



ADAPTIVE 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

#18AR22 Tue, Sept 4–Oct 2, 6–6:30pm

#18AR23 Tue, Oct 9–Nov 13 (no 11/6), 6–6:30pm

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, and all who participate must be registered. Instr-Melanie Haifley

14–Adult / 5 sessions / CSS
\$15 person

SWIMMING

#18AR24 Wednesdays, Sept 5–Nov 7 (no 9/19 and 10/31)

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

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

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

A one hour American Red Cross Learn-to-Swim program; students taught by age and at their own level. Basics are reviewed weekly with a lesson tailored to each individual's need. 1v1 assistance is NOT provided and a parent/adult is REQUIRED to participate in the pool with those under 18. Siblings with/without disabilities are encouraged to register but must be in the same age group. Instructor-Janis Krolus

2–Adult / 8 sessions / CSS
\$40

WATER FITNESS FUN

#18AR25 Thursdays, Sept 6–Oct 11, 5:30–6:15pm

This program is full of fun and energizing activities designed to help you to get fit. The exercises are performed in shallow water-no swimming skills are needed to participate. 1v1 assistance is NOT provided, participant must be able to follow directions and use the restroom independently. Instructor-Lisa Carroll

16+ / 6 sessions / CSS
\$35

SPARE TIME BOWLING

#18AR26 Mondays, Sept 10–Nov 12, 4–5pm

Ten pin or Duckpins...learn fundamentals of bowling or come to improve skills and have fun. Includes two games and shoe rental each session. Instr.-Kathy McCaffrey

8–Adult / 10 sessions / Greenmount Bowl
\$52

BUTTON ART

#18AR27 Thursday, September 20, 5:30–8pm

A great fine motor skills workout using buttons to design almost anything. It's creative and colorful. Make a collage, silhouette, picture frame - or make an original project! Inclusive activity - fun for all! Register with your friends and family. Instr-Deb Long

8–Adult / 1 session / WSC

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

CARROLL COUNTY ADAPTIVE LACROSSE

#18AR28 DATES LISTED BELOW

Join this group for a small example of what's coming in Spring 2019. Lacrosse is great exercise and a great deal of fun!

Saturday, Sept 22nd 4-5:30pm Westminster High School

Saturday, Sept 29th 3-5pm Cape Henelopen High School, Lewes, DE

Saturday, October 6th 4-5:30pm Westminster High School

All Ages / 3 sessions / locations listed above

\$10

BOWS & BEAUS HOEDOWN

PRE-REGISTRATION is needed for this to be a successful program - please call today!

#18AR29 Friday, September 28, 7–9pm

An evening of rip roaring, yahooing, good ole' country fun with hot dogs, chips and ice tea! Our DJ is all about country, so come on out in your best western attire! 1on1 assistants, family and friends are welcome, but must also register. Please help us to have a successful event by pre-registering so that we are prepared with a sufficient headcount and enough supplies.

Adults 18+ / 1 session / CSS
\$6 person

HALLOWEEN FOAM FUN

#18AR30 Thursday, October 25, 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! Inclusive activity - fun for all! Register with your friends and family. Instructor-Deb Long

8–Adult / 1 session / WSC

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

NOW WE'RE COOKIN'

Thursday, November 8, 5:30–8pm

#18AR31 participant #18AR31-c 1v1

Make an easy to prepare meal, set a nice table, and socialize with friends around the table. Encourage your friends to register for this good food and fun time! All materials included. Bring a 1v1 only if you need the assistance but they must register also, and will join in the meal. Instructor-Vicki Sweet

16–Adult / 1 session / WMHS, B-215 (upstairs)

\$25 participant / \$15 1v1

ME TO WE JOURNEY: "Sight & Sound Theatre"

#18AR32 Friday, November 9, 10am–7pm

Registration and refund deadline is 10/1, no exceptions

Journeys are to enjoy alone or with your family in our group - register a 1v1 only if needed; parents & siblings are encouraged to register, but they do not have to attend. Venture out with our group to Sight & Sound Theatre in Lancaster, PA. We will have lunch at Cracker Barrel (cost is on your own) and then enjoy a 3pm show of "Jesus." Cost includes show ticket & transportation only; bring money for lunch, and souvenirs if you like. Space is very limited - don't miss the fun!

Adult / 1 session / Depart from RMC

\$85

CANDY CANE WONDERLAND FLOAT

#18AR33 Saturday, November 10, 11am–1:30pm

Drama 101 Style - Electric Holiday Parade (make, ride or walk)

Join us for an arts & crafts day as we create the float for the 2018 Westminster City Holiday Parade (Sat. 11/24 @ 5pm). Painting, costume making and plans for the parade float will be the focus. All are welcome! Instructors-Beth & Will Burgess

14–Adult / 1 session / RMC

\$15