

GUIDE **SPRING** 2021

THERAPEUTIC RECREATION

Programs for People with Disabilities

Arts & Crafts

TR Sip 'n Paint

Ages 18 & Up **1 Session** **\$10**
105418 Holiday Park SC 4/24 Sa 3-4:15 p.m.

Dance

Dance Creation

Ages 6-13 **4 Sessions** **FREE**
107864 Upper County CRC 4/10 Sa 1-1:50 p.m.

Ages 15 & Up **4 Sessions** **FREE**
107861 Upper County CRC 4/10 Sa 2-2:50 p.m.

Fitness

Moving with Mike: Seated Exercise

Ages 18 & Up **8 Sessions** **\$50**
107751 Virtual Class 3/28 Su 1-2 p.m.

TGIF-Totally Virtual

Ages 3 & Up **1 Session** **FREE**
107456 Virtual Class 4/2 F 5-5:50 p.m.
107457 Virtual Class 5/7 F 5-5:50 p.m.
107458 Virtual Class 6/4 F 5-5:50 p.m.

Karate/Jujitsu

Karate Clinic for Individuals with Disabilities

Ages 6 & Up **10 Sessions** **\$75**
Instructor: TKA Inc.
107776 Virtual Class 5/1 Sa 9:30-10:30 a.m.

Music

Song Birds

Ages 6 - 13 **4 Sessions** **FREE**
107866 Upper County CRC 4/10 Sa 2:15-12:45 p.m.

Performing Arts

A DRAMA Experience: Facial Expressions & Games

Ages 6 - 12 **4 Sessions** **FREE**
107870 Holiday Park SC 4/11 Su 10-10:50 a.m.

Sports

Let's Play Ball at the Miracle League Field

Ages 15 & Up **6 Sessions** **\$38**
102620 S. Germantown RP 4/10 Sa 10-11:30 a.m.

TR Sports Skills: Bocce Balls

Ages 14-24 **3 Sessions** **FREE**
105079 Schweinhaut SC 3/6 Sa 2-2:45 p.m.
105081 Schweinhaut SC 4/9 F 4:30-5:15 p.m.
105086 Schweinhaut SC 4/11 Su 10-10:45 a.m.

TR Sports Skills: Soccer Clinic

Ages 8-14 **6 Sessions** **FREE**
104242 Bauer Drive CRC 4/10 Sa 3-3:45 p.m.
104243 Bauer Drive CRC 5/1 Sa 3-3:45 p.m.
Ages 15-24 **6 Sessions** **FREE**
104240 Bauer Drive CRC 4/10 Sa 2-2:45 p.m.
104241 Bauer Drive CRC 5/1 Sa 2-2:45 p.m.

TO REGISTER VISIT ACTIVEMONTGOMERY.ORG



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THERAPEUTIC RECREATION

S.T.E.A.M.

Simple Science

Ages 6-13 **4 Sessions** **\$10**
 107847 Holiday Park SC 4/11 Su 11 a.m.-Noon

Ages 14-21 **4 Sessions** **\$10**
 107856 Holiday Park SC 4/11 Su 12:15-1:15 p.m.

Social

TR's Thursday Laugh Night

Ages 14 & Up **8 Sessions** **FREE**
 106310 Virtual Class 4/8 Th 7-8 p.m.

TR Where Are We In Montgomery County

Ages 12 & Up **3 Sessions** **FREE**
 107300 Virtual Class 4/11 Su 1-2:30 p.m.

TR Undercover Therapy Pets

Ages 5 & Up **6 Sessions** **FREE**
 105419 Virtual Class 4/17 Sa 1:30-2:30 p.m.

TR Saturday Social Friends at 5

Ages 16 & Up **10 Sessions** **FREE**
 105333 Virtual Class 4/17 Sa 5-6 p.m.

TR Virtual Game Night

Ages 16 & Up **3 Sessions** **FREE**
 105337 Virtual Class 4/30 F 7-8:30 p.m.

Yoga

TR Yoga Basics

Ages 15 & Up **6 Sessions** **\$60**
 Instructor: Irene Bopp
 105338 Virtual Class 4/21 W 4-5 p.m.

TR Virtual Dance Party



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