

Therapeutic
Recreation

April 2021-May 2021

SPRING PROGRAMS



**BALTIMORE CITY
RECREATION & PARKS**



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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 (Virtual)

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

Dates/Session Times

Tuesdays, Apr 6 - May 25

1:30 pm - 2:30 pm

Thursdays, Apr 8 - May 27

11:00 am - 12:00 pm

Age

Adults and children ages 5 and above

Cost

Free

Location

Virtual



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

Mondays, Apr 5 - May 24
9:30 am - 10:15 am

Mondays, Apr 5 - May 24
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 / 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

Thursday, Apr 22
6:00 pm - 7:30 pm

Thursday, May 20
6:00 pm - 7:30 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

Tuesday, Apr 20

10:00 am - 11:00 am

Age

Adults

Tuesday, Apr 20

11:15 am - 12:15 pm

Cost

Free

Tuesday, May 18

10:00 am - 11:00 am

Location

Druid Hill Park

Tuesday, May 18

11:15 am - 12:15 pm



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

Tuesday, Apr 13

10:00 am - 11:00 am

Age

Adults and children
ages 5 and above

Tuesday, Apr 13

11:15 am - 12:15 pm

Cost

Free

Thursday, Apr 15

6:00 pm - 7:00 pm

Location

Middle Branch Park

Thursday, Apr 29

6:00 pm - 7:00 pm

Tuesday, May 11

10:00 am - 11:00 am

Tuesday, May 11

11:15 am - 12:15 pm

Thursday, May 13

6:00 pm - 7:00 pm

Thursday, May 27

6:00 pm—7:00 pm



Hiking

Join us as we hike through the forest trails and explore a local beautiful park. The hike can be adapted to all levels of ability from a dirt trail to a paved path that is wheelchair accessible. Please wear shoes that are appropriate for hiking (i. e. closed toe shoes like hiking boots or tennis shoes) and bring a water bottle. Program is weather dependent.

Dates/Session Times

Thursday, Apr 8

6:00 pm - 7:00 pm

Age

Adults and children ages 8 and above

Tuesday, Apr 27

11:00 am - 12:00 pm

Cost

Free

Thursday, May 6

6:00 pm - 7:00 pm

Location

Gwynns Falls Trailhead #2

Tuesday, May 25

11:00 am - 12:00 pm



Nature Education Program – “What’s the Buzz?”

Join us as we look for the budding plants that attract pollinators in a large pollinator garden at Winans Meadow. We’ll look at specimens of pollinators under a magnifier and mold handmade play dough into either pollinators or flowers.

Dates/Session Times

Tuesday, Apr 6

9:15 am - 10:30 am

Tuesday, Apr 6

10:45 am - 12:00 pm

Age

Adults

Cost

Free

Location

Winans Meadow - Gwynns Falls Park (4600 Franklinton Rd)



Nature Education Program – “Magnificent Migrations!”

May is the time when birds are returning to their late spring and summer homes. We’ll watch for birds at feeding stations, look at feathers from many different species, build bird nests and have fun using wooden “beaks” to pick up “worms” to pretend play at feeding baby birds.

Dates/Session Times

Tuesday, May 4

9:15 am - 10:30 am

Tuesday, May 4

10:45 am - 12:00 pm

Age

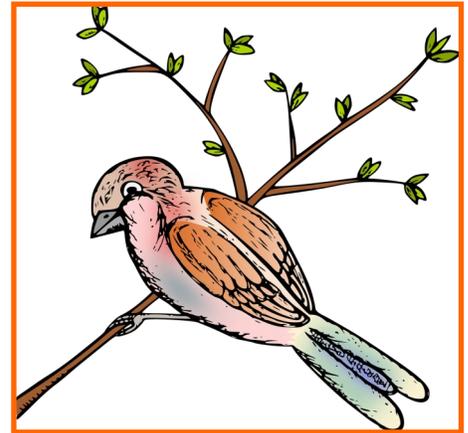
Adults

Cost

Free

Location

Carrie Murray Nature Center



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, Apr 7 - May 26

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Clifton Park



SOCIAL PROGRAMS

Friday Fun Day (Virtual / In-Person)

Join us on-line or in-person each Friday for a fun-filled activity. Activities include bingo and various group games (i.e. Pictionary, Simon Says, Trivia, etc.)!

Dates/Session Times

Friday, Apr 9
10:00 am - 11:00 am

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

Friday, Apr 23
10:00 am - 11:00 am

Friday, Apr 30
10:00 am - 11:00 am

Friday, May 7
10:00 am - 11:00 am

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

Friday, May 21
10:00 am - 11:00 am

Friday, May 28
10:00 am - 11:00 am

Age
Adults

Cost
Free

Location
Virtual and
Farring BayBrook
Recreation Center



SPORTS AND WELLNESS PROGRAMS

Bocce Ball

Come out and enjoy recreational bocce ball games at our outdoor courts. Program is weather dependent.

Dates/Session Times

Mondays, Apr 5 - May 24
10:30 am - 12:00 pm

Age
Adults

Cost
Free

Location
Farring BayBrook Park



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, Apr 7 - May 26
9:00 am - 10:00 am

Wednesdays, Apr 7 - May 26
2:30 pm - 3:30 pm

Age

Adults

Cost

Free

Location

Virtual



Yoga (Virtual)

On-line, 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

Tuesdays, Apr 6 - May 25
10:00 am - 10:45 am

Thursdays, Apr 8 - May 27
2:30 pm - 3:15 pm

Age

Adults

Cost

Free

Location

Virtual



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

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. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Saturdays, Apr 10 - May 29
9:00 am - 11:00 am

Age

Children and adults ages 8 and above

Cost

Free

Location

Farring Baybrook Park



Special Olympics Athletics (Community-Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn athletics (track & field) skills and gain eligibility for multi-county competitions and summer games. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

TBD

Age

Children and adults ages 8 and above
(athletes only)

Cost

Free

Location

TBD

