



## SCOPE Program

The SCOPE Program helps people with disabilities join fun and safe leisure activities. We want everyone to feel included, confident, and happy while trying new things.

For more information or to get involved with SCOPE, email [RecSupport@longmontcolorado.gov](mailto:RecSupport@longmontcolorado.gov)

### SCOPE: Bowling

Space is limited, register early! Enjoy bowling in a fun, social setting for all abilities. Basic skills are needed, as no instruction is provided. Bowl at your own pace. A \$2 cash weekly fee applies; shoes and balls provided. *“scope”*

**12 & up: Jan 8-Feb 26, Thurs, 3-4pm** 149100

Fee: \$24 resident/\$30 non-resident

**12 & up: Mar 5-May 28, Thurs, 3-4pm** 249100

Fee: \$34 resident/\$42 non-resident

Location: Centennial Bowling, 110 E 9th Ave

### SCOPE: Basketball

A developmental program teaching basketball fundamentals such as dribbling, shooting, and passing. There is opportunity to compete at Special Olympics competition. All levels of play welcome. \*No practice on Jan 19 or Feb 16. *“scope”*

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$25 resident/\$31 non-resident

**SCOPE: Youth Basketball**

**8-15 yrs: Jan 6-Mar 17, Tue, 6-7pm** 149111

**SCOPE: Adult Basketball**

**16 & up: Jan 5-Mar 16\*, Mon, 6:15-7:15pm** 149111

### SCOPE: Assisted Swimming

Space is limited—register early! Parents or caregivers help athletes in the water to build swimming skills, strength, and confidence. All abilities welcome! Enjoy the fun of swimming and the chance to compete in Special Olympics events. *“scope”*

**8 & up: Jan 16-May 15, Fri, 5-6pm** 149112

Location: Centennial Pool, 1201 Alpine St

Fee: \$50 resident/\$63 non-resident

### SCOPE: Independent Swimming

Space is limited—register early! Participants enjoy the therapeutic benefits of water while improving swimming skills and fitness. Athletes must swim in deep water and be proficient in one of four strokes: butterfly, backstroke, breaststroke, or freestyle. Includes the chance to compete in Special Olympics events. *“scope”*

**8 & up: Feb 5-May 28, Thu, 6:30-7:30pm** 149113

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident/\$63 non-resident

### SCOPE: Track & Field

Longmont Lynx Track & Field offers instruction and training to develop running, jumping, and throwing skills. All skill levels are welcome, with opportunity to compete in Special Olympics. Practices are outside, please dress appropriately. *“scope”*

**12 & up: Mar 14-May 16, Sat, 10:30-11:30am** 249114

Location: Altona Middle School, 4600 Clover Basin Dr

Fee: \$20 resident/\$25 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! *“scope”*

**12 & up:**

**Hammond's Candies & Red Rooster Café** 149508

**Jan 28, Wed, 10:15am-2pm, \$26 res/\$32 non-res**

**Denver Aquarium** 249502

**Mar 24, Tue, 10am-1:30pm, \$35 res/\$44 non-res**

**Celestial Seasoning Tea Tour & Deli Zone** 249502

**May 27, Wed, 10:30am-1:30pm, \$20 res/\$25 non-res**

Departure Location: St Vrain Memorial Bldg,  
700 Longs Peak Ave



## SCOPE: Socials & Parties

A festive gathering full of games, laughter, and good luck where participants can enjoy themed snacks, hunt for treasures, and celebrate Irish cheer. *“scope”*

**8 & up: Wed, 5:30-8pm**

Fee: \$15 resident/\$19 non-resident

**Jan 21, New Year Celebration!** 149520

**Feb 18, Valentine's Friendship Dance** 149520

**Mar 18, St. Patrick's Lucky Social** 249520

**Apr 15, Spring Fling Carnival** 249520

Location: St Vrain Memorial Bldg, 700 Longs Peak

**May 20, Luau Party** 249520

Location: Izaak Walton Clubhouse, 18 S Sunset

## Hand Drumming Across Generations

Join instructor Nancy Brauhn-Curnes for monthly, stress-free drumming classes. Suitable for all ages and abilities, enjoy basic strikes, rhythms, and drum circle activities while boosting focus, memory, reducing stress, and most importantly, having fun. Drums provided. *“scope”*

**9 & up: Thursday, 1:30-2:30pm**

**Jan 8 | Feb 12** 189604

**Mar 12 | Apr 9 | May 14** 289604

Instructor: Djembe Jive LLC Nancy Brauhn Curnes

Location: Senior Center, 910 Long Peak Ave

Fee: \$15 resident/\$19 non-resident

## SCOPE: Sing for Joy for All!

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! *“scope”*

*\*Care assistants are required to attend with persons with severe physical or emotional needs*

**10 & up: Tuesday, 4-5pm**

**Jan 6 | Jan 20 | Feb 3 | Feb 17** 149516

**Mar 3 | Mar 17 | Apr 7 | Apr 21**

**May 5 | May 19** 249516

Instructor: Barbara Jo Kammer

Location: Senior Center, 910 Long Peak Ave

Daily Fee: \$8 resident/\$10 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! *“scope”*

**10 & up: Tuesday, 4-5pm**

149513 | 249513

**Feb 10 | Mar 10 | Apr 14 | May 12**

Instructor: Two Left Boots

Location: Senior Center, 910 Long Peak Ave

Fee: Free

## SCOPE: Movie Night

Join in for some movie night fun! Popcorn, light refreshments, and great company! All movies are PG-13. *“scope”*

**8 & up: Wednesday, 5:30-7:30pm**

**Jan 7 | Feb 4** 149500

**Mar 4 | Apr 1 | May 6** 249500

Location: Senior Center, 910 Long Peak Ave

Fee: \$10 resident/\$13 non-resident

## 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: Tuesday, 5:30-6:30pm**

**Jan 27, New Year Vision Boards & Collages** 149202

**Feb 24, Heart Wreaths** 149202

**Mar 24, Shamrock Sponge Painting** 249202

**Apr 28, Spring Flower Pots** 249202

**May 26, Paper Flower Leis** 249202

Location: Senior Center, 910 Long Peak Ave

Fee: \$15 resident/\$19 non-resident



**CITY OF LONGMONT IS COMMITTED TO SUPPORTING PEOPLE OF ALL ABILITIES  
IN RECREATION THROUGH BOTH SPECIALIZED AND INCLUSIVE PROGRAMS.**

We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information and/or to request accommodations contact the City ADA coordinator, Doug Spight, 303-651-8435 or [Doug.Spight@longmontcolorado.gov](mailto:Doug.Spight@longmontcolorado.gov)