



# ADAPTIVE RECREATION

formerly Therapeutic Recreation

~ For those with mild to moderate disabilities ~

- - NO EARLY BIRD OR SENIOR DISCOUNT for Adaptive Recreation programs - -

One-on-one assistance is NOT provided for any programs, so be sure to let us know upon registration if you are bringing someone (registration fee may apply).

## Z-FITNESS

Tuesdays 6-6:30pm

#17AR06 Sept 5-Oct 3

#17AR07 Oct 17-Nov 21 (no 10/31)

Exclusive to AR eligible participants and their siblings/parents. A multi-cultural dance-exercise experience with energizing music for a fun workout! Easy to follow - all abilities welcome! Instructor-Melanie Haifley

14-Adult / 5 sessions / WSC

\$15 person

## SWIMMING - H2O to GO

#17AR08 Wed, Sept 6-Oct 25 (1 hour sessions)

- Wee Otters (age 2-7), 5:30pm

- Making Waves (age 8-12), 6:30pm

- Swimtastic (age 13-adult), 7:30pm

American Red Cross Learn-to-Swim - students taught by age at their own level; basics reviewed weekly with a lesson tailored to individual need. One-on-one assistance is NOT provided; parent/adult is REQUIRED to participate in pool with children under 18. Siblings with/without disabilities are encouraged to register to participate but must be in same age group. Instr-Janis Krolus

2-Adult / 8 sessions / CSS

\$40

## SPARE TIME BOWLING

#17AR09 Mon, Sept 11-Nov 13, 4-5pm

Ten pin or Duckpin... Learn the fundamentals of bowling or just come to improve your skills and have fun. Fee includes 2 games and shoe rental each week. Instructor-Kathy McCaffrey

8-Adult / 10 sessions / Greenmount Bowl

\$52

## STEP IT UP

#17AR10 Mon, Sept 11-Oct 30, 6-7:30pm

Walking is one of the simplest ways to get the exercise our bodies need which can contribute to weight loss, stress reduction, mood improvement, muscle tone and increased stamina. Join us as we explore the various walking venues available in our area. Transportation is provided from drop-off point to desired locations. Instructor-Cindy Welsh

Adult / 8 sessions / Meet at RMC

\$40

## AUTISM PEER GROUP

#17AR11 Mon, Sept 11-Oct 30, 6-7:30pm

Teaching social skills to children, teens and young adults with autism spectrum disorders. This program hopes to strengthen communication, social interaction and support for success in daily life experiences. Some things included will be themes, visuals, schedules and structuring.

8-young Adult / 8 sessions / LSCR

\$15

## DRAMA 101

#17AR12 Tues, Sept 12-Nov 28, 6:30-8:30pm

BROADWAY SHORTS - Students will learn different aspects of performing; will be hands-on with costumes and set design. We will work toward participating in a holiday performance first weekend of December TBD. Instructors-William & Beth Burgess

14-Adult / 12 sessions / WMHS

\$60

## BOW & BEAUS HOEDOWN

#17AR13 Friday, September 29, 7-9pm

An evening of rip roaring, yahoing, good ole' country fun with hot dogs, chips and ice tea! Our DJ is all about country, so come out in your best western attire! All who attend this event must register including 1v1 assistants. Family and friends are welcome to register, too!

Adult / 1 session / RMC

\$6 person

## NOW WE'RE COOKIN'

#17AR14 Mondays (every other)

Oct 2-Dec 11, 5:30-8pm

Fall has arrived - time for some tasty, healthy meals to make and share. Socialize while having fun building friendships and learning together! Instructor-Ginger Gallagher

16-Adult / 6 sessions / WMHS

\$70

## DISCO FITNESS

#17AR15 Wed, Oct 4-Nov 8, 6:30pm

Have fun while exercising to disco music and lights! Participants benefit from tasks targeting a varied range of muscle groups for a full body workout; all can be modified for those with neurological and developmental disabilities. Each 30-45 minute session includes multiple rest breaks and refreshment. Be sure you are cleared by a physician to start this or any exercise program.

Adult / 6 sessions / Therafit Rehab

\$25

## HALLOWEEN FOAM FUN

#17AR16 Thurs, October 12, 5:30-8:30pm

Howl's about a hooting good time with foam art for Halloween. Come as you are or dress in costume for extra fun! Instructor-Deb Long

8-Adult / 1 session / WSC

\$10 (+\$15 material fee due to instructor)

## JEWELRY LOVERS

#17AR17 Thurs, Nov 2, 5:30-8:30pm

A beginner program for all ages, male or female. Make a piece of art for yourself or to give as a gift to someone special. Have fun on your own with peers, or have a friend or family member register to participate, too! Instructor-Deb Long

8-Adult / 1 session / WSC

\$10 (+\$15 material fee due to instructor)

## "ME TO WE" JOURNEY

These are journeys to enjoy in our group with your family or come alone - register a one-on-one only if you need them. We provide ticket and transportation, food & souvenirs are on your own. Parents/siblings are encouraged to register, but they don't have to! Space is very limited - don't miss the fun!

## ~American Music Theater~

(Registration ends Oct 2)

#17AR18 Friday, November 10

10:30am - 7:30pm

MEET AT RMC at 9:15am (1:35pm GAME TIME)

HOME FOR THE HOLIDAYS - 3pm show. Let's celebrate the wonder, warmth and magic of the season with an inspired family holiday. Lunch will be at Cracker Barrel (on your own).

Adult / 1 session / Depart from RMC

\$65 (+ food/drinks and souvenir money)

## ENJOY THIS PROGRAM

### ALL YEAR LONG!

## WILD ONES 2017

#16TR-WO17

An independent adult socialization group in a structured setting. Group recreation and leisure activities such as dining out, miniature golf, ball games, hay rides, theme parties, movies/plays, concerts and more! Register anytime during the 2017 year, additional fees will apply per activity. Coordinators-Cindy Welsh/Linda Graybill

Adult / up to 12 sessions

\$52 membership fee (add'l fees will apply)

## VOLUNTEERS ARE NEEDED!

Call the R&P office today to see where you can help us run successful programs!

Young Athletes™ is a unique sport and play program for children with intellectual disabilities. The focus is on fun activities important to mental and physical growth. Ages 2-7 enjoy activities that develop motor skills and hand-eye coordination - a great early introduction to sports and to the world of Special Olympics. Your child will learn new things, play and have lots of fun! socr@ccg.carr.org specialolympicscarrollcounty.org