



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

#18AR01 Tue, Mar 6-Apr 3, 6-6:30pm

#18AR02 Tue, Apr 17-June 5 (no 4/24, 5/1 and 5/8), 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! Instructor-Melanie Haifley

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

ME TO WE JOURNEY: “Ring of Fire”

#18AR03 Wednesday, March 14, 9:30am-6pm

Registration and refund deadline is 2/21, 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 Dutch Apple Dinner Theatre in Lancaster, PA for lunch and a 1:15 show. Cost includes lunch/show ticket and transportation; you may want to bring money for souvenirs.

Adult / 1 session / Depart from RMC
\$70

SWIMMING

#18AR04 Wednesdays, March 14-May 2

-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 to participate but must be in the same age group (a \$10 rebate is available for sibling registrants, given at completion of program). Instructor-Janis Krolus

2-Adult / 8 sessions / CSS
\$40

BLARNEY BLAST!

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

#18AR05 Friday, March 16, 7-9pm

Wear all of your favorite green apparel and come out for some DJ dance fun celebrating St. Patrick's Day! Light refreshments served. If you need one-on-one assistance, be sure they register, too! Please help us have a successful event by pre-registering so that we have a firm headcount, and note that all who attend must be registered (i.e., parent/guardian, 1v1, siblings).

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

DRAMA WORKSHOP

#18AR06 Tues, Mar 20-Apr 24, 6:30-8:30pm

Join us for a program focused on acting and drama. Learn to do improvisation, be a mime, have stage presence, bring emotion into your role and work with an ensemble. This will be a fun and energetic program. Instructors-Beth & Will Burgess

14-Adult / 6 sessions / WMHS, cafe
\$25

EASTER FOAM FUN

#18AR07 Wednesday, March 28, 5:30-8:30pm

Hoppin' good time with foam art for Easter - bunny ears included!

Instructor-Deb Long

8-Adult / 1 session / WMHS, Room #G-103

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

DISCO FITNESS

#18AR08 Wed, Apr 4-May 9, 6:30pm

Have fun while working out with disco music and lights! For 30-45 minutes each session target a varied range of muscle groups for a full body workout, and all can be modified to accommodate wheelchair participants, in a facility that specializes in serving those with neurological and developmental disabilities.

5-Adult / 6 sessions / Therafft
\$20

UNWIND & CREATE

#18AR09 Thur, Apr 5-Apr 19, 5:30-8:30pm

Join us in a creative space as we nurture ourselves through the power of art. Each session we will try a new relaxing art project (mosaics, mandalas) in a warm setting including herbal tea, essential oils (peppermint, lavender, frankincense, orange, rosemary, cedarwood), and meditative music. Family/friends are welcome to register to participate, too! Please note any allergies upon registration.

Instructor-Holly Augustine

12-Adult / 3 sessions / CSS

\$75

TRY IT, LOVE IT!

Offering three fun activities for individuals with disabilities and their families to try - register for one or all, equipment provided. Bring a 1v1 only if needed. Instructor-R&P staff.

All Ages / 1 session / \$5 per person

#18AR10 Pickleball Sunday, April 8, 4:30-6:45pm @ RMC

A fun sport that combines many elements of tennis, badminton and ping-pong. Played with a paddle and a plastic ball (equipment provided).

#18AR11 Disc Golf Sunday, April 22, 3:30-4:45pm @ Leister Park

Similar to regular golf however, instead of using golf clubs and balls aiming for a hole, Disc Golf players use golf discs and aim for a Disc Pole Hole, a pole extending up from the ground with chains and a basket where the disc lands. Meet at pavilion.

#18AR12 SNAG Golf Sunday, May 6, 3:30-4:45pm @ Krimgold Park

“Starting New at Golf” - a fun game that is easy to learn and can be played anywhere. SNAG contains all the elements of golf but in a modified form.

NOW WE'RE COOKIN'

#18AR13 Thursday, April 12, 5:30-8pm

Make an easy to prepare meal, set a nice table, socialize with friends around the table. Encourage friends to register too! Fee includes all materials. Instructor-Vicki Sweet

16-Adult / 1 session / WMHS, Room #B-215

\$25



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~ Continued ~

~ For those with mild to moderate disabilities ~

ADULT VOLUNTEERS ARE NEEDED!

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

JEWELRY LOVERS

#18AR14 Wednesday, May 2, 5:30-8:30pm

Make a piece of jewelry for yourself or someone special like mom or grandmom for the Mother's Day. Enjoy some creative time with your peers; friends and family are welcome to register, too. Instructor-Deb Long

8-Adult / 1 session / WSC

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

CHALLENGER LEAGUE

#18AR15 Wed, May 23-Jun 27, 6:30-7:30pm

Affiliated with "The Oriole Advocates" providing youth and adults the opportunity to enjoy the experience of playing baseball. The more players we have allows us to divide into age appropriate teams. Register early to be eligible for additional special events that may take place before June...maybe even a free O's game!

8-Adult / 6 sessions / CCSC

\$15

A PROGRAM TO ENJOY ALL YEAR LONG...

WILD ONES 2018

#17AR-WO18

Started in January, but its not too late to join us for another year filled with fun activities! This is an independent adult socialization group with 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 2018 year, additional fees will apply per activity. Coordinators-Cindy Welsh/Linda Graybill

Adult / up to 12 sessions / Location varies by activity

\$52 annual membership fee (additional fees will apply)

TOURNAMENT OF CHAMPIONS

Date is t/b/a, 9am-2pm

McDaniel College, Gill Gym

For those that do not qualify for Special Olympics but need a specialized event so that they can challenge themselves and demonstrate their skills. An exciting event designed to provide physically, visually and behaviorally challenged youth an opportunity to participate in a positive and fun-filled day involving self-challenging adapted sports skills. Participants do not compete against others, but rather challenge themselves to do their personal best! Some events include running, walking, wheelchair dashes, batting, throwing, and Wii. All events are modified to meet the individual needs of participants.

Date or Questions? ... William Vandegrift
wjvande@carrollk12.org

FREE EVENT

Must pre-register to participate - see listing for full details

BIKE RODEO

Saturday, May 19, 10am-3pm (raindate 5/20) at Westminster City Skate Park (adjacent parking area), Locust Street, Westminster

A community based public event to promote/instruct the sport of cycling/biking with both adaptive and typical bikes for fun, exercise, and promoting safety. Various organizations have partnered with Carroll County Department of Recreation and Parks to make this possible. Enjoy a special Skate Park performance! Food and bike vendors will be on hand for your convenience; literature will be available. To sign up, call the R&P office M-F, 8am-5pm, or email dgemmill@ccg.carr.org.

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

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. Anyone requiring an auxiliary aid or service for effective communication, or who has a complaint should contact the Department of Citizen Services, 410.386.3600 or 1.888.302.8978, or MD Relay 7-1-1/1.800.735.2258, as soon as possible, but no later than 72 hours before the scheduled event.