

# 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.

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## SCOPE: Arts & Crafts

It's time to get those creative muscles moving! Join SCOPE for a variety of creative expressions! All materials are provided. All abilities are welcome. *"scope"*

8 & up:	<b>Thurs, 5-6pm May 23</b>	249202
	<b>Weds, 5-6pm Jun 26   Jul 24   Aug 7</b>	349202
Location:	varying locations	
Fee:	\$15 resident/\$18.75 non-resident	

## SCOPE: Movie Night

Join in for some movie night fun! Popcorn, light refreshments, and great company! All movies will be PG-13. *"scope"*

8 & up:	<b>Thurs, 5-7pm May 9</b>	249500
	<b>Wed, 5-7pm, Jun 12   Jul 10   Aug 14</b>	349500
Location:	Senior Center, 910 Longs Peak Ave	
Fee:	\$15 resident/\$18.75 non-resident	

## SCOPE: Community Outing

Join SCOPE for a day out in the community! This program provides the opportunity to develop a variety of important social and life skills, find new hobbies and interests, and have fun connecting with others in a new environment. Prices vary based on community outing destination. *"scope"*

12 & up::	249502   349502	
Indian Hot Springs:	<b>May 7, Tue, 9am-1pm</b>	
Denver Zoo:	<b>May 14, Tue, 9am-1pm</b>	
Top Golf:	<b>Jun 20, Thurs, 9am-12pm</b>	
Tea Time with Your Person:	<b>Jun 28, Fri, 5-6:30pm</b>	
Butterfly Pavilion:	<b>Jul 18, Thurs, 9am-1pm</b>	
Crackpots:	<b>Aug 20, Tues, 10am-12pm</b>	
Meow Wolf:	<b>Aug 26, Mon, 10am-2pm</b>	
Meeting Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$10-\$60 resident \$12.50-\$75 non-resident	



## SCOPE: Fitness

Join us for a fun-filled, inclusive exercise experience that celebrates the unique abilities and strengths of every individual on their journey towards a healthier and happier lifestyle. *"scope"*

12 & up:	<b>Mon, 3:30-4:30pm</b>	<i>"scope"</i>
	<b>May 6   May 13   May 20</b>	249511
Fee:	\$6.50 resident/\$8 non-resident	
	<b>Jun 3   Jun 17   Jul 1   Jul 15   Aug 19</b>	349511
Fee:	\$7 resident/\$8.75 non-resident	

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

## SCOPE: Kite Flying

Join us at Roosevelt Park for kite flying! It's a great way to practice mindfulness, be in the beauty of nature, focus on socializing, and get some exercise. We supply the kites or bring your own!



*"scope"*

8 & up:	<b>May 1, Wed, 4-5pm</b>	249512
Location:	Roosevelt Pavilion, 725 8th Ave	
Fee:	\$6.50 resident/\$8 non-resident	

## SCOPE: Line Dance

Adaptive line dance makes dance for everyone! No prior dance experience required. Inclusive movement for standing or seated participants. Come out and enjoy line dance with Two Left Boots!

10 & up:	<b>Tues, 4:30-5:30pm</b>	<i>"scope"</i>
	<b>May 7   May 21</b>	249513
Fee:	\$6.50 resident/\$8 non-resident	
	<b>Jun 4   Jun 18   Jul 2   Jul 16   Aug 6   Aug 20</b>	349513
Fee:	\$7 resident/\$8.75 non-resident	
Instructor:	Two Left Boots	
Location:	Izaak Walton Clubhouse, 18 S Sunset	



## SCOPE: Golf

Learn the fundamentals of form, swinging, putting and body positioning. Space limited, register early. *"scope"*

14 & up: **Jun 6-27, Thurs, 6-7pm** 349116  
 Location: Sunset Golf Course  
 Fee: \$22 resident/\$27.50 non-resident

## SCOPE: Softball

All players will be contacted by coaches mid-May with team game schedule. If this is your first year and you do not have a team, please enter "unassigned" in team question box.

Location: Clark Centennial Park,  
1100 Lashley St  
 Fee: \$22 resident/  
\$27.50 non-resident



## Softball For All

Beginning level softball program for athletes who need one on one assistance and/or instruction.

8 & up: **Jun 3-Jul 29, Mon, 6-7pm** 349115-A

## Unified Softball

For athletes who know the fundamentals of the game. Unified Softball League teams are comprised of athletes with developmental disabilities and non-disabled players (partners). All players (athletes & partners) MUST register.

8 & up: **Jun 3-Jul 29, Mon, 7-9pm** 349115-U

## SCOPE: Bocce Ball

Come participate in the third most popular sport in the world! Bocce ball is a laid-back, outdoor social game. The object of the game is to throw your bocce ball closest to the Pallino. This program offers instruction and skill training with the optional of competing at Special Olympics. *"scope"*

8 & up: **Jun 4-Jul 30, Tue, 6-7pm** 349117-A  
 Location: Lanyon Park, 1900 Collyer St  
 Fee: \$22 resident/\$27.50 non-resident



## SCOPE: Snapology Scientists Camp

Snapology teaches STEM/STEAM concepts through hands-on, interactive play, using LEGO bricks and other fun learning tools. Come build with us for two days of Snapology Scientists! *"scope"*

8 & up: **Jul 24, Wed, 1-3pm** 349501  
**Jul 25, Thurs, 1-3pm** 349501  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$30 resident/\$37.50 non-resident

## SCOPE: Pickleball

Come try pickleball with SCOPE! Pickleball is a combination of badminton, ping-pong, and tennis. It's played with a whiffle ball on a short tennis court. It's fun, social, and easy to learn making it one of the nation's fastest growing sports! Learn the basics of the sport while meeting new friends! Equipment is provided.



