

THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

FALL 2016



240-777-6870 | Register online at ActiveMONTGOMERY.org

En Español 240-777-6839

THERAPEUTIC RECREATION & INCLUSION SERVICES

Montgomery County Recreation welcomes and encourages individuals with disabilities to participate in recreation programs through Therapeutic Recreation Programs or Inclusion Services.

Therapeutic Recreation programs provide skill development, leisure education, personal development and recreation participation for individuals with various disabilities. The programs encourage socialization in order to nurture relationships among all participants. Specific target populations are included in the descriptions for each program.

Inclusion is an opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion support encourages the facilitation of meaningful relationships between all participants involved in MCR programs.

Inclusion services, such as interpreters, large print, auxiliary aids and/or companions support individuals with disabilities to participate in programs and facilities in an inclusive environment, but the structure of the activity, group size and participant to staff ratio remain the same.

No personal care is provided for any program.

Companions for Inclusion provide assistance to facilitate the inclusion of individuals with disabilities. Trained volunteers will facilitate participation and integration into the program. Placements are limited and are not guaranteed, so early notification is essential.

Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion; or email rec.mainstream@montgomerycountymd.gov

.....
Montgomery County Recreation is committed to compliance with the Americans with Disabilities Act (ADA). Please contact a Therapeutic Recreation Specialist at 240-777-6870 or rec.mainstream@montgomerycountymd.gov to request accommodations.
.....

TABLE OF CONTENTS

Therapeutic Recreation & Inclusion Services.....2

Aquatics.....4

Fitness and Wellness.....4-5

Arts.....6

Martial Arts.....6

Dance.....7

Sports.....7

Registration Form.....8-9

Specialty Programs.....10

Outdoor Adventure.....11

Special Events.....11

Weekend Adult Social Clubs.....12

Program Locations.....13

Special Events.....14-15



AQUATICS

TR SWIMMING FOR ADULTS WITH PHYSICAL DISABILITIES

Ages 18 & Up: This is a swimming and aquatic exercise class for people with MS and/or physical disabilities who want to work on their fitness and flexibility in an aquatic environment. One staff to six participants. No personal care provided.

8 Sessions \$42
21850 KSAC 9/22 Th 8pm-9pm

TR ADULT SWIM

Ages 18 & Up: For people with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. One staff to seven participants. No personal care provided.

8 Sessions \$42
21819 MLK 9/20 Tu 8pm-9pm
21820 GISC 9/21 W 8:30pm-9:30pm
21821 OSC 9/23 F 7:15pm-8:15pm
21822 OSC 9/23 F 8:15pm-9:15pm

FITNESS AND WELLNESS

CARDIO N' CORE

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching and aerobics for your cardio, core and more! One staff to 10 participants.

8 Sessions \$40
21826 Damascus CRC 10/6 Th 7pm-8pm

FUNFIT: ACTIVE FITNESS FUN

NEW Ages 14 & Up: For individuals with disabilities. A FUN-filled teen and adult high energy active class that includes group games, parachutes, music and more. This class reinforces group cooperation, balance, coordination, all while providing a great workout. A \$5 material fee is due to instructor at the first class. No personal care provided.

8 Sessions \$75
Instructor: Celia Kibler
21828 White Oak CRC 10/4 Tu 10am-10:45am

MOVING WITH MIKE

Ages 18 & Up: This is a class for people who want to get a workout while seated. It is designed for individuals with mobility issues but it's great for anyone who wants to maintain joint flexibility and muscle strength in a small supportive group setting. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$50
Instructor: Mike Alalof
21835 Germantown CRC 9/18 Su 1pm-2pm

SPIRIT CLUB

NEW Ages 14 & Up: S.P.I.R.I.T: Social-Physical-Interactive-Respectful-Integrated-Teamwork. This NEW specialized program for all abilities, led by a certified fitness instructor, focuses on balance, stability, flexibility, strength, endurance, agility, and social skills.

8 Sessions \$99

Instructor: Spirit Club

24147	Mid County CRC	9/29	Th	7pm-8pm
24162	Quince Orchard Valley Park	10/17	M	7pm-8pm

STRETCH N' TONE

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises. Good for the beginner and low-impact level. One staff to 10 participants.

