



THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

FALL 2015

240-777-6870

Register online at ActiveMONTGOMERY.org

Active MONTGOMERY

Makes Registration Easier Starting This Fall!

Montgomery County's Recreation (Rec) and Community Use of Public Facilities (CUPF), along with Montgomery Parks, are pleased to announce a new system called ActiveMONTGOMERY – a one-stop shop for all of your registration and reservation needs!



NEW FEE STRUCTURE FOR THE ActiveMONTGOMERY SYSTEM:

Residents of the municipalities of Rockville and Gaithersburg pay their recreation tax to their respective cities and not to Montgomery County. Consequently, the residents of those two municipalities who sign up for a class or event will be required to pay an additional \$15.

What is ActiveMONTGOMERY?

ActiveMONTGOMERY is a new system that will replace the former RecWeb, ParkPASS, and CUPF systems by the 2015 fall registration session. This new system will allow you to:

- Register for classes and lessons offered by Montgomery County Recreation and Montgomery Parks. Cooking, yoga, tennis, ice... it's all here!
- Reserve athletic fields and facilities for events, conferences, programs and activities
- Sign up for camps and other programs offered by Parks and Rec
- Make purchases, redeem offers, renew memberships, and more!



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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
Boyd's, 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

Potomac CRC
11315 Falls Road
Potomac, MD

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

**Seneca Landing/
Riley's Lock Boat Ramp**
13015 Riley's Lock Road
Poolesville, MD 20837

**South Germantown
Regional Park**
14501 Schaeffer Road
Boyd's, MD

Upper County CRC
8201 Emory Grove Road
Gaithersburg, MD

Wheaton NRC
11711 Georgia Avenue
Wheaton, 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.

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
5430 Plum Gar NRC 10/10 Sa 2:30pm-2:00pm

BEGINNING HANDBUILT POTTERY FOR ADULTS

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

8 Sessions \$73
Instructor: Pamela Reid
5389 White Oak CRC 10/7 W 1:30pm-2:30pm
5408 White Oak CRC 10/8 Th 10:30am-11:30am
5412 White Oak CRC 10/8 Th 1:00pm-2:00pm



TR AQUATICS

ADULT SWIM

Ages 18 & Up 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 provided.

8 Sessions				\$42
8914	MLK Swm Ctr	9/29	T	8:00pm - 9:00pm
8915	Germantown ISC	9/30	W	8:30pm - 9:30pm
8937	Olney Swm Ctr	10/2	F	7:00pm - 8:00pm
8916	Olney Swm Ctr	10/2	F	8:00pm - 9:00pm

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
8928	Kennedy Shriver Aq Ctr	9/24	Th	8:30pm - 9:30pm

FITNESS AND WELLNESS

KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 & Up; 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 should attend 9:00AM class.

10 Sessions				\$93
Instructor:				Company Staff: TKA, Inc.
8917	Holiday Park Sr Ctr	9/26	Sa	9:00am - 9:45am
8918	Holiday Park Sr Ctr	9/26	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
8919	Germantown CRC	9/27	Su	1:00pm - 2:00pm

SLOW 'N EASY AEROBICS

Ages 15 & Up 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				\$40
8920	Wheaton NRC	10/5	M	7:00pm-8:00pm
8922	Bauer Drive CRC	10/8	Th	7:00pm-8:00pm
8921	Damascus CRC	10/8	Th	7:00pm-8:00pm

TURN THE BEAT AROUND

Ages 13 & Up with disabilities: 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
8925	Upper County CRC	10/8	Th	7:00pm-8:00pm
8926	Wheaton NRC	10/8	Th	7:00pm-8:00pm
10 Sessions				\$52
8924	Holiday Park Sr Ctr	9/26	Sa	11:00am-12:00pm

TR YOGA BASICS

Ages 15 & Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and 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
8929	Bauer Drive CRC	9/29	Tu	4:30pm-5:30pm
8930	White Oak CRC	10/1	Th	1:30pm-2:30pm

TR ZUMBA

Ages 13 & Up with disabilities: 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
8932	Wheaton NRC	10/8	Th	6:00pm-6:50pm
10 Sessions				\$52
8931	Holiday Park Sr Ctr	9/26	Sa	10:00am-10:50am



The Washington Nationals Miracle Field, located in South Germantown Park, incorporates a cushioned synthetic turf that accommodates wheelchairs and other walking assistance devices, while helping prevent injuries.



During Miracle League games, everyone is given an opportunity to hit the ball and score a run. Miracle League players are assigned "buddies" who assist them in hitting the ball and running the bases.

The Miracle League gives hundreds of children with disabilities something few dreamed possible...

the chance to play baseball.

Ages 4-16: Course #7770 • 10:30am-11:50am
Ages 16 & Up: Course #7771 • 12:00pm-1:30pm

\$50.00 • 9 Sessions • Saturdays, beginning September 12

South Germantown Recreational Park
14501 Schaeffer Rd • Boyds, MD 2084
ActiveMONTGOMERY.org | 240.777.6870

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 participants under 18).

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 or guardian approves this registration.

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)	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 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.

SOCIAL SKILL DEVELOPMENT

TR BIG GAME NIGHTS

Ages 13 & Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Theme nights, board games, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants. No personal care.

