

FALL PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

September 1- December 31, 2022



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

Wednesdays, Sep 7 - Dec 14

10:00 am - 11:00 am

Wednesdays, Sep 7 - Dec 14

11:15 am - 12:15 pm

Mondays, Sep 12 - Dec 12 (no session on Oct 10)

10:00 am - 11:00 am

Age

Adults

Cost

\$15 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, Sep 12 – Dec 12
(no session on Oct 10)
11:15 am - 12:00 pm

Age

Adults

Cost

\$15 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

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

Friday, Sep 16
10:00 am - 11:00 am

Friday, Sep 16
11:15 am - 12:15 pm

Wednesday, Oct 5
5:30 pm - 7:00 pm

Friday, Oct 14
10:00 am - 11:00 am

Friday, Oct 14
11:15 am - 12:15 pm

Age

Adults and children
ages 8 and above

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

Wednesday, Sep 7

6:00 pm - 7:30 pm

Friday, Sep 16

10:00 am - 11:00 am

Friday, Sep 16

11:15 am - 12:15 pm

Wednesday, Oct 5

5:30 pm - 7:00 pm

Friday, Oct 14

10:00 am - 11:00 am

Friday, Oct 14

11:15 am - 12:15 pm

Age

Adults and children
ages 5 and above

Cost

Free

Location

Middle Branch Park



Nature Education Program – Goodbye Summer Celebration

As summer is coming to an end, we'll take a walk to enjoy pollinators, warm sun, and the cascading stream. 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 2

10:30 am - 12:00 pm

Age

Adults

Cost

\$5.00 per session

Location

Winans Meadow



Nature Education Program – Magnificent Migrations

Come wonder through the forest and watch for winged friends and other fall wonders. Our winged friends are taking to the sky on their journey to warmer weather. We'll meet and greet with an animal ambassador if weather allows.

Dates/Session Times

Friday, Oct 7

10:00 am - 11:00 am

Friday, Oct 7

11:15 am - 12:15 pm

Age

Adults

Cost

\$5 per session

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 allows.

Dates/Session Times

Friday, Nov 4

10:00 am - 11:00 am

Friday, Nov 4

11:15 am - 12:15 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Gifts of Autumn

The trees are gifting their seeds and leaves to the Earth! Come explore the gifts of the season and offer your own gifts of gratitude around a fire. We'll meet and greet with an animal ambassador if weather allows.

Dates/Session Times

Friday, Dec 2

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Holiday Crafting

Enjoy a cozy fire as we create holiday-themed crafts and welcome winter!

Dates/Session Times

Monday, Dec 19

10:30 am - 12:00 pm

Tuesday, Dec 20

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

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

Saturday, Nov 5

10:00 am - 11:30 am

Wednesday, Nov 30

10:00 am - 11:00 am

Wednesday, Nov 30

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 21

11:00 am - 12:00 pm

Thursday, Dec 22

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 7 - Nov 23
(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 9
10:00 am - 12:00 pm

Friday, Oct 28
10:00 am - 12:00 pm

Age

Adults

Cost

\$2 per session

Location

Farring Baybrook Recreation Center



Christmas Karaoke & Bingo

Come socialize and sing the day away to Christmas themed songs and test your luck at B-I-N-G-O! Lunch (pizza) and beverages are included.

Dates/Session Times

Friday, Dec 16

10:30 am - 12:30 pm

Age

Adults

Cost

\$8 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, Sep 23

10:30 am - 1:30 pm

Friday, Oct 21

10:30 am - 1:30 pm

Friday, Nov 18

10:30 am - 1:30 pm

Friday, Dec 9

10:30 am - 1:30 pm

Age

Adults

Cost

\$8 per session

Location

Farring Baybrook Recreation Center



Wednesday Social Club

Come join us each week for socially distanced fun including karaoke, board games, and socializing. Hang out with your old pals and make new friends!

Dates/Session Times

Wednesdays, Sep 7 - Dec 14
10:00 am - 12:15 pm

Age

Adults

Cost

Free

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, Sep 12 - Dec 12 (no session on Oct 10)
10:00 am - 11:00 am

Age

Adults

Cost

\$15 total for weekly class

Location

Farring Baybrook Recreation Center



Fitness (Virtual)

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

Dates/Session Times

Thursdays, Sep 8 - Dec 15 (no session on Nov 24)
1:00 pm - 2:00 pm

Age

Adults

Cost

\$10 total for weekly class

Location

Virtual



Wheelchair Basketball 3-on-3 League

Weekly 3-on-3 wheelchair basketball league culminating with playoffs and championship on final night. No experience necessary! Sports wheelchairs available for use.

