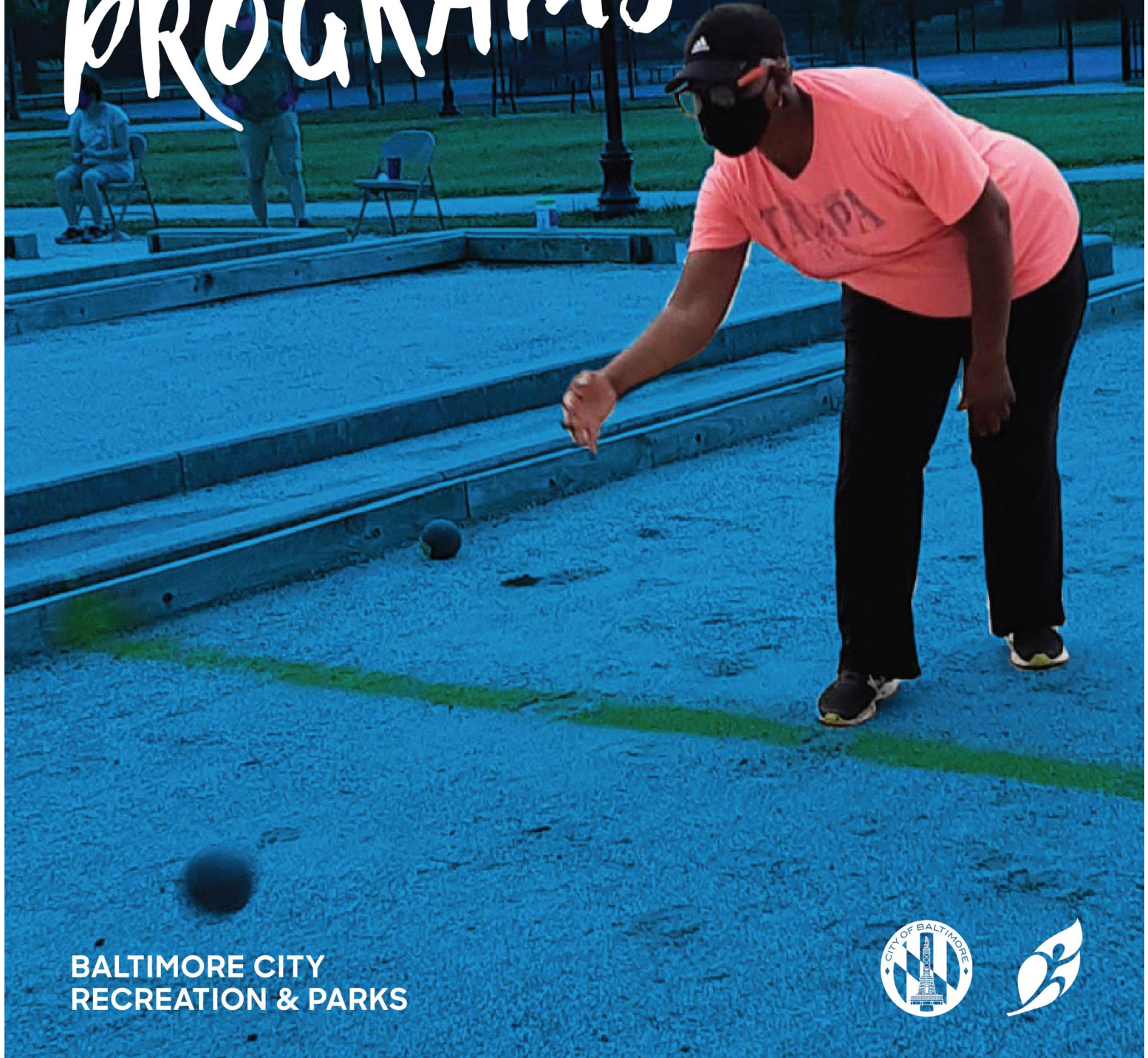


Therapeutic  
Recreation

June 2021–August 2021

# SUMMER 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 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](mailto:robert.signor@baltimorecity.gov)

