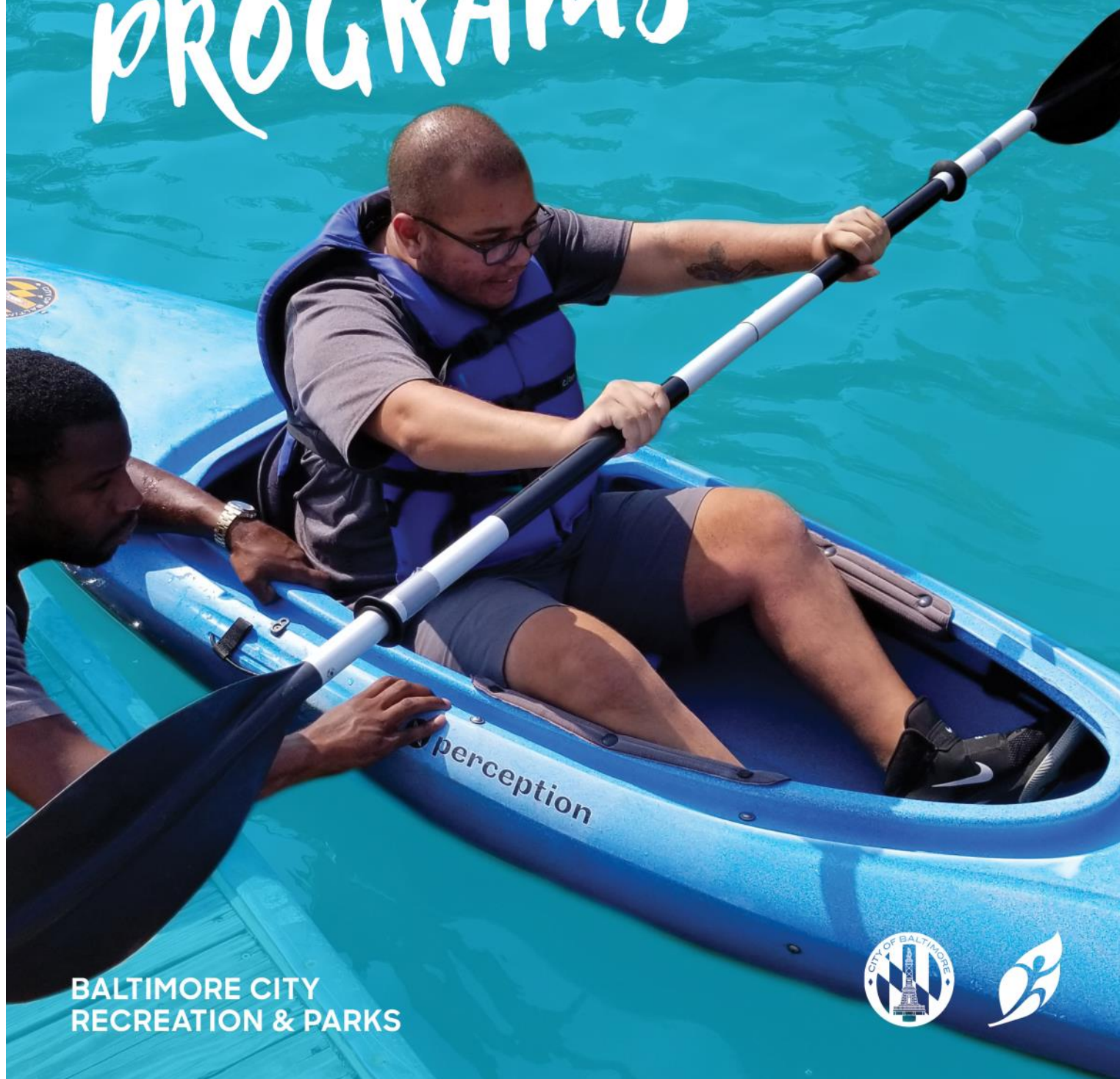


Therapeutic
Recreation

June-August 2019

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.

Information & Registration: Bob Signor (410) 396-1550 or
robert.signor@baltimorecity.gov

ARTS & MUSIC 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

Mondays, Jun 24 - Aug 12

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

Tuesdays, Jun 25 - Aug 13

#002: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

\$15 total for weekly class

Location

Chesapeake Arts Center



Music Therapy

Partnership program with the Chesapeake Arts Center. This summer music 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, song performance and music sharing will foster self-advocacy and leadership in an environment focused on community-building and positivity.

