

FALL PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

September 1- December 31, 2021



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: Bob 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

Wednesdays, Sep 8 - Dec 15
10:00 am - 11:00 am

Age

Adults

Cost

Free

Location

Farring Bay Brook



Arts & Crafts (Virtual)

Weekly on-line art class. Enhance and explore your creative side under the guidance of our expert and caring instructors!

Dates/Session Times

Mondays, Sep 13 - Dec 13 (no session on Oct 11)
3:00 pm - 4:00 pm

Age

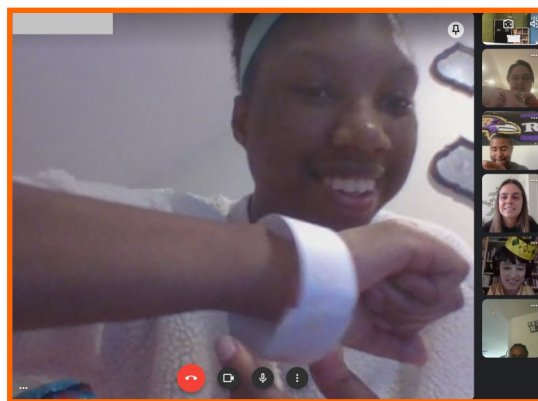
Adults and children ages 5 and above

Cost

Free

Location

Virtual



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, Sep 13 - Nov 15 (no session on Oct 11)
11:15 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Bay Brook



Music Therapy (Virtual)

Weekly, on-line 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

Thursdays, Sep 9 - Dec 16 (no session on Nov 11, Nov 25)
3:00 pm - 3:45 pm

Age

Adults and children ages 5 and above

Cost

Free

Location

Virtual



OUTDOOR/NATURE PROGRAMS

Canoeing / Kayaking

Learn the basic skills required for canoeing 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

Wednesday, Sep 8
6:00 pm - 7:30 pm

Friday, Sep 10
10:00 am - 11:00 am

Friday, Sep 10
11:15 am - 12:15 pm

Wednesday, Oct 6
6:00 pm - 7:30 pm

Friday, Oct 8
10:00 am - 11:00 am

Friday, Oct 8
11:15 am - 12:15 pm



Age

Adults and children ages 8 and above

Cost

Free

Location

Middle Branch Park

Disc / Frisbee Golf

Join us for a round of disc golf at Druid Hill Park and enjoy the park afterwards. Please note: this program requires a good deal of walking. Program is weather dependent.

Dates/Session Times

Friday, Oct 15

10:00 am - 11:00 am

Friday, Oct 15

11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Druid Hill Park



Fishing

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

Dates/Session Times

Wednesday, Sep 22

6:00 pm - 7:00 pm

Friday, Sep 24

10:00 am - 11:00 am

Friday, Sep 24

11:15 am - 12:15 pm

Wednesday, Oct 20

6:00 pm - 7:00 pm

Friday, Oct 22

10:00 am - 11:00 am

Friday, Oct 22

11:15 am - 12:15 pm



Age

Daytime programs - Adults

Evening programs - 5 and older

Cost

Free

Location

Middle Branch Park

Nature Education Program - Goodbye Summer Celebration

It's time for a stream exploration! As summer is coming to an end, we'll take a walk to enjoy pollinators, warm sun, and the cascading stream. Participants are welcomed to get in the stream (boots will be provided, please provide shoe size upon request). If time allows, we'll create a natural keepsake at the end of the program to remember this amazing season!

Dates/Session Times

Friday, Sep 3

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Winans Meadow



Nature Education Program - Magnificent Migrations

Come out to explore the park as we keep our eyes and ears peeled for fall migrants! Winged friends will take to the sky on their journey to warmer weather. We'll meet and greet with an animal ambassador if weather permits.

Dates/Session Times

Friday, Oct 1

10:00 am - 11:00 am

Friday, Oct 1

11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Carrie Murray Nature Center



Nature Education Program - Autumn Celebration

Join us for a walk through the park as we embrace autumn and all of its beauty! We'll collect natural materials as we go and use them to create artwork. We'll meet and greet with an animal ambassador if weather permits.

