

Therapeutic  
Recreation

January 2021-March 2021

# WINTER 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

### Arts & Crafts (Virtual)

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

#### Dates/Session Times

Tuesdays, Jan 5 - Mar 23

1:30 pm - 2:30 pm

Thursdays, Jan 7 - Mar 25

11:00 am - 12:00 pm

#### Age

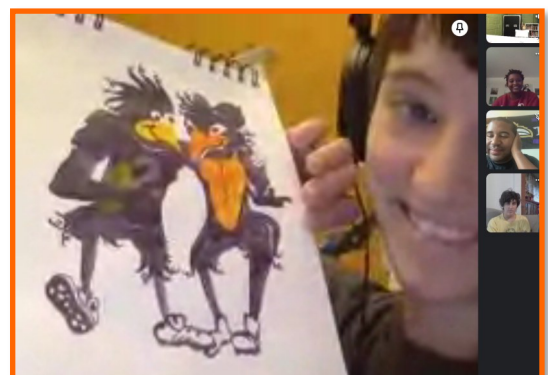
Adults and children ages 5 and above

#### Cost

Free

#### Location

Virtual



## Music Therapy (Virtual)

*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, Jan 4 - Mar 22 (no session on Jan 18, Feb 15)  
9:30 am - 10:15 am

Mondays, Jan 4 - Mar 22 (no session on Jan 18, Feb 15)  
3:00 pm - 3:45 pm

### Age

Adults and children ages 5 and above

### Cost

Free

### Location

Virtual



## OUTDOOR/NATURE PROGRAMS

**(Program is on hold)**

### **Canoeing / Kayaking (Introductory Course)**

*Learn the basic skills required for canoeing or kayaking 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

Friday, Jan 22  
6:00 pm - 7:30 pm

Thursday, Feb 18  
10:30 am - 12:00 pm

Friday, Mar 19  
6:00 pm - 7:30 pm

### Age

Adults and children ages 8 and above

### Cost

Free

### Location

Cherry Hill Aquatics Center





## Nature Education Program – Maple Sugaring

*It's time for something sweet! We will learn where delicious maple syrup comes from and explore signs that it's time for maple sugaring. Feel free to bring lunch and stay afterwards.*

### Dates/Session Times

Tuesday, Feb 2

10:00 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Carrie Murray Nature Center



## Nature Education Program – Snowflake Festivus

*What can be finer than snowflakes in winter? Join us for snowflake printing, paper cutting, and paintings that celebrate the snow. A touch-and-feel session with animals and artifacts is included. Feel free to bring lunch and stay afterwards.*

### Dates/Session Times

Tuesday, Jan 5

10:00 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Carrie Murray Nature Center



## Nature Education Program – Spring Awakens

*As winter thaws to spring, plants and animals begin to wake up. Meet some of our favorite animals at CMNC and enjoy a morning of spring crafting. We will plant a seedling to take home too. Feel free to bring lunch and stay afterwards.*

### Dates/Session Times

Tuesday, Mar 2

10:00 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Carrie Murray Nature Center



## SOCIAL PROGRAMS

### Friday Fun Day

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

### Dates/Session Times

Friday, Jan 8

10:00 am - 11:00 am

Friday, Jan 15

10:00 am - 11:00 am

Friday, Jan 22

10:00 am - 11:00 am

Friday, Jan 29

10:00 am - 11:00 am

Friday, Feb 5

10:00 am - 11:00 am

Friday, Feb 12

10:00 am - 11:00 am

Friday, Feb 19

10:00 am - 11:00 am

Friday, Feb 26

10:00 am - 11:00 am

Friday, Mar 5

10:00 am - 11:00 am

Friday, Mar 12

10:00 am - 11:00 am

Friday, Mar 19

10:00 am - 11:00 am

Friday, Mar 26

10:00 am - 11:00 am

### Age

Adults

### Cost

Free

### Location

Virtual



# SPORTS & WELLNESS PROGRAMS

## Special Olympics Basketball (Community Based) – Skills / Fitness

Partnership program with Special Olympics Maryland in which athletes and unified partners learn basketball skills & improve fitness level. Contact Robert Signor @ (410) 396-1550 to register.

### Dates/Session Times

Tuesdays, Jan 5 - Mar 23 (Beginner)

6:00 pm - 7:30 pm

Thursdays, Jan 7 - Mar 25 (Intermediate / Advanced)

6:00 pm - 7:30 pm

Saturdays, Jan 9 - Mar 27 (Beginner / Intermediate)

8:30 am - 10:00 am

Saturdays, Jan 9 - Mar 27 (Advanced)

10:30 am - 12:00 pm

### Age

Adults and children 8 and above with and without disabilities



### Cost

Free

### Location

Farring Bay Brook

## 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.

### Dates/Session Times

Wednesdays, Jan 6 - Feb 10

10:30 am - 12:00 pm

Wednesdays, Feb 17 - Mar 24

10:30 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Farring Bay Brook



## Hip Hop Aerobics (Virtual)

*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, Jan 6 - Mar 24  
9:00 am - 10:00 am

Wednesdays, Jan 6 - Mar 24  
2:30 pm - 3:30 pm

### Age

Adults

### Cost

Free

### Location

Virtual



## Yoga (Virtual)

*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, Jan 5 - Mar 23  
10:00 am - 10:45 am

Thursdays, Jan 7 - Mar 25  
2:30 pm - 3:15 pm

### Age

Adults

### Cost

Free

### Location

Virtual

