

# Baltimore City Recreation & Parks THERAPEUTIC RECREATION

WELLNESS · COMMUNITY · NATURE



FALL 2024 GUIDE





# 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:** Therapeutic Recreation Program (410) 396-1550 or  
tiffany.gauger@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

Mondays, Sep 9 - Dec 9 (no session on Oct 14, Nov 11)

10:00 am - 11:00 am

Wednesdays, Sep 4 - Dec 11

10:00 am - 11:00 am

Wednesdays, Sep 4 - Dec 11

11:15 am - 12:15 pm

#### Age

Adults

#### Cost

\$15 total for weekly class

#### Location

Farring Baybrook Recreation Center



## 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, Sep 9 - Dec 9  
(no session on Oct 14, Nov 11)  
11:15 am - 12:00 pm

### Age

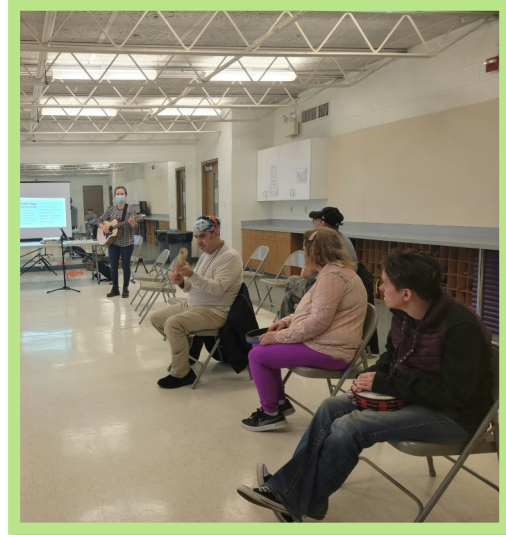
Adults

### Cost

\$15 total for weekly class

### Location

Farring Baybrook Recreation Center



## Stem Project: 3D Pens

*In this program, we will take the time to learn about the basic concepts of 3D printing and how it is used. Take this new skill to create our own 3D-drawn creations to take home!*

### Dates/Session Times

Friday, Sep 13  
10:00 am - 11:00 am  
Friday, Oct 11  
10:00 am - 11:00 am  
Friday, Nov 15  
10:00 am - 11:00 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

Friday, Sep 27  
10:00 am - 11:00 am  
Friday, Sep 27  
11:15 am - 12:15 pm  
Friday, Oct 25  
10:00 am - 11:00 am  
Friday, Oct 25  
11:15 am - 12:15 pm

### Age

Adults

### Cost

Free

### Location

Middle Branch Park



## Fishing

*Get outside and learn to fish. Fishing poles and bait will be provided. Bring a snack and feel free to stay and enjoy Middle Branch Park after the conclusion of the session. Program is weather dependent.*

### Dates/Session Times

Friday, Sep 27  
10:00 am - 11:00 am  
Friday, Sep 27  
11:15 am - 12:15 pm  
Friday, Oct 25  
10:00 am - 11:00 am  
Friday, Oct 25  
11:15 am - 12:15 pm

### Age

Adults

### Cost

Free

### Location

Middle Branch Park



## Nature Education Program - Autumn Celebration

*Join us for a stroll through the park as we embrace autumn and its beauty! We'll collect natural materials and use them to create artwork. We'll meet and greet with an animal ambassador if the weather allows.*

### Dates/Session Times

Friday, Nov 1

10:00 am - 11:00 am

Friday, Nov 1

11:15 am - 12:15 pm

### Age

Adults

### Cost

\$5 per session

### Location

Carrie Murray Nature Center



## Nature Education Program - Gifts of Autumn

*The trees are giving their seeds and leaves to the Earth! Explore the gifts of the season and offer your gifts of gratitude around a fire. We'll meet and greet with an animal ambassador if the weather allows.*

### Dates/Session Times

Friday, Dec 6

10:30 am - 12:00 pm

### Age

Adults

### Cost

\$5 per session

### Location

Carrie Murray Nature Center





## Nature Education Program - Goodbye Summer

*As summer ends, we'll take a stroll to enjoy pollinators, warm sun, and the cascading stream. If time allows, we'll create a natural keepsake at the end of the program to remember this amazing season!*

