



# THERAPEUTIC RECREATION PROGRAM (TRP)

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[www.springsgov.com/tr](http://www.springsgov.com/tr)

# TRP Purpose and Goals

The TRP Purpose is to enable persons with disabilities to participate in recreation opportunities of their choice. The Goals of the Therapeutic Recreation Program serving persons with disabilities are:

- To enhance their leisure skills in programs appropriate to their developmental needs and functional abilities
- To acquire and improve fundamental skills (social, activities of daily living, communication) through leisure experiences that will increase their independence in the community and build positive self esteem
- To increase their awareness of community resources pertaining to leisure involvement and disability related needs
- To encourage participation in social activities in separate and inclusive programs in the community
- To encourage intra- and inter-agency cooperation to enhance leisure services for community residents with disabilities

## TRP Mission

The mission of the TRP is to provide opportunities for youth and adults with disabilities to acquire skills that enable them to participate in leisure experiences of their choice and enhance their abilities to function within a community setting. The TRP staff also provides advocacy and support for individuals with disabilities to participate in general recreation activities, as well as specialized therapeutic activities that include opportunities in outdoor adventure, arts & culture, social enrichment, community integration/leisure education, and sports, fitness & aquatics.

Specialized therapeutic activities fall into the following **5** core program areas:

**1**

### Arts and Culture

- Programs involve participants in skillful crafts and in the visual performing and literary arts.
- Arts and Culture programs are participatory, providing hands-on opportunities for participants to develop their talents, self-expression and build self-esteem.
- Arts and Culture programs also teach appreciation of diverse cultures.
- **Activity examples:** Mixed Emotions Dance Troupe, Leisure Lifestyles, Creative Movement

**2**

### Sports, Fitness and Aquatics

- Programs teach a progression of physical skills and help participants achieve and maintain fitness.
- Programs in this area encourage a sense of teamwork and fair play, promote a healthy active lifestyle, and promote self-esteem.
- **Activity examples:** Aqua Rehab, Yoga, Kickboxing, Paralympic Sport Club Activities, Fort Carson PT program for injured service members

**3**

### Social Enrichment

- Programs create opportunities for participants to interact with one another in a positive, constructive environment.
- Social enrichment programs provide a meaningful and fun experience.
- Programs create opportunities for constructive summer day camp experiences.
- **Activity examples:** Youth Summer Day Camps, Out on the Town Dances

**4**

### Community Integration/Leisure Education

- Programs provide opportunities for participants to develop awareness and skills as they relate to leisure and recreation.
- Programs maximize participants' skills and enhance their abilities to function within a community setting.
- **Activity examples:** COS Club, Volunteer Activities, Community Trips

**5**

### Outdoor Adventures

- Programs encourage an awareness, appreciation, knowledge and skill development in various outdoor adventure activities.
- **Activity examples:** Adapted Water Skiing, Rafting, Downhill and Cross Country Skiing, Dog sledding

## TRP History

In the early 1960's, the City of Colorado Springs Parks and Recreation Department began assisting with outdoor activities and summer camps for persons with disabilities. In the early 1970's, therapeutic programs began operating at White House Ranch (now Rock Ledge Ranch). In 1979, two full-time employees expanded services for a number of disabilities and ages out of the Otis Park Special Recreation Center. Since that time, the Therapeutic Recreation Program has evolved into a community-based program utilizing all neighborhood community centers, accessing community activities and programs. School districts, group homes, healthcare organizations, and Fort Carson's Warrior Transition Battalion, to name a few, routinely refer their clients with disabilities to the TRP to help meet their recreational and leisure needs. There is a wide range of disabilities served within the program: autism, Down syndrome, cerebral palsy, intellectual/developmental disabilities; and physical and neurological diagnoses of multiple sclerosis, stroke, spinal cord injury, traumatic brain injury, amputation, arthritis, and chronic pain. Ages served range from early intervention programs for 1-2 year olds, to elementary-age and teen day camps, to young adult programs for individuals transitioning from school to the community, to adults and seniors, to injured service members and veterans.



In response to the city budget cuts, the Therapeutic Recreation Community Partners (TRCP) was formed as a grassroots "friends" group by a group of parents, volunteers and concerned members of the Pikes Peak Region in 2010. The TRCP mission is to develop and implement strategies to support the services, programs and needs of the Colorado Springs Therapeutic Recreation Program. The TRCP fund is an affiliate of the Pikes Peak Community Foundation, a 501c3 nonprofit. If interested in learning how you can become involved in this grassroots organization, visit their website at [www.trcp.net](http://www.trcp.net). Everyone can make a difference!



