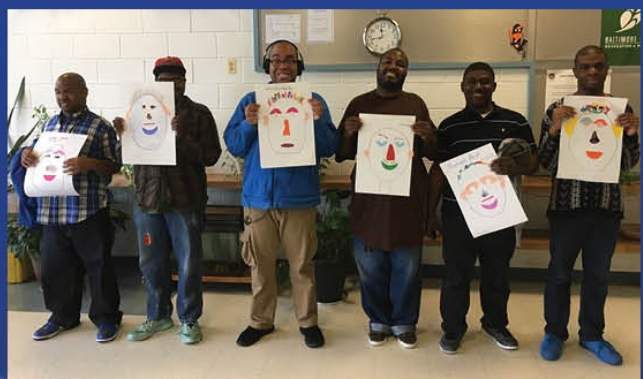


JANUARY–MARCH 2018 BALTIMORE CITY RECREATION & PARKS THERAPEUTIC RECREATION WINTER PROGRAMS



Information and Registration: Bob Signor, (410) 396-1550 or robert.signor@baltimorecity.gov
Program schedule is subject to change, including the addition of new programs.
For the most up to date schedule, please visit <http://bcrcp.baltimorecity.gov/therapeuticrecreation>



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

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

#001: Mondays, Jan 8 - Mar 19

(no session on Jan 15, Feb 19)

10:00 am - 11:00 am

#002: Mondays, Jan 8 - Mar 19

(no session on Jan 15, Feb 19)

11:15 am - 12:15 pm

#003: Wednesdays, Jan 3 - Mar 21

10:00 am - 11:00 am

#004: Wednesdays, Jan 3 - Mar 21

11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly class

Location

Farring Bay Brook
Recreation Center



OUTDOOR/NATURE PROGRAMS

Canoeing (Introductory Course)

Learn the basic skills required for canoeing in the safe environment of an indoor pool. Will allow participants to learn the basics before going out on the open water. No experience required but you must not be afraid of the water. A separate waiver form and bathing suits are required for this program. Additional details will be provided after registration.

Dates/Session Times

- #005: Friday, Mar 23
10:00 am - 11:00 am
#006: Friday, Mar 23
11:00 am - 12:00 pm
#007: Thursday, Mar 29
10:00 am - 11:00 am
#008: Thursday, Mar 29
11:00 am - 12:00 pm

Age

Adults with disabilities

Cost

Free

Location

TBD



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

- #009: Friday, Jan 19
#010: Friday, Feb 16
#011: Friday, Mar 16
10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$2 per person

Location

Farring Bay Brook
Recreation Center



Friday Social Club

A fun filled morning of dancing, board games, card games, pool, ping-pong, and socializing. Beverages are included. Come hang out with your old pals and make new friends!

Dates/Session Times

#012: Friday, Jan 5

#013: Friday, Feb 2

#014: Friday, Mar 2

10:00 am - 12:00 pm

Age

Adults with disabilities

Cost

\$1 per person

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. 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

#015: Friday, Jan 12 (Winter Wonderland)

#016: Friday, Feb 9 (Valentine's Day)

#017: Friday, Mar 9 (St. Patrick's Day)

10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$8 per person

Location

Farring Bay Brook
Recreation Center



SPORTS & WELLNESS PROGRAMS

Dance Movement

Weekly dance movement class. Come join the fun and get in shape by dancing the time away!

Dates/Session Times

#018: Wednesdays, Jan 3 - Mar 21

10:00 am - 11:00 am

#019: Wednesdays, Jan 3 - Mar 21

11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly class

Location

Farring Bay Brook
Recreation Center



SPORTS & WELLNESS PROGRAMS

Hip Hop Aerobics

Come 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

#020: Mondays, Jan 8 - Mar 19

(no session on Jan 15, Feb 19)

10:00 am - 11:00 am

#021: Mondays, Jan 8 - Mar 19

(no session on Jan 15, Feb 19)

11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly class

Location

Farring Bay Brook
Recreation Center



Indoor Bocce Ball

Come out and join senior citizens from the local area for a day of bocce ball and socializing. Lunch and beverages are included.

Dates/Session Times

#022: Friday, Jan 26

10:00 am - 1:00 pm

#023: Friday, Feb 23

10:00 am - 1:00 pm

Age

Adults with disabilities

Cost

\$5.00 per person

Location

Myers Pavilion



SPORTS & WELLNESS PROGRAMS

Wheelchair Basketball Open Gym

Come try your hand at wheelchair basketball. No experience necessary! Sports wheelchairs available for use.

Dates/Session Times

#024: Tuesdays, Jan 2 - Mar 20

6:00 pm - 8:00 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Yoga

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

#025: Mondays, Jan 8 - Mar 19

(no session Jan 15, Feb 19)

10:00 am - 11:00 am

#026: Mondays, Jan 8 - Mar 19

(no session Jan 15, Feb 19)

11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly class

Location

Farring Bay Brook
Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Basketball (Skills Building)

Partnership program with Special Olympics Maryland in which athletes learn basketball skills culminating in a championship on last day. Please sign up for only one session so that all athletes who want to participate will have the opportunity to do so.

Dates/Session Times

#027: Tuesdays, Jan 2 - Feb 6

10:30 am - 12:00 pm

#028: Thursdays, Jan 4 - Feb 8

10:30 am - 12:00 pm

#029: Tuesdays, Feb 13 - Mar 20

10:30 am - 12:00 pm

#030: Thursdays, Feb 15 - Mar 22

10:30 am - 12:00 pm

Age

Adults with disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Basketball (Unified League)

Partnership program with Special Olympics Maryland in which athletes compete with partner athletes in a competitive basketball league. Program length and format will be determined by the number of teams.

Dates/Session Times

#031: Wednesdays, Jan 24 - Mar 28

(Make-up date Apr 4)

6:00 pm - 8:30 pm

Age

Adults with and
without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Basketball (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn basketball skills and compete as a team to gain eligibility for multi-county competitions and state games. Program will include Unified teams in which non-disabled partners will compete alongside athletes.

Dates/Session Times

#032: Saturdays, Jan 6 - Apr 7
(Competition Schedule TBD)
10:00 am - 12:00 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Special Olympics Dance Program (Unified)

Partnership program with Special Olympics Maryland in which participants will create a dance performance culminating in a final production at the Special Olympics State Games in June.

Dates/Session Times

#033: Saturdays, Jan 6 - Jun 9
10:00 am - 12:00 pm

Age

Children and adults ages 8 and above
with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center



Registration for Special Olympics Dance Program:

- Information and registration: Rhonda Hammonds, (410) 396-1550 or Rhonda.hammonds@baltimorecity.gov
- Visit bcrp.baltimorecity.gov, facebook.com/recnparks or twitter.com/recnparks to keep up to date on all things Rec and Parks!
- Program schedule is subject to changes, including the addition of new programs. For the most up to date schedule, please visit <http://bcrp.baltimorecity.gov/Recreation/TherapeuticRecreation.aspx>