



MONTGOMERY COUNTY
Recreation

THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

SPRING 2019



See page 9

www.mocorec.com

240-777-6870 | Hablamos Español

ALL-STAR

Baseball



Saturday, April 27, 2019

6:30-9:30 p.m.

Holiday Park Senior Center

Activity 63717

COST: \$10

Ages 15 and Up: "Take me out to the ballgame." Baseball is back in season. Dress in your favorite team's shirt and baseball cap. Pizza and DJ included.

Saturday, June 29, 2019

6:30-9:30 p.m.

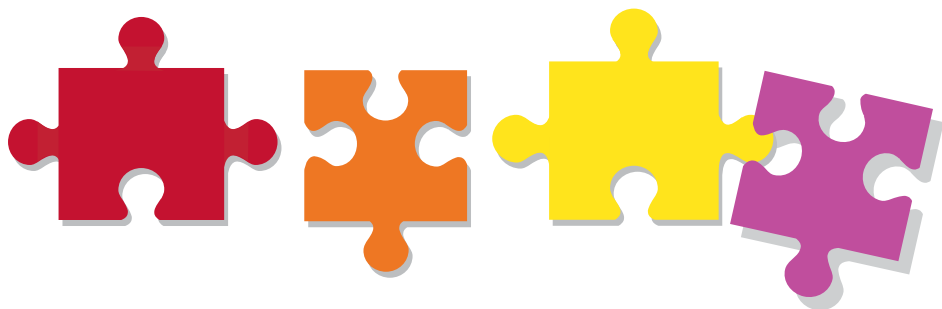
Holiday Park Senior Center

Activity 63718

COST: \$10

Ages 15 & Up: Kick up your boots for a fun night in the wild west! Wear your favorite jeans and plaid shirts for some good old-fashioned country dancing. Pizza and DJ included.





THERAPEUTIC RECREATION & INCLUSION SERVICES

The role of Therapeutic Recreation is to assist individuals with disabilities in maximizing their self-sufficiency and independence through recreation activities. Goals for program participation can include community integration, health & wellness, physical activity, independence, creativity, sensory integration, motor skill development, sportsmanship and more.

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

Inclusion services, such as interpreters, large print, auxiliary aids and companions support individuals with disabilities to participate in programs and facilities in an inclusive environment, where the structure of the activity, group size and participant-to-staff ratio remain the same. Placements are limited and are not guaranteed, so early notification is essential.

Personal care is not provided for any program. If you are bringing a personal care assistant, please let us know.

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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 to request accommodations.

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AQUATICS

Program goals: improve flexibility, socialization, and physical activity

TR ADULT SOCIAL SWIM

Ages 18 & Up: Get wet, get some exercise and make new friends. Adapted aquatics and swim instruction in a group setting. One staff to seven participants. No personal care assistance provided.

6 Sessions	\$30			
63730	MLK	4/9	Tu	8-9 p.m.
8 Sessions	\$40			
63731	GISC	4/10	W	8:30-9:30 p.m.
63732	OSC	4/12	F	7:15-8:15 p.m.
63733	OSC	4/12	F	8:15-9:15 p.m.

ARTS

Program goals: improve fine motor skills, step by step thinking and social interactions

HANDBUILT POTTERY

Ages 18 & Up: Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. One staff to eight participants. No personal care provided. \$20 materials fee due at first session.

8 Sessions	\$70			
Instructor: Pamela Reid				
63710	White Oak CRC	4/10	W	10:30-11:30 a.m.
63711	White Oak CRC	4/10	W	1:30-2:30 p.m.

KALEIDOSCOPE ART

Ages 14 & Up: 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. One staff to five participants.

8 Sessions	\$32			
63712	Plum Gar CRC	4/6	Sa	11 a.m.-12:30 p.m.



COOKING

Program goals: improve fine motor skills, step by step thinking and social interactions



COOKING WITH FAMILY: APPLE PIE & APPLE CREATIONS

Ages 6 & Up: Let's get cooking and creating. This class is for an individual with disability and a family member to cook together. Yummy creations that will satisfy your tummies. All food ingredients supplied. Please bring/ wear an apron or clothes that you don't mind possibly getting messy. Cost includes one participant and one parent.

1 Session	\$10			
63706	Holiday Park SC	4/13	Sa	10:30 a.m.-12:30 p.m.

COOKING WITH FAMILY: QUESADILLAS & SALSA

Ages 6 & Up: Let's get cooking and creating. This is a class for an individual with disabilities and a family member to cook together. Yummy creations that will satisfy your tummies. All food ingredients supplied. Please bring/ wear an apron or clothes that you don't mind possibly getting messy. Cost includes one participant and one parent.

1 Session	\$10			
63707	Holiday Park SC	5/4	Sa	10:30 a.m.-12:30 p.m.

GENERAL FITNESS

Program goals: improve balance, flexibility, coordination, body awareness and physical activity

CARDIO 'N CORE

Ages 15 & Up: Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core. One staff to 10 participants.

