



Stephanie Rawlings-Blake

Mayor

Spring Programs

April 1, 2016-May 31, 2016



BALTIMORE CITY
RECREATION & PARKS

“Recreation is for everyone”

BALTIMORE CITY

Therapeutic Recreation



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 offered in partnership with Art-with-a-Heart. Come enhance and explore your creative side under the expert guidance of Art-with-a-Heart instructors!

Dates:

Mondays: Apr. 4 - May 23

Wednesdays: Apr. 6 - May 25

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:

\$8 total for one 8-week session

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: Monday: Apr. 18

#006: Monday: May 16

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 Patterson Park after the session.



Dates/Sessions:

#007: Monday: Apr. 11

#008: Friday: May 6

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Patterson Park

Nature Education Program - “I Don’t Like Spiders and Snakes”

Learn all about snakes and spiders and the benefits that they provide to our environment. 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:

#009: Monday: Apr. 25

Time:

11:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

\$5 per person

Location:

Carrie Murray Nature Center



Nature Education Program - “Critter Studies”

Learn all about the characteristics and adaptations of birds, reptiles, and mammals in this interactive program. The program is concluded with a hike. 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:

#010: Monday: May 23

Time:

11:00 am - 12:00 pm



Age:

Adults with disabilities

Cost:

\$5 per person

Location:

Carrie Murray Nature Center

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:

#011: Tuesdays: Apr. 5 - May 24

#012: Thursdays: Apr. 7 - May 26

Time:

10:30 am - 12:00 pm



Age:

Adults with disabilities

Cost:

\$5 total for one 8-week session

Location:

Upton City Farms

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:

#013: Friday: Apr. 22

#014: Friday: May 27

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:

#015: Friday: Apr. 15

#016: Friday: May 13

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:

#017: Friday: Apr. 8

Time:

10:30 am - 1:30 pm

Age:

Adults with disabilities

Cost:

\$8 per person

Location:

Farring Bay Brook 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 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.

Date/Session:

#018: Friday: May 20

Time:

10:30 am - 1:30 pm

Age:

Adults with disabilities

Cost:

\$10 per person

Location:

Vollmer 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:

Mondays: Apr. 4 - May 23

Wednesdays: Apr. 6 - May 25

Times/Sessions:

#019: Mondays: 10:00 am - 11:00 am

#020: Mondays: 11:15 am - 12:15 pm

#021: Wednesdays: 10:00 am - 11:00 am

#022: Wednesdays: 11:15 am - 12:15 pm

Age:

Adults with disabilities

Cost:

\$8 total for one 8-week session

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:

#023: Monday: May 9

Time:

10:00 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

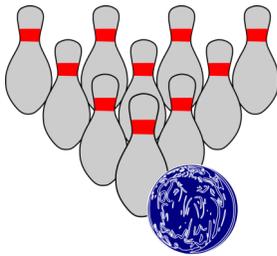
Location:

Druid Hill Park



Duckpin Bowling

Two-hour duckpin bowling session that includes shoe rental, a slice of pizza or a hot dog, and a 12 oz. fountain drink. 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:

#024: Friday: Apr. 29

Time:

11:00 am - 1:00 pm

Age:

Adults with disabilities

Cost:

\$8 per person

Location:

Glen Burnie Bowl

Goalball

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

Dates/Session:

#025: Saturdays: Apr. 2 - May 28

Time:

9:00 am - 11:30 am

Age:

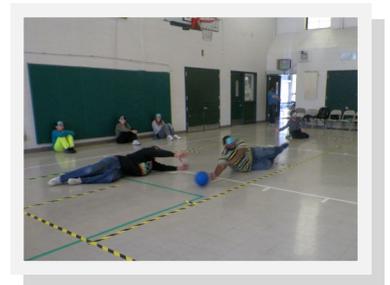
Adults with visual impairment

Cost:

Free

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:

#026: Saturdays: Jan. 9 - May 14

Age:

Children ages 5-18,
with and without disabilities

Time:

9:00 am - 12:00 pm

Cost:

Free

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:

#027: Wednesdays: Apr. 6 - May 25

Age:

Adults with disabilities

Time:

11:00 am - 12:00 pm

Cost:

\$12 total for one 8-week session

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:

#028: Tuesdays: Apr. 5 - May 24

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 Bocce Ball

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

Dates/Sessions:

#029: Tuesdays: Apr. 5 - May 24

#030: Thursdays: Apr. 7 - May 26

Time:

10:30 am - 12:00 pm

Age:

Adults with disabilities

Cost:

Free

Location:

Farring Bay Brook Recreation Center



Special Olympics Unified Bocce Ball

Partnership program with Special Olympics Maryland in which athletes learn bocce ball skills to gain eligibility for multi-county competitions and state games.



Dates/Session:

#031: Saturdays: Apr. 2 - Jun. 11
(plus Jun. 12 for state games)

Time:

10:30 am - 12:00 pm

Age:

Children and adults ages 8 and above
with and without disabilities

Cost:

Free

Location:

Farring Bay Brook Recreation Center