### Registration Information

The TRP offers seasonal activities three times per year: winter/spring, summer, and fall. Registration can be completed by the following methods:

- Walk-in or Mail - Send the registration form to: TRP, 1315 E. Pikes Peak Avenue, Colorado Springs, CO 80909.
- Fax - Fax completed registration form with credit card number and expiration date to (719) 385-6013.
- Online - Go to [www.springsgov.com/tr](http://www.springsgov.com/tr) and follow the directions.

### Interested in volunteering?

Volunteers are the lifeblood of our program and allow us to serve more people, increase safety ratios, and encourage community involvement. Volunteers are utilized in a variety of areas serving participants with physical and or developmental disabilities. All interested volunteers will be required to complete an online application and pass a CBI check before volunteering in the program.

For information about INTERNSHIP and VOLUNTEER OPPORTUNITIES, please visit the TR website at [www.springsgov.com/tr](http://www.springsgov.com/tr).

## Paralympic Sport Programs

Paralympic Sport Clubs are community-based sports programs developed to involve youth and adults with physical and visual disabilities in sports and physical activity, regardless of skill or interest level.

## Differences between Special Olympics and Paralympics

The Paralympic Games and Special Olympics differ in several ways, but two significant differences separate the competitions.

- The Paralympic Games primarily focus on competition for athletes with physical and visual disabilities, such as amputation/limb loss, spinal cord injuries, blindness, cerebral palsy, etc. Intellectual disability events have recently been added to Paralympic competition track & field, swimming and table tennis.
- Special Olympics primarily serve those with cognitive and intellectual disabilities, such as mental retardation, Down syndrome and autism.

Additionally, the Paralympic Games focus on elite performance sport, where world-class athletes have gone through a stringent qualification process so the best compete at the Games. Special Olympics does not make as clear a distinction between elite and recreational sport.



COLORADO SPRINGS

## Paralympic Sport Club Colorado Springs

The City of Colorado Springs Therapeutic Recreation Program is pleased to announce its partnership with U.S. Paralympics, a division of the U.S. Olympic Committee, to offer the first Paralympic Sport Club in the Pikes Peak Region. The Colorado Springs club was established in 2008. As a Paralympic Sport Club, the Therapeutic Recreation program provides club sport programs, Paralympic Experience Days, and Sport Day clinics each year. Our vision is to provide sports opportunities that will help increase independence, self-esteem, physical development, and quality of life for adults and children with physical disabilities, and through participation, empower them to reach their full potential.

## Therapeutic Recreation Program and the Military

The TRP has been providing recreation opportunities for active duty military and veterans since 2008. Through programs provided by the TRP, injured service members and veterans have utilized adapted sports and recreation to aid in their rehabilitation and mission of healing.

Alternative Physical Training (PT) programming and multi-week adapted sports series for ill and injured service members assigned to the Warrior Transition Battalion (WTB) at Fort Carson Army Post since 2008. PT activities and program series: ai chi, adapted waterskiing, aquatics, archery, basketball, wheelchair basketball, biathlon, broomball, cycling, dodgeball, flag football, floor hockey, golf, kickball, sand volleyball, sitting volleyball, shooting, sled hockey, soccer, softball, wheelchair softball, strength & conditioning, yoga.

## 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:

1. 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.
2. 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.
3. 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.
4. 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.

## Inclusion

The TRP offers Inclusion Services to people of all ages who choose to participate in general recreation programs sponsored by the Recreation Services Division. An Inclusion Services Coordinator, working with the participant and staff, will recommend and help implement accommodations designed to provide the most successful recreation experience for all participants. If you are interested in using this service, notify staff and/or check the "accommodation box" on the registration form and the coordinator will contact you.



## Americans with Disabilities Act (ADA)

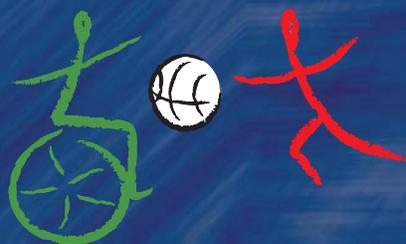
The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs.

## Auxiliary Aids and Services:

If you require an auxiliary aid or service for participation (e.g., sign language interpreter, Braille format, adaptive equipment), please notify the TR Program office at least two weeks prior to start date.

## Wheelchair Accessible Bus:

Please note that a wheelchair accessible bus that can accommodate up to four wheelchairs is utilized for all trips offered through the TRP. Participants are responsible for transportation to the point of departure. Please contact the TRP office for Paratransit resources that are available in the community.



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