

TOWN OF CASTLE ROCK  
THERAPEUTIC  
**REC**

*Winter/Spring*

*Jan. - May  
2022*

### **Athletics & Movement**

**Special Olympics Basketball** | Ages 4+  
Jan. - Mar.  
Sundays  
Time specific to age category

**Movement Mondays** | Ages 5+  
Feb. 28 - Apr. 4  
Mondays  
3:30 - 4:30 p.m.

### **Special Olympics Swimming**

Apr. - June  
If interested in participating or  
volunteering, reach out to Rebecca  
Erickson at [rerickson@crgov.com](mailto:rerickson@crgov.com)

**Climb4Change Group Training** | All ages  
May 4 - 18  
Wednesdays  
4:30 - 5:30 p.m.

### **Outdoor Rec**

**NSCD Ski/Board** | Ages 10+  
Jan. 8 - Feb. 12  
Saturdays  
9:45 a.m. - 3:45 p.m.  
Invitation only

**Adaptive Golf** | Ages 5-12  
May 5 - 19  
Thursdays  
3:45 - 4:45 p.m.

### **Aquatics**

**Aqua Strength** | Ages 18+  
Jan. 5 - Feb. 23  
Wednesdays  
9 - 9:45 a.m.

**Group Aquatics** | Ages 2+  
Feb. 7 - Mar. 10, Session 1  
Mar. 24 - Apr. 14, Session 2  
Thursdays  
Ages 2 - 5: 9 - 9:30 a.m.  
Ages 6 - 17: 3:30 - 4 p.m.  
Ages 18+: 9:45 - 10:15 a.m.

**Adaptive Swim Private Lessons** | Ages 5+  
Reach out to Ashley Bordenet at  
[abordenet@crgov.com](mailto:abordenet@crgov.com) if interested

### **Social**

**TR Troupe** | Ages 16+  
4th Friday of the month  
1 - 4 p.m.  
Register for individual dates

**Family Friday** | All ages  
2nd Friday of the month  
5 - 7 p.m.  
Register for individual dates

### **Community Opportunities**

**Next Ninja Warriors** | Ages 5+  
Jan. 3  
10:15 a.m. - 1:45 pm  
Held at Ninja Nation in Centennial

**Let's Fly** | Ages 5+  
Feb. 18  
2 - 5 p.m.  
Held at IFLY in Lone Tree

**Spring Break** | Ages vary by program  
Monday - Thursday: Promise Ranch  
Friday: Access Gallery + lunch  
More information coming in February

**April**  
More information coming in February

### **Cultural Arts**

**Creative Crafters** | Ages 16+  
Jan. 13 - Feb. 3  
Thursdays  
5 - 6:15 p.m.

**Shake It!** | Ages 5+  
Mar. 23 - April 27  
Wednesdays  
4 - 5 p.m.

**In the Kitchen With...** | Ages 16+  
Apr. 5 - 26  
Tuesdays  
4 - 5 p.m.

**Adaptive PopUp Art Lab** | Ages 5+  
May 13 | Friday | 5 - 6:30 p.m.

💰 Learn more about scholarship assistance and view the most up-to-date program listing on [CRgov.com/TherapeuticRec](http://CRgov.com/TherapeuticRec). Programs are added monthly!

✔ Register at [CRgov.com/Registration](http://CRgov.com/Registration).

📞 Questions? Contact Therapeutic Recreation Specialist Ashley Bordenet at [abordenet@crgov.com](mailto:abordenet@crgov.com) or 303.814.7459.