Dates/Session Times

Tuesdays, Sep 6 - Nov 1
6:00 pm - 8:00 pm

Age

Adults and young adults 14+

Cost

Free

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, Nov 15 - Dec 13
6:00 pm - 8:00 pm

Age

Adults and young adults 14+

Cost

Free

Location

Farring Baybrook 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, Sep 12 - Dec 12 (no session on Oct 10)
11:15 am - 12:00 pm

Age

Adults

Cost

\$15 total for weekly class

Location

Farring Baybrook Recreation Center



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 6 - Dec 13 (no session on Nov 8)
1:00 pm - 1:45 pm

Age

Adults

Cost

\$10 total for weekly class

Location

Virtual



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Flag Football (skills building)

Partnership program with Special Olympics Maryland in which athletes learn flag football skills. Program is weather dependent.

Dates/Session Times

Tuesdays, Oct 4 - Oct 25
10:30 am to 12:00 pm

Age

Adults

Cost

Free

Location

CSX Field @ Farring Baybrook Park



Special Olympics Softball (skills building)

Partnership program with Special Olympics Maryland in which athletes learn softball skills. Program is weather dependent.

Dates/Session Times

Tuesdays, Sep 6 - Sep 27
10:30 am to 12:00 pm

Age

Adults

Cost

Free

Location

CSX Field @ Farring Baybrook Park



Special Olympics Outdoor Soccer (skills building)

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

Dates/Session Times

Thursdays, Sep 8 - Oct 13
10:30 am to 12:00 pm

Age

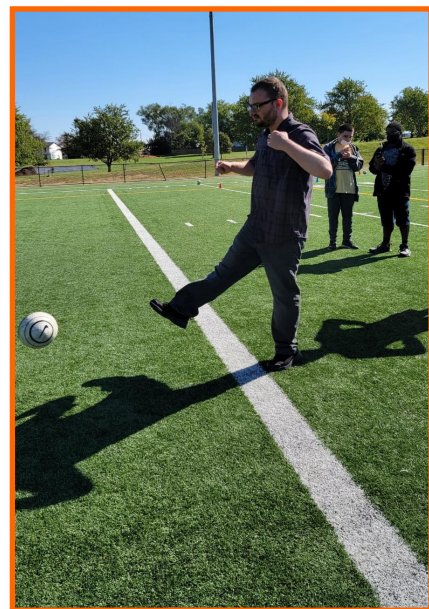
Adults

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 20 - Dec 15 (no session on Nov 24)
10:30 am to 12:00 pm

Age

Adults

Cost

Free

Location

Myers Sports Pavilion



Special Olympics Indoor Soccer (skills building)

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 1 - Dec 13 (no session on Nov 8)
10:30 am to 12:00 pm

Age

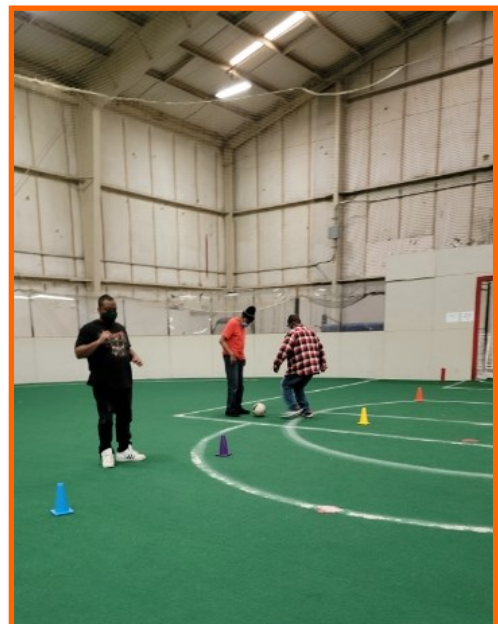
Adults

Cost

Free

Location

Myers Sports Pavilion



Special Olympics Unified Bocce Ball League

Partnership program with Special Olympics Maryland in which athletes and partner athletes compete in recreational indoor bocce ball games. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Mondays, Nov 7 – Dec 12
6:00 pm - 7:30 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Farring Baybrook Recreation Center



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, Aug 18 - Oct 20
(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 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 16 - Oct 25
(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



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.