

THERAPEUTIC RECREATION



The SCOPE (Supportive, Captivating, & Original Programs & Experiences) This Program encourages people of all abilities to participate in recreational programs and activities. The mission of SCOPE is to provide specialized support and recreational opportunities to people with disabilities. Our vision is to enrich lives and create experiences that are memorable, empowering, fun and safe for all participants.



SCOPE: Bowling

This program is designed to give each participant with special needs an opportunity to continue a leisure activity skill that provides fun and excitement for years to come. Participants should have a basic knowledge of bowling because no instruction is given. Each bowler participates at his/her own pace. An additional fee of \$1 is collected from each bowler per week for Centennial Lanes. No bowling March 28- Spring Break.

12 & up: **Jan 10-Feb 28, Thurs, 3-4pm** 149100.A
Mar 7-May 2, Thurs, 3-4pm 249100.A
 Location: Centennial Bowling, 110 E 9th Ave
 Fee: \$16 resident/\$20 non-resident

Sensory Swims

Enjoy the warmth of the leisure pool and the serenity of the lap pool with all the water features turned off. Sensory Swims are designed for individuals with special needs and their families, who require the quiet and calm for recreation. The Longmont Recreation Center and pool area will not be open to the general public. Parent(s) or caregiver participation is required.



Dates: **First Sunday of the month, 5:45-7pm**
 Fees: Regular Admission
 Location: Longmont Recreation Center, 310 Quail Rd

SCOPE: Swimming

The Longmont Dolphins Swim Team offers instruction and training for competition in Special Olympics.
 Fee: \$42 resident/\$52.50 non-resident

Assisted Swimming:

Swimming for individuals requiring personal assistance in the pool. Space is limited--register early! Parent/Guardian may be required to assist swimmer in the pool. *No swimming March 29.*

8 & up: **Jan 11-May 17, Fri, 5:30-6:30pm** 149112.A
 Location: Longmont Recreation Center, 310 Quail Rd

Independent Swimming:

Swimming for individuals who are able to swim the length of the pool, 25 yards, without stopping and without assistance. Space is limited; register early! *No swimming March 28-Spring Break.*

8 & up: **Jan 10-May 16, Thurs, 6:15-7:15pm** 149113.A
 Location: Longmont Recreation Center, 310 Quail Rd

SCOPE: Basketball

This program offers instruction and training in Special Olympics Team Basketball competition.

8-15 yrs: **Jan 8-Mar 19, Tue, 5:45- 6:45pm** 149111.B
 Location: Longmont Recreation Center, 310 Quail Rd

16 & up: **Jan 7-Mar 4, Mon, 7-8pm** 149111.A
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$16 resident/\$20 non-resident

SCOPE: TRY A SPORT

Come "scope" us out as you "try" a new sport! Join us, have a blast, and make new friends. No experience needed.

Try Skate

Experienced coaches and players from the Colorado Ice Wizards/Rocy Mountain Special Hockey assist skaters as they navigate the ice. Helmets and ice skates are required on the ice. Bring your own skates or borrow a pair of rental skates at no charge. Please wear warm clothing and mittens or gloves.

5 & up: **Feb 2, Sat, 10-11am** 149001.A
 Location: Longmont Ice Pavilion, 725 8th Ave
 Fee: FREE – pre-register to guarantee your spot!

Try Shuffleboard

Shuffleboard is a great time to relax and play, with a few added laughs. Come join in the fun of this indoor floor-game of pushing and gliding pucks.

14 & up: **Mar 16, Sat, 10-11am** 149002.03
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$7 resident/ \$8.75 non-resident

SCOPE: Track & Field

Longmont Lynx Track & Field Team offers instruction and training in Special Olympics Athletics events for competition. Outdoor practices are at Altona Middle School, 4600 Clover Basin Dr.

8 & up: **Apr 6-May 18, Sat, 11am-12pm** 249114.A
 Location: Altona Middle School, 4600 Clover Basin Dr
 Fee: \$16 resident/\$20 non-resident

SCOPE: Drumming

This introduction to drumming for people with special needs is fun, easy, and accessible to anyone. The Djembe drum from West Africa and percussion from around the world are provided. Students will learn and create their own rhythms in a fun, safe environment.