8 Sessions \$40

21837	Glenmont Park	10/3	M	7pm-8pm
21838	Bauer Drive CRC	10/6	Th	7pm-8pm

TR YOGA BASICS

Ages 15 & Up: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on stretching the legs, back, and shoulders. Movements can be adapted by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$82

Instructor: Irene Bopp

21852	White Oak CRC	10/6	Th	1:30pm-2:30pm
21851	Bauer Drive CRC	10/11	Tu	4:30pm-5:30pm

TR ZUMBA

Ages 13 & Up: Every class is a party! Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one- and two-step instructions. One staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40

21854	Mid County CRC	10/6	Th	6pm-6:50pm
21827	Upper County CRC	10/6	Th	7pm-7:50pm

10 Sessions \$50

21853	Holiday Park SC	9/24	Sa	10am-10:50am
-------	-----------------	------	----	--------------

ARTS

BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 & Up: For people with disabilities. Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. One staff to 10 participants. No personal care provided.

8 Sessions

\$73

Instructor: Pamela Reid

21823	White Oak CRC	9/14	W	10:30am-11:30am
21824	White Oak CRC	9/14	W	12pm-1pm
21825	White Oak CRC	9/14	W	1:30pm-2:30pm

KALEIDOSCOPE ART

Ages 16 & Up with disabilities: Fun always happens at this structured program offering arts and crafts using various media to create one-of-a-kind art. Class is taught by a certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. One staff to five participants.

8 Sessions

\$50

21832	Plum Gar CRC	10/8	Sa	11am-12:30pm
-------	--------------	------	----	--------------

RELAXATION THROUGH COLORING

NEW Ages 14 & Up with disabilities. Coloring is now the new way to relax and reenergize with an array of markers, crayons or pencils. Books and coloring media are provided. Class is taught by a certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. One staff to five participants.

8 Sessions

\$50

23694	Plum Gar CRC	10/8	Sa	1pm-2:30pm
-------	--------------	------	----	------------

MARTIAL ARTS

KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 & Up: Youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements, and drills. Wear loose fitting clothes or white Gi (uniform). Beginners and all new students should enroll in the 9am class.

10 Sessions

\$93

Instructor: TKA Inc.

21833	Holiday Park SC	9/24	Sa	9am-9:45am
21834	Holiday Park SC	9/24	Sa	10am-10:45am

DANCE

TR INTRO TO BALLET

NEW Ages 5 to 9: Youth with physical disabilities. Discover the basics and fundamentals of classic ballet vocabulary and technique. An informal and nurturing setting will introduce students to the importance of strength, flexibility, rhythm and musicality in a fun, safe environment. Basics of performance will be covered over an eight week session. There will be a parent performance on the last day of class.

8 Sessions				\$75
Instructor: Robyn Lindsey				
25154	Germantown CRC	9/17	Sa	10:30am-11:15am
25155	White Oak CRC	9/17	Sa	12:45pm-1:15pm

TURN THE BEAT AROUND

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow two-step instructions. One staff to 10 participants.

8 Sessions				\$40
21856	East County	10/5	W	7pm-8pm
10 Sessions				\$50
21855	Holiday Park SC	9/24	Sa	11am-12pm

SPORTS

MIRACLE LEAGUE

The Miracle League gives people with disabilities the chance to play baseball on a level playing field where children with both physical and other disabilities can hit, run, and catch. During each Miracle League game, everyone is given an opportunity to hit the ball and score a run. Miracle League team members are assigned "buddies" who assist them in hitting the ball and "running" the bases.

9 Sessions \$50

Ages 4-15:

21857 S Germantown RP 9/10 Sa 10:30am-12pm

Ages 16 & Up:

21858 S Germantown RP 9/10 Sa 12pm-1:30pm

SOCCER LEAGUE TR

Ages 18 & Up: Soccer League For Teens and Adults, ages 18 & older, with developmental disabilities. Team registration is required. A registration form must be submitted for each participant. Each agency must provide a Team Manager/Coach to oversee individual practices and official league game days.

