



Stephanie Rawlings-Blake

Mayor

# Winter Programs

Jan. 1, 2017-Mar. 31, 2017



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](http://bcrp.baltimorecity.gov), [facebook.com/recnparks](https://www.facebook.com/recnparks) or [twitter.com/recnparks](https://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

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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: Jan. 9 - Mar. 20  
(no session Jan. 16 and Feb. 20)  
Wednesdays: Jan. 4 - Mar. 22

**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:**

\$12 total for weekly class

**Location:**

Farring Bay Brook  
Recreation Center



## OUTDOOR/NATURE PROGRAMS

### Canoeing (Introductory Course)

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Learn the basic skills required for canoeing in the safe environment of an indoor pool. Will allow participants to learn the basics before going out on the open water. No experience required but you must not be afraid of the water. A bathing suit and separate waiver form are required for this program. Additional details will be provided after registration.

**Dates/Sessions:**

#005: Tuesday, Mar. 28  
#006: Thursday, Mar. 30

**Time:**

10:00 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

Free

**Location:**

TBD



## Nature Education Program—“Rainforest Rescue”

Believe it or not, what happens to the rainforest affects all of us. This class teaches about the importance of these wild places and lets you meet many rainforest inhabitants up close: tegus, tarantulas, parrots, skins, geckos, snakes and more. Finish with a visit to the rainforest room! 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:**

#007: Monday: Jan. 30

**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”

Participants are able to come face to face with a variety of exotic and domestic animals in this interactive program. Learn the characteristics and adaptations of birds, reptiles and mammals. 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:**

#008: Monday: Feb. 27

**Time:**

11:00 am - 12:00 pm



**Age:**

Adults with disabilities

**Cost:**

\$5 per person

**Location:**

Carrie Murray Nature Center

## Nature Education Program—“Cold Blooded Clues”

This program introduces participants to 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:**

#009: Monday: Mar. 20

**Time:**

11:00 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

\$5 per person

**Location:**

Carrie Murray Nature Center



# Rawlings Conservatory and Botanic Gardens— Horticultural Education Program

Explore the diversity of plants with guided instruction and a hands-on planting activity, including a take-home plant.

**Date/Session:**

- #010: Friday: Jan. 27 (Tropical Rainforest)
- #011: Friday: Feb. 24 (Desert)
- #012: Friday: Mar. 24 (Mediterranean)

**Time:**

11:00 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

\$4 per person

**Location:**

Rawlings Conservatory  
& Botanic Gardens



## 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: Jan. 20
- #014: Friday: Feb. 17
- #015: Friday: Mar. 17

**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:**

- #016: Friday: Jan. 6
- #017: Friday: Feb. 3
- #018: Friday: Mar. 3

**Time:**

10:00 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

\$1 per session

**Location:**

Farring Bay Brook Recreation Center



## TR Disco

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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:**

#019: Friday: Jan. 13 (Winter Wonderland)

#020: Friday: Feb. 10 (Valentine's)

#021: Friday: Mar. 10 (St. Patrick's)

**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

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

**Dates:**

Wednesdays: Jan. 4 - Mar. 22

**Times/Sessions:**

#022: 10:00 am - 11:00 am

#023: 11:15 am - 12:15 pm

**Age:**

Adults with disabilities

**Cost:**

\$12 total for weekly class

**Location:**

Farring Bay Brook  
Recreation Center



## Hip Hop Aerobics

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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. This is a standing class but can be modified to sitting.

**Dates:**

Mondays: Jan. 9 - Mar. 20  
(no session Jan. 16 and Feb. 20)

**Time/Sessions:**

#024: 10:30 am - 11:15 am  
#025: 11:30 am - 12:15 pm



**Age:**

Adults with disabilities

**Cost:**

\$12 total for weekly class

**Location:**

Farring Bay Brook Recreation Center

## Water Fitness

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

**Dates/Session:**

#026: Wednesdays: Jan. 4 - Mar. 22

**Time:**

11:00 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

\$16 total for weekly class

**Location:**

Cherry Hill Aquatics Center



## Wheelchair Basketball Open Gym

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

**Dates/Session:**

#027: Tuesdays: Jan. 3 - Mar. 21

**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 Basketball

Partnership program with Special Olympics Maryland in which athletes learn basketball skills, culminating in a skills championship on the final day. Please sign up for only one session so that all athletes who want to participate will have the opportunity to do so.

**Dates/Sessions:**

- #028: Tuesdays: Jan. 3 - Feb. 7
- #029: Thursdays: Jan. 5 - Feb. 9
- #030: Tuesdays: Feb. 14 - Mar. 21
- #031: Thursdays: Feb. 16 - Mar. 23

**Time:**

10:30 am - 12:00 pm

**Age:**

Adults with disabilities

**Cost:**

Free

**Location:**

Farring Bay Brook  
Recreation Center



### Special Olympics Basketball (Community Based; State Games Track)

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



**Dates/Session:**

#032: Saturdays: Jan. 7 - Mar. 25  
(Competition Schedule TBD)

**Time:**

10:00 am - 12:00 pm

**Age:**

Adults with and without disabilities

**Cost:**

Free

**Location:**

Farring Bay Brook Recreation Center

## Special Olympics Unified Basketball League

Partnership program with Special Olympics Maryland in which athletes compete with partner athletes in a competitive basketball league. Program length and format will be determined by the number of teams.



**Dates/Session:**

#033 Wednesdays: Jan. 25 - Mar. 29  
(make-up date Apr. 5)

**Time:**

6:00 pm - 8:30 pm

**Age:**

Adults with and without disabilities

**Cost:**

Free

**Location:**

Farring Bay Brook Recreation Center

## YOUTH PROGRAMS

### 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:**

#034: Saturdays: Jan. 7 - May 13

**Time:**

10:00 am - 12:00 pm

**Age:**

Children ages 5-18,  
with and without disabilities

**Cost:**

Free

**Location:**

Farring Bay Brook Recreation Center



**Registration for Youth Programs:**

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