14 & up: Tue, 5:15-6:15pm
 Dates: **Jan 8-29; or Feb 5-26** 149400
Mar 5-26; Apr 2-23; or Apr 30-May 21 249400

Instructor: Gregg Hansen
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$32 resident/\$40 non-resident

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SCOPE: PARTIES

Location: Senior Center, 910 Longs Peak Ave. Fee: \$5 resident/\$6.25 non-resident

SCOPE: Spring Fling

Celebrate the coming April Showers and May Flowers at the SCOPE Spring Fling! Music, karaoke, dancing and fun for all. Light refreshments provided.

8 & up: **Mar 18, Mon, 7-8:15pm** 249503.A

SCOPE: Sun & Fun

Don't fizzle with the summer starts to sizzle! Get ready for the hot days and cool nights ahead with karaoke, dancing and more. Light refreshments provided.

8 & up: **Apr 22, Mon, 7-8:15pm** 249505.A

SCOPE CAMPS

Registration for the Longmont SCOPE Camp begins February 1 with a special early-bird rate available through April 14. Initial registration is available both online and in person at the St Vrain Memorial Building, 700 Longs Peak Ave. Completed Enrollment Packet to be turned in at time of registration or prior to May 1. Please note that the complete Enrollment Packet MUST be completed 7 days PRIOR to each camper's first day of camp. Once registered, days can be added online.

SCOPE Camp

This is a non-licensed recreation program for adults with special needs, 18 years and older, operated by Longmont Recreation Services. Campers experience a wide variety of activities, including crafts, swimming, life skills, and social and educational outings. Please note, SCOPE Camp is a summer recreation program, not an adult day care program. Enrollment into the SCOPE Day Camp Registration Fee course is required in order to select dates of attendance

18 & up: **Mon-Fri, 9am-4pm**

Dates: **Jun 3-Jul 26** 349980.RG

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Registration Fee:

Through April 14: \$45 resident/\$56.25 non-resident

After April 14: \$65 resident/\$76.25 non-resident

Registration fee is per family, and non-refundable

Daily Fee: \$46 resident/\$55 non-resident

Weekly Fee: \$46 x 5 days = \$230 resident;
\$57 x 5 days = \$285 non-resident



SCOPE Teen Camp

This summer camp for teens with special needs, ages 13-17, is licensed through the State of Colorado. Campers will experience a wide variety of activities, including crafts, swimming, life skills, and social and educational outings. Please note, Teen SCOPE Camp is a summer recreation program, not a day care program.

13-17 yrs: **Mon-Fri, 9am-4pm**

Dates: **Jun 3-Jul 26** 349980.RG

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Registration Fee:

Through April 14: \$45 resident/\$56.25 non-resident

After April 14: \$65 resident/\$76.25 non-resident

Registration fee is per family, and non-refundable

Daily Fee: \$46 resident/\$57 non-resident

Weekly Fee: \$46 x 5 days = \$230 resident;
\$57 x 5 days = \$285 non-resident

THANK YOU VOLUNTEERS!

The SCOPE Program would like to thank the following people for donating their time and talents to make a difference in the lives of people with special needs:

Jada Anzures; Cindy Haefele; Erin, Oliver, and Tom Lange; Stephanie and Kenny Morris; Kim and Emily Schulte; the wonderful staff at Centennial Lanes Bowling Alley; and everyone who kindly supports our programs and activities!

If you are interested in sharing your time or talents, please call 303-774-3795.

More volunteer opportunities exist for adults, teens, and families. Sign up online at www.LongmontColorado.gov/donate

Volunteer Spotlight

Manny & Marcus Cano

Manny and his brother Marcus are both coaches for the SCOPE 14 & Under Basketball team, and each manage their own SCOPE Softball team in the summer. We are so grateful for these outstanding gentlemen and their endless encouragement and compassion for their teams and athletes. Thank you Manny and Marcus for all you do in sharing your energy and heart with SCOPE!