10 & up: **Wed, 4:30-5:30pm** *"scope"*  
**May 22 | Jun 5 | Jul 17 | Aug 21** 349514  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$13 resident/\$16.25 non-resident

## SCOPE: Indoor Rock Climbing

Join us for basic rock-climbing skills and fun! Equipment provided.

10 & up: **Monday, TBD - check online** *"scope"*  
**Jun 17 | Jul 15 | Aug 19** 349515  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$4 resident/\$5 non-resident

## SCOPE: Sing for Joy!

Come sing your favorite songs with Barbara Jo and let the magic of singing with others light up your being from head to toe! No experience necessary, just a desire to have a bunch of fun! Barbara Jo will bring her bells and percussion instruments! \*Care assistants are required to attend with persons with severe physical or emotional needs.

10 & up: **Fri, 4:30-5:30pm** *"scope"*  
**May 10 | May 24 | Jun 14 | Jun 28**  
**Jul 12 | Jul 26 | Aug 9 | Aug 23** 349516  
 Location: Izaak Walton Clubhouse, 18 S Sunset  
 Fee: \$6.50 resident/\$8 non-resident

► <https://rec.ci.longmont.co.us>  
Click on Activities then

▼ I Want to Find  
Keyword here



## SCOPE: Kayak

Meet SCOPE at McIntosh Lake for the programs first ever kayaking opportunity! Equipment is provided.

10 & up:	<b>Thurs, 9:45am-12:15pm</b>	
	<b>Jun 6   Jul 18   Aug 15</b>	349517
Location:	Dawson Park, 1757 Harvard St	
Fee:	\$25 resident/\$31.25 non-resident	

## SCOPE: Parties

Light refreshments provided. *"scope"*

8 & up:		349520
Kickball:	<b>May 29, Wed, 5-6:30pm</b>	249506
Dance & Karaoke:	<b>Jun 19, Wed, 5-6pm</b>	349520
Pool Party:	<b>Jul 27, Sat, 5:30-7pm</b>	
Bonfire & S'mores:	<b>Aug 28, Wed, 6:30-7:30pm</b>	
Location:	Varying locations	
Fee:	\$16.50 resident/\$20.50 non-resident	

## SCOPE: Lunch Trips

Each month, join SCOPE as we visit a different restaurant for casual lunch. Transportation is provided. Cost of lunch is on your own. Spots are limited, registered now! *"scope"*

12 & up:		349521
Rosalee's Pizzeria:	<b>Jun 10, Mon, 11am-1pm</b>	
Bad Daddy's Burger Bar:	<b>Jul 8, Mon, 11am-1pm</b>	
Fuzzy's Taco Shop:	<b>Aug 12, Mon, 11am-1pm</b>	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$5 resident/\$6 non-resident	

## SCOPE: Seed Planting & Picnic

Join us in the garden at Sandstone Ranch. We will do some work in the garden and plant some seeds in pots to take home! Afterwards, we'll enjoy the beautiful views Sandstone provides while we enjoy a packed lunch. *"scope"*

8 & up:	<b>Jun 1, Sat, 10:30-11:30am</b>	349522
Location:	SSR Visitors & Learning Ctr, 3001 Sandstone Dr	
Fee:	\$10 resident/\$12.50 non-resident	

## SCOPE: Nature Exploration

Join us in the garden at Sandstone Ranch. We will do some work in the garden and plant some seeds in pots to take home! Afterwards, we'll enjoy the beautiful views Sandstone provides while we enjoy a packed lunch. *"scope"*

8 & up:	<b>Jul 31, Wed, 4-5pm</b>	349523
	<b>Aug 15, Wed, 4-5pm</b>	349523
Location:	SSR Visitors & Learning Ctr, 3001 Sandstone Dr	
Fee:	\$5 resident/\$6.25 non-resident	

## DANCE DIMENSIONS

### Tiny Tutus

This class is a wonderful introductory dance experience for the very young student. Creative movement and basic technique will provide confidence, coordination, strength and fun! Students are asked to wear ballet shoes and appropriate dress.

3 yrs:	<b>Jun 14-Jul 19, Fri, 9-9:45am</b>	344500
Location:	Dance Dimensions, 638 Main St	
Fee:	\$81 resident/\$101.25 non-resident	

### Pre-Ballet & Tumbling

A highly recommended, energetic class for the beginning of dance technique for the young student. Basic tumbling, ballet technique and creative movement will be the emphasis of this class. Ballet shoes and appropriate attire needed for class.

4-5 yrs:	<b>Jun 14-Jul 19, Fri, 9:50-10:35am</b>	344501
Location:	Dance Dimensions, 638 Main St	
Fee:	\$81 resident/\$101.25 non-resident	

### Pre-Ballet & Tap

A fun class for the child whose feet are always moving. This class will introduce students to the basic techniques of tap and ballet, as well as rhythm and coordination. Tap shoes and ballet shoes are necessary, as well as appropriate apparel.

4-5 yrs:	<b>Jun 14-Jul 19, Fri, 10:45-11:30am</b>	344502
Location:	Dance Dimensions, 638 Main St	
Fee:	\$81 resident/\$101.25 non-resident	

### Lil Dancing Dynamites

Do you have a kiddo that LOVES music and can't sit still when they hear the rhythm? Then this is the class for them! Come and enjoy this high energy, introductory class to various styles of music and dance.

4-6 yrs:	<b>Jun 12-Jul 17, Wed, 9:45-10:30am</b>	344512
7-10 yrs:	<b>Jun 12-Jul 17, Wed, 10:45-11:30am</b>	344512
Location:	Dance Dimensions, 638 Main St	
Fee:	\$81 resident/\$101.25 non-resident	