### Dates/Session Times

Friday, Sep 6

10:30 am - 12:00 pm

### Age

Adults

### Cost

\$5 per session

### Location

Carrie Murray Nature Center



## Nature Education Program - Holiday Craft

*Enjoy a cozy fire as we create holiday-themed crafts and welcome winter!*

### Dates/Session Times

Monday, Dec 16

10:30 am - 12:00 pm

Tuesday, Dec 17

10:30 am - 12:00 pm

### Age

Adults

### Cost

\$5 per session

### Location

Carrie Murray Nature Center



## Nature Education Program - Magnificent Migrations

*Wander through the forest and watch for winged friends and other fall wonders as many birds take to the sky on their journey to warmer weather. We'll meet and greet with an animal ambassador if the weather allows.*

### Dates/Session Times

Friday, Oct 4

10:00 am - 11:00 am

Friday, Oct 4

11:15 am - 12:15 pm

### Age

Adults

### Cost

\$5 per session

### Location

Carrie Murray Nature Center



## Rawlings Conservatory and Botanic Gardens Tour

*Come explore the Rawlings Conservatory and Botanic Gardens with a guided tour. Discover distinct environments that allow the display of plants from all over the world, including Christmas displays!*

### Dates/Session Times

Wednesday, Dec 18

11:00 am - 12:00 pm

Thursday, Dec 19

11:00 am - 12:00 pm

### Age

Adults

### Cost

\$4 per session

### Location

Rawlings Conservatory & Botanic Gardens



## 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, Sep 11 - Nov 20  
(ending date is weather dependent)  
10:30 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

Clifton Park



## SPORTS & FITNESS

### 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, Sep 9 - Dec 9  
(no session on Oct 14, Nov 11)  
10:00 am - 11:00 am

### Age

Adults

### Cost

\$15 total for weekly class

### 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, Sep 3 - Nov 26 (no session on Nov 5)  
6:00 pm - 8:00 pm

### Age

Adults and young adults 14+

### Cost

Free

### Location

Cahill Recreation Center



## Wheelchair Tennis Clinic

*Learn the lifelong sport of tennis from Brad Evans, certified wheelchair tennis player and coach, and Gabby Hesse, JTCC Head of Wheelchair Tennis. Whether you are a new or seasoned player, take your game to the next level by signing up today! Sports wheelchairs are limited and available on a first-come, first serve basis for registered participants only and are subject to available sizing. For more information, please contact Brad at: [bevans1977@msn.com](mailto:bevans1977@msn.com) or Mike Henley at [michael.henley@baltimorecity.gov](mailto:michael.henley@baltimorecity.gov)*

### Dates/Session Times

Thursdays, Sep 26 - Oct 24  
5:30 pm - 7:00 pm

### Age

Adults and children ages 8 and above

### Cost

Free

### Location

Druid Hill Park Tennis Courts 8 & 9



# 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, Sep 9 - Dec 9  
(no session on Oct 14, Nov 11)  
11:15 am - 12:00 pm

## Age

Adults

## Cost

\$15 total for weekly class

## Location

Farring Baybrook Recreation Center



# SPECIAL OLYMPICS OF MARYLAND PROGRAMS

## Special Olympics Indoor Bocce

*Partnership program with Special Olympics Maryland in which athletes learn bocce skills.*