8 Sessions				\$42
21860	Rec Admin Office	9/11	Su	12pm-3pm

* Required Info | Info Requerida

REGISTRATION FORM | FOR

Check here if this is a new address, phone number or email address. Please print. This form may be copied.

Marque aquí si es una nueva dirección, número de teléfono o correo electrónico. Por favor, imprima. Este formulario puede ser copiado.

PARENT/GUARDIAN | PADRE/GUARDIÁN

Last Name Apellido *		First Name Nombre *	
Address Dirección *			City Ciudad
Home Phone Teléfono de Casa *		Work Phone Teléfono de Trabajo	

EMERGENCY CONTACT | EMERGENCIA CONTACTO

For participants under 18 | Participantes de 18

Name | Nombre

**Participant's Name (Last, First)
Apellido y Nombre del Participante**

**Birthday (mm/dd/yy)
Fecha de Nacimiento (mm/dd/yy)**

Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)

*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable to all activities).
*Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques Recreativos).

PAYMENT | PAGO

Name on Card Nombre en la tarjeta	Credit Card
Payer Address (if different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad

- Visa
 AmEx
 Check or Money Order
 MasterCard
 Discover

Make payable to: | Hacerlo a nombre de:
ActiveMONTGOMERY

MAIL Your Completed, Signed Form to:
If paying by credit card, you may **fax** your payment.

Envíe su formulario completo y firmado por usted a:
Si paga con tarjeta de crédito, puede enviar su pago por correo electrónico.

Cardholder Signature | Firma del Dueño de la Tarjeta _____

SIGNATURE IS REQUIRED* | *SE REQUIERE LA FIRMA

Participant or Parent/Guardian Signature | Participante o Padre/Guardián Firma _____

The participant assumes all risks associated with participation in the program; neither the County nor Montgomery Parks/M-NCPPC assumes any liability for injury or death resulting from participation in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC using the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or during participation.

El participante asume todos los riesgos asociados con la participación en el programa; ninguno ni el Condado ni Montgomery Parks/M-NCPPC asume cualquier responsabilidad por lesiones o muerte resultantes de la participación en el programa. El participante consiente el tratamiento de emergencia. El participante consiente el uso de su voz en cualquier forma que el Condado y Montgomery Parks/M-NCPPC desee, incluyendo televisión, impresión e Internet. Además, el participante es un menor, el padre o el guardián aprueba su participación en el programa. Ni el instructor ni el personal son responsables por los niños antes o durante la participación.

FORMULARIO DE INSCRIPCIÓN

Si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Este formulario puede ser reproducido.

Birthday Fecha de nacimiento (mm/dd/yy) *		Email	
City * Ciudad *		State Estado *	ZIP Código Postal
Cell Phone Celular			

Relationship Relación	Phone Telf.
-------------------------	---------------

Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
(Applicable for Parks activities) (Aplicable para actividades de los parques)			Total Amount Due: Cantidad Total:

* Required Info | Información requerida

Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
City Ciudad	State Estado	ZIP Código Postal

ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

Return your registration form to **240-777-6818**. If you need help completing this form, please call **240-777-6840**.

Address: ActiveMONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902

Mail your form to **240-777-6818**. Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

_____ Date | Fecha _____

<p align="center">Date Fecha _____</p> <p>Liability: I release the County and Montgomery Parks/M-NCPPC from any and all damages arising from participation in the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician before participating. The County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images, and any audio recordings made during the program. If the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant does not consent, the County and Montgomery Parks/M-NCPPC will not use the participant's image or likeness in any of the above mentioned ways.</p> <p>Responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico antes de participar. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC utilice las imágenes del participante y la posibilidad de mostrar sus imágenes en cualquier medio de comunicación, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones, etc. sean propiedad exclusiva del Condado y Montgomery Parks/M-NCPPC. Si el participante no consiente, el Condado y Montgomery Parks/M-NCPPC no utilizarán su imagen o semblanza en ninguna de las formas mencionadas anteriormente.</p>
--

SPECIALTY PROGRAMS

ENTERTAIN & CHALLENGE YOUR BRAIN

NEW Challenge your brain with fun games that test visual perception; pattern recognition; spatial relations; problem solving; logical, critical and strategic thinking; matching and memory skills; and brain teasing challenges. Many of these exciting games have a high degree of difficulty. Please keep this in mind prior to registration, as we want everyone set up for success. One staff to four participants.

