



HIGHLANDS RANCH
COMMUNITY ASSOCIATION

Enhancing the Quality of Life for Special Needs Families



2019

**HIGHLANDS RANCH
THERAPEUTIC RECREATION**



HIGHLANDS RANCH COMMUNITY ASSOCIATION THERAPEUTIC RECREATION

Our Mission

The Therapeutic Recreation programs at the Highlands Ranch Community Association (HRCA) are intended to enhance the quality of life of individuals with special needs.

Classes, programs, and events are designed to help people explore leisure interests, develop skills, and have fun. Programs are facilitated by Certified Therapeutic Recreation Specialists and/or qualified staff. We provide a quality and compassionate community-based environment for participants of all ages and abilities. Our specialized services are offered to all ages, regardless of ability or disability.

Our Goal

Our goal to challenge participants and support general independence, choice, self-determination, and self-confidence. We want each participant to enjoy recreation. We work towards social independence in a fun and safe environment, while encouraging a general sense of health, wellness, and improved quality of life.

Programs and Services

The Therapeutic Recreation Programs at the HRCA are intended to enhance the quality of life of individuals with special needs.

Volunteer!

Make a difference in the lives of our Special Needs families and decide to become a volunteer.



Scholarships

Scholarships are available for participants who need financial assistance to join groups or for personal instruction.

Individual Service Plans

A Therapeutic Recreation Individual Service Plan (ISP) is required to participate in Special Needs Programs. For new enrollees, an ISP must be completed before service begins and for all participants an annual update is required each year thereafter.



Special Needs Programs

Programs are facilitated by Certified Therapeutic Recreation Specialists and with qualified staff. We have a variety of programs available including group and personal instruction. Programs may vary by season and are continually added and updated based on needs and interests.

We provide a quality and compassionate community-based environment.

Taekwondo

Designed to help students improve balance, concentration, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee.

Hip Hop Dance

The focus of this class is a fun dance environment.

28
Special Programs
& Services

\$12,000
Scholarships
to date

Serving Highlands
Ranch for over
20 years

Sports Camp

Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.

Swimming

Learn water safety activities, blowing bubbles, and swimming skills

Indoor Basketball and Soccer

Learn the skills to play Basketball and Soccer, and the rules of the game, and good sportsmanship.

Yoga

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.



Sensory Friendly Events:

Come and experience a community event in your own small sensory friendly time.

Princess Tea - have a special one on one meeting with Cinderella, Belle or Jasmine or which ever princess we celebrate at this fun and informal tea party.

Superhero Party - Similar to the Princess Teas, this is celebrating Superheros with a fun and active party.

Hooked on Fishing - a sensory-friendly opportunity to learn to fish, complete with pole and bait.

Breakfast with Santa - Have a special moment with Santa that includes breakfast and a photo opportunity.

Hometown Holiday - Join the community Christmas celebration with a special ride with Santa on the wagon and front of the line for that special photo with Santa.

Highlands Ranch Days - Special days experiences celebrating our Colorado history.





Support our programs.

Donate to the Highlands Ranch Therapeutic Recreation program to ensure that a plethora of programs continue to educate and stimulate our special needs community's interest and passions.

The Highlands Ranch Therapeutic Recreation (TR) program is supported in part by individual donations, program enrollment, the support and funding from the Scientific and Cultural Faculties District (SCFD).

Your tax deductible contribution to the CAA makes it possible to provide first-class cultural performances to enlighten and entertain the public.

How to Join our Programs.

For more information and to see how you can make a difference in the program experiences in our TR community, please visit www.HRCAonline.org/TR

Call Summer Aden at 303-471-7043 or email summer.aden@HRCAonline.org.
For information about private swim lessons, personal training, and scholarships.

HRCA Therapeutic Recreation Summer 2020 Schedule

Explore your recreation interests, develop skills, and have fun! Our specialized services are offered to all ages and ability levels to enhance health, wellness, and quality of life.



ONGOING

Yoga (Ages 5-Adult)
Mondays, 5:15 - 5:45 p.m.

Hip Hop (Ages 5-Adult)
Tuesdays, 6:00 - 7:00 p.m.

Thrilling Thursdays (Ages 16-Adult)
Thursdays, 12:30 - 3:30 p.m.

Tae Kwon Do (Ages 5-21)
Tuesdays and Thursdays
3:50 - 4:30 p.m.

Splash Swim (Ages 3-7)
Fridays, 1:00 - 1:30 p.m.

MAY - JUNE

Basketball (Ages 8-Adult)
Wednesdays, 5:15 - 6:00 p.m.

JUNE 1-5

TR Lego Summer Camp (Ages 8-Adult)
Monday - Friday, 9:30 - 11:00 a.m.

JUNE 15-19

Stride to Ride (Ages 5-Adult)
Monday - Friday, 10:00 - 11:00 a.m.

JUNE - JULY

TR Tennis (Ages 8-Adult)
Mondays, 4:00 - 5:00 p.m.

JUNE - AUGUST

Tri Camp (Ages 8-Adult)
Mondays/Thursdays, 6:00 - 7:00 p.m.

JULY

Summer Sports Camp (Ages 8-Adult)
Tuesdays, 9:00 a.m. - Noon

JULY - AUGUST

Soccer (Ages 8 - Adult)
Wednesdays, 5:15 - 6:00 p.m.

HOW TO JOIN OUR PROGRAMS

Check out our web site at www.HRCAonline.org/TR for more information or to register. Call Summer Aden at 303-471-7043 or email summer.aden@HRCAonline.org. Contact Summer for information about private swim lessons, personal training, and scholarships.

For information or to register visit www.HRCAonline.org/TR