

# APRIL–MAY 2018

# BALTIMORE CITY RECREATION & PARKS

# THERAPEUTIC RECREATION

# SPRING PROGRAMS



Information and Registration: Bob Signor, (410) 396-1550 or [robert.signor@baltimorecity.gov](mailto:robert.signor@baltimorecity.gov)  
Program schedule is subject to change, including the addition of new programs.  
For the most up to date schedule, please visit <http://bcrp.baltimorecity.gov/therapeuticrecreation>



# Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Recreation 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

*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

Mondays, Apr 2 - May 21

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

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

Wednesdays, Apr 4 - May 23

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

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

### Age

Adults with disabilities

### Cost

\$8 total for weekly class

### Location

Farring Bay Brook Recreation Center





# OUTDOOR/NATURE PROGRAMS

## Canoeing

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

Friday, Apr 20

#005: 10:00 am - 11:00 am

#006: 11:00 am - 12:00 pm

#007: 12:00 pm - 1:00 pm

Tuesday, May 29

#008: 10:00 am - 11:00 am

#009: 11:00 am - 12:00 pm

#010: 12:00 pm - 1:00 pm

### Age

Adults with disabilities

### Cost

\$2 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 conclusion of the session. Program is weather dependent.

### Dates/Session Times

Wednesday, May 30

#011: 10:00 am - 11:00 am

#012: 11:00 am - 12:00 pm

#013: 12:00 pm - 1:00 pm

Thursday, May 31

#014: 10:00 am - 11:00 am

#015: 11:00 am - 12:00 pm

#016: 12:00 pm - 1:00 pm

### Age

Adults with disabilities

### Cost

Free

### Location

Patterson Park



## Therapeutic Gardening Program

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. Program is weather dependent.

### Dates/Session Times

Thursdays, Apr 5 - May 24

#017: 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/Session Times

Friday, Apr 27

#018: 10:00 am - 12:00 pm

Friday, May 25

#019: 10:00 am - 12:00 pm

### Age

Adults with disabilities

### Location

Farring Bay Brook  
Recreation Center

### Cost

\$2 per session



### 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/Session Times

Friday, Apr 6

#020: 10:00 am - 12:00 pm

Friday, May 4

#021: 10:00 am - 12:00 pm

### Age

Adults with disabilities

### Location

Farring Bay Brook  
Recreation Center

### Cost

\$1 per session



## TR Disco

Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included. Different theme each month: Apr 13—Under the Sea, May 11—Eighties. 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, Apr 13 (Under the Sea)  
#022: 10:30 am - 1:30 pm  
Friday, May 11 (Eighties)  
#023: 10:30 am - 1:30 pm

### Age

Adults with disabilities

### Location

Farring Bay Brook  
Recreation Center

### Cost

\$8 per person



## 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 members 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.

### Dates/Session Times

Friday, May 18  
#024: 10:30 am - 1:30 pm

### Age

Adults with disabilities

### Cost

\$10 per person

### Location

Vollmer Center



## SPORTS & WELLNESS PROGRAMS

### Dance Movement

Weekly dance movement class. Come join the fun and get in shape by dancing the time away!

### Dates/Session Times

Wednesdays, Apr 4 - May 23  
#025: 10:00 am - 11:00 am  
#026: 11:15 am - 12:15 pm

### Age

Adults with disabilities

### Cost

\$8 total for weekly class

### Location

Farring Bay Brook  
Recreation Center



## Goalball

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

### Dates/Session Times

Saturdays, Apr 7 - May 26

#027: 9:00 am - 11:30 am

### Age

Adults with and without 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. Both classes can be modified for seated participants.

### Dates/Session Times

Mondays, Apr 2 - May 21

#028: 10:00 am - 11:00 am

#029: 11:15 am - 12:15 pm

### Age

Adults with disabilities

### Cost

\$8 total for weekly class

### Location

Farring Bay Brook  
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, Apr 3 - May 22

#030: 6:00 pm - 8:00 pm

### Age

Adults with and without disabilities

### Cost

Free

### Location

Farring Bay Brook  
Recreation Center





# Yoga

Chair-based (or standing program that can be adapted to chair based) yoga program under the guidance of our certified and caring instructors.

## Dates/Session Times

Mondays, Apr 2 - May 21

#031: 10:00 am - 11:00 am

#032: 11:15 am - 12:15 pm

## Age

Adults with disabilities

## Cost

\$8 total for weekly class

## 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/Session Times

Tuesdays, Apr 3 - May 22

#033: 10:30 am - 12:00 pm

Thursdays, Apr 5 - May 24

#034: 10:30 am - 12:00 pm

## Age

Adults with disabilities

## Cost

Free

## Location

Farring Bay Brook  
Recreation Center



## Special Olympics Bocce Ball (Unified, Community-Based)

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

## Dates/Session Times

Saturdays, Apr 7 - Jun 2 (plus state games Jun 8-10)

#035: 10:00 am - 12:00 pm

(Competition Schedule TBD)

## Age

Children and adults ages 8 and above  
with and without disabilities

## Cost

Free

## Location

Farring Bay Brook Recreation  
Center / Myers Pavilion