Registration: <https://secure.rec1.com/MD/baltimore-md/catalog>

## ART & MUSIC PROGRAMS

### Virtual Arts & Crafts

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

#### Dates/Session Times

Thursdays, Jun 24 - Aug 12

11:00 am - 12:00 pm

#### Age

Adults and children ages 5 and above

#### Cost

Free

#### Location

Virtual



## Virtual Music Therapy

*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, Jun 21 - Aug 9 (no session on Jul 5)  
3:00 pm - 3:45 pm

### Age

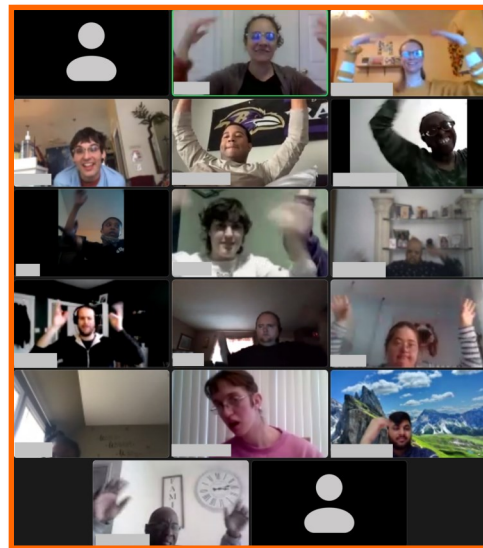
Adults and children ages 5 and above

### 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

Friday, Jun 18  
7:00 pm - 9:00 pm

Friday, Jul 16  
7:00 pm - 9:00 pm

Friday, Aug 20  
6:00 pm - 8:00 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, Jun 29

10:00 am - 11:00 am

### Age

Adults

Tuesday, Jun 29

11:15 am - 12:15 pm

### Cost

Free

Tuesday, Jul 20

10:00 am - 11:00 am

### Location

Druid Hill Park

Tuesday, Jul 20

11:15 am - 12:15 pm

Tuesday, Aug 3

10:00 am - 11:00 am

Tuesday, Aug 3

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

Thursday, Jun 10

6:00 pm - 7:00 pm

Tuesday, Aug 17

10:00 am - 11:00 am

Tuesday, Jun 22

10:00 am - 11:00 am

Tuesday, Aug 17

11:15 am - 12:15 pm

Tuesday, Jun 22

11:15 am - 12:15 pm

Tuesday, Aug 26

6:00 pm - 7:00 pm

Tuesday, Jul 6

10:00 am - 11:00 am

Tuesday, Jul 6

11:15 am - 12:15 pm

Thursday, Jul 8

6:00 pm - 7:00 pm



### Age

Adults and children ages 5 and above

### Cost

Free

### Location

Middle Branch Park

## 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

Tuesday, Jul 27

11:00 am - 12:00 pm

Tuesday, Aug 24

11:00 am - 12:00 pm

### Age

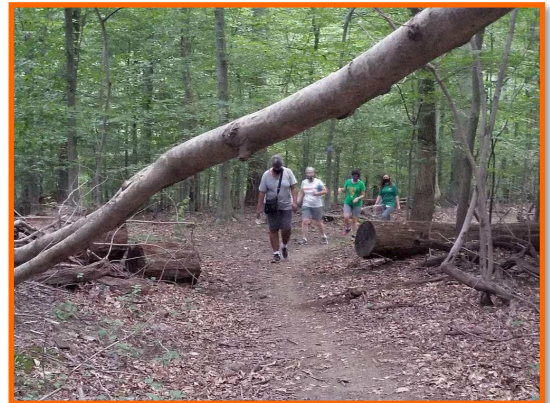
Adults and children ages 8 and above

### Cost

Free

### Location

Gwynns Falls Trailhead #2



## Nature Therapy

*A guide offers invitations to connect with nature through the senses. Bringing awareness to our human senses can help us become present in the moment. Participants can expect a slow saunter through their environment with opportunities to share with others what they are noticing. This program requires a good deal of walking through natural surfaces. Program is weather dependent.*