6 Sessions \$30

Ages 7-13:

24206 Mid County CRC 10/8 Sa 11am-11:50am

Ages 14 & Up:

24202 Mid County CRC 10/8 Sa 10am-10:50am

TR BIG GAME NIGHTS

Ages 13 & Up: Have fun playing over-sized games with your friends, and come make new friends, too! Gym games, group games, board games, bingo, and more! Program meets on the second and fourth Friday of the month. One staff to five participants; no personal care. Theme nights make each night a new adventure.

- 9/23 Endless Summer Night - wear a beach t-shirt or hat
- 10/14 Football Fan Night - wear your favorite team jersey or colors
- 10/28 Halloween Happenings - wear a costume or funny mask
- 11/11 Twin Night - dress like your friend or your favorite star
- 12/9 Ugly Sweater Night - wear a funny sweater or shirt

5 Sessions \$40

21839 Bauer Drive CRC 9/23 F 7pm-9:30pm



OUTDOOR ADVENTURE

INCLUSION KAYAK TRIP

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. Both people need to register for the program. You will work together to learn the basic skills of kayaking and river safety. We will then take a kayak down the Potomac River. Please bring closed toe shoes (old sneakers, water shoes, etc), lunch and extra water, and a complete change of clothes. Please call 240-777-6895 for details or email: matt.rowe@montgomerycountymd.gov. Swimming ability is required

1 Session		\$50			
21831	Seneca Landing Boat Ramp		9/18	Su	9am-3pm

INCLUSION CANOE TRIP

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. Each individual needs to register for the program. You will work together to learn the basic skills of canoeing and river safety. We will then take a canoe trip down the Potomac River. Please bring closed toe shoes (old sneakers, water shoes, etc), lunch and extra water, and a complete change of clothes. Please call 240-777-6895 for details or email: matt.rowe@montgomerycountymd.gov. Swimming ability is required

1 Session		\$50			
21830	Seneca Landing Boat Ramp		10/8	Sa	9am-3pm

SPECIAL EVENTS

FAMILY FUN DAY

NEW Come celebrate fall and families at this special event. The day will include taking a family picture, dancing to a DJ, playing outside at the new outdoor Potomac Adaptive Sport Court, and lunch. We suggest, if you are planning to take a family picture, you bring a change of clothes to dance and/or play in. Pre-registration is required.

1 Session		\$15 (per family)			
24136	Potomac CRC		9/25	Su	12pm-3pm

WEEKEND ADULT SOCIAL CLUBS

Fun and exciting activities are ready for you in our Adult Social Clubs. Festivals, theatre performances, sporting events as well as craft nights and socials are offered each season. Membership fee now includes free admission to all TR Dances.

Annual membership is \$40.00. Trips and activities range in cost from free to \$50.00 (excluding spring weekend trip) and those fees are not included in the annual membership. Registration is ongoing and will be accepted year round. You will not be able to sign up for monthly activities until you have completed the Annual Membership Registration.

MEMBERSHIP PROCESS

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. You will receive a Calendar of Events that will have barcodes for each activity. All registrations should be sent to:

MCR, Attn: Registrar, 4010 Randolph Road
Silver Spring, MD 20902

LEISURE TIMES CLUB

Adults, ages 18 and older with developmental disabilities. Demonstrate self-care skills without assistance, independently follow adult direction and safety rules, remain with group and participate in activities. One staff to four participants.

WEEKENDERS CLUB

Adults, ages 18 and up with learning disabilities, ADD/ADHD and/or Asperger's. Should have basic money management skills and independently self-manage needs in active social settings. One staff to six participants.

SOCIALIZERS

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments. One staff to 10 participants. Accessible Van transportation provided for trips.

New Fee: Annual membership (October-June) ONLY \$40, individual activity fee will vary.

