

THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

WINTER 2016



240-777-6870

Register online at ActiveMONTGOMERY.org

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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



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

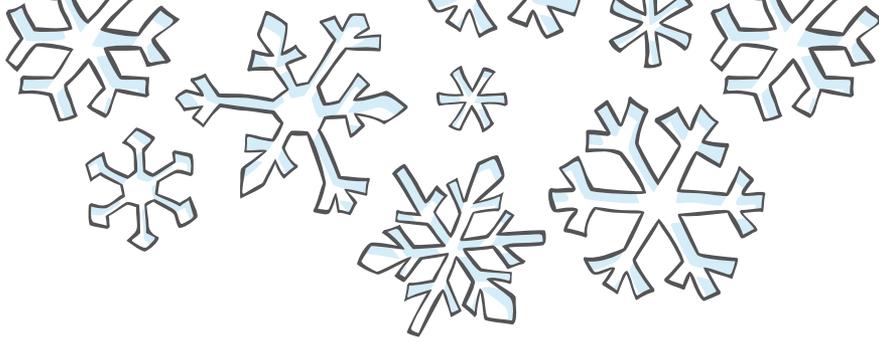
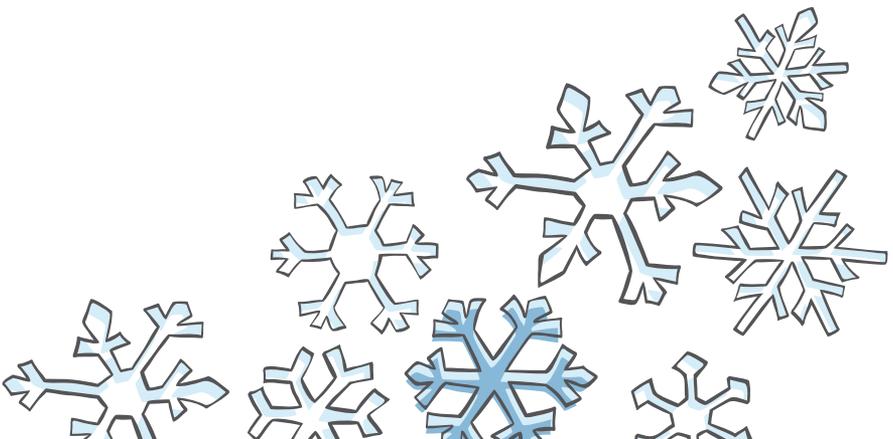


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PROGRAM LOCATIONS

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

Holiday Park Senior Center
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

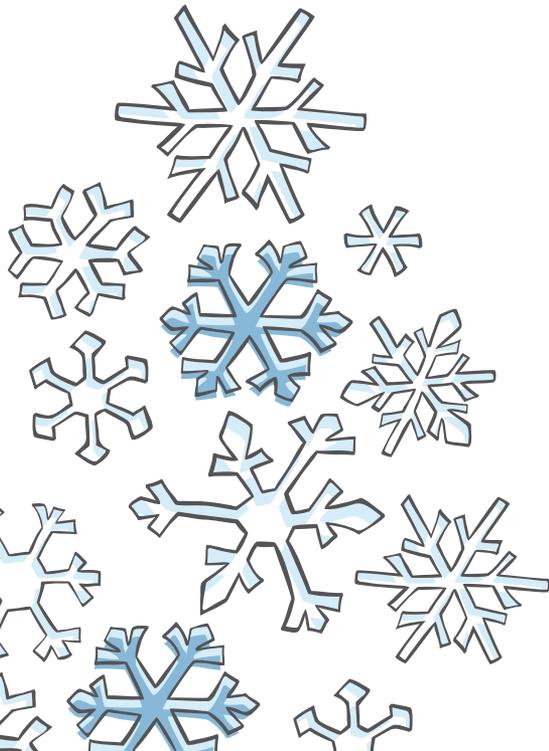
Plum Gar NRC
19561 Scenery Drive
Germantown, MD 20876

**Recreation
Administration Offices**
4010 Randolph Road
Silver Spring, MD

Upper County CRC
8201 Emory Grove Road
Gaithersburg, MD

Wheaton NRC
11711 Georgia Avenue
Wheaton, MD

White Oak CRC
1700 April Lane
Silver Spring, MD



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

**REASONABLE ACCOMMODATION ENABLES
SUCCESSFUL PARTICIPATION.**

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.

ART

BEGINNING HANDBUILT POTTERY FOR ADULTS

Ages 18 & Up, 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 instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions		\$73			
Instructor:Pamela Reid					
10773	White Oak CRC	1/13	W	1:30pm-2:30pm	
10774	White Oak CRC	1/14	Th	10:30am-11:30am	
10775	White Oak CRC	1/14	Th	1:00pm-2:00pm	

KALEIDOSCOPE ART

Ages 16 & Up: Fun always happens at this structured program offering arts and crafts using various media to create one of a kind art. Participants should be able to follow simple instructions, understand basic rules and express needs. 1 staff to 5 participants.

8 Sessions		\$52			
10776	Plum Gar NRC	1/16	Sa	12:30pm-2:00pm	

TR AQUATICS

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. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions		\$42			
10777	MLK Swm Ctr	1/12	Tu	8:00pm - 9:00pm	
10778	Germantown ISC	1/13	W	8:30pm - 9:30pm	
10779	Olney Swm Ctr	1/15	F	7:15pm - 8:15pm	
10780	Olney Swm Ctr	1/15	F	8:15pm - 9:15pm	

TR SWIMMING FOR ADULTS WITH PHYSICAL DISABILITIES

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. Staff Ratio 1 to 6. No personal care provided.

