



# THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

SPRING 2016



240-777-6870 | Register online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)

# 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 between 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 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](mailto:rec.mainstream@montgomerycountymd.gov)

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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](mailto:rec.mainstream@montgomerycountymd.gov) to request accommodations.  
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# AQUATICS

## ADULT SWIM

Ages 18 & Up: This is a program designed to help individuals with disabilities get exercise and gain aquatic and social skills while having fun in a group setting. 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. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions				\$42
15728	MLK Swm Ctr	4/12	Tu	8:00pm - 9:00pm
15729	Germantown ISC	4/13	W	8:30pm - 9:30pm
15730	Olney Swm Ctr	4/15	F	7:15pm - 8:15pm
15731	Olney Swm Ctr	4/15	F	8:15pm - 9:15pm

## 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 work on their fitness and flexibility in an aquatic environment. 1 staff to 6 participants. No personal care provided.

8 Sessions				\$42
15746	Kennedy Shriver Aq Ctr	4/14	Th	8:00pm - 9:00pm

# ART

## BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 & Up: For people with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$20 materials fee due to instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions				\$73
Instructor: Pamela Reid				
15732	White Oak CRC	4/13	W	1:30pm-2:30pm
15733	White Oak CRC	4/14	Th	10:30am-11:30am
15734	White Oak CRC	4/14	Th	1:00pm-2:00pm

## 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 certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions				\$52
15737	Plum Gar NRC	4/9	Sa	11:00am-12:30pm*

\*Class now has a new time!

## EXTRAS

### DIG INTO FUN!

Ages 13-21 with disabilities: Enjoy a light breakfast at 8:30am. Earn 2 SSL hours prepping flower beds and possibly planting bulbs or flowers. Then we will have lunch and travel in vans to the Museum of Natural History for a fun and interactive experience. Please pack lunch and dress for work and play.

1 Session \$25  
16801 Holiday Park SC 3/24 Th 8:30am-3:30pm

### 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 second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Theme nights make each night a new adventure:

4/8 "Opening Day" Game Night - wear baseball team t-shirts and hats  
4/22 Pajama Party - wear your pajamas, robes, and fuzzy slippers  
5/13 Crazy Hat Night - wear a funny hat  
6/1 Luau Party - wear Hawaiian shirts or beach t-shirts.

4 Sessions \$32  
15745 Bauer Drive CRC 4/8 F 7:00pm-9:30pm

## FITNESS AND WELLNESS

### CARDIO 'N CORE

Ages 15 & Up: Teens and adults with disabilities. Get fit through movement, stretching, and aerobics for your cardio and core and so much more! 1 staff to 10 participants.

8 Sessions \$42  
15742 Damascus CRC 4/14 Th 7:00pm-8:00pm  
15752 Upper County CRC 4/14 Th 7:00pm-8:00pm

### FUNFIT: ACTIVE FITNESS FUN

Ages 14 & Up: 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 you're receiving a great workout. A \$5.00 materials fee is due to instructor at the first class. Participants must be able to indicate wants and needs. No personal care provided.

8 Sessions \$75  
Instructor: Celia Kibler  
15736 White Oak CRC 4/19 Tu 10:00am - 10:45am

## MOVING WITH MIKE

Ages 18 & Up: This is an exercise program designed for people with mobility issues or anyone who is interested in an aerobic workout from a seated position. This is a great class for people who want to maintain strength and flexibility in a small supportive group setting.

8 Sessions			\$50	
15740	Germantown CRC	4/10	Su	1:00pm - 2:00pm

## 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. 1 staff to 10 participants.

8 Sessions			\$42	
15741	Glenmont LP	4/11	M	7:00pm-8:00pm
15743	Bauer Drive CRC	4/14	Th	7:00pm-8:00pm

## 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				
15747	Bauer Drive CRC	4/12	T	4:30pm-5:30pm
15748	White Oak CRC	4/14	Th	1:30pm-2:30pm

## 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. 1 staff to 10 participants.

10 Sessions			\$52	
15751	Holiday Park SC	4/9	Sa	11:00am-12:00pm

## 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. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions			\$42	
15750	Mid County CRC	4/14	Th	6:00pm-6:50pm
10 Sessions			\$52	
15749	Holiday Park SC	4/9	Sa	10:00am-10:50am

## 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). New students attend 9am class.

10 Sessions				\$93
Instructor: TKA, Inc.				
15738	Holiday Park SC	4/9	Sa	9:00am - 9:45am
15739	Holiday Park SC	4/9	Sa	10:00am - 10:45am

## OUTDOOR ADVENTURE

### CANOE TRIP

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. Work together to learn the basic skills of canoeing and river safety and take a canoe trip down the Potomac River. Please bring closed toed shoes (old sneakers, water shoes, etc), lunch, extra water and a change of clothes. For details call 240-777-6895 or email [matt.rowe@montgomerycountymd.gov](mailto:matt.rowe@montgomerycountymd.gov). Swimming ability is required.

