Therapeutic Recreation Program
1315 E. Pikes Peak Ave.
Colorado Springs, CO 80909

OR

Online: www.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 15; 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. Emailed receipts will come from Colorado Springs Parks & Recreation; the email 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.

Make checks payable to Recreation Services.

Payment in full must be made by the first day of class.

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 is 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.



The TRP is proud to partner with the National Inclusion Project! 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

WHAT IS RECREATIONAL THERAPY/THERAPEUTIC RECREATION (RT/TR)?

A treatment service designed to:

- Restore, remediate, and rehabilitate a person's level of functioning and independence in life activities,
- To promote health and wellness, as well as
- Reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.

Some benefits of RT/TR:

- Pain reduction
- Flexibility and balance
- Improved gross and fine motor skills
- Reduced confusion
- Increased awareness and alertness
- Improved stress management
- Enhanced body image and attitude toward disability
- Enhanced coping skills



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