

WINTER PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

January 1 – March 31, 2023



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>

AFTERSCHOOL PROGRAM

Inclusive Afterschool Adventures

This is a Baltimore City Recreation and Parks Inclusive Afterschool Program for youth. Programming at Afterschool Adventures includes topics such as health and wellness, STEM, cultural and creative arts, personal development and other age appropriate activities.

Dates/Session Times

Monday - Friday, Jan 3 - June 13

(No sessions on Jan 16, Jan 23, Feb 17, Feb 20, Mar 17, April 3 - 10, April 21, May 29)

3:30 pm - 6:00 pm

12:45 pm - 6:00 pm Early Release Days (Jan 11, Feb 1, Mar 8, May 17, June 7)

Age

Children ages 5 - 12

Cost

Free

Location

Farring Baybrook Recreation Center



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

Wednesdays, Jan 4 - Mar 22

10:00 am - 11:00 am

Wednesdays, Jan 4 - Mar 22

11:15 am - 12:15 pm

Mondays, Jan 9 - Mar 20

(no sessions on Jan 16, Feb 20)

10:00 am - 11:00 am

Age

Adults

Cost

\$12 total for weekly class

Location

Farring Baybrook Recreation Center



Botanical Art and Cyllburn Mansion Tour

Experience the therapeutic benefits of drawing from life as you render a natural object in graphite and watercolors. Enjoy a tour of the ornate historic Cyllburn Mansion.

Dates/Session Times

Friday, Mar 17

10:00 am - 12:00 pm

Age

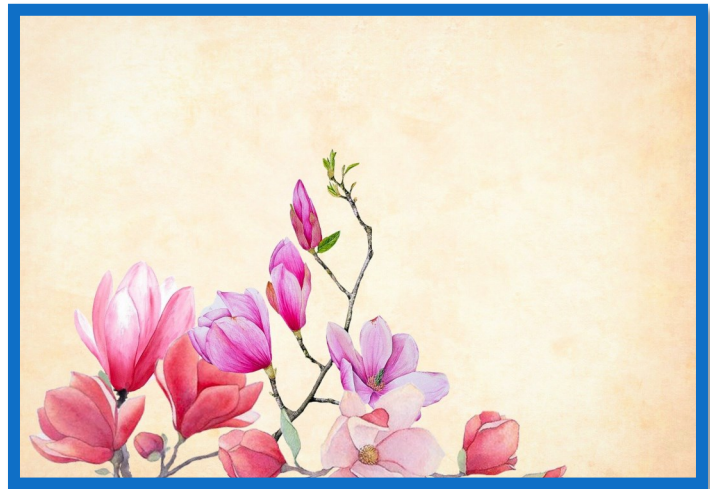
Adults

Cost

\$4 per session

Location

Cyllburn Arboretum / Mansion



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

Mondays, Jan 9 - Mar 20
(no sessions on Jan 16, Feb 20)
11:15 am - 12:00 pm

Age

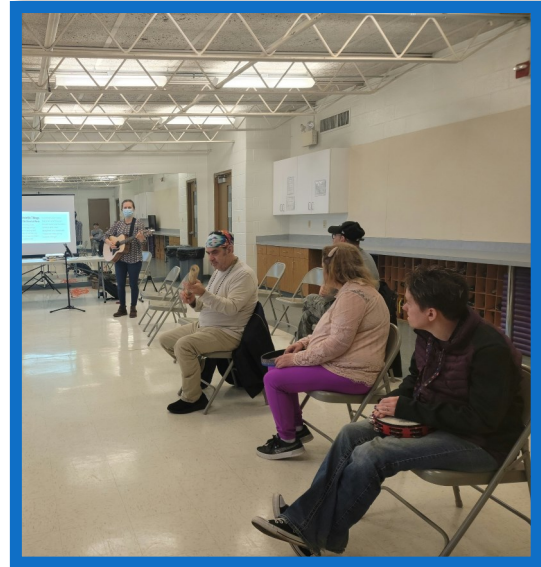
Adults

Cost

\$12 total for weekly class

Location

Farring Baybrook Recreation Center



Sip and Paint Art Program

Come out and create a picture under the guidance of TR staff while enjoying non-alcoholic beverages.

Dates/Session Times

Friday, Feb 17
10:00 am - 11:00 am
Friday, Feb 17
11:15 am - 12:15 pm

Age

Adults

Cost

\$2 per session

Location

Farring Baybrook Recreation Center



OUTDOOR/NATURE PROGRAMS

Nature Education Program – Let's Get Sappy

It's time for something sweet! Join us for a winter stroll through the park to meet some trees and learn about their sap! We will spend the majority of the program outside but may come inside for part of the program, depending on the weather. A campfire and/or animal ambassador meet-and-greet may be included.

Dates/Session Times

Friday, Mar 3

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Snowflake Festivus

What can be finer than snowflakes in winter? Honor the snowflake with snow-inspired artwork. If snow is on the ground, we'll also search for frozen tracks and animal clues in the snow. A campfire and/or animal ambassador meet-and-greet may be included.

Dates/Session Times

Friday, Feb 3

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Education Program – Welcome Winter

Come out to the park and give winter a warm hug, hello! We'll look for signs of the season change and take time to enjoy the park in its quieter state. While this is a period of dormancy for many plants and animals, there is still life all around us! We will spend the majority of the program outside but may come inside for part of the program, depending on the weather. A campfire and/or animal ambassador meet-and-greet may be included.

Dates/Session Times

Friday, Jan 6

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Rawlings Conservatory Tour

Experience the wonders of plants from all over the world as you explore the Desert Room, Mediterranean Room, Tropical Rainforest Room, Orchid Room, and Palm House with an experienced guide. Touch and smell fragrant leaves, see fruiting trees, learn about carnivorous plants.

