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
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

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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