R.I.S.E. is the City of Lakewood's therapeutic recreation program for individuals with disabilities. We offer a variety of activities such as bowling, dances, youth/teen sports, community outings, overnight trips, recreation skill-building classes, a summer day camp called Camp Paha and much more. R.I.S.E. staff does not provide hands-on, personal care to participants unless otherwise noted. For more information about the R.I.S.E. program, give us a call at 303.987.4869.

INCLUSION AND ACCESSIBILITY SERVICES

Lakewood Recreation welcomes individuals with disabilities into any of the programs and activities offered in the Community Connection catalog. In order to provide a successful experience, we invite you to call R.I.S.E. at 303.987.4866 or TDD 303.987.4862 or email MarSno@Lakewood.org to discuss any reasonable accommodations you may need at least two weeks before the class is scheduled to begin. If you need a sign language interpreter, we request at least 72 hours' notice.

To register for programs, please call 303.987.4800 or go online to www.Lakewood.org/Recreation.

Please note that registration deadlines are three days prior to the activity unless otherwise noted.

If you need to cancel your registration, you must cancel at least three days prior to the start of a program in order to receive a full refund.

Call the City of Lakewood Outdoor Sports Weather Hotline if you need to check the status of an outdoor game, event or activity: 303.987.7078.

ARTS CLASSES AND EVENTS

Information: 303.987.4869

ARTREACH

ArtReach is "changing lives through the arts" by providing access to arts and cultural experiences for underserved people of all ages. You need a valid email for participation and must attend a mandatory orientation meeting. Age restrictions are determined by tickets you request. Requires attendance to a mandatory ArtReach training (date/time to be determined). Enrollment in the annual ArtReach program is $25 for Residents, $35 for Nonresidents. Please call Kathy with questions or to register: 303.987.4800.

SOCIAL AND COMMUNITY OUTINGS

Information: 303.987.4869

R.I.S.E. DANCES

Come dance the night away every third Friday of the month. Fee includes DJ, snack and door prizes. No registration is required for these drop-in dances unless otherwise noted. Attendance limited to the first 175 people (not including chaperones). Ages 18 and over only!

Ages: 18 and up
$5 Resident, $5 Nonresident

Theme	Date	Day	Time	Loc
New Year's	Jan 17	Fri	7-9 pm	CCC
Sweetheart	Feb 21	Fri	7-9 pm	CCC
Irish Festival	Mar 21	Fri	7-9 pm	CCC
Spring Prom	Apr 18	Fri	7-9 pm	CCC
Paha Patriots	May 16	Fri	7-9 pm	CCC

***The Spring Prom dance is offered following a fancy dinner that requires pre-registration. Please see the listing below for information on the combined Spring Prom Dinner and Dance.**

SPRING PROM DINNER DANCE

We will be going all out with decorations, wait staff and a catered banquet. Arrive by 5:15 pm for dinner at 5:30 pm. Stay for the dance from 7-9 pm. Chaperones may attend the dinner portion for $15. Please note chaperone at time of registration. Note: Pre-registration is not required for the dance portion.

Ages: 18 and up
$20 Resident, $25 Nonresident; $15 Chaperone Dinner
Registration deadline: Apr 11

Activity #	Date	Day	Time	Loc
136001-01	Apr 18	Fri	5:15-9 pm	CCC

COLORADO MAMMOTH LACROSSE GAME

This fast-paced, full contact game will keep you on the edge of your seat cheering for the home team, the Colorado Mammoth, as they play the Minnesota Swarm. Wear your red, white and black and bring your screamin' voice! Light concession food and transportation provided.

Ages: 16 and up
$55 Resident, $69 Nonresident
Registration deadline: Jan 18

Activity #	Date	Day	Time	Loc
136008-01	Feb 1	Sat	6-10:30 pm	CWRC

COLORADO AVALANCHE HOCKEY GAME

Cheer on your Colorado Avalanche as they take on the tough Phoenix Coyotes at the Pepsi Center. Limited to 12 participants. Light concession food and transportation provided.

Ages: 16 and up
$55 Resident, $69 Nonresident
Registration deadline: Feb 14

Activity #	Date	Day	Time	Loc
136002-01	Feb 28	Fri	6-10 pm	CWRC

CHEAP NIGHT ON THE TOWN

Join us for this new twist on an old classic. We'll enjoy dinner at a local sandwich place and hit an "older" new release movie at a local Elvis Cinemas. Dinner and movie to be determined that evening. Transportation and supervision included.