1 Session				\$50
15789	Seneca Landing BR	4/30	Sa	9:00am-3:00pm

### KAYAK TRIP

Ages 12 & Up: This is a program for a person with a disability and a family member or friend without a disability. Work together to learn the basic skills of canoeing and river safety and take a canoe trip down the Potomac River. Please bring closed toed shoes ( old sneakers, water shoes, etc), lunch, extra water and a change of clothes. For details call 240-777-6895 or email [matt.rowe@montgomerycountymd.gov](mailto:matt.rowe@montgomerycountymd.gov). Swimming ability is required.

1 Session				\$50
15865	Seneca Landing BR	5/22	S	9:00am-3:00pm

## SPORTS

### MIRACLE LEAGUE BASEBALL

The Miracle League gives people with disabilities the chance to play baseball. 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.

8 Sessions				\$50
Ages 4-14				
17155	S. Germantown Park	4/9	S	10:30am-11:45am
Ages 15 & Up				
17156	S. Germantown Park	4/9	S	12:00pm-1:15pm

# REGISTRATION

Check here if this is a new address, phone number or e-mail address.

## PARENT/GUARDIAN

Last Name *		First Name *	
Address *			City *
Home Phone *		Work Phone	

## EMERGENCY CONTACT

For participants under 18

Name \_\_\_\_\_

Participant's Name (Last, First)	Birthday (mm/dd/yy)	Sex	Activity Name

\*Non-County residents include an additional \$15 per participant, per activity for Montgomery County Recreation Department activities (not applicable to all activities).

## PAYMENT

Name on Card	Credit Card #
Payer Address (If different than above)	City

- Visa
  - MasterCard
  - Check or Money Order
- Make payable to:  
**ActiveMONTGOMERY**

- AmEx
- Discover

**MAIL Your Completed, Signed Form to: ActiveMONTGOMERY**  
If paying by credit card, you may **fax** your registration form to \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

### \*SIGNATURE IS REQUIRED\*

#### Participant or Parent/Guardian Signature

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. The participant consents to emergency treatment. The participant also consents to the use of his or her name, photograph, motion picture film, or electronic images, and any audio recordings made of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC deems appropriate. All electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves.

# REGISTRATION FORM

Provide an email address. Please print. This form may be copied.

Birthday (mm/dd/yy) *		Email	
		State *	ZIP
Cell Phone			

Relationship	Phone
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Name	Activity Number	Fees*
Applicable for Parks activities)	<b>Total Amount Due:</b>	

\* Required Info

Card Number	Security Code	Expiration Date
		State
		ZIP

**MONTGOMERY • 4010 Randolph Rd. • Silver Spring, MD 20902**  
**240-777-6818.** If you need help completing this form, please call **240-777-6840.**

Date \_\_\_\_\_

Date \_\_\_\_\_

I consent to the County and Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, audio recordings, and M-NCPPC websites, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, and audio recordings may be used to promote his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

NEW! EASIER ONLINE REGISTRATION

# Active MONTGOMERY

ACTIVITIES, FACILITIES & MEMBERSHIP



... AND MORE!

One account is all you need to register for activities, reserve available facilities and purchase memberships offered by Montgomery Parks, Montgomery County Recreation and CUPF!

[ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org)



**CONTACT US: PARKS 301-495-2580  
RECREATION 240-777-6840 / CUPF 240-777-2725**

# WEEKEND ADULT SOCIAL CLUBS

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Adult clubs are designed to enhance community participation and socialization. Outings to Festivals, Toby's Dinner Theatre, sporting events at the University of Maryland, Baseball Games and more! Social Clubs also have Wellness Activities, Game Nights, Craft Activities and Dinner Parties. Events require members to actively participate in community trips and group activities. Membership fee now includes free admission to the TR Special Event dances.

## 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 21 and older with developmental disabilities.  
1 staff to 5 participants. Average 2-3 activities per month.  
**Spring Membership only (April-June) \$40.00**

## WEEKENDERS CLUB

Adults, ages 18 and older with learning disabilities.  
1 staff to 6 participants. Average 2-3 activities per month.  
**Spring Membership only (April-June) \$40.00**

## SOCIALIZERS

Adults, ages 21 and older with learning disabilities, physical disabilities, vision and/or hearing impairments.  
1 staff to 10 participants. Average 1 activity per month.  
Base meeting site: Inwood House.  
Accessible Van transportation provided to activities.  
**Spring Membership only (April-June) \$20.00**

