



Stephanie Rawlings-Blake

Mayor

Fall Programs

Sept. 1, 2016-Dec. 31, 2016

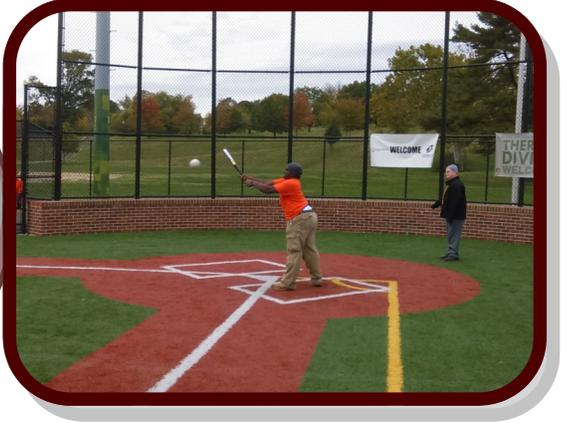


BALTIMORE CITY
RECREATION & PARKS

“Recreation is for everyone”

Therapeutic Recreation

BALTIMORE CITY



Program Registration:

- Information and registration: *Bob Signor, (410) 396-1550 or robert.signor@baltimorecity.gov*
- Visit bcrp.baltimorecity.gov, [facebook.com/recnparks](https://www.facebook.com/recnparks) or twitter.com/recnparks to keep up to date on all things Rec and Parks!
- Program schedule is subject to changes, including the addition of new programs. For the most up to date schedule, please visit <http://bcrp.baltimorecity.gov/Recreation/TherapeuticRecreation.aspx>

Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Division 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.

ARTS & CRAFTS PROGRAMS

Arts and 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:

Mondays: Sept. 12 - Dec. 12 (no session Oct. 10)

Wednesdays: Sept. 7 - Dec 14

Times/Sessions:

#001: Monday: 10:00 am - 11:00 am

#002: Monday: 11:15 am - 12:15 pm

#003: Wednesday: 10:00 am - 11:00 am

#004: Wednesday: 11:15 am - 12:15 pm

Age:

Adults with disabilities

Cost:

\$15 total for weekly class

Location:

Farring Bay Brook Recreation Center



OUTDOOR PROGRAMS

Canoeing

Learn the basic skills required for canoeing and get out on the water! No experience in canoes or swimming 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. 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/Sessions:

#005: Wednesday: Sept. 7

#006: Friday: Sept. 9

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$5 per session

Location:

Middle Branch Park



Fishing

Get outside and learn to fish! Fishing poles and bait will be provided. Bring a lunch and feel free to stay and enjoy Middle Branch Park after the session.



Dates/Sessions:

#007: Monday: Sept. 12

#008: Monday: Oct. 17

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Middle Branch Park

Nature Education Program - “Edible Landscape”

Learn all about edible plants. This program includes a hike through the woods in search of edible plants that will be used for a snack. 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. Please note: program requires hiking over uneven terrain.

Date/Session:

#009: Monday: Sept. 26

Time:

11:00 am - 12:00 pm



Age:

Adults with disabilities

Cost:

\$5 per person

Location:

Carrie Murray Nature Center

Nature Education Program - “From the Stream to the Bay”

This program begins at the Nature Center with a winding hike through the woods to Winans Meadow. After water studies in the meadow, the program concludes with a hike back to the center. 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. Please note: program requires hiking over uneven terrain.

Date/Session:

#010: Monday: Oct. 24

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$5 per person

Location:

Carrie Murray Nature Center



Nature Education Program - “Cold Blooded Clues”

This class is all about the fascinating world of reptiles. Live turtles, snakes, and lizards will be available for an up-close and personal look at these interesting creatures. 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.

Date/Session:

#011: Monday: Nov. 14

Age:

Adults with disabilities

Time:

11:00 am - 12:00 pm

Cost:

\$5 per person

Location:

Carrie Murray Nature Center



Nature Education Program - “Christmas Craft Project”

This program will include a Christmas focused arts and crafts project, roasting marshmallows, drinking hot chocolate, food and an opportunity to socialize. 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.

Date/Session:

#012: Monday: Dec. 12

Time:

10:00 am - 12:00 pm



Age:

Adults with disabilities

Cost:

\$2 per person

Location:

Carrie Murray Nature Center

Rawlings Conservatory and Botanic Gardens Tour

Come explore the Rawlings Conservatory and Botanic Gardens with a guided tour. Discover distinct environments that allow the display of plants from all over the world, including Christmas displays!

Date/Session:

#013: Wednesday: Dec. 21

Time:

11:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$4 per person

Location:

Rawlings Conservatory & Botanic Gardens



Therapeutic Gardening

Learn how to plant and maintain a garden plot under the supervision of a Garden Representative, City Farms Staff and TR Staff. Also includes Garden Workshops on various topics.

Dates/Sessions:

#014: Thursdays: Sept. 8 - Dec. 15
(no session Nov. 24)
(ending date is weather dependent)

Time:

10:30 am - 12:00 pm



Age:

Adults with disabilities

Cost:

\$5 total for weekly class

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/Sessions:

#015: Friday: Sept. 16
#016: Friday: Oct. 7
#017: Friday: Nov. 4
#018: Friday: Dec. 2

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$2 per session

Location:

Farring Bay Brook Recreation Center



Friday Social Club

A fun-filled morning of dancing, board games, card games, pool, ping pong, and socializing. Beverages are included. Come hang out with your old pals and make new friends.

