

Therapeutic
Recreation

January-March 2019

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

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 7 - Mar 18
(no session on Jan 21, Feb 18)
10:00 am - 11:00 am
- #002: Mondays, Jan 7 - Mar 18
(no session on Jan 21, Feb 18)
11:15 am - 12:15 pm
- #003: Wednesdays, Jan 2 - Mar 20
10:00 am - 11:00 am
- #004: Wednesdays, Jan 2 - Mar 20
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: Wednesday, Mar 27
10:00 am - 11:00 am
- #006: Wednesday, Mar 27
11:00 am - 12:00 pm
- #007: Wednesday, Mar 27
12:00 pm - 1:00 pm
- #008: Thursday, Mar 28
10:00 am - 11:00 am
- #009: Thursday, Mar 28
11:00 am - 12:00 pm
- #010: Thursday, Mar 28
12:00 pm - 1:00 pm

Age

Adults with disabilities

Cost

Free

Location

Cherry Hill Aquatics 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

- #011: Friday, Jan 18
- #012: Friday, Feb 15
- #013: Friday, Mar 15
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

#014: Friday, Jan 25

#015: Friday, Feb 22

#016: Friday, Mar 22

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

#017: Friday, Jan 11 (Winter Wonderland)

#018: Friday, Feb 8 (Valentine's Day)

#019: Friday, Mar 8 (St. Patrick's Day)

10:30 am - 1:30 pm

Age

Adults with disabilities

Cost

\$8 per person

Location

Farring Bay Brook
Recreation Center



Wednesday Social Club

Come join us each week for dancing, board games, and socializing. Hang out with your old pals and make new friends.

Dates/Session Times

#020: Wednesdays, Jan 2 - Mar 20

10:00 am - 11:00 am

#021 Wednesdays, Jan 2 - Mar 20

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

#022: Mondays, Jan 7 - Mar 18
(no session on Jan 21, Feb 18)
10:00 am - 11:00 am

#023: Mondays, Jan 7 - Mar 18
(no session on Jan 21, Feb 18)
11:15 am - 12:15 pm

Age

Adults with disabilities

Cost

\$12 total for weekly class

Location

Farring Bay Brook
Recreation Center



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 8 - Mar 26
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 direction of our certified and caring instructors.

Dates/Session Times

#025: Mondays, Jan 7 - Mar 18
(no session on Jan 21, Feb 18)
10:00 am - 11:00 am

#026: Mondays, Jan 7 - Mar 18
(no session on Jan 21, Feb 18)
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 the 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 8 - Feb 5
10:30 am - 12:00 pm

#028: Thursdays, Jan 3 - Feb 7
10:30 am - 12:00 pm

#029: Tuesdays, Feb 12 - Mar 19
10:30 am - 12:00 pm

#030: Thursdays, Feb 14 - Mar 21
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 23 - Mar 27

(Make-up date Apr 3)

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 5 - Mar 23

(Plus state games on Mar 30/31)

(Competition Schedule TBD)

10:00 am - 12:00 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Bay Brook
Recreation Center