Dates/Session Times

Wednesday, Jun 26 - Aug 14

#003: 11:00 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, Aug 21

#004: 10:00 am - 11:00 am

#005: 11:00 am - 12:00 pm

#006: 12:00 pm - 1:00 pm

Thursday, Aug 22

#007: 10:00 am - 11:00 am

#008: 11:00 am - 12:00 pm

#009: 12:00 pm - 1:00 pm

Friday, Aug 23

#010: 10:00 am - 11:00 am

#011: 11:00 am - 12:00 pm

#012: 12:00 pm - 1:00 pm

Age

Adults with disabilities

Cost

\$2

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.

Dates/Session Times

Tuesday, Jun 4

#013: 10:00 am - 11:00 am

#014: 11:00 am - 12:00 pm

#015: 12:00 pm - 1:00 pm

Wednesday, Jun 12

#016: 10:00 am - 11:00 am

#017: 11:00 am - 12:00 pm

#018: 12:00 pm - 1:00 pm

Age

Adults with disabilities

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 Patterson Park after the conclusion of the session. Program is weather dependent.

Dates/Session Times

Monday, Jun 3

#019: 10:00 am - 11:00 am

#020: 11:00 am - 12:00 pm

#021: 12:00 pm - 1:00 pm

Tuesday, Jun 11

#022: 10:00 am - 11:00 am

#023: 11:00 am - 12:00 pm

#024: 12:00 pm - 1:00 pm

Monday, Aug 19

#025: 10:00 am - 11:00 am

#026: 11:00 am - 12:00 pm

#027: 12:00 pm - 1:00 pm

Age

Adults with disabilities

Cost

Free

Location

Patterson Park



Nature Education Program—Edible Landscape

Explore the park and take a closer look at the plants and fungus people can eat. Squirrels, chipmunks and birds will provide clues along the way.

Dates/Session Times

Monday, Jun 10

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

Age

Adults with disabilities

Cost

\$5

Location

Carrie Murray Nature Center



Nature Education Program—Native Neighbors

Meet native animals from the Carrie Murray Nature Center live animal collection. After the presentation, explore the trails in search of evidence of our native neighbors and learn how they coexist in Piedmont habitats.

Dates/Session Times

Tuesday, Aug 20

#029: 11:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5

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 6 - Aug 15

(No session on Jul 4)

#030: 10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

\$5 total for weekly class

Location

Clifton Park



Therapeutic Gardening Program—Experiential

Come get your hands dirty in our raised garden beds! Those willing to commit to a full program cycle will be able to grow vegetables, herbs and flowers. Tools, soil and guidance will be provided by the Therapeutic Recreation Division. Three beds are available for rental. Groups/individuals are limited to one bed. Registered participants will coordinate a weekly time to conduct their work. Each bed requires approximately 2+ hours of upkeep each week. Beginning growers as well as seasoned gardeners are welcome.

Dates/Session Times

Varies, Jun 1 - Aug 31

#031: Coordinated w/ TR Staff

Age

Adults with disabilities

Cost

\$10 per bed

Location

Farring Bay Brook Recreation Center



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, Jun 7

#032: 10:00 am - 12:00 pm

Friday, Jul 5

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

Friday, Jul 26

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

Age

Adults with disabilities

Cost

\$2

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: Jun 14—Hawaiian Luau, Jul 19—Beach Party, Aug 9—50's Party. 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 14

#035: 10:30 am - 1:30 pm

Friday, Jul 19

#036: 10:30 am - 1:30 pm

Friday, Aug 9

#037: 10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$8

Location

Farring Bay Brook
Recreation Center



SPORTS & WELLNESS PROGRAMS

Duckpin Bowling

Two hour duckpin bowling session includes shoe rental, pizza and fountain drink.

Dates/Session Times

Friday, Jun 28

#038: 11:00 am - 1:00 pm

Friday, Aug 16

#039: 11:00 am - 1:00 pm

Age

Adults with disabilities

Cost

\$8

Location

Glen Burnie Bowl



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 3 - Aug 5

#040: 5:30 pm - 7:45 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Unified Bocce Ball League

Partnership program with Special Olympics Maryland in which athletes and partner athletes compete in recreational bocce ball games.

Dates/Session Times

Tuesdays, Jun 25 - Aug 13

#041: 06:00 pm - 07:45 pm

Age

Adults with disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



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 26 - Aug 14

#042: 06:00 pm - 7:45 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center