Dates/Sessions:

#019: Friday: Sept. 23
#020: Friday: Oct. 21
#021: Friday: Dec. 16

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$1 per session

Location:

Farring Bay Brook 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.



Date/Session:

#022: Friday: Sept. 2 (Welcome Back)

#023: Friday: Oct. 14 (Halloween)

#024: Friday: Nov. 18 (Fall Festival)

#025: Friday: Dec. 9 (Christmas)

Time:

10:30 am - 1:30 pm

Age:

Adults with disabilities

Cost:

\$8 per person

Location:

Farring Bay Brook Recreation Center

SPORTS & WELLNESS PROGRAMS

Dance Movement

One-hour weekly dance movement class. Come join the fun and get in shape by dancing the time away!



Dates:

Wednesdays: Sept. 7 - Dec. 14

Times/Sessions:

#026: 10:00 am - 11:00 am

#027: 11:15 am - 12:15 pm

Age:

Adults with disabilities

Cost:

\$15 total for weekly class

Location:

Farring Bay Brook Recreation Center

Disc/Frisbee Golf

Join us for a round of disc golf at Druid Hill Park. Bring a bag lunch and enjoy the park afterwards. Please note: this program requires a good deal of walking.

Date/Session:

#028: Monday: Sept. 19

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Druid Hill Park



Goalball

Partnership program with MD Goalball in which participants train/practice Goalball for competition in local and regional tournaments.

Dates/Session:

#029: Saturdays: Sept. 3 - Dec. 17
(no session Dec. 10)

Time:

9:00 am - 11:30 am

Age:

Adults with visual impairment

Cost:

Free

Location:

Farring Bay Brook Recreation Center



Hip Hop Aerobics

Come and let the music move you! This program is inspired by hip hop's hottest music, you will be sure to get your heart pumping and your body working, have a lot of fun, and leave with a smile on your face.

Dates:

Mondays: Sept. 12 - Dec. 12
(no session Oct. 10)

Time/Sessions:

#030: 10:30 am - 11:15 am (seated class)
#031: 11:30 am - 12:15 pm (standing class; can be modified to seated)

Age:

Adults with disabilities

Cost:

\$15 total for weekly class

Location:

Farring Bay Brook Recreation Center

Water Fitness

Weekly water fitness session administered by certified aquatics instructors. The fitness session will be followed by a free swim period.

Dates/Session:

#032: Wednesdays: Sept. 14 - Dec. 14

Time:

11:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$20 total for weekly class

Location:

Cherry Hill Aquatics Center

Wheelchair Basketball Open Gym

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

Dates/Session:

#033: Tuesdays: Sept. 6 - Dec. 13

Time:

6:00 pm - 8:00 pm



Age:

Adults with and without disabilities

Cost:

Free

Location:

Farring Bay Brook Recreation Center

SPECIAL OLYMPICS

OF MARYLAND PROGRAMS

Special Olympics Softball

Partnership program with Special Olympics Maryland in which athletes learn softball skills and play games, culminating in a championship game on the last day. Register an 8-12 person team.

Dates/Sessions:

#034: Thursdays: Sept. 8 - Oct. 27

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Patterson Park



Special Olympics Outdoor Soccer

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



Dates/Session:

#035: Tuesdays: Sept. 6 - Oct. 11

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Latrobe Park/Banner Field (Locust Pt)

Special Olympics Indoor Bocce Ball

Partnership program with Special Olympics Maryland in which athletes learn bocce ball skills, culminating in a championship on the last day. Register a 4-6 person team.

Dates/Sessions:

#036: Tuesdays: Oct. 25 - Dec. 13
(no session Nov. 8)

Time:

10:30 am - 12:00 pm



Age:

Adults with disabilities

Cost:

Free

Location:

Myers Sports Pavilion

Special Olympics Indoor Soccer

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

Dates/Sessions:

#037: Thursdays: Nov. 10 - Dec. 15
(no session Nov. 24)

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Myers Sports Pavilion



Special Olympics Soccer (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills and compete as a team to gain eligibility for multi-county competitions and state games. Registration will determine whether the program is Unified or Traditional, as well as the number of teams.



Dates/Session:

#038: Saturdays: Aug. 27 - Oct. 29
(competition schedule TBD)

Time:

10:00 am - 12:00 pm

Age:

Adults with and without disabilities

Cost:

Free

Location:

Farring Bay Brook Park

YOUTH PROGRAMS

Learn, Laugh, and Play Youth Social Program

Learn, laugh, and play social program will teach youth how to make simple fun snacks, express themselves through art, learn to play various sports, and promote positive peer interaction.

Dates/Session:

#039: Saturdays: Sept. 10 - Oct. 29

Time:

9:30 am - 11:30 am



Age:

Children ages 6-12,
with and without disabilities

Cost:

\$10 total for weekly class

Location:

Farring Bay Brook Recreation
Center

Variety Children's Theatre, Dance, and Chorus Project

Under the supervision of adult coaches, children act, sing, and dance, culminating in a final production performed for the community each session.

Dates/Session:

#040: Saturdays: Sept. 3 - Dec. 10

Time:

9:00 am - 12:00 pm

Age:

Children ages 5-18,
with and without disabilities

Cost:

\$50 total for weekly class

Location:

Farring Bay Brook Recreation Center



Registration for Youth Programs:

- *Information and registration:* Ronda Hammonds, (410) 396-1550 or Rhonda.hammonds@baltimorecity.gov
- *Visit bcrp.baltimorecity.gov, [facebook.com/recnparks](https://www.facebook.com/recnparks) or twitter.com/recnparks to keep up to date on all things Rec and Parks!*
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