Ages: 16 and up
$29 Resident, $39 Nonresident

Activity #	Date	Day	Time	Loc
136006-01	Mar 22	Sat	4:30-10 pm	CWRC

ADAM'S PLAYHOUSE

Join us for a dangerously hilarious evening of fun and "whodunit" at Colorado's only murder mystery dinner theater. This interactive performance will keep you guessing out loud until the very end! Dinner and transportation provided.

Ages: 18 and up
$49 Resident, $65 Nonresident
Registration deadline: Mar 21

Activity #	Date	Day	Time	Loc
136301-01	Mar 28	Fri	6-10:30 pm	CWRC

NUGGETS BASKETBALL GAME

Join us as we cheer on the Denver Nuggets to victory! We will enjoy a quick dinner before heading to the Pepsi Center. Bring your friends, your best Nuggets gear and your game face! Dinner and transportation provided. Limited to 12 participants.

Ages: 16 and up
$55 Resident, $69 Nonresident
Registration deadline: Mar 28

Activity #	Date	Day	Time	Loc
136003-01	Apr 12	Sat	6-10 pm	CWRC

COLORADO HISTORY MUSEUM

Come along with us as we explore this new museum and discover the history of our beautiful state of Colorado. They have a variety of exhibits to spark your imagination. There is sure to be something for everyone. Transportation and supervision provided.

Ages: 14 and up
$25 Resident, $35 Nonresident

Activity #	Date	Day	Time	Loc
136303-01	Apr 26	Sat	1-5 pm	CWRC

SPECIAL OLYMPICS AND UNIFIED SPORTS

Information: 303.987.4869

BOWLING LEAGUE

Join us for Saturday morning bowling! This bowling league is for the beginner, casual or avid bowler. You bowl two games on a team of four bowlers. It is a great chance to work on your bowling skills and hang out with your friends! Each Saturday is $6 for two games. Drop in is allowed but PRE-REGISTRATION IS IDEAL. To pre-pay a different amount, please contact the Charles Whitlock Recreation Center front desk at 303.987.4800.

Ages: 18 and up
$114 Resident, $114 Nonresident

Date	Day	Time	Loc
Jan 4-May 10	Sat	10 am-noon	BBA

BOWLING BANQUET

Join us for the Awards luncheon for all R.I.S.E. league bowlers and their families. Fee includes light lunch, T-shirt and awards for bowlers only. $5 lunch for caregiver and family member guests.

Ages: 16 and up
$15 for Lunch, $5 for caregivers/guests

Activity #	Date	Day	Time	Loc
136402-01	May 17	Sat	10 am-noon	CCC

UNIFIED ADULT BASKETBALL LEAGUE

Swoosh! It's nothing but net when you play in our Unified Basketball League! Teams of athletes with and without disabilities play a 6 to 8-game schedule beginning in February. A $100 deposit per team is required at the time of registration to hold the team's spot. Join today!

Ages: 16 and up

League	Date	Day	Time	Loc
Unified Basketball	Feb 1-Mar 29	Sat	9 am-1pm	CWRC

SPECIAL OLYMPICS SWIMMING

Get ready for area competition in aquatics. Must be able to swim a basic or modified stroke. These are not swim lessons. Opportunities will be available to compete in area and possibly state games.

Ages: 16 and up
$39 Resident, $55 Nonresident

Activity #	Date	Day	Time	Loc
136602-01	Mar 5-May 28	Wed	6:30-8 pm	GMRC

SPECIAL OLYMPICS TRACK/FIELD

Calling all athletes of all ability levels! Come train in both running and field events with nine weeks of training. Prepare yourself for Special Olympics area meets or just get in shape. Opportunities will be available to compete in area and possibly state games.

Ages: 16 and up
$45 Resident, $59 Nonresident

Activity #	Date	Day	Time	Loc
136603-01	Apr 3-May 29	Thu	5-6:30 pm	CARM

SPECIAL OLYMPICS RHYTHMIC GYMNASTICS

Want to have some fun? Then come learn rhythmic gymnastics! This athletic dance uses props including ball, hoop, ribbon and floor. Opportunities will be available to compete in area and possibly state games.

