



THERAPEUTIC RECREATION & INCLUSION SERVICES

PROGRAMS FOR INDIVIDUALS WITH DISABILITIES

SUMMER 2018



Register online at ActiveMONTGOMERY.org.

240-777-6870 | Hablamos Español



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, or splash down the water slides. Pizza will be served.

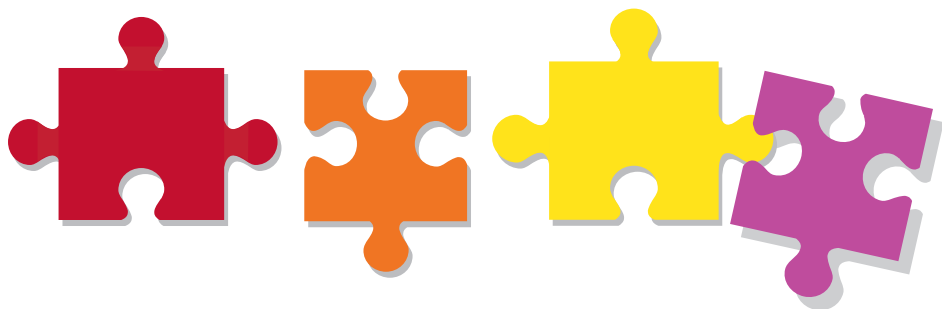
No personal care provided.

Pre-registration preferred for safety.

August 25, 2018
6:30 - 8:00 P.M.

Martin Luther King Outdoor Pool

Activity 48396 | Cost: \$5



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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ARTS

TR SUMMER ART WORKSHOPS: TIE DYE

Ages 15 & Up: Design a cool tie-dye T-shirt just in time for the hot summer days. Bring your own white T-shirt to dye. A white washcloth will be provided for practicing.

1 Session \$10

51930 Holiday Park SC 6/30 Sa 10:00am-12:00pm

TR SUMMER ART WORKSHOPS: SUNCATCHERS

Ages 15 & Up: Create your own suncatcher using a wide variety of shapes, sizes and colors. Try out different designs and patterns, and display in a sunny location.

1 Session \$10

51931 Holiday Park SC 7/7 Sa 10:00am-12:00pm

TR SUMMER ART WORKSHOPS: FLOWER PLANTERS

Ages 15 & Up: Use your imagination to paint your very own flower planter. Potting soil and seedling to finish your creation will be provided.

1 Sessions \$10

51932 Holiday Park SC 7/14 Sa 10:00am-12:00pm

TR SUMMER ART WORKSHOPS: LUAU BEADS AND LEIS

Ages 15 & Up: Create a necklace with bright colored beads of different sizes and your own Hawaiian lei that you can wear at our luau dance.

1 Session \$10

51933 Holiday Park SC 7/21 Sa 10:00am-12:00pm

GENERAL FITNESS

CARDIO 'N CORE

Ages 13 & Up. Get fit through movement, stretching, and aerobics to improve your cardio and strengthen your core.

6 Sessions \$30

48391 Damascus CRC 6/28 Th 7:00pm-8:00pm

KARATE FOR INDIVIDUALS WITH DISABILITIES

Ages 6 & Up: Start to learn traditional Korean Karate (Tang So Do) with an emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose clothing or a white gi (uniform). New students must attend 9 a.m. class.

6 Sessions \$45

Instructor: TKA Inc.

48393 Holiday Park SC 6/30 Sa 9:00am-9:45am

48394 Holiday Park SC 6/30 Sa 10:00am-10:45am

STRETCH 'N TONE

Ages 15 & Up: Tone your muscles and encourage flexibility through stretching exercises. Ideal for beginners.

6 Sessions		\$30			
48407	Glenmont LP	6/25	M	7:00pm-8:00pm	
48409	Damascus CRC	6/28	Th	6:00pm-7:00pm	

TR ZUMBA

Ages 15 & Up: Every class is a party! Experience the fitness craze of Zumba! An exciting mix of Latin and international rhythms with aerobic dance moves. Dress in comfortable clothing and shoes for active movement.

6 Sessions		\$30			
48408	Upper County CRC	6/28	Th	6:00pm-7:00pm	

SPECIALTY PROGRAMS

ISLAND KAYAK TRIP

Ages 10 & Up: Join us for a canoe trip down the C&O Canal and the Potomac River. This trip is for individuals with disabilities, their friends and family members. We will be in flat or gently moving water. We may see eagles, herons, ospreys, egrets, hawks, ducks and geese. Bring lunch and plenty of water. Wear water shoes and weather-appropriate clothing. Canoes, kayaks and other equipment provided. Cost is per person. For more information contact 240-777-6895. Participants must be able to swim.

1 Session		\$35			
48392	Violettes Lock/ Lock 23	7/7	Sa	12:30pm-5:00pm	

WATER FITNESS

TR ADULT SOCIAL SWIM

Ages 18 & Up: This program provides adapted aquatics and exercise, as well as an opportunity to make friends. One staff to seven participants. No personal care provided.

8 Sessions		\$40			
48398	MLK	6/5	T	8:00pm-9:00pm	
48399	GISC	6/6	W	8:30pm-9:30pm	
48402	KSAC	6/7	Th	8:30pm-9:30pm	
48400	OSC	6/8	F	7:15pm-8:00pm	
48401	OSC	6/8	F	8:15pm-9:00pm	

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 Name Apellido *		First Name 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

Name | Nombre

Participant's Name (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 park fees).
*Incluya \$15 por participante, por actividades de Montgomery County Recreation si vive fuera del Condado (no aplica por actividades de Parques Recreativos).

