



ADAPTIVE RECREATION

FOR THOSE WITH MILD TO MODERATE DISABILITIES

NO EARLY BIRD OR SENIOR DISCOUNTS APPLY 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

#19AR01 March 5 - April 2

#19AR02 April 16 - May 14

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. Please wear tennis shoes and appropriate work out gear.

Instructor-Melanie Haifley

14-Adult / 5 sessions / CSS

\$17

SWIMMING

#19AR03 Wednesdays, March 6-April 24

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. 1 on 1 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

\$42

LET'S GET GREEN

#19AR04 Thursday, March 14th, 5:30-8pm

Celebrating St. Patrick's Day by creating different crafts, green of course, scrunchy four leaf clovers to dressing a leprechaun! Instructor-Deb Long

8-Adult / 1 session / WMHS

\$10 (+\$15.00 material fee due to instructor)

BLARNEY BLAST

#19AR05 Friday, March 15th, 7-9pm

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

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 1 on1 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, 1 on 1, siblings).

Adults 18+ / 1 session / RMC

\$7/person

NOW WE'RE COOKIN'

Thursday, April 4th, 5:30-8pm

#19AR06 participant #19AR06-c 1 v 1

Make an easy to prepare meal, set a nice table, socialize with friends around the table. Encourage friends to register too for this good food and fun time!

Fee includes all materials. Bring a 1 v 1 only if assistance is needed, but they must register also, and will join in on the meal. Instructor-Vicki Sweet

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

\$27 participant / \$17 1v1

CARROLL COUNTY ADAPTIVE LACROSSE

Sundays, 4-5:30pm

#19AR07 April 7-May 19 (no 4/21 & 5/12)

The Carroll County Adaptive Lacrosse program has received an equipment grant from US Lacrosse. All new equipment for registered players. Not included with these dates will be a program with the Parkville Adaptive Lacrosse Team.

All Ages / 5 sessions / Deer Park

\$10

SPRINGTIME ART

#19AR08 Thursday, April 11th, 5:30-8pm

Chasing away the spring rain by making colorful window art. All about spring – flowers, rainbows, and more. Join us! Instructor-Deb Long

8-Adult / 1 session / WMHS

\$10 (+15.00 material fee due to instructor)

BANDSTAND TWIST

#19AR09 Friday, April 26th, 7-9pm

Come on out for the band. Dancing and fun! Opportunities to play with the band. Two stations available: 1) Ladies have your nails done 2) Guys get a tattoo done (not permanent). Light refreshments. All who attend must register.

16-Adult / 1 session / RMC

\$7

FINGERPRINT ART

#19AR10 Thursday, May 16th, 5:30-8pm

Fingerprints are special, and we'll be using your fingerprints to personalize your art – it will be all about you! Please bring an old shirt to protect your clothes from the paints. Instructor-Deb Long

8-Adult / 1 session / WMHS

\$10 (+15.00 material fee due to instructor)

CHALLENGER LEAGUE (Looking for a coach)

#19AR11 Wednesdays, May 29-July 10, (no 7/3) 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 prior to May/June....maybe even a free O's game!

8-Adult / 6 sessions / CCSC

\$17

ME TO WE JOURNEY: Annapolis to St. Michael's via Watermark Cruises

#19AR12 Wednesday, June 26th, 8:30am-7pm (approx.)

Registration and refund deadline is May 29th, 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 from Annapolis to St. Michael's, MD via Watermark Cruises. Cost includes Chesapeake Maritime Museum, cruise and transportation; Bring money for lunch and souvenirs as we will be spending time on the island. Space is very limited - don't miss the fun!

Adult / 1 session / Depart from RMC

\$95



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FREE EVENTS

“WILD WESTMINSTER PLAYERS” PERFORMANCE (Drama 101)

Sunday, April 7th Performance Location: Carroll Arts Center

Call R&P's office @ 410-386-2103, or email dgemmill@carrollcountymd.gov for performance time, & free tickets.

Please come out, and support the group!

BIKE RODEO

Saturday, May 18th, 11:30am-3:30pm Location: Robert Moton Center

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 & Parks to make this possible. There is no fee. To sign up, call R&P's office M-F, 8am-5pm, 410-386-2103 or email dgemmill@carrollcountymd.gov. Food and bike vendors will be on hand for your convenience; literature will be available.

ENJOY THIS PROGRAM ALL YEAR LONG!

WILD ONES 2019

#18AR-WO19 January-December 2019, occurs monthly

Started in January, but it's 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 2019 year, additional fees will apply per activity.

Coordinators- Cindy Welsh & Stacy Latchaw

Adult / up to 12 sessions / Location varies by activity

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

TOURNAMENT OF CHAMPIONS

Date TBA, 9am-2pm Location: 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, please contact William Vandegrift at wjvande@carrollk12.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@carrollcountymd.org specialolympicscarrollcounty.org



For most up-to-date info, visit ccrecpark.org