8 Sessions	\$40			
63704	Damascus CRC	4/11	Th	7-8 p.m.

CHEER AEROBICS

Ages 13 & Up: Cheer your way to fun and fitness. Shake pom poms and dance to music to get your heart and body moving. Pom poms provided for use during class. One staff to 10 participants.

8 Sessions	\$40			
63705	Holiday Park SC	4/8	M	6-7 p.m.

* Required Info | Info Requerida

REGISTRATION FORM | FORMULARIO DE REGISTRO

☐ 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 N a.m.e Apellido *	First N a.m.e 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 años o menos

N a.m.e | Nombre

Participant's N a.m.e (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 County Parks).
*Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques del Condado).

PAYMENT | PAGO

N a.m.e on Card Nombre en la tarjeta	Credit Card Tarjeta de Crédito
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad

☐ Visa ☐ a.m.Ex ☐ Check or Money Order

☐ MasterCard ☐ Discover

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

Envíe su formulario completo y firmado a:
 Si paga con tarjeta de crédito, puede enviarlo por fax a:

Make payable to: | Hacerlo a nombre de:
ActiveMONTGOMERY

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 damage to the participant or property. The participant also consents to the County and Montgomery Parks/M-NCPPC using the participant's name and image for promotional purposes. The participant also consents to the County and Montgomery Parks/M-NCPPC releasing the participant from all claims and damages, including attorney's fees, arising out of or from participation in the Program. For further information, please contact the County or Montgomery Parks/M-NCPPC.

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 daños al participante o propiedad. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC utilicen el nombre y la imagen del participante para fines promocionales. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC liberen al participante de todas las reclamaciones y daños, incluyendo honorarios de abogados, que surjan de o por la participación en el Programa. Para obtener más información, comuníquese con el Condado o Montgomery Parks/M-NCPPC.

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.
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Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	Fees * Costo *
Total Amount Due: Cantidad Total:			

(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

For 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 llámenos al **240-777-6840**.

____ Date | Fecha _____

<p>____ Date Fecha _____</p> <p>By signing this form, the participant agrees to the terms of the program. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician before participating. The participant'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, 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 dies prior to or after scheduled Program.</p> <p>Al firmar este formulario, el participante acepta los términos del programa. Debido a la naturaleza persistente de algunas actividades, se le recomienda consultar con un médico antes de participar. El participante acepta que el Condado de Montgomery Parks/M-NCPPC utilice las imágenes del participante y la posibilidad de demostrar el programa de los parques de Montgomery Parks/M-NCPPC, incluyendo televisión, impresos, páginas del internet. Además, el participante consiente que las fotos, películas, grabaciones,</p>



KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 & Up: 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). This class is for students who have basic skills. Beginners and all new students should enroll in the 9 a.m. class.

10 Sessions \$75

Instructor: TKA Inc.

63713	Holiday Park SC	4/6	Sa	9-9:45 a.m.
63714	Holiday Park SC	4/6	Sa	10-10:45 a.m.

MOVING WITH MIKE

Ages 18 & Up: This is a class for people who want to get a work out while seated. It is designed for individuals with mobility issues, but its 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

63715	Germantown CRC	4/14	Su	1-2 p.m.
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STRETCH 'N TONE

Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. Ideal for beginners. Participants should be able to follow one and two step instructions. One staff to 10 participants.

8 Sessions \$40

63725	Potomac CRC	4/9	Tu	7-8 p.m.
63726	Damascus CRC	4/11	Th	6-7 p.m.

TR ZUMBA

Ages 13 & Up: Every class is a party. Experience the fitness craze of Zumba. An exciting mix of Latin and international rhythms with aerobic dance moves. One staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions \$40

Ages 7-12

63738	Holiday Park SC	4/6	Sa	12-12:45 p.m.
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Ages 13 & Up

63737	Holiday Park SC	4/6	Sa	10-10:50 a.m.
63736	Upper County CRC	4/11	Th	7-7:50 p.m.

TURN THE BEAT AROUND

Ages 13 & Up: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. One staff to 10 participants.

8 Sessions		\$40		
63739	Holiday Park SC	4/6	Sa	11 a.m.-12 p.m.
63740	East County CRC	4/10	W	7-8 p.m.

WALK THIS WAY

All Ages: Each month enjoy a different walking trail. Trails vary from one to two miles and are very scenic. Dress in comfortable clothing and sneakers. Bring water in a reusable bottle. Meet at Brookside Nature Center Parking Lot on 4/6, Brookside Gardens Butterfly Parking Lot on 5/4, and the Wheaton Regional Park Parking Lot on 6/1. (Personal care or supervision not provided. Families and groups encouraged to participate.) Free.

