

Therapeutic
Recreation

June–August 2018

SUMMER PROGRAMS



BALTIMORE CITY
RECREATION & PARKS



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

Creative Ceramics

Partnership program with the Chesapeake Arts Center. Explore a variety of ceramic pottery techniques to create pots, sculptures, trinkets and more! Practice basic techniques and then build your own original pieces of pottery in a friendly and informative environment.

Dates/Session Times

Tuesdays, Jun 19 - Aug 7

#001: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

\$15 total for weekly class

Location

Chesapeake Arts 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

Wednesday, Jun 6

#002: 10:00 am - 11:00 am

#003: 11:00 am - 12:00 pm

#004: 12:00 pm - 1:00 pm

Friday, Jun 15

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

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

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

Wednesday, Aug 15

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

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

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

Friday, Aug 17

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

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

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

Age

Adults with disabilities

Cost

\$2 per session

Location

Middle Branch Park



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

Wednesday, Jun 13

#014: 10:00 am - 12:00 pm

Monday, Aug 13

#015: 10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

Free

Location

Druid Hill Park



Explore the Parks!

Did you know Baltimore City is home to over 6,000 acres of public parkland? Come explore our parks with a nature walk and lawn games. Bring a bag lunch to enjoy in our beautiful parks after the program. Program is weather dependent.

Dates/Session Times

Friday, Jun 22

#016: 10:00 am - 12:00 pm (Cylburn Arboretum)

Friday, Jun 29

#017: 10:00 am - 12:00 pm (Herring Run)

Friday, Jul 6

#018: 10:00 am - 12:00 pm (Leakin Park)

Friday, Jul 13

#019: 10:00 am - 12:00 pm (Cylburn Arboretum)

Friday, Jul 20

#020: 10:00 am - 12:00 pm (Herring Run)

Friday, Jul 27

#021: 10:00 am - 12:00 pm (Leakin Park)

Friday, Aug 3

#022: 10:00 am - 12:00 pm (Cylburn Arboretum)

Friday, Aug 10

#023: 10:00 am - 12:00 pm (Herring Run)

Age

Adults with disabilities

Cost

Free

Location

See above



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

Tuesday, Jun 5

#024: 10:00 am - 11:00 am

#025: 11:00 am - 12:00 pm

#026: 12:00 pm - 1:00 pm

Tuesday, Jun 12

#027: 10:00 am - 11:00 am

#028: 11:00 am - 12:00 pm

#029: 12:00 pm - 1:00 pm

Tuesday, Aug 14

#030: 10:00 am - 11:00 am

#031: 11:00 am - 12:00 pm

#032: 12:00 pm - 1:00 pm

Age

Adults with disabilities

Cost

Free

Location

Patterson Park



Nature Education—The Great Bug Hunt

Program explores the impact that insects have on the world. Participants will explore the metamorphosis and anatomy of many indigenous and exotic insects. The program highlights the benefits insects have on our environment. The program is concluded with a hike.

Dates/Session Times

Monday, Jun 4

#033: 11:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray
Nature Center



Nature Education—Critter Studies

Learn all about the characteristics and adaptations of birds, reptiles, and mammals in this interactive program. The program is concluded with a hike.

Dates/Session Times

Monday, Jul 2

#034: 11:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray
Nature Center



Nature Education—Edible Landscape

Learn all about edible plants. Includes a hike through the woods in search of edible plants that will be used for a snack.

Dates/Session Times

Monday, Aug 6

#035: 11:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 per session

Location

Carrie Murray
Nature Center



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, Jun 7 - Aug 16

#036: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 total for weekly class

Location

Clifton Park



SOCIAL PROGRAMS

TR Disco

Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included. Theme of the month: Hawaiian Luau. 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, Jun 8 (Luau)

#037: 10:30 am 1:30 pm

Age

Adults with disabilities

Cost

\$8 per session

Location

Farring Bay Brook
Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Unified Volleyball League

Partnership program with Special Olympics Maryland in which athletes compete with partner athletes in a recreational volleyball league. Program will initially focus on learning basic volleyball skills.

Dates/Session Times

Wednesdays, Jun 20 - Aug 8
(no session on Jul 4)
#038: 6:00 pm - 7:45 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



SPORTS & WELLNESS PROGRAMS

Wheelchair Basketball Clinic

Ten week instructional program to learn basic and intermediate level wheelchair basketball skills. University of Maryland Rehabilitation & Orthopaedic Institute Certified Therapeutic Recreation Specialists will lead the program. Sports wheelchairs available for use.

Dates/Session Times

Mondays, Jun 4 - Aug 6
#039: 5:30 pm - 8:00 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center