Ages: 14 and up
$49 Resident, $65 Nonresident

Activity #	Date	Day	Time	Loc
136601-01	Apr 16-May 28	Wed	5:15-6:15 pm	LINK

SPORTS AND RECREATION

Information: 303.987.4867

NEW! R.I.S.E. CHEERLEADING

We will learn and practice the basics skills and techniques of cheerleading. We will learn the importance of hard work and team building. Come have fun learning a new skill and making new friends!

Ages: 6-11
$49 Resident, $65 Nonresident

Activity #	Date	Day	Time	Loc
136604-01	Jan 8-Feb 26	Wed	5:15-6:15 pm	LINK

BIG TIME TRAMPOLINE FUN

For this activity, we are headed to the Big Time Trampoline fun center in Arvada. With wall-to-wall trampolines, a foam pit and plenty of other games, you are sure to have a great time! Dress appropriately –we will be jumping, playing and physically active! Transportation and light snack provided.

Ages: 14 and up
$19 Resident, $29 Nonresident

Activity #	Date	Day	Time	Loc
136302-01	Jan 18	Sat	1-4 pm	CWRC

TEEN ATHLETICS

Classes are offered in four-week sessions and feature a different sport/activity each session. Join us for volleyball, swimming, basketball and spring sports or all four! Pick up from activities is at 7 pm sharp unless otherwise noted. Please note new times and that transportation is not provided.

Ages: 13-18
$40 Resident, $40 Nonresident

Activity #	Date	Day	Time	Loc
136405-01	Jan 7-28	Tue	5:30-7 pm	CWRC
136405-02	Feb 4-25	Tue	5:30-7 pm	LINK
136405-03	Mar 11-Apr 8	Tue	5:30-7 pm	GMRC
136405-04	Apr 15-May 6	Tue	5:30-7 pm	WRC

(No class Mar 25)

SENSATIONAL SATURDAYS

Come join us on the first Saturday of every month for a fun afternoon of activities including sports, games, swimming and crafts. Parents, enjoy this afternoon off while your child enjoys a fun time with their peers. Sign up for all four sessions or only some. Supervision and a light snack are included.

Ages: 6-12
$15 Resident, $19 Nonresident

Activity #	Date	Day	Time	Loc
136406-02	Feb 1	Sat	1-5 pm	LINK
136406-03	Mar 1	Sat	1-5 pm	GMRC
136406-04	Apr 5	Sat	1-5 pm	LINK
136406-05	May 3	Sat	1-5 pm	GMRC

HOLIDAY OUTINGS AND EVENTS

Information: 303.987.4869

WINTER PARK FUN DAY

We are making the Colorado winter last with this trip to Winter Park for some fun activities. We will enjoy snow tubing in the morning and a scenic chairlift ride to a tasty lunch up on the mountain. All this with no ski equipment or skills necessary! Transportation and lunch provided.

Ages: 16 and up
$65 Resident, $79 Nonresident

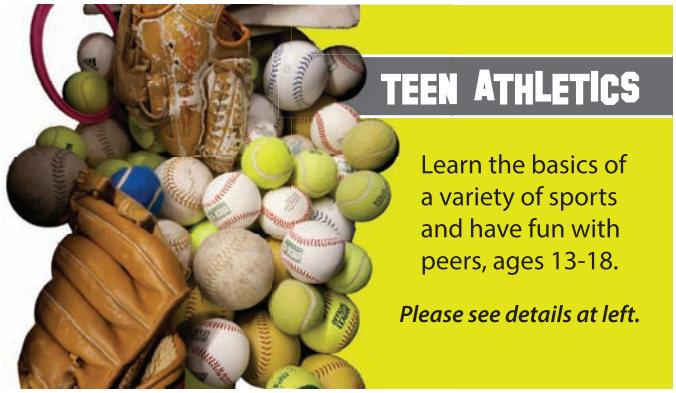
Activity #	Date	Day	Time	Loc
136103-01	Feb 15	Sat	8 am-4 pm	CWRC

ST. PATRICK'S DAY PARADE

Come see the Golden St. Patrick's Day parade event! There will be floats, clowns, pipe bands, high school marching bands, Irish step dancers and more! Happy St. Patrick's Day! Lunch and transportation provided.

