

SUMMER PROGRAMS

THERAPEUTIC RECREATION
BALTIMORE CITY RECREATION & PARKS

Jun 1 – Aug 31, 2023



BALTIMORE CITY
RECREATION & PARKS

Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Recreation Program welcomes and encourages individuals with and without disabilities to participate in recreation programs.

Therapeutic Recreation programs provide skill development, leisure education, recreation participation, fine motor skill development and refinement, as well as, a creative outlet for individuals with various disabilities. The programs also encourage peer socialization among participants in order to nurture relationships and strengthen social skills.

Many of the programs also provide participants with the opportunity to improve their cardiovascular and muscular systems through physical activity. The Fitness and Wellness programs work to enhance participants' motor coordination through dance, arm and leg movements and stretching. Programs offered as a partnership program with Special Olympics of Maryland also help participants to build upon their ability to work with others in a team setting.

Information: Robert Signor (410) 396-1550 or robert.signor@baltimorecity.gov

Registration: <https://secure.rec1.com/MD/baltimore-md/catalog>

ART & MUSIC PROGRAMS

Arts & Crafts

Weekly art class provided by visiting instructors. Come enhance and explore your creative side under the guidance of our expert and caring instructors!

Dates/Session Times

Wednesdays, Jun 21 - Aug 9

10:00 am - 11:00 am

Wednesdays, Jun 21 - Aug 9

11:15 am - 12:15 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



Art in the Garden

Explore the beautiful gardens of Cylburn Arboretum and create an illustration of a flower or natural object found in the gardens to take home as a souvenir. Commune with Nature, developing a sense of serenity, surrounded by birdsongs and plants.

Dates/Session Times

Friday, Jun 16

10:00 am - 12:00 pm

Age

Adults

Cost

\$4 per session

Location

Cylburn Arboretum (Greenhouse Classroom)



Music Therapy

Weekly music therapy class. Join us for a music class, led by a board certified music therapist, which will provide opportunities for connection and social engagement through creative music therapy experiences.

Dates/Session Times

Thursdays, Jun 22 - Aug 10

11:00 am - 11:45 am

Mondays, Jun 26 - Aug 7

11:15 am - 12:00 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



OUTDOOR/NATURE PROGRAMS

Canoeing / Kayaking

Learn the basic skills required for canoeing / kayaking and get out on the water! No experience required but you must not be afraid of the water. A separate waiver form is required for this program. Additional details will be provided after registration. Program is weather dependent.

Dates/Session Times

Friday, Jun 9	<u>Age</u>
10:00 am - 11:00 am	Adults and children
Friday, Jun 9	ages 8+
11:15 am - 12:15 pm	
Friday, Jul 7	<u>Cost</u>
10:00 am - 11:00 am	Free
Friday, Jul 7	
11:15 am - 12:15 pm	<u>Location</u>
Wednesday, Jul 12	Middle Branch Park
6:00 pm - 8:00 pm	
Friday, Aug 4	
10:00 am - 11:00 am	
Friday, Aug 4	
11:15 am - 12:15 pm	
Wednesday, Aug 9	
6:00 pm - 8:00 pm	



Disc / Frisbee Golf

Join us for a round of disc golf at Druid Hill Park and enjoy the park afterwards. Please note: this program requires a good deal of walking. Program is weather dependent.

Dates/Session Times

Friday, Jun 30
10:00 am - 11:00 am
Friday, Jun 30
11:15 am - 12:15 pm
Friday, Jul 14
10:00 am - 11:00 am
Friday, Jul 14
11:15 am - 12:15 pm

Age

Adults

Cost

Free

Location

Druid Hill Park



Fishing

Get outside and learn to fish. Fishing poles and bait will be provided. Bring a snack and feel free to stay and enjoy Middle Branch Park after the conclusion of the session. Program is weather dependent.

Dates/Session Times

Friday, Jun 9

10:00 am - 11:00 am

Friday, Jun 9

11:15 am - 12:15 pm

Friday, Jul 7

10:00 am - 11:00 am

Friday, Jul 7

11:15 am - 12:15 pm

Wednesday, Jul 12

6:00 pm - 8:00 pm

Friday, Aug 4

10:00 am - 11:00 am

Friday, Aug 4

11:15 am - 12:15 pm

Wednesday, Aug 9

6:00 pm - 8:00 pm

Age

Adults and children
ages 5+

Cost

Free

Location

Middle Branch Park



Nature Education Program - Springing with Life

Summer is near! The sun is high, let's use the light to sharpen our eyes! We'll explore the world around us and take an animal ambassador to explore with us too! Tools will be provided for closer observation and creative expression. Please come prepared for an outdoor adventure!

Dates/Session Times

Friday, Jun 2

10:30 am - 12:00 pm

Age

Adults

Cost

\$5 per session

Location

Carrie Murray Nature Center



Nature Therapy

A guide offers invitations to connect with nature through the senses. Bringing awareness to our human senses can help us become present in the moment. Participants can expect a slow saunter through their environment with opportunities to share with others what they are noticing. This program requires a good deal of walking through natural surfaces. Program is weather dependent.

Dates/Session Times

Friday, Jun 23

10:00 am - 11:00 am

Friday, Jun 23

11:15 am - 12:15 pm

Friday, Jul 21

10:00 am - 11:00 am

Friday, Jul 21

11:15 am - 12:15 pm

Friday, Aug 11

10:00 am - 11:00 am

Friday, Aug 11

11:15 am - 12:15 pm

Cost

Free

Location

TBD



Age

Adults

Rawlings Conservatory Tour

Tour the 3rd oldest public conservatory in the whole country, built in 1888. Feel and smell the fuzzy, fragrant leaves in the Mediterranean House, learn about carnivorous plants and poison dart frogs in the Rainforest House, marvel at the variety of cacti in the Desert House.