Dates/Session Times

Friday, Jan 20

10:00 am - 12:00 pm

Age

Adults

Cost

\$4 per session

Location

H.P. Rawlings Conservatory



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

Friday, Jan 27
10:00 am - 12:00 pm
Friday, Feb 24
10:00 am - 12:00 pm
Friday, Mar 24
10:00 am - 12:00 pm

Age

Adults

Cost

\$2 per session

Location

Farring Baybrook 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

Friday, Jan 13
10:30 am - 1:30 pm
Friday, Feb 10
10:30 am - 1:30 pm
Friday, Mar 10
10:30 am - 1:30 pm

Age

Adults

Cost

\$8 per session

Location

Farring Baybrook Recreation Center



TR Disco Club

Come socialize and dance the night away at a themed dance party! Dinner (pizza) and beverages are included. All participants must pre-register.

Dates/Session Times

Friday, Jan 27

5:30 pm - 8:30 pm

Friday, Feb 17

5:30 pm - 8:30 pm

Friday, Mar 24

5:30 pm - 8:30 pm

Age

Adults and young adults 13+

Cost

\$5 per session

Location

Farring Baybrook Recreation Center



Wednesday Social Club

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

Dates/Session Times

Wednesdays, Jan 4 - Mar 22

10:00 am - 12:15 pm

Age

Adults

Cost

\$12 total for weekly class

Location

Farring Baybrook Recreation Center



SPORTS & FITNESS

Basketball

Co-Ed Recreational Play - Drop-In for a quick basketball game or to work on your shooting, passing and dribbling skills. We will have the clock out and basketballs available.

Dates/Session Times

Fridays, Jan 6 - Mar 31

(no sessions on Jan 27, Feb 17, Mar 24)

6:00 pm - 8:30 pm

Age

Teens ages 13 - 18

Cost

Free

Location

Farring Baybrook Recreation Center



Fitness

Weekly fitness class provided by visiting instructors. Get a great workout under the guidance of our expert and caring instructors!

Dates/Session Times

Mondays, Jan 9 – Mar 20

(no sessions on Jan 16, Feb 20)

10:00 am - 11:00 am

Age

Adults

Cost

\$12 total for weekly class

Location

Farring Baybrook Recreation Center



Futsal

Co-Ed Recreational Play - Drop-In Futsal will provide you with the opportunity to sharpen your skills, give you some extra practice time, and a chance to work on passing, dribbling and individual or team playing skills. Goals and soccer balls will be provided.

Dates/Session Times

Thursdays, Jan 5 - Mar 30
6:00 pm - 8:30 pm

Age

Teens ages 13 - 18

Cost

Free

Location

Farring Baybrook Recreation Center



Pickleball - Beginners

Co-Ed Recreational Play - Drop-In Pickleball is a great sport that's gaining popularity right now. If you are just getting started or want to learn how to play pickleball, this is the group for you. Balls and paddles will be provided.

Dates/Session Times

Mondays, Jan 9 - Mar 27
(no sessions on Jan 16, Feb 20)
1:00 pm - 3:30 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Pickleball - Advanced

Co-Ed Recreational Play - if you have been playing pickleball for a while and you are ready for competitive recreational or league play, this is the group for you. Balls and paddles will be provided.

Dates/Session Times

Tuesdays, Jan 3 - Mar 28
1:00 pm - 3:30 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Volleyball

Co-Ed Recreational Play - It's cold outside! Join us inside for drop-In volleyball. Teams are formed from those who show up and games are played continuously. Nets will be set up and balls will be provided.

Dates/Session Times

Tuesdays, Jan 3 - Mar 28
6:00 pm - 8:30 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Wheelchair Basketball Open Gym

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

Dates/Session Times

Tuesdays, Jan 3 - Mar 21
6:00 pm - 8:00 pm

Age

Adults and young adults 14+

Cost

Free

Location

Cahill Recreation Center



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

Mondays, Jan 9 - Mar 20
(no sessions on Jan 16, Feb 20)

11:15 am - 12:00 pm

Thursdays, Jan 5 – Mar 23

7:00 pm - 7:45 pm

Age

Adults (Mondays)

Adults and children 12+ (Thursdays)

Cost

\$12 total for weekly class

Location

Farring Baybrook Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Basketball (Community Based; State Games Track)

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

Dates/Session Times

Saturdays, Jan 7 - Mar 18
(plus state games on Mar 25/26)
(Competition Schedule TBD)
8:00 am - 12:15 pm

Age

Adults and children ages 8
and above with and without disabilities

Cost

Free

Location

Farring Baybrook Recreation Center



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

Tuesdays, Jan 3 - Feb 7
10:30 am to 12:00 pm
Thursdays, Jan 5 - Feb 9
10:30 am to 12:00 pm
Tuesdays, Feb 14 - Mar 21
10:30 am to 12:00 pm
Thursdays, Feb 16 - Mar 23
10:30 am to 12:00 pm



Age

Adults

Cost

Free

Location

Farring Baybrook 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. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Wednesdays, Jan 11 – Mar 15
(make-up date Mar 22)
6:00 pm - 8:30 pm

Age

Adults with and without disabilities

Cost

Free

Location

Farring Baybrook Recreation Center



Special Olympics Learn to Swim Program

Partnership program with Special Olympics Maryland in which participants learn the basic skills required for swimming. Program will prepare participants to compete with the Special Olympics swim team in the spring. Contact Robert Signor @ (410) 396-1550 to register.

Dates/Session Times

Mondays, Feb 6 – Mar 20
(no session on Feb 20)
6:00 pm - 7:30 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Cahill Recreation Center