PROGRAM LOCATIONS

BAUER DRIVE CRC

14625 Bauer Drive
Rockville, MD 20853

DAMASCUS CRC

25520 Oak Drive
Damascus, MD 20872

EAST COUNTY CRC

3310 Gateshead Manor Way
Silver Spring, MD 20904

GERMANTOWN CRC

18905 Kingsview Road
Germantown, MD 20874

GERMANTOWN INDOOR SWIM CENTER (GISC)

18000 Central Park Circle
Boyd's, MD 20841

GLENMONT LOCAL PARK

3201 Randolph Road
Wheaton, MD 20902

HOLIDAY PARK SC

3950 Ferrara Drive
Silver Spring, MD 20906

KENNEDY SHRIVER AQUATIC CENTER (KSAC)

5900 Executive Boulevard
N. Bethesda, MD 20852

MARTIN LUTHER KING, JR. (MLK) SWIM CENTER

1201 Jackson Road
Silver Spring, MD 20904

MID-COUNTY CRC

2004 Queensguard Road
Silver Spring, MD 20906

OLNEY SWIM CENTER (OSC)

16605 Georgia Avenue
Olney, MD 20832

PLUM GAR CRC

19561 Scenery Drive
Germantown, MD 20876

POTOMAC CRC

11315 Falls Road
Potomac, MD 20854

POTOMAC ADAPTIVE SPORTS COURT

11315 Falls Road
Potomac, MD 20854

QUINCE ORCHARD VALLEY NEIGHBORHOOD PARK

12015 Suffolk Terrace
Gaithersburg, MD 20878

REC ADMIN OFFICE

4010 Randolph Road
Silver Spring, MD 20902

SENECA LANDING BOAT RAMP

13300 Riley's Lock Road
Darnestown, MD 20837

SOUTH GERMANTOWN RECREATIONAL PARK

18041 Central Park Circle
Boyd's, MD 20841

UPPER COUNTY CRC

8201 Emory Grove Road
Gaithersburg, MD 20877

WHITE OAK CRC

1700 April Lane
Silver Spring, MD 20904

PHOTO | Michael Walsh, MyMCMedia.org

Introducing **POTOMAC ADAPTIVE SPORTS COURT**

New Events



FAMILY FUN DAY

All ages invited! Come celebrate! The day will include taking family pictures, dancing to a DJ, playing outside at the new outdoor court and lunch!

Sunday, September 25

Noon to 3 p.m.

Cost: \$15 per family

Course No: 24136



INTRODUCTORY CLINICS FOR WHEELCHAIR LACROSSE & BASKETBALL

Ages 16 & Up: Come learn fundamentals on how to play wheelchair lacrosse and basketball! Four sessions are offered.

Sunday, September 18

Time: 10 a.m. to noon

Cost: \$40

Course No: 25412

11315 FALLS ROAD | POTOMAC, MD 20854

CONTACT (240) 777-6870 FOR MORE INFORMATION

SPECIAL EVENTS

ENCHANTED FOREST DANCE

Ages 15 & Up: It's time for our annual Halloween costume dance - come dressed as your favorite character in our very own "Enchanted Forest." Maybe you'll see Snow White, Shrek, Beauty and the Beast, Little Red Riding Hood or the Big Bad Wolf. Cost is \$10. Adult Social Club members are free.

October 29, 2016

7:00pm-10:00pm

Holiday Park Senior Center

Activity #21829



SEQUINS & BOWTIES SEMIFORMAL DANCE

Ages 15 & Up: Dress up in your shiny best for our holiday season semi-formal dance. Cost is \$10.

December 3, 2016

7:00pm-10:00pm

Holiday Park Senior Center

Activity #21836



Santa's Holiday Workshop

All Ages: Santa is visiting Tinsel Town! Have your picture taken with him while his helpers lead fun craft activities in a low key environment. Music, games, and refreshments, too! Please preregister, as space is limited. Free!

December 17, 2016

11:00am-1:00pm

Holiday Park Senior Center

Activity #21859





Therapeutic Recreation & Inclusion Services
4010 Randolph Road
Silver Spring, Maryland 20902



FALL 2016

