

SPRING PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

Apr 1 – May 31, 2024



BALTIMORE CITY
RECREATION & PARKS

Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Recreation Program welcomes and encourages individuals with and without disabilities to participate in recreation programs.

Therapeutic Recreation programs provide skill development, leisure education, recreation participation, fine motor skill development and refinement, as well as a creative outlet for individuals with various disabilities. The programs also encourage peer socialization among participants in order to nurture relationships and strengthen social skills.

Many of the programs also provide participants with the opportunity to improve their cardiovascular and muscular systems through physical activity. The Fitness and Wellness programs work to enhance participants' motor coordination through dance, arm and leg movements, and stretching. Programs offered as a partnership program with Special Olympics of Maryland also help participants to build upon their ability to work with others in a team setting.

Information: Robert Signor (410) 396-1550 or robert.signor@baltimorecity.gov

Registration: <https://secure.rec1.com/MD/baltimore-md/catalog>

ART & MUSIC PROGRAMS

Arts & Crafts

Weekly art class provided by visiting instructors. Come enhance and explore your creative side under the guidance of our expert and caring instructors!

Dates/Session Times

Mondays, Apr 1 - May 20

10:00 am - 11:00 am

Wednesdays, Apr 3 - May 22

10:00 am - 11:00 am

Wednesdays, Apr 3 - May 22

11:15 am - 12:15 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



Music Therapy

Weekly music therapy class. Join us for a music class, led by a board certified music therapist, which will provide opportunities for connection and social engagement through creative music therapy experiences.

Dates/Session Times

Mondays, Apr 1 - May 20
11:15 am - 12:00 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



OUTDOOR/NATURE PROGRAMS

Canoeing / Kayaking

Learn the basic skills required for canoeing / kayaking and get out on the water! No experience required, but you must not be afraid of the water. A separate waiver form is required for this program. Additional details will be provided after registration. Program is weather dependent.

Dates/Session Times

Friday, Apr 26
10:00 am - 11:00 am
Friday, Apr 26
11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Middle Branch Park



Fishing

Get outside and learn to fish. Fishing poles and bait will be provided. Bring a snack and feel free to stay and enjoy Middle Branch Park after the conclusion of the session. Program is weather dependent.

Dates/Session Times

Friday, Apr 26

10:00 am - 11:00 am

Friday, Apr 26

11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Middle Branch Park



Nature Education Program – Hello Spring

Come embrace the blossoming new season! We'll set out in search of buds, flowers, and emerging wildlife. We'll engage our senses, visit with an animal ambassador, and craft.

Dates/Session Times

Friday, Apr 5

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Spring Has Sprouted

We'll be meeting at Winans Meadow to enjoy the friendship of water and land. The river is flowing, and the trees are growing! We'll take a gentle walk around the stream and through the meadow. There will be sensory exploration and potential crafting. Please come prepared for an outdoor adventure!

Dates/Session Times

Friday, May 3

10:00 am - 11:00 am

Friday, May 3

11:15 am - 12:15 pm

Age

Adults

Cost

\$5 per session

Location

Winans Meadow



Therapeutic Gardening Program

Learn how to plant and maintain a garden plot under the supervision of BCRP horticulture and TR Staff. Program is weather dependent.

Dates/Session Times

Wednesdays, Apr 3 - May 22

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Clifton Park



SOCIAL PROGRAMS

Bingo

Come test your luck at B-I-N-G-O and see how many prizes you can win! Beverages are included.

Dates/Session Times

Friday, Apr 19

10:00 am - 12:00 pm

Friday, May 24

10:00 am - 12:00 pm

Age

Adults

Cost

\$2 per session

Location

Farring Baybrook Recreation Center



Friday Night Social Club

Come join us each month for video games, music, board games, ping-pong, pool, and socializing. Hang out with your old pals and make new friends! Beverages and pizza are included. All participants must pre-register.

Dates/Session Times

Friday, Apr 26

5:30 pm - 8:30 pm

Friday, May 24

5:30 pm - 8:30 pm

Age

Adults and young adults 13+

Cost

\$5 per session

Location

Farring Baybrook Recreation Center



TR Disco

Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included. If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to program beginning.

