

Therapeutic  
Recreation

April-May 2020

# SPRING PROGRAMS



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 all individuals, regardless of ability level. 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 and Registration: Bob Signor (410) 396-1550 or  
robert.signor@baltimorecity.gov

## 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 6 — May 18

#001: 10:00 am — 11:00 am

#002: 11:15 am — 12:15 pm

Wednesdays, Apr 8 – May 27

#003: 10:00 am — 11:00 am

#004: 11:15 am — 12:15 pm

### Age

Adults

### Cost

\$8 total for weekly program

### Location

Farring Bay Brook Recreation Center





## Music Therapy

*This music therapy class, led by a board certified music therapist, will provide opportunities for connection and social engagement through creative music therapy experiences. Activities including instrument play, movement & relaxation, song performance, and poetry will foster self-advocacy and leadership in an environment focused on community-building and positivity.*

### Dates/Session Times

Thursdays, April 9 — May 28

#005: 11:00 am — 12:00 pm

### Age

Adults

### Cost

\$16 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, May 1

#006: 10:00 am — 11:00 am

#007: 11:00 am — 12:00 pm

#008: 12:00 pm — 1:00 pm

### Age

Adults

### Cost

Free

### Location

Middle Branch Park



## Canoeing (Introductory Course)

*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 separate waiver form and bathing suits are required for this program. Additional details will be provided after registration.*

### Dates/Session Times

Wednesday, April 1

#009: 10:00 am — 11:00 am

#010: 11:00 am — 12:00 pm

#011: 12:00 pm — 1:00 pm

Thursday, April 2

#012: 10:00 am — 11:00 am

#013: 11:00 am — 12:00 pm

#014: 12:00 pm — 1:00 pm



### Age

Adults

### Cost

Free

### Location

Cherry Hill Aquatics 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. Program is weather dependent.*

### Dates/Session Times

Friday, April 3

#015: 10:00 am — 11:00 am

#016: 11:00 am — 12:00 pm

#017: 12:00 pm — 1:00 pm

### Age

Adults

### Cost

Free

### Location

Druid Hill 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 Middle Branch Park after the conclusion of the session. Program is weather dependent.*

## Dates/Session Times

Friday, May 15

#018: 10:00 am — 11:00 am

#019: 11:00 am — 12:00 pm

#020: 12:00 pm — 1:00 pm

## Age

Adults

## Cost

Free

## Location

Middle Branch Park



# Kayaking (Introductory Course)

*Learn the basic skills required for kayaking on the open 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. All courses will prepare the participant for participation in the Special Olympics Kayaking program during the summer 2020.*

## Dates/Session Times

Friday, April 24

#021: 6:00 pm — 8:00 pm

Wednesday, April 29

#022: 10:30 am — 12:00 pm

Saturday, May 16

#023: 1:00 pm — 2:30 pm

Friday, May 29

#024: 6:00 pm — 8:00pm

## Age

Children and adults ages 8  
and above

## Cost

Free

## Location

Middle Branch 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, April 9 — May 28

#025: 10:30 am — 12:00 pm

### Age

Adults

### 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, April 24

#026: 10:00 am — 12:00 pm

Friday, May 29

#027: 10:00 am — 12:00 pm

### Age

Adults

### Cost

\$2 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. Different theme each month: Apr 10 – Spring Fling, May 8 – Western. 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, April 17 (Spring Fling)

#028: 10:30 am — 1:30 pm

Friday, May 8 (Western)

#029: 10:30 am — 1:30 pm

### Age

Adults

### Cost

\$8 per session

### 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 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 22

#030: 10:30 am — 1:30 pm

### Age

Adults

### Cost

\$10 per session

### Location

Vollmer Center



## Wednesday Social

*Come join us each week for dancing, board games, and socializing. Hang out with your old pals and make new friends!*

### Dates/Session Times

Wednesdays, Apr 8 — May 27

#031: 10:00 am — 11:00 am

#032: 11:15 am — 12:15 pm

### Age

Adults

### Cost

\$8 total for  
weekly class

### Location

Farring Bay Brook  
Recreation Center



## SPORTS AND WELLNESS PROGRAMS

### Goalball

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

### Dates/Session Times

Saturdays, April 4 — May 30

#033: 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 6 — May 18

#034: 10:00 am — 11:00 am

#035: 11:15 am — 12:15 pm

### Age

Adults

### 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, April 7 — May 26

#036: 6:00 pm — 8:00 pm

### Age

Adults

### 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 6 — May 18

#037: 10:00 am — 11:00 am

#038: 11:15 am — 12:15 pm

### Age

Adults

### 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 last day.*

### Dates/Session Times

Tuesdays, April 7 — May 26

#039: 10:30 am — 12:00 pm

Thursdays, April 9 — May 28

#040: 10:30 am — 12:00 pm

### Age

Adults

### Cost

Free

### Location

Farring Bay Brook  
Recreation Center



## Special Olympics Bocce Ball (Unified; Community-Based; State Games Track)

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

### Dates/Session Times

Saturdays, Apr 4 — May 30

(plus Jun 5 — 7 for state games)

#041: 10:00 am — 12:00 pm

### Age

Children and adults ages 8  
and above

### Cost

Free

### Location

Myers 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.