Ages: 16 and up
$29 Resident, $39 Nonresident

Activity #	Date	Day	Time	Loc
136007-01	Mar 15	Sat	9 am-2 pm	CWRC



COOPERATIVE PROGRAMMING

Information: 303.987.4869

GAME NIGHT/PIZZA PARTY

Join us for a new twist on an old classic. Join friends from the metro area for pizza, games and fun. You bring the skill, we provide the supervision. Newcomers are encouraged to join us and meet new friends. Pre-registration required; NO DROP INS PLEASE.

Ages: 16 and up
$9 Resident, $15 Nonresident

Activity #	Date	Day	Time	Loc
136004-01	Jan 10	Fri	4:30-8 pm	LINK
136004-02	Mar 14	Fri	4:30-8 pm	LINK
136004-03	May 9	Fri	4:30-8 pm	LINK

DIVE IN MOVIE APEX

Join us as we head to the Apex recreation center to swim around their heated pool, enjoy some pizza and watch a movie. Be sure to bring your towel and swimsuit! Transportation and dinner provided.

Ages: 16 and up
$15 Resident, $19 Nonresident

Activity #	Date	Day	Time	Loc
136504-01	Feb 7	Fri	4-8:30 pm	CWRC
136504-02	Apr 11	Fri	4-8:30 pm	CWRC

CAMP PAHA PAPERWORK TIME

This class is FREE and available to ALL Camp Paha and PAT parents. Parents will have access to a computer with a printer and internet access for one hour to complete camper paperwork. Parents should bring all necessary information with them to their registered time. Limited to five registrants per hour. Camp staff will be available to assist with questions.

Activity #	Date	Day	Time	Loc
136700-01	Apr 17	Thu	4-5 pm	LINK
136700-02	Apr 17	Thu	5-6 pm	LINK

THERAPEUTIC RECREATION

Information: 303.987.4867

U R.E.C. WITH A FRIEND

This program is for individuals with disabilities looking to work on recreation goals with a friend. Under the direction of a Certified Therapeutic Recreation Specialist (CTRS), choose a recreation program, determine your needs and goals and improve your skills and quality of life. Swimming is not a prerequisite. Program includes five one-hour sessions plus one free planning session. Session days and times will be scheduled by participants and CTRS.

Ages: 10 and up
$65 Resident, $79 Nonresident

Activity #	Date	Day	Time	Loc
336503-01	Sep 4-Dec 20	Mon-Sat	8 am-8 pm	CWRC

U R.E.C. INDIVIDUAL

This is a one-on-one program with a Certified Therapeutic Recreation Specialist (CTRS). Together you choose a recreation program, determine your needs and goals and improve your skills and quality of life. UR.E.C. includes fitness training, community integration or any topic you choose! Swimming is not a prerequisite. Program includes five one-hour sessions plus one free planning session. Session days and times will be scheduled by participant and CTRS.

Ages: 10 and up
$75 Resident, $89 Nonresident

Activity #	Date	Day	Time	Loc
336502-01	Sep 4-Dec 20	Mon-Sat	8 am-8 pm	CWRC

2014

Lakewood Recreation

CAMP PAHA

PAHA Adults in Transition

Camp Paha is a summer day camp that provides community recreation and leisure opportunities for youth with disabilities ages 6-17.

Paha Adults in Transition (PAT) is a summer day program that provides recreation, learning and skill-building opportunities for young adults ages 18-25.

Location: Slater Elementary School
8605 W. 23rd Ave., Lakewood
Dates: June 16-August 1

Important Dates

April 7 Online registration begins
May 2 Registration deadline
(after May 2, $25 late registration fee applies)
May 9 Camper/Participant paperwork due

	Resident	Nonresident
TOTAL Paha cost*	**$2,225**	**$2,650**
Support provided by Friends of Paha	-$362.50	-$350
Support provided by City of Lakewood	-$362.50	-$350
Cost to you	$1,450 tuition + $50 non-refundable registration fee	$1,860 tuition + $60 non-refundable registration fee

*Cost is based on full seven-week registration for Camp Paha or PAT.

For Paha updates and paperwork, please visit www.Lakewood.org/Paha or call 303.987.4869.