PAYMENT | PAGO

Name on Card Nombre en la tarjeta	Credit Card Type Tipo de Tarjeta de Crédito
Payer Address (if different than above) Dirección del Pagador (si es diferente que la de arriba)	City Ciudad

- ☐ Visa
 ☐ AmEx
 ☐ Check or Money Order
 ☐ MasterCard
 ☐ Discover

Make payable to: | Hacerlo a nombre de:
ActiveMONTGOMERY

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

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

Cardholder Signature | Firma del Dueño de la Tarjeta _____

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, including fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County and Montgomery Parks/M-NCPPC making use of the participant's voice in whatever way the County and Montgomery Parks/M-NCPPC desires, including television, print and Internet websites. Furthermore, the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after the program.

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 muerte, incluyendo la aptitud física para participar en el programa. El participante consiente el tratamiento de emergencia. El participante consiente el uso de su voz en cualquier manera que el Condado y los Parques Recreativos de Montgomery/M-NCPPC deseen, incluyendo televisión, impresión e Internet. Además, el participante es un menor, el padre o el guardián aprueba su participación en el programa. Ningún instructor ni ningún personal es responsable por los niños antes o después del programa. Las fotografías, videos, películas o imágenes electrónicas, y cualquier grabación de audio que se haga de la voz del participante en cualquier forma que el Condado y los Parques Recreativos de Montgomery/M-NCPPC deseen, serán propiedad única del Condado.

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)

* 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

Submit your form to **240-777-6818**. Si necesita ayuda para llenar este formulario, por favor llame al **240-777-6840**.

Date | Fecha _____

Date | Fecha _____

Liability arising from participation in 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 by the participant during the program shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant consents to the use of the participant's image and likeness as shown in any photographs, films, recordings, electronic images shall be the sole property of the County and Montgomery Parks/M-NCPPC. If the participant does not consent, the participant's image and likeness shall not be used in any photographs, films, recordings, electronic images, or any audio recordings made by the participant during the program.

Responsabilidad de lesiones o daños debido a su participación en el programa. Debido a la naturaleza persistente de algunas actividades se alienta a consultar con un médico antes de participar. El participante también consiente que el Condado y Montgomery Parks/M-NCPPC'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 by the participant during the program shall be the sole property of the County and Montgomery Parks/M-NCPPC. Si el participante no consiente, la imagen y semejanza del participante no se utilizarán en ninguna fotografía, película, grabación, imágenes electrónicas, o grabaciones de audio hechas por el participante durante el programa.



THERAPEUTIC RECREATION SUMMER CAMPS

Ages 6 to 21

TR Camps develop positive peer friendships, improve self-esteem, and 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.

Camp sessions coordinate with MCPS Extended School Year [ESY] dates and times.

CAMP REGISTRATION IS ONGOING

PROGRAM LOCATIONS

DAMASCUS CRC

25520 Oak Drive
Damascus, MD 20872

GERMANTOWN INDOOR SWIM CENTER (GISC)

18000 Central Park Circle
Boysd, MD 20841

GLENMONT LOCAL PARK (LP) (NEXT TO WHEATON HS)

3201 Randolph Road
Wheaton, MD 20902

HOLIDAY PARK SC

3950 Ferrara Drive
Silver Spring, MD 20906

KENNEDY SHRIVER AQUATIC CENTER (KSAC)

5900 Executive Boulevard
N. Bethesda, MD 20852

MARTIN LUTHER KING, JR. SWIM CENTER (MLK)

1201 Jackson Road
Silver Spring, MD 20904

MARTIN LUTHER KING, JR. SWIM CENTER (MLK OP)

1201 Jackson Road
Silver Spring, MD 20904

OLNEY SWIM CENTER (OSC)

16605 Georgia Avenue
Olney, MD 20832

UPPER COUNTY CRC

8201 Emory Grove Road
Gaithersburg, MD 20877

VIOLETES LOCK/LOCK 23

13105 Violetes Lock Road
Darnestown, MD 20874



SPECIAL EVENTS



29TH ANNUAL VIP DAY

A Special Day at the Fair



10 A.M.-2 P.M.
AUGUST 13, 2018

For children ages 5-14 with a disability or life-threatening illness.

VIPs will receive free admission and rides, lunch, swag bag and a 4-H escort. To request an application, call 240-777-6870. VIPs must be Montgomery County residents and be able to attend the fair on Monday, August 13.



SPECIAL EVENTS

A graphic for the Jitterbug Dance event. It features a white starburst shape with a black dotted border, set against a light green background. The words "JITTERBUG DANCE" are written in a bold, yellow, stylized font with a black outline, centered within the starburst.

JITTERBUG DANCE

Ages 15 & Up: Jump, Jive and Swing back to the 40's and 50's for a night of fun.

June 30, 2018 • 6:00pm - 10:00pm

Holiday Park Senior Center

Activity 46677

Cost: \$10

A graphic for the Summer Luau Dance event. It features the words "SUMMER LUAU DANCE" in a bold, white, stylized font with a purple outline, set against a bright yellow background. Several large, colorful hibiscus flowers (red, orange, and white) are scattered around the text.

SUMMER LUAU DANCE

Ages 15 & Up: Aloha. Let the palm trees sway and the island music play. Wear a Hawaiian shirt or bright colors.

July 28, 2018 • 6:00pm - 10:00pm

Holiday Park Senior Center

Activity 51412

Cost: \$10



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



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