### Dates/Session Times

Tuesday, Jun 8

10:00 am - 11:00 am

Tuesday, Jun 8

11:15 am - 12:15 pm

Tuesday, Jul 13

10:00 am - 11:00 am

Tuesday, Jul 13

11:15 am - 12:15 pm

Tuesday, Aug 10

10:00 am - 11:00 am

Tuesday, Aug 10

11:15 am - 12:15 pm



### Age

Adults

### Cost

Free

### Location

Cylburn Arboretum



# 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, Jun 9 - Aug 25  
10:30 am - 12:00 pm

## Age

Adults

## Cost

Free

## Location

Clifton Park



## SOCIAL PROGRAMS

### Virtual Friday Fun Day

*Join us on-line each Friday for a fun-filled activity. Activities include virtual bingo and various games.*

## Dates/Session Times

Friday, Jun 25  
10:00 am - 11:00 am

Friday, Jul 2  
10:00 am - 11:00 am

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

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

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

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

Friday, Aug 6  
10:00 am - 11:00 am

Friday, Aug 13  
10:00 am - 11:00 am

## Age

Adults

## Cost

Free

## Location

Virtual



# SPORTS & WELLNESS PROGRAMS

## Bocce Ball

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

### Dates/Session Times

Mondays, Jun 7 - Jul 12 (no session on Jul 5)  
10:30 am - 12:00 pm

Mondays, Jul 19 - Aug 23  
10:30 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Farring Baybrook Park



## Virtual Hip Hop Aerobics

*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, Jun 23 - Aug 11  
2:30 pm - 3:30 pm

### Age

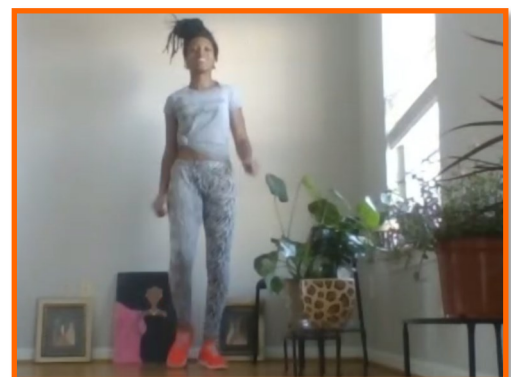
Adults

### Cost

Free

### Location

Virtual



## Virtual Yoga

*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, Jun 22 - Aug 10  
10:00 am - 10:45 am

### Age

Adults

### Cost

Free

### Location

Virtual



## SPECIAL OLYMPICS OF MARYLAND PROGRAMS

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

*This is a partnership program with Special Olympics Maryland in which athletes and partner athletes learn kayaking skills and gain eligibility for multi-county and state competitions. Contact Robert Signor @ (410) 396-1550 to register. Program is weather dependent.*

### Dates/Session Times

Wednesdays, Jun 16 - Aug 11  
6:00 pm - 7:30 pm

### Age

Adults and children ages 8 and above

### Cost

Free

### Location

Middle Branch Park





## Special Olympics Unified Bocce Ball League

*This is a partnership program with Special Olympics Maryland in which athletes and partner athletes compete in recreational bocce ball games. Contact Robert Signor @ (410) 396-1550 to register. Program is weather dependent.*

### Dates/Session Times

Mondays, Jun 14 - Jul 19 (no session Jul 5)  
6:00 pm - 7:45 pm

### Age

Adults and children ages 8 and above

### Cost

Free

### Location

Farring Baybrook Park



## Special Olympics Unified Volleyball League

*This is a 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. Contact Robert Signor @ (410) 396-1550 to register.*

### Dates/Session Times

Mondays, Jul 26 - Aug 23  
6:00 pm - 7:45 pm

### Age

Adults and children ages 13 and above

### Cost

Free

### Location

Farring Baybrook Recreation Center

