



# THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

## SUMMER 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)

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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# PROGRAM LOCATIONS

**BAUER DRIVE CRC**

14625 Bauer Drive  
Rockville, MD 20853

**DAMASCUS CRC**

25520 Oak Drive  
Damascus, MD 20872

**GERMANTOWN ISC**

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

**SENECCA LANDING  
BOAT RAMP**

13300 Riley's Lock Road  
Darnestown, MD 20837

**UPPER COUNTY CRC**

8201 Emory Grove Road  
Gaithersburg, MD 20877

# AQUATICS

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

8 Sessions				\$42
19946	MLK Swm Ctr	6/14	T	8:00pm-9:00pm
19947	Germantown ISC	6/15	W	8:30pm-9:30pm
19948	Olney Swm Ctr	6/17	F	7:15pm-8:15pm
19949	Olney Swm Ctr	6/17	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
19958	Kennedy Shriver AC	6/16	Th	8:00pm-9:00pm

# AEROBIC EXERCISE

## 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.

6 Sessions				\$30
19950	Damascus CRC	6/30	Th	7:00pm-8:00pm
19951	Upper County CRC	6/30	Th	7:00pm-8:00pm

## STRETCH 'N TONE

Ages 15 & Up: Teens and adults with disabilities. Help tone your body's muscles and encourage flexibility through stretching exercises. Participants should be able to follow one and two step instructions. 1 staff to 10 participants.

6 Sessions				\$30
19956	Glenmont LP	6/27	M	7:00pm-8:00pm
19957	Bauer Drive CRC	6/30	Th	7:00pm-8:00pm

## 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.

6 Sessions				\$30
19959	Holiday Park SC	6/25	Sa	10:00am-10:50am

# DANCE

## TURN THE BEAT AROUND

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dances for all occasions. Participants should be able to follow two-step instructions. 1 staff to 10 participants.

6 Sessions \$30  
19961 Holiday Park SC 6/25 Sa 11:00am-12:00pm

# 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.

6 Sessions \$56  
Instructor: TKA Inc.  
19954 Holiday Park SC 6/25 Sa 9:00am-9:45am  
19955 Holiday Park SC 6/25 Sa 10:00am-10:45am

# OUTDOOR ADVENTURE

## 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. 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 shoe, 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 Sessions \$50  
19952 Seneca Landing BR 7/16 Sa 9:00am-3:00pm

## 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. 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 shoe, 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 Sessions \$50  
19953 Seneca Landing BR 7/23 Sa 9:00am-3:00pm



# 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 may determine. 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

Print your name and 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 for promotional purposes for the County and Montgomery Parks/M-NCPPC. 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**



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  
IS ONGOING



### **Monday, August 15, 2016**

Co-sponsored by the Montgomery County Agricultural Fair, the City of Gaithersburg and Montgomery County Recreation. The VIP Day Committee is asking for your help in identifying children who would benefit from this program. In order to be selected as a VIP, the child must be a resident of Montgomery County between the ages of 5 & 14, must have a disability or a life threatening illness. The family must be able to attend the Fair on Monday, August 15, as honored guest.

If you know of a child or children, who have not previously been a VIP and would benefit from this special program, please call 240-777-6870 for an application. All applications are due by July 5, 2016.

## SPECIAL EVENTS



Ages 15 & Up with disabilities:  
Celebrate summer with your friends!  
DJ and dancing, games and FOOD!  
Pre-registration is required.

Saturday, July 16, 2016  
1:00pm-4:00pm  
Mid-County CRC  
Cost: \$10 Course No: 19944



Ages 18 & Up with disabilities, their family and friends. Spend the day in Hershey, PA - oh how sweet it is! Amusement park rides, a water park, and shows to entertain...and don't forget Hershey's Chocolate World! Park admission, one meal voucher, and bus transportation included in fee. Trip departs from and returns to MCR Administration Offices.

Saturday, August 20, 2016  
9:00am-9:00pm  
Cost: \$60 Course No: 19945



For individuals with disabilities, their families and friends. Everyone is invited - parents and caregivers admitted free with registered participants. Grab an inner tube and float around the lazy river, swim in the open pool, splash down the water slides - it's your time for fun! No personal care provided. Pre-registration preferred for safety.

Sunday, August 14, 2016  
9:30am-11:30am  
MLK Outdoor Pool  
Cost: \$4 Course No: 19962



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



**SUMMER 2016**

