

SUMMER PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

Jun 1 – Aug 31, 2022



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: Robert Signor (410) 396-1550 or robert.signor@baltimorecity.gov

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

ART & MUSIC PROGRAMS

Arts & Crafts

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

Tuesdays, Jun 21 - Aug 9

11:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Botanical Art Workshop

Learn and practice traditional watercolor techniques as you draw a flower or other natural object you find outside.

Dates/Session Times

Friday, Aug 5

10:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Cylburn Arboretum (Greenhouse Classroom)



Music Therapy

Weekly 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

Thursdays, Jun 23 - Aug 11

11:00 am - 11:45 am

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



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, Jun 9

6:00 pm - 8:00 pm

Friday, Jun 24

10:00 am - 11:00 am

Friday, Jun 24

11:15 am - 12:15 pm

Thursday, Jul 14

6:00 pm - 8:00 pm

Friday, Jul 29

10:00 am - 11:00 am

Friday, Jul 29

11:15 am - 12:15 pm

Thursday, Aug 11

6:00 pm - 8:00 pm

Friday, Aug 26

10:00 am - 11:00 am

Friday, Aug 26

11:15 am - 12:15 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

Friday, Jun 10

10:00 am - 11:00 am

Friday, Jun 10

11:15 am - 12:15 pm

Friday, Jul 15

10:00 am - 11:00 am

Friday, Jul 15

11:15 am - 12:15 pm

Friday, Aug 12

10:00 am - 11:00 am

Friday, Aug 12

11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Druid Hill Park



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 9	Friday, Aug 26
6:00 pm - 8:00 pm	10:00 am - 11:00 am
Friday, Jun 24	Friday, Aug 26
10:00 am - 11:00 am	11:15 am - 12:15 pm
Friday, Jun 24	Friday, Aug 26
11:15 am - 12:15 pm	6:00 pm - 8:00 pm
Friday, Jun 24	
6:00 pm - 8:00 pm	
Thursday, Jul 14	<u>Age</u>
6:00 pm - 8:00 pm	Adults and children ages 5 and above
Friday, Jul 29	
10:00 am - 11:00 am	<u>Cost</u>
Friday, Jul 29	Free
11:15 am - 12:15 pm	
Friday, Jul 29	<u>Location</u>
6:00 pm - 8:00 pm	Middle Branch Park
Thursday, Aug 11	
6:00 pm - 8:00 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

Friday, Jul 8
11:00 am - 12:00 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Gwynns Falls Trailhead #2



Nature Education Program – Springing with Life

Summer is near! The sun is high, let's use the light to sharpen our eyes! We'll explore the world beneath our feet and in the skies. We'll take an animal ambassador to explore with us too! Tools will be provided for closer observation and creative expression.

Dates/Session Times

Friday, Jun 3

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Carrie Murray Nature Center



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

Friday, Jun 17

10:00 am - 11:00 am

Friday, Jun 17

11:15 am - 12:15 pm

Friday, Jul 22

10:00 am - 11:00 am

Friday, Jul 22

11:15 am - 12:15 pm

Friday, Aug 19

10:00 am - 11:00 am

Friday, Aug 19

11:15 am - 12:15 pm

Age

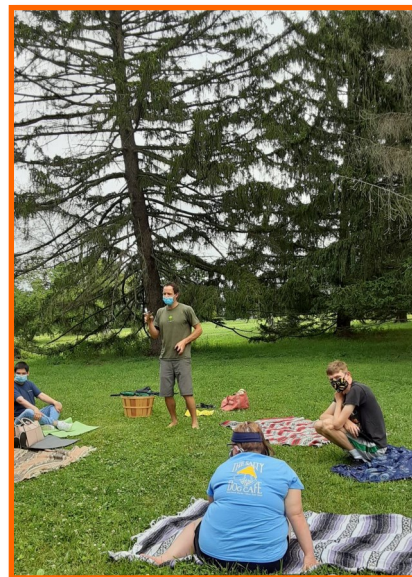
Adults

Cost

Free

Location

Cylburn Arboretum



Rawlings Conservatory Tour

Tour the Desert, Rainforest, Mediterranean House, Palm House, and Orchid Room to learn about plant adaptations and symbiotic relationships.

Dates/Session Times

Friday, Jul 1

10:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

H. P. Rawlings Conservatory in Druid Hill Park
(meet at South Pavilion)



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 8 - Aug 24

10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Clifton Park



SPORTS & WELLNESS PROGRAMS

Yoga

Uniquely designed to develop skills for personal empowerment and emotional balance and to explore physical strength and coordination. Learn breathing techniques, yoga poses, cross-body movements, and mindfulness activities based on themes such as trust, self-care, and connection to build self-reliance and resilience to be our best selves.

Dates/Session Times

Tuesdays, Jun 21 - Aug 9
11:00 am - 11:45 am

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Zumba

Come and let the music move you! These low impact sessions led by “Divine Fitness with Kim” instructors are a mixture of dance and aerobic movements blended with the latest sounds of Latin and American music rhythms.

Dates/Session Times

Thursdays, Jun 23 - Aug 11
11:00 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

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

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 22 - Aug 10
6:00 pm - 7:30 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Middle Branch Park



Special Olympics Rec Bocce Ball

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

Dates/Session Times

Mondays, Jun 6 - Jul 11 (no sessions on Jun 20, Jul 4)
10:30 am - 12:00 pm

Mondays, Jul 18 - Aug 22
10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Park



Special Olympics Unified Bocce Ball League

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

Thursdays, Jun 23 - Aug 4 (no session on Jul 14)
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

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

Tuesdays, Jun 21 - Aug 9
6:00 pm - 7:45 pm

Age

Adults and children ages 13 and above

Cost

Free

Location

Farring Baybrook Recreation Center