Dates/Session Times

Friday, Nov 5

10:00 am - 11:00 am

Friday, Nov 5

11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Carrie Murray Nature Center



Nature Education Program - Autumn Stroll & Crafting

Join us for a stroll in the woods and an autumn crafting session as we make our own natural paintbrushes from materials found in the park. We'll meet and greet with an animal ambassador if weather permits.

Dates/Session Times

Friday, Dec 3

10:00 am - 11:00 am

Friday, Dec 3

11:15 am - 12:15 pm

Age

Adults

Cost

Free

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 relax and socialize. Feel free to bring lunch and stay afterwards.

Dates/Session Times

Monday, Dec 20

10:00 am - 12:00 pm

Tuesday, Dec 21

10:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Carrie Murray Nature Center



Nature Therapy

A guide offers invitations to connect with nature through the senses. Bringing awareness to our human senses can help us become present in the moment. Participants can expect a slow saunter through their environment with opportunities to share with others what they are noticing. This program requires a good deal of walking through natural surfaces. Program is weather dependent.

Dates/Session Times

Friday, Nov 12

10:00 am - 11:00 am

Friday, Nov 12

11:15 am - 12:15 pm

Age

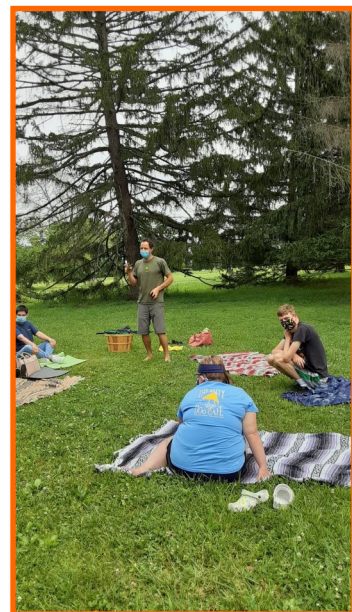
Adults

Cost

Free

Location

Cylburn Arboretum



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!

Dates/Session Times

Wednesday, Dec 22

11:00 am - 12:00 pm

Thursday, Dec 23

11:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Rawlings Conservatory & Botanic Gardens



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, Sep 8 - Nov 24 (ending date is weather dependent)

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, Sep 17

10:00 am - 12:00 pm

Friday, Oct 29

10:00 am - 12:00 pm

Friday, Nov 19

10:00 am - 12:00 pm

Friday, Dec 10

10:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Bay Brook



Christmas Karaoke

Come socialize and sing the day away to Christmas themed songs! Lunch (pizza) and beverages are included.

Dates/Session Times

Friday, Dec 17

10:00 am - 12:30 pm

Age

Adults

Cost

Free

Location

Farring Bay Brook



SPORTS & WELLNESS PROGRAMS

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/Session Times

Mondays, Sep 13 - Dec 13 (no session on Oct 11)
10:00 am - 11:00 am

Age

Adults

Cost

Free

Location

Farring Baybrook



Hip Hop Aerobics (Virtual)

Join us on-line 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/Session Times

Wednesdays, Sep 8 - Dec 15
2:30 pm - 3:30 pm

Age

Adults

Cost

Free

Location

Virtual



Wheelchair Basketball Open Gym

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

Dates/Session Times

Tuesdays, Sep 7 - Dec 14
6:00 pm - 8:00 pm

Age

Adults

Cost

Free

Location

Farring Bay Brook



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

Wednesdays, Sep 8 - Dec 15
11:15 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Bay Brook



Yoga (Virtual)

On-line class, through a process of curiosity and inquiry, connect with the breath, move the body, and view thoughts and sensations as the observer to uncover new ways of approaching your experiences. Slower-paced movements, adaptable to a chair and additional supports, accompanied by guided breathing exercises, relaxation and meditation are designed to reduce stress, relieve anxiety, and promote wellness and resilience.