63716	Brookside	4/6	Sa	10:30 a.m.-12 p.m.
67366	Brookside	5/4	Sa	10:30 a.m.-12 p.m.
67367	Wheaton Regional Park	6/1	Sa	10:30 a.m.-12 p.m.

GENERAL SPORTS

Program goals: improve balance, flexibility, coordination, body awareness and physical activity

LET'S PLAY BALL AT THE MIRACLE LEAGUE FIELD

Ages 15 & Up: Let's Play Ball gives players with disabilities the chance to play baseball. The field has the look and feel of a professional stadium with bleachers that are covered for sun protection. During each game, everyone is given an opportunity to hit and score a run. Team members' coaches assist players in hitting, running and catching the ball. Restricted balls are used to keep everyone safe.

8 Sessions		\$50		
63741	South Germantown RP	4/6	Sa	12-1:30 p.m.



FAMILY Pool Party

Saturday, May 4, 2019
7:15-9:15 p.m.
Germantown Indoor Pool

Activity 67365 COST: \$5

SPECIALTY PROGRAMS

Program goals: improve social skills and social interaction

DRUMMING - ROCK OUT

Ages 15 & Up: Rock out with drumsticks to the beat of great music. Get creative with the rhythm using boxes, balls, bottles or cans. Drumsticks provided or bring your own. No experience necessary. One staff to seven participants.

8 Sessions \$40

63709 Bauer Drive CRC 4/11 Th 7-8 p.m.

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 Fridays of the month. One staff to five participants. No personal care. Theme nights make each night a new adventure:

4/12 Baseball Fan Night - wear your favorite team T-shirt and hat

4/26 Spring Fever Night - wear bright colors

5/10 Mother's Appreciation Night - bring your mom for a special treat

6/14 Luau Night - wear a beach or Hawaiian shirt.

4 Sessions \$32

63735 Bauer Drive CRC 4/12 F 7-9:30 p.m.

LAUGHTER FITNESS

Ages 13 & Up: This workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. It reduces stress, anxiety and depression, calms the mind, increases energy level and improves concentration.

7 Sessions \$65

Instructor: Kumud Mathur

63137 Potomac CRC 4/11 Th 11:15 a.m.-12 p.m.

TGIF-TOTALLY GREAT INCLUSIVE FUN-FIRST FRIDAYS

Ages 15 & Up: New theme each month. Start the night with ZamDance followed by a snack and group activity. First Friday of the month is an opportunity to exercise and make new friends. Personal care not provided, but caregivers are welcome.

1 Session \$10

63727 Bauer Drive CRC 4/5 F 6:30-8:30 p.m.

63728 Bauer Drive CRC 5/3 F 6:30-8:30 p.m.

63729 Bauer Drive CRC 6/7 F 6:30-8:30 p.m.

WEEKEND SOCIAL CLUBS

Weekend Adult Social Club membership fees are \$40 each for the year (September 2018-June 2019). Activity fees are not included in the membership fee. Activity fees range from free (game night) to \$60 (dinner theatre). Club trips depart from the Recreation Administrative Office. Register at ActiveMONTGOMERY.org under the membership tab.

WEEKENDERS CLUB

Ages 18 & Up with disabilities: Be actively involved with your friends on trips - amusement parks, hayride and bonfire, hiking, and more. A great opportunity for those that like to be on the move! Staff supervision provided.

SOCIALIZERS

Ages 21 & Up with disabilities: Adults who live independently and are looking to meet other people in planned social activities and day trips - ballgames, cooking workshops, dinner theaters. Staff supervision provided, but members have an opportunity to independently explore on some trips. Members must be able to meet at designated area/time (i.e. annual holiday shopping trip to outlet mall.)

PROGRAM LOCATIONS

BAUER DRIVE CRC

14625 Bauer Drive, Rockville

BROOKSIDE NATURE CENTER

1400 Glenallan Ave., Silver Spring

DAMASCUS CRC

25520 Oak Drive, Damascus

EAST COUNTY CRC

3310 Gateshead Manor Way,
Silver Spring

GERMANTOWN CRC

18905 Kingsview Road, Germantown

GERMANTOWN INDOOR SWIM CENTER (GISC)

18000 Central Park Circle, Boyds

HOLIDAY PARK SC

3950 Ferrara Drive, Silver Spring

MARTIN LUTHER KING, JR. (MLK) SWIM CENTER

1201 Jackson Road, Silver Spring

OLNEY SWIM CENTER (OSC)

16605 Georgia Ave., Olney

PLUM GAR CRC

19561 Scenery Drive, Germantown

POTOMAC CRC

11315 Falls Road, Potomac

SOUTH GERMANTOWN RECREATIONAL PARK

14501 Schaeffer Road, Boyds

UPPER COUNTY CRC

8201 Emory Grove Road, Gaithersburg

WHITE OAK CRC

1700 April Lane, Silver Spring



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



SPRING 2019