# PROGRAM LOCATIONS

## **BAUER DRIVE CRC**

14625 Bauer Drive  
Rockville, MD 20853

## **DAMASCUS CRC**

25520 Oak Drive  
Damascus, MD 20872

## **GERMANTOWN INDOOR SWIM CENTER**

18000 Central Park Circle  
Boys, 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**

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**

16605 Georgia Avenue  
Olney, MD 20832

## **PLUM GAR NRC**

19561 Scenery Drive  
Germantown, MD 20876

## **SENECCA LANDING BOAT RAMP**

13300 Riley's Lock Road  
Darnestown, MD 20837

## **SOUTH GERMANTOWN RECREATIONAL PARK**

18041 Central Park Circle  
Boys, MD 20841

## **UPPER COUNTY CRC**

8201 Emory Grove Road  
Gaithersburg, MD 20877

## **WHITE OAK CRC**

1700 April Lane  
Silver Spring, MD 20904

# NOTE

Wheaton Neighborhood Recreation Center is closing for renovation in March 2016. Please join us at our new locations:

- Slow 'n Easy Aerobics now Stretch 'n Tone at Glenmont Local Park
- TR Big Game Night at Bauer Drive CRC
- TR Zumba now at Mid County CRC

# THERAPEUTIC RECREATION CAMPS

We offer a variety of indoor and outdoor activities that are exciting and age appropriate. A smaller, structured camp setting, nurturing staff, and friendships lead to a FUN experience! One or two week registration options include full day and half day camps to compliment ESY. We even have extended summer programs! Make new friends, visit cool places and learn new games. Please bring a lunch and dress for active play!

## INDIVIDUALS WITH AUTISM

Camp Apollo	Ages 6 – 10	Rock Terrace HS
Camp Atlas	Ages 11 – 14	Wood MS
Camp Achilles	Ages 14 – 21	Wood MS

## INDIVIDUALS WITH LEARNING DISABILITIES, ADD/ADHD AND/OR ASPERGER'S

Camp Cherokee	Ages 6 – 12	Rock Terrace HS
TR Extra Summer Fun	Ages 6 – 12	Bauer Drive CRC
Camp Pines	Ages 6 – 10	Parkland MS
Camp Bullseye	Ages 11 – 14	Parkland MS
TR Summer Teen Center	Ages 14 – 21	Parkland MS

## INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES

Camp Chesapeake	Ages 14 – 21	Wood MS
Camp Odyssey	Ages 11 – 21	Wood MS
Camp Personal Pursuits	Ages 14 – 21	Rock Terrace HS

## INDIVIDUALS WITH MULTIPLE/SEVERE DISABILITIES

Camp Creative Afternoons	Ages 5 – 21	Stephen Knolls ES & Longview School
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## INDIVIDUALS WITH PHYSICAL DISABILITIES

Camp Project Discovery Ages 4 – 18 Wood MS  
*For more information about Camp Project Discovery call 301-657-4959.  
MCPS registration is required for this camp*

**FOR MORE INFORMATION VISIT  
ACTIVEMONTGOMERY.ORG**

## ADDITIONAL CAMPS

### TR EXTENDED CAMP

Afternoon Therapeutic Recreation Extended Camp program to compliment Camps Chesapeake, Odyssey, Pines, Bullseye, TR Extra Summer Fun, and TR Summer Teen Center.

#### Parkland MS

12531	6/27-7/1	3:30pm-6:00pm	\$25
12538	7/5-7/15	3:30pm-6:00pm	\$45
12539	7/18-7/29	3:30pm-6:00pm	\$50

#### Wood MS

12546	6/27-7/1	3:30pm-6:00pm	\$25
12548	8/1-8/5	3:30pm-6:00pm	\$25
12668	8/8-8/12	3:30pm-6:00pm	\$25

### HOW TO TAME YOUR KAYAK

Ages 13 - 18: This program is structured to provide an inclusive environment for individuals with ADD/ADHD, ED as well as participants without disabilities.

#### Pick-up/Drop-off at Germantown CRC

12777	8/1-8/5	8:30am-4:00pm	\$250
12778	8/8-8/12	8:30am-4:00pm	\$250

#### Pick-up/Drop-off at Bauer Drive CRC

13247	8/1-8/5	8:30am-4:00pm	\$250
12779	8/8-8/12	8:30am-4:00pm	\$250



## SPECIAL EVENTS



# GOOD VIBRATIONS

Ages 15 & Up: Celebrate the summer coming with some Beach Boys tunes and beach balls. Wear your favorite beach t-shirt or Hawaiian shirt. All dancers pay \$8.00 pre-registered or \$10 at door.

**Saturday, April 30 • 7-10PM**  
**Holiday Park Senior Center**  
**Activity No. 15744**

# Rock THIS TOWN

An illustration of a blue electric guitar with a yellow neck and a white pickguard.

Ages 15 & Up: We are going to Rock this Town, Rock it inside out"! Dance and party hard as we kick off the Summer of '16! Rock On! All dancers pay \$8.00 pre-registered or \$10 at door.

**Saturday, June 11 • 7-10PM**  
**Holiday Park Senior Center**  
**Activity No. 15735**



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



**SPRING 2016**

