



THE THERAPEUTIC RECREATION

The following programs are offered for persons with disabilities. Included with each program is a description of the population that each will be serving. For questions about these programs, please call Debbie Gemmill or Barbara Lages at 410-386-2103.



SPARE TIME BOWLING

Aug 31-Nov 9 (no 9/7) 10 sessions Mondays
Program #09TR25

Ten or duck pin bowling for the fun of it! Learn the fundamentals of bowling or just come to improve your skills and have fun. Population: youth and adults with disabilities. Instructor: Kathy McCaffrey
TIME: 5-6pm FEE: \$50
LOCATION: Greenmount Lanes, Hampstead

NIGHT OWLS

Sept/Oct/Nov 3 sessions Day TBA
Program #09TR26

A socialization group for young adults—must be able to function independently with a program leader who will plan a once a month group activity such as dining out, movies, miniature golf or just whatever might be fun! Population: age 13-17 with disabilities. Instructor: TBA
TIME: varies per activity FEE: \$30 registration, + activity fee T/B/D
LOCATION: varies per activity

SPARE TIME BOWLING - SOUTH

Sept 9-Nov 11 10 sessions Wednesdays
Program #09TR27

Ten pin bowling (light weight balls) for the fun of it! This program is specially developed for individuals in the southern part of Carroll County. Participant will learn the fundamentals of bowling or just improve skills and have fun. Population: youth and adults with disabilities. Instructor: Debra Anderson
TIME: 5-6pm FEE: \$15 registration & \$7 weekly fee
LOCATION: Cross Roads Bowling Lanes, Eldersburg (behind Bob Evans)



SO YOU WANNA BE AN ARTIST?

Sept 17-Nov 14 (no 10/31) 8 sessions Thursdays OR Saturdays
Program #09TR28 for age 4-11 (Thursdays, 9/17-11/5, 5-6pm)
Program #09TR29 for age 12-17 (Saturdays, 9/19-11/14, 1-2pm)
Program #09TR30 for age 18+ (Saturdays, 9/19-11/14, 2:30-4pm)

An art studio experience which is not only fun, but a great learning experience for those participating. Your class will consist of a special project each week that you will enjoy and learn from with fellow classmates. The first session is a "meet the instructor" night in which you will get the opportunity to meet the instructor and other students, as well as view projects in the studio. A \$15 materials fee is due to instructor at first class for brushes/pencils/etc. Depending on participant's needs, a caregiver may or may not be required to attend. Instructor: Carla Gray
TIME: See above FEE: \$70 (plus \$15 material fee to instructor)
LOCATION: Studio on the Hill, 2251 Pennview Drive, Manchester

TURTLES

Sept 23-Nov 11 8 sessions Wednesdays
Program #09TR31

Toddlers and young children can come out and enjoy activities in a fully accessible warm water pool. One-on-one assistance IS NOT available—parents MUST participate with child in the pool or make arrangements for one-on-one assistance. Enrollment is limited to 10. Population: age 2-7 with disabilities. Instructor: Janis Krolus & Helene Davis
TIME: 5:30-6:30pm FEE: \$35
LOCATION: Carroll Springs School, pool



SPLISH SPLASH!

Sept 23-Nov 11 8 sessions Wednesdays
Program #09TR32

Boys and girls can enjoy this recreational swimming program in a warm water pool. One-on-one assistance is NOT available—parents MUST participate

with child in the pool or make arrangements for one-on-one assistance. Enrollment is limited to 10. Population: 8-12 with disabilities. Instructor: Janis Krolus & Helene Davis
TIME: 6:30-7:30pm FEE: \$35
LOCATION: Carroll Springs School, pool

LUCKY DUCKS

Sept 23-Nov 11 8 sessions Wednesdays
Program #09TR33

An opportunity for teens and adults to enjoy organized activities and exercises in a warm water pool. One-on-one assistance IS NOT available—parents MUST participate with child in the pool or make arrangements for one-on-one assistance. Enrollment is limited to 10. Population: age 13+ with disabilities. Instructor: Janis Krolus & Helene Davis
TIME: 7:30-8:30pm FEE: \$35
LOCATION: Carroll Springs School, pool



KITCHEN KAPERS

Sept 24-Nov 12 8 sessions Thursdays
Program #09TR34

Come and join this basic leisure cooking class where we will learn about meal preparation, menu selection and nutrition. Enrollment is limited to 6. Population: individuals with disabilities age 16+. Instructor: Amy Smith
TIME: 5:30-7:30pm FEE: \$50
LOCATION: Maryland Cooperative Extension kitchen (Ag Center, Room A)

FUN WITH FITNESS

Sept 28-Nov 16 8 sessions Mondays
Program #09TR35

Here is your chance to get some exercise, have fun, and learn about good health and wellness through a structured program of exercise, fitness and socialization. Participants will play games and engage in individual and/or group exercise activities. Population: young adults and adults age 18+ with disabilities. Instructor: TBA
TIME: 6:30-7:45pm FEE: \$32
LOCATION: Carroll Springs School

ARTS & CRAFTS

Oct 8-Nov 12 6 sessions Thursdays
Program #09TR36

Come and join the group with this make-it and take-it program. Seasonal projects will be included. A \$15 materials fee is due at the first class. Population: age 10 and older with disabilities. Instructor: Debra Hersh
TIME: 6-7:30pm FEE: \$30 registration & \$15 supply fee
LOCATION: Westminster Senior Center, craft room



SPECIAL OLYMPICS

(contact Marsha Barger 410-526-2165 for medical forms, team training, dates, registration, etc.)

S.O. SOCCER

Aug 29-Oct 24 8 sessions Saturdays

Athletes must have a current Special Olympics medical form to train; athletes must be 7 years old to train and 8 years old to compete. Individual skills will be taught. There will also be 7v7 team competition - dates and venue to be determined later (contact Marsha). Population: individuals with disabilities age 7+. The time for this program is 9-10:30am at Carroll Springs School. There is no fee for this program.