Dates/Session Times

Friday, Apr 12

10:30 am - 1:00 pm

Friday, May 10

10:30 am - 1:00 pm

Age

Adults

Cost

\$8 per session

Location

Farring Baybrook Recreation Center



TR Prom

Come socialize and dance the day away at a formal “Prom” themed dance! A catered lunch will be provided. Participants and accompanying staff members are encouraged to dress formally. If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to program beginning.

Dates/Session Times

Friday, May 17

10:30 am - 1:30 pm

Age

Adults

Cost

\$10 per session

Location

Vollmer Center



Wednesday Social Club

Come join us each week for dancing, music, board games, and socializing. Hang out with your old pals and make new friends! Beverages are included.

Dates/Session Times

Wednesdays, Apr 3 - May 22
10:00 am - 12:15 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



SPORTS & FITNESS

Fitness

Weekly fitness class provided by visiting instructors. Get a great workout under the guidance of our expert and caring instructors!

Dates/Session Times

Mondays, Apr 1 - May 20
10:00 am - 11:00 am

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



Wheelchair Basketball Open Gym

Come try your hand at wheelchair basketball. No experience necessary! Sports wheelchairs available for use.

Dates/Session Times

Tuesdays, Apr 2 - May 21
6:00 pm - 8:00 pm

Age

Adults and young adults ages 14+

Cost

Free

Location

Cahill Recreation Center



Yoga

Uniquely designed to develop skills for personal empowerment and emotional balance and to explore physical strength and coordination. Learn breathing techniques, yoga poses, cross-body movements, and mindfulness activities based on themes such as trust, self-care, and connection to build self-reliance and resilience to be our best selves.

Dates/Session Times

Mondays, Apr 1 - May 20
11:15 am - 12:00 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Athletics (Community-Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn athletics (track & field) skills and gain eligibility for multi-county competitions and summer games. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Wednesdays, Apr 3 - Jun 19
(plus state games Jun 22 - 23)
6:00 pm - 7:30 pm

Age

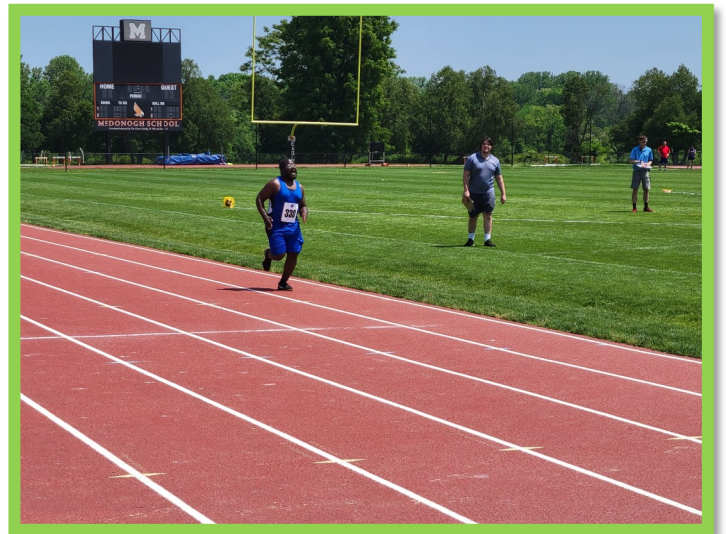
Adults and children ages 8+ (athletes only)

Cost

Free

Location

Frederick Douglass High School



Special Olympics Bocce

Partnership program with Special Olympics Maryland in which athletes learn bocce skills culminating in a championship on the last day.