5 Sessions \$42
8923 Wheaton NRC 9/25 F 7:00pm-9:30pm

SPORTS

KICKBALL FOR PRE-SCHOOL

Ages 3-5 with disabilities: Play Ball! If you haven't seen the new Miracle League Field, here is your chance. It's a drop-in game, so no experience necessary. A fun time is required. Parents are required to stay and participate.

1 Session Free
8944 S. Germantown Rec. Park 9/16 W 6:00pm-6:45pm

KICKBALL FUN FOR KIDS

Ages 6-10 with disabilities: Play Ball! If you haven't seen the new Miracle League Field, here is your chance. It's a drop-in game, so no experience necessary. A fun time is required. Parents are required to stay.

1 Session Free
8945 Germantown Rec. Park 9/24 Th 6:30pm-7:30pm

SOCCER LEAGUE TR

18 & Up: Soccer league for teens and adults, 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.

6 Sessions \$42
8913 Recreation Admin Office 9/20 Su 12:00pm-3:00pm

WATER SPORTS/ADVENTURE

INCLUSION SEA KAYAKING TRIP

Ages 13 & Up: This is a program for an individual with a disability and a family member or friend without a disability. Work together to learn the basics of kayaking safety and skills. Then, take a short trip out in flat water on the Potomac River. Please bring closed toed shoes (old sneakers, water shoes etc.), swim suit, a change of clothes including shoes and towel, lunch and extra water. Please call 240-777-6895 for details or email matt.rowe@montgomerycountymd.gov. Swimming ability is required.

1 Session \$75
10256 Seneca Landing/ 10/10 Sa 9:00am-4:00pm
Riley's Lock

INCLUSION CANOEING TRIP

Ages 13 & Up: This is a program for an individual with a disability and a family member or friend without a disability. Work together to learn the basics of canoeing and river safety. Then, enjoy a pleasurable trip down an easy white water run on the Potomac River. Please bring closed toed shoes (old sneakers, water shoes, etc.), swim suit, a change of clothes including shoes and towel, lunch and extra water. Please call 240-777-6895 for details or email matt.rowe@montgomerycountymd.gov. Swimming ability is required.

1 Session \$65
10253 Seneca Landing/ 10/17 Su 9:00am-4:00pm
Riley's Lock



DANCES

Ages 15 & Up with disabilities: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to "Line Dance." Party decorations make this dance complete. Dressing to the theme is encouraged but not required. Transportation must be arranged prior to the event. Bring ID for check-in. A registration form is required. All dancers pay \$8.00 pre-registered or \$10.00 at the door.



ADULT SOCIAL CLUB

Special Event

KARAOKE DANCE



SATURDAY, SEPTEMBER 19, 2015

7:00PM-10:00PM

HOLIDAY PARK SENIOR CENTER

COURSE #5431

Are you a past or current Social Club Member?

Are you interested in joining?

Meet members and staff at this Kick-Off Event that includes a D.J., refreshments and a microphone to show off your singing ability!

Free to all who pre-register. \$10 at the door.



HAUNTED MANSION

Dare to enter our Haunted Mansion where you might find ghosts, creepy critters or Scooby Doo and the Gang! Prizes awarded for most creative and fun costumes.

Saturday, October 31, 2015
7:00pm-10:00pm
Holiday Park Senior Center
Course #8943

SNOWFLAKE FORMAL

The Holiday Season is starting off with Sparking Cider and twinkling lights! Join us at our semi-formal affair.

Saturday, December 5, 2015
7:00pm-10:00pm
Holiday Park Senior Center
Course #8936



ADA
AMERICANS WITH
DISABILITIES ACT

25
1990-2015

Face Painting · DJ & Dancing · Crafts
Refreshments · Nature Presentation

AMERICANS WITH DISABILITIES ACT (ADA)
**25th ANNIVERSARY
CELEBRATION**

November 8, 2015
1:00 PM - 3:30 PM

(Doors Open at 12:45)

FREE!

Performance by Spencer "Spinny" Johnson

(Formerly Associated with The Harlem Globetrotters)

REGISTRATION

Walk-ins welcome, but registration is preferred. To register for this event visit ActiveMONTGOMERY.org (course no. 9966) or visit a Montgomery County Community Recreation Center. The first 50 registrants will receive a free t-shirt!

LOCATION

Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD 20906
240-777-6820

Santa's Holiday Workshop

All Ages. For families of Individuals with disabilities. Santa is visiting Tinsel Town! Have your picture taken with him while his helpers lead fun craft activities in a low key environment.

Saturday, December 19, 2015

11:00am-1:00pm

Wheaton NRC

Course #5432

FREE!



Winter Festival of Lights

Ages 15 & Up with disabilities. The Winter Festival of Lights at Watkins Regional Park is Prince George's County's spectacular drive-through holiday display featuring more than a million twinkling lights.

We will be stopping for hot chocolate and ice cream after the festive drive. Remember to dress warmly and eat dinner prior to event. Please bring \$12 for ice cream, hot chocolate and tip in an envelope with your name on it.

Saturday, December 19, 2015

5:30pm-10:00pm

MCR Offices
4010 Randolph Rd.
Silver Spring, Md.

\$5.00

Course #8933

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.

Fall Membership only (October-December) \$40.00

Year Membership (October-June) \$80.00

WEEKENDERS CLUB

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

Fall Membership only (October-December) \$40.00

Year Membership (October-June) \$80.00

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.

Fall Membership only (October-December) \$20.00

Year Membership (October-June) \$40.00



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



FALL 2015

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