## Dates/Session Times

Thursdays, Oct 10 - Dec 12  
(no session on Nov 28)  
10:30 am - 12:00 pm

## Age

Adults

## Cost

Free

## Location

Farring Baybrook Recreation Center





## Special Olympics Indoor Soccer (skills building)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills.

### Dates/Session Times

Tuesdays, Nov 19 - Dec 10  
10:30 am - 12:00 pm

### Age

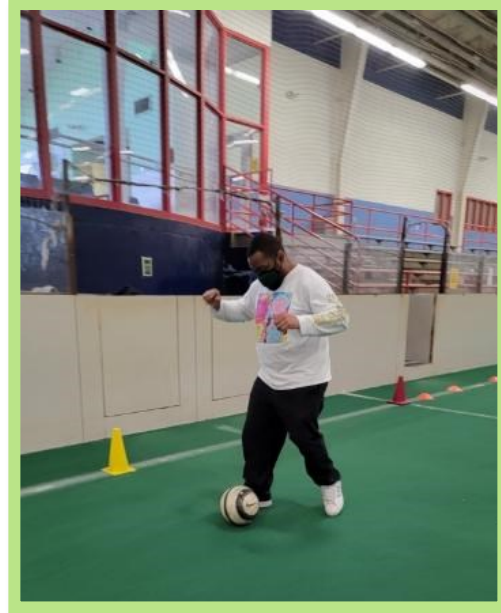
Adults

### Cost

Free

### Location

Myers Sports Pavilion



## Special Olympics Outdoor Soccer (skills building)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills.  
Program is weather dependent.

### Dates/Session Times

Thursdays, Sep 12 - Oct 3  
10:30 am - 12:00 pm

### Age

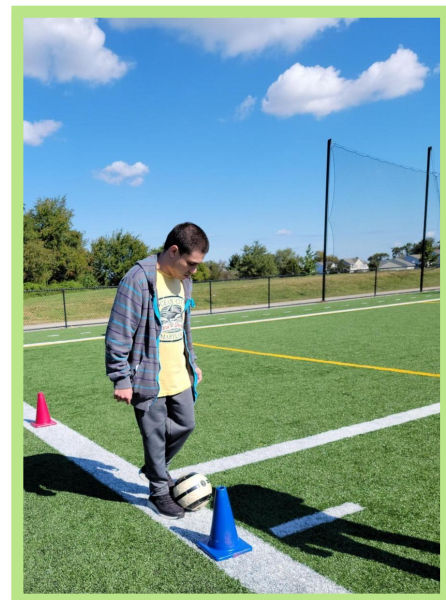
Adults

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park



## Special Olympics Softball (skills building)

*Partnership program with Special Olympics Maryland in which athletes learn softball skills. Program is weather dependent.*

### Dates/Session Times

Tuesdays, Sep 10 - Oct 1  
10:30 am - 12:00 pm  
Tuesdays, Oct 8 - Oct 29  
10:30 am - 12:00 pm

### Age

Adults

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park



## Special Olympics Unified Flag Football (Community Based; State Games Track)

*Partnership program with Special Olympics Maryland in which athletes learn flag football skills & compete as a team to gain eligibility for multi-county competitions and state games. Additionally, this year we will offer a skills building program for younger athletes and adult athletes that are not quite ready for team play. Contact Special Olympics Maryland at [sobaltcity@icloud.com](mailto:sobaltcity@icloud.com) or (410) 775-6817 to register. Program is weather dependent.*

### Dates/Session Times

Thursdays, Aug 22 - Oct 17  
(Competition Schedule TBD)  
6:15 pm - 8:15 pm

### Age

Adults and children ages 8  
and above with and without disabilities

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park





## Special Olympics Unified Soccer (Community Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes learn soccer skills & compete as a team to gain eligibility for multi-county competitions and state games. Additionally, this year we will offer a skills building program for younger athletes and adult athletes that are not quite ready for team play. Contact Special Olympics Maryland at [sobalcity@icloud.com](mailto:sobalcity@icloud.com) or (410) 775-6817 to register. Program is weather dependent.

### Dates/Session Times

Tuesdays, Aug 13 - Oct 22  
(Competition Schedule TBD)  
6:15 pm - 8:15 pm

### Age

Adults and children ages 8 and above  
with and without disabilities

### Cost

Free

### Location

CSX Field @ Farring Baybrook Park



## Baltimore City Recreation and Park's Mission Statement:

To improve the health & wellness of Baltimore through maintaining quality recreational programs, preserving our parks & natural resources, and promoting fun, active lifestyles for all ages.