



# 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 the Carroll County Department of Recreation & Parks at 410-386-2103.



## MUSIC & MOVEMENT

Sept 8-Oct 16 6 sessions Wednesdays OR Saturdays  
Program #10TR21 Age 4-9, Wed. 9/8-10/13, 4:45-5:30pm  
Program #10TR22 Age 10-16, Sat. 9/11-10/16, 11:30am-12:15pm  
Enjoy exercise and improve coordination while learning popular dance moves! Classes are grouped by age for peer socialization. Age: 4-16 (see above). Population: youth and adults with disabilities. Instructor: Kalea Kaiser/Donna Langmead  
TIME: See above FEE: \$60  
LOCATION: Reflections in Dance, 100 Railroad Ave., Westminster

## FUN WITH FITNESS

Sept 13-Nov 1 7 sessions Mondays  
Program #10TR23  
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: Debra Hersh  
TIME: 6:30-7:45pm FEE: \$35  
LOCATION: Carroll Springs School

## SPARE TIME BOWLING

Sept 13-Nov 15 10 sessions Mondays  
Program #10TR24  
Ten or Duck Pin! 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: 4:30-5:30pm FEE: \$50  
LOCATION: Greenmount Lanes, Hampstead



## SPARE TIME BOWLING: SOUTH

Sept 15-Nov 17 10 sessions Wednesdays  
Program #10TR25  
Ten Pin Bowling (lightweight balls) for the fun of it! Participants will learn the fundamentals of bowling or just improve skills and have fun. Please, no early drop offs to facility-doors do not open until 5pm. Population: youth and adults with disabilities. Instructor: Debra Anderson  
TIME: 5-6pm FEE: \$15 (plus \$7 weekly fee)  
LOCATION: Cross Roads Bowling Lanes, Eldersburg

## DRUM BEATS

Sept 18-Dec 18 4 sessions 3<sup>rd</sup> Saturday of month  
Program #10TR26 1:30-2:30pm - youth, age 12-17 with an adult  
Program #10TR27 3-4pm - adults, age 18+  
Learn the basics of playing the djembe, a West African drum (9/18, 10/16, 11/20 & 12/18). We'll play rhythm games and make our own music in a facilitated drum circle. Drumming is a great way to relieve stress and have fun! No experience necessary; instruments will be provided. Age: 12-adult. Population: youth and adults with disabilities. Instructor: Carroll Rhythms staff  
TIME: See above FEE: \$60  
LOCATION: Carroll Springs School



## FOOT LOOSE AND FANCY FREE

Sept 21-Oct 26 6 sessions Tuesdays  
Program #10TR28  
Dancing - everyone loves it, everyone wants to do! Join us in learning basic steps to make you look like a pro on the dance floor while getting great exercise with other dance bound friends - old and new. Population: individuals with disabilities, age 18+. Instructor: Carroll County Dance Center  
TIME: 7:45-8:45pm FEE: \$55  
LOCATION: Carroll Springs School

## TURTLES -- SPLISH! SPLASH! -- LUCKY DUCKS

Sept 22-Nov 10 8 sessions Wednesdays  
Program #10TR29 Turtles: age 2-7, 5:30-6:30pm  
Program #10TR30 Splish! Splash!: age 8-12, 6:30-7:30pm  
Program #10TR31 Lucky Ducks: age 13-adult, 7:30-8:30pm  
From toddlers (Turtles) to youth (Splish! Splash!) to teens and adults (Lucky Ducks) come out and enjoy activities in a fully accessible, warm water pool. One-on-one assistance is not available; parents are REQUIRED to participate with their children under age 18 in the pool or make arrangements if client needs one-on-one assistance. Population: age 2-adult with disabilities. Instructors: Janis Krolus & Helene Davis  
TIME: Choose above FEE: \$40  
LOCATION: Carroll Springs School, pool



## KITCHEN KAPERS

Sept 23-Nov 11 8 sessions Thursdays  
Program #10TR32  
Come join this basic leisure cooking class where we learn about meal preparation, menu selection and nutrition. Population: individuals with disabilities age 16+. Instructor: t/b/a  
TIME: 5:30-7:30pm FEE: \$55  
LOCATION: Westminster High School, Room #E-125

## ARTS & CRAFTS

Sept 30-Nov 18 8 sessions Thursdays  
Program #10TR33  
Come join the group with this make-it and take-it program of seasonal projects. A \$15 material fee is due to instructor the first night of class. Population: age 10+ with disabilities. Instructor: Debra Hersh  
TIME: 6-7:30pm FEE: \$40  
LOCATION: Westminster Senior Center



## CAROL AT THE CARROLL

November 21 1 session Sunday  
Program #10TR34  
Join us for a holiday movie (Jim Carrey's "The Christmas Carol") with musical entertainment before the show! Come ready to sing! Popcorn and drinks will be available for purchase. Age: all - participants under the age of 18 or those needing one-on-one assistance are required to attend with a paying adult. Population: individuals with disabilities along with family, friends and caregivers. Registration Deadline: Nov 16  
TIME: 2pm FEE: \$5  
LOCATION: The Carroll Arts Center



## SPECIAL OLYMPICS

Contact Kathy Zuback 410-549-6417 or ktizuback@att.net for medical forms, team training, dates, registration, etc.