8 Sessions		\$52			
10788	Kennedy Shriver Aq Ctr	1/14	Th	8:30pm - 9:30pm	

FITNESS AND WELLNESS

FUNFIT: ACTIVE FITNESS FUN

Ages 14 and Up 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. 10 Sessions

8 Sessions \$75

Instructor: Funfit

12782 White Oak CRC 1/19 Tu 10:00am - 10:45am

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).

10 Sessions \$93

Instructor: TKA, Inc.

10781 Holiday Park Sr Ctr 1/9 Sa 9:00am - 9:45am

10782 Holiday Park Sr Ctr 1/9 Sa 10:00am - 10:45am

MOVING WITH MULTIPLE SCLEROSIS

Ages 18 & Up, participants with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$50

10783 Germantown CRC 1/10 Su 1:00pm - 2:00pm



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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Activity Name	Activity Number	Fees*
Applicable for Parks activities)	Total Amount Due:	

* 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 desires, including television, print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, and audio recordings be used for promotional purposes for his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

SLOW 'N EASY AEROBICS

Ages 15 & Up: Teens and adults with disabilities. Exercise to music and get fit through movement, stretching and coordination. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

8 Sessions		\$42			
10784	Wheaton NRC	1/11	M	7:00pm-8:00pm	
10785	Bauer Drive CRC	1/14	Th	7:00pm-8:00pm	
10786	Damascus CRC	1/14	Th	7:00pm-8:00pm	

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.

8 Sessions		\$42			
10794	Upper County CRC	1/14	Th	7:00pm-8:00pm	
10795	Wheaton NRC	1/14	Th	7:00pm-8:00pm	
10 Sessions		\$52			
10793	Holiday Park Sr Ctr	1/9	Sa	11:00am-12:00pm	

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 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					
10789	Bauer Drive CRC	1/12	Tu	4:30pm-5:30pm	
10790	White Oak CRC	1/14	Th	1:30pm-2:30pm	

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

8 Sessions		\$42			
10792	Wheaton NRC	1/14	Th	6:00pm-6:50pm	
10 Sessions		\$52			
10791	Holiday Park Sr Ctr	1/9	Sa	10:00am-10:50am	

SOCIAL SKILL DEVELOPMENT

TR BIG GAME NIGHTS

Ages 13 & Up with disabilities: 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:

- 1/8 Happy New Year! - Wear a fun "party" hat
- 1/22 Football Fan Night - Wear your favorite football team colors
- 2/12 Sweetheart Party - Wear red
- 2/26 Friday Night Fiesta - Wear bright colors
- 3/11 St. Patty's Party - Wear green

5 Sessions \$42
10787 Wheaton NRC 1/8 F 7:00pm-9:30pm



SPORTS

TR BASKETBALL LEAGUE

Ages 18 & Up with disabilities: Team pre-registration required (minimum 8 and max 15) A registration form must be submitted for each participant. Each agency must provide a manager/coach.

8 Sessions \$52
12431 Mid County CRC 1/24 Su 12:00pm-2:30pm

POLAR BEAR **Family Swim Pool Party**

All Ages: Everyone is invited to enjoy an evening of water slides, floating in the leisure pool or relaxing in the spas! All attendants must register and have swim attire to be on the pool deck. No personal care provided.

Saturday, March 5, 2016

7:30pm-9:30pm

Germantown ISC

Course # 11716

\$4.00



SUPERBOWL "L" DANCE

Ages 15 & Up: Celebrate the 50th Super Bowl coming with a big dance party. Wear your favorite team's jersey and colors. Prizes for most creative Football Fans!

**Saturday, January 30, 2016
7:00pm-10:00pm
Holiday Park Senior Center
Course #11635
\$8.00 pre-registered
\$10.00 at-the-door**



BOOT SCOOTIN' BOOGIE DANCE

Ages 15 & Up: Calling all cowboys and cowgirls – let's go heel, toe, do-si-do in the Wild West! Don't forget your boots and hats.

**Saturday, March 12, 2016
7:00pm-10:00pm
Holiday Park Senior Center
Course #11636
\$8.00 pre-registered or \$10.00 at-the-door**



WEEKEND ADULT SOCIAL CLUBS

Adult clubs are designed to enhance community participation and socialization. Look at some of the fun Activities that are detailed in a Calendar of Events. Outings to Festivals, Toby's Dinner Theatre, sporting events at the University of Maryland, High School Musicals 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 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.

Winter Membership only (January-March) \$40.00

WEEKENDERS CLUB

Adults, ages 18 and older with learning disabilities.
1 staff to 6 participants. Average 2-3 activities per month.

Winter Membership only (January-March) \$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.

Winter Membership only (January-March) \$20.00



TR Camps are FUN, develop positive peer friendships, and improve self-esteem, are waiting here for you! We offer age appropriate activities in an exciting, safe and supportive setting. Our theme weeks encourage self-expression in a caring and structured environment.

Camps Sessions coordinate with MCPS
Extended School Year [ESY] dates and times.

THERAPEUTIC RECREATION SUMMER CAMPS

CAMP REGISTRATION STARTS
ON JANUARY 19, 2016.



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



WINTER 2016

Mailing List Update

Help us update our mailing list.

To add or remove your name from our list,
please call 240-777-6870, or send an email to
rec.mainstream@montgomerycountymd.gov