Dates/Session Times

Tuesdays, Apr 2 - May 21
10:30 am - 12:00 pm
Thursdays, Apr 4 - May 23
10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Park



Special Olympics Bocce (Unified; Community-Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn bocce skills and gain eligibility for multi-county competitions and summer games. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Tuesdays, Apr 2 - Jun 18
(plus state games Jun 22 - 23)
6:00 pm - 7:30 pm

Age

Adults and children ages 8+

Cost

Free

Location

Farring Baybrook Park



Special Olympics Swimming (Community-Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn swimming skills and gain eligibility for multi-county competitions and summer games. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Mondays, Apr 1 - Jun 17
(plus state games Jun 22 - 23)
(no session on May 27)
6:00 pm - 7:30 pm

Age

Adults and children ages 8+

Cost

Free

Location

Cahill Recreation Center



COMMUNITY PROGRAMS

Afterschool Adventures

This is a Baltimore Recreation and Parks Drop-In Afterschool Program for youth. Programming at Afterschool Adventures includes topics such as health and wellness, STEM, cultural and creative arts, personal development, and other age-appropriate activities.

Dates/Session Times

Monday - Friday, Apr 2 - Jun 11

(no session on May 14, May 17, May 27)

3:30 pm to 6:00 pm

Early Release Apr 5, Jun 11 (12:30 pm to 6:00 pm)

Age

Ages 5 - 13

Cost

Free

Location

Farring Baybrook Recreation Center



Basketball (Co-Ed, Recreational Play)

Drop-in for a quick basketball game or to work on your shooting, passing and dribbling skills. Basketballs will be available.

Dates/Session Times

Mondays, Apr 1 - May 20

6:15 pm - 8:15 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Community Clean-up Day

Your friends at Farring Baybrook Recreation Center really could use your help with raking leaves, cleaning up the garden beds and de-weeding. It's a great way to give back to your community and the Therapeutic Recreation Program.

Dates/Session Times

Saturday, Apr 13

8:00 am - 11:30 am

Age

Adults and children ages 12+

Cost

Free

Location

Farring Baybrook Park



Party Rock TOTS!

Youth will run, jump and play in a safe , clean environment that promotes fun and excitement. Toys, balls, hula hoops, moon bounce inflatables, ball pit and much more are a part of the Party Rock TOTS program. Children will learn foundational skills, movement and gain confidence to play in a wide range of fun activities. Must be accompanied by an adult at all times.

Dates/Session Times

Tuesdays, Apr 2 - May 21

9:00 am - 12:00 pm

Age

Ages 0 - 5

Cost

Free

Location

Farring Baybrook Recreation Center



Pickleball - Drop-In

Drop-In for a game of pickleball. This is recreational play. No instruction will be provided.

Dates/Session Times

Wednesday, Apr 3 - May 22
6:15 pm to 8:15 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Soccer - Indoor (Co-Ed Recreational Play)

Drop-In for a pick-up game of soccer. Perfect for someone who wants to practice their skills or just play around with their friends.

Dates/Session Times

Tuesdays, Apr 2 - May 21
6:15 pm - 8:15 pm

Age

Adults and young adults 13+

Cost

Free

Location

Farring Baybrook Recreation Center



Family STEM Night

Family STEM Night is a night of exploration for students and their families. This is an opportunity for the community to engage in hands on STEM exploration. It's fun for the whole family!

Dates/Session Times

Friday, Apr 12

6:00 pm to 7:30 pm

Age

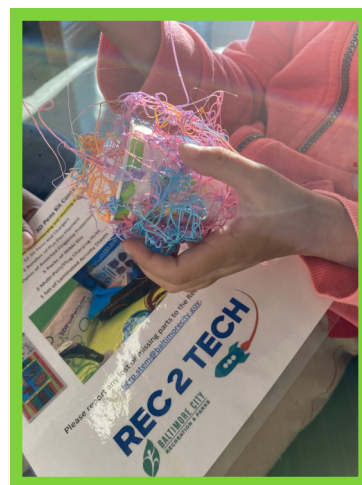
Adults and children ages 5+

Cost

Free

Location

Farring Baybrook Recreation Center



Teen Time

Join us in a safe and welcoming environment. We will have music, fun, crafts, sports, video games, cooking demos, enrichment classes, pizza parties, spa days and much more!

Dates/Session Times

Thursdays & Fridays, Apr 4 - May 17

(no session on Apr 26)

6:15 pm - 8:15 pm

Age

6th - 12th Graders

Cost

Free

Location

Farring Baybrook Recreation Center