Dates/Session Times

Tuesdays, Sep 7 - Dec 14
1:00 pm - 1:45 pm

Age

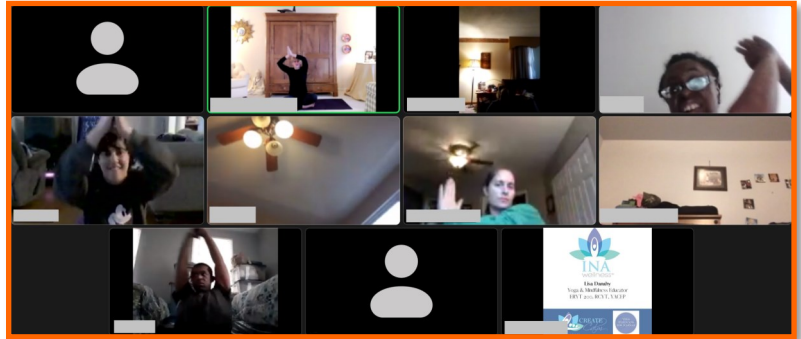
Adults

Cost

Free

Location

Virtual



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Unified Soccer (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills & compete as a team to gain eligibility for multi-county competitions and state games. Additionally, this year we will offer a skills building program for younger athletes and adult athletes that are not quite ready for team play. Contact Robert Signor @ (410) 396-1550 to register. Program is weather dependent.

Dates/Session Times

Tuesdays, Aug 31 - Oct 26
(Competition Schedule TBD)
6:00 pm - 8:00 pm

Age

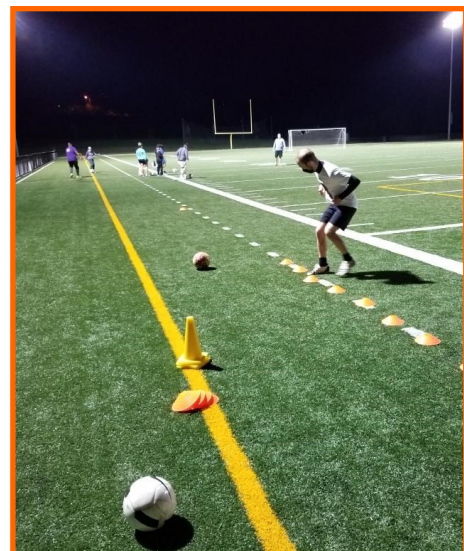
Adults and children ages 8 and above
with and without disabilities

Cost

Free

Location

CSX Field @ Farring Baybrook Park



Special Olympics Unified Flag Football (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn flag football skills & compete as a team to gain eligibility for multi-county competitions and state games. Additionally, this year we will offer a skills building program for younger athletes and adult athletes that are not quite ready for team play. Contact Robert Signor @ (410) 396-1550 to register. Program is weather dependent.

Dates/Session Times

Thursdays, Sep 2 - Oct 14
(Competition Schedule TBD)
6:00 pm - 8:00 pm

Age

Adults and children ages 8 and above with
and without disabilities

Cost

Free

Location

CSX Field @ Farring Baybrook Park



Special Olympics Softball

Partnership program with Special Olympics Maryland in which athletes learn softball skills, culminating in a skills championship on the last day. Program is weather dependent.

Dates/Session Times

Tuesdays, Sep 7 - Sep 28
10:30 am - 12:00 pm

Tuesdays, Oct 5 - Oct 26
10:30 am - 12:00 pm

Age

Adults

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 Times

Thursdays, Sep 9 - Oct 14
10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

CSX Field @ Farring Baybrook Park



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 4-6 person teams.

Dates/Session Times

Thursdays, Oct 28 - Dec 16 (no sessions on Nov 11, Nov 25)
10:30 am - 12:00 pm

Age

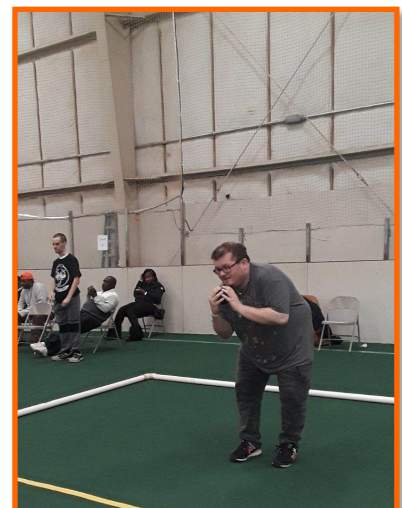
Adults

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/Session Times

Tuesdays, Nov 9 - Dec 14

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Myers Sports Pavilion



Baltimore City Recreation and Park's Mission Statement:

To improve the health & wellness of Baltimore through maintaining quality recreational programs, preserving our parks & natural resources, and promoting fun, active lifestyles for all ages.