Dates/Session Times

Friday, Jul 28

11:00 am - 12:00 pm

Age

Adults

Cost

\$4 per session

Location

H. P. Rawlings Conservatory in
Druid Hill Park (meet at South Pavilion)



Therapeutic Gardening Program

Learn how to plant and maintain a garden plot under the supervision of BCRP horticulture and TR Staff. Program is weather dependent.

Dates/Session Times

Wednesdays, Jun 21 - Aug 9
10:30 am - 12:00 pm

Age

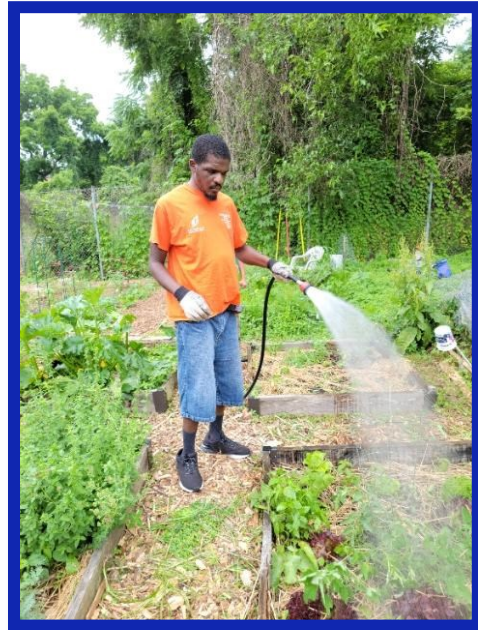
Adults

Cost

Free

Location

Clifton Park



SOCIAL PROGRAMS

TR Disco Club

Come socialize and dance the night away. It's the "End of Summer Jam." Dinner (pizza) and beverages are included. All participants must pre-register. If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to program beginning.

Dates/Session Times

Friday, Aug 25
5:30 pm - 8:30 pm

Age

Adults and young adults 13+

Cost

\$5 per session

Location

Farring Baybrook Recreation Center



SPORTS & FITNESS

Fitness

Weekly fitness class provided by visiting instructors. Get a great workout under the guidance of our expert and caring instructors!

Dates/Session Times

Mondays, Jun 26 - Aug 7
10:00 am - 11:00 am

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



Wheelchair Tennis Clinic

Learn the lifelong sport of tennis from Brad Evans, certified wheelchair tennis player and coach, and Gabby Hesse, JTCC Head of Wheelchair Tennis. Whether you are a new or seasoned player, take your game to the next level by signing up today! Sports wheelchairs are limited and available on a first-come, first serve basis for registered participants only and are subject to available sizing. For more information, please contact Brad at: bevans1977@msn.com or Mike Henley at michael.henley@baltimorecity.gov

Dates/Session Times

Thursdays, Jul 13 - Aug 10
5:30 pm - 7:00 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Druid Hill Park Tennis Courts 8 & 9



Yoga

Uniquely designed to develop skills for personal empowerment and emotional balance and to explore physical strength and coordination. Learn breathing techniques, yoga poses, cross-body movements, and mindfulness activities based on themes such as trust, self-care, and connection to build self-reliance and resilience to be our best selves.

Dates/Session Times

Mondays, Jun 26 - Aug 7
11:15 am - 12:00 pm

Age

Adults

Cost

\$8 total for weekly class

Location

Farring Baybrook Recreation Center



SPECIAL OLYMPICS OF MARYLAND PROGRAMS

Special Olympics Kayaking (Unified; Community-Based; State Games Track)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn kayaking skills and gain eligibility for multi-county and state competitions. Contact Robert Signor @ (410) 396-1550 to register. Program is weather dependent.

Dates/Session Times

Thursdays, Jun 8 - Aug 17
(plus competition schedule TBD)
6:00 pm - 7:30 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Middle Branch Park



Special Olympics Rec Bocce

Come out and enjoy recreational bocce ball games at our outdoor courts. Program is weather dependent.

Dates/Session Times

Tuesdays, Jun 20 - Aug 8
(no session on Jul 4)
10:30 am - 12:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Park



Special Olympics Unified Rec Bocce Ball League

Come out and enjoy recreational bocce ball games at our outdoor courts. Program is weather dependent.

Dates/Session Times

Tuesdays, Jun 6 - Jul 11
(no session on Jul 4)
6:00 pm - 7:45 pm

Age

Adults and children ages 8 and above

Cost

Free

Location

Farring Baybrook Park



Special Olympics Unified Rec Volleyball League

Come out and play recreational volleyball games. Program will initially focus on learning basic volleyball skills.

Dates/Session Times

Tuesdays, Jul 18 - Aug 15
6:00 pm - 7:45 pm

Age

Adults and children ages 13 and above

Cost

Free

Location

Farring Baybrook Recreation Center



COMMUNITY PROGRAMS

“All Aboard Camp Baltimore”

This is an inclusion summer camp for youth with and without disabilities. A variety of adaptive activities will be provided which includes, field trips, swim days, health and wellness, organized group games, sports (traditional & non-traditional), STEAM activities, arts and crafts and special events. Breakfast, lunch and snack will be provided.

Dates/Session Times

Monday - Friday, Jun 26 - Aug 18
8:30 am - 5:30 pm

Age

Ages 5 to 13

Cost

\$100 total for weekly class

Location

Farring Baybrook Recreation Center



Basketball – Drop-In

Drop-In for a game of pick-up basketball. We will have the scoreboard out and the clock running; basketballs are available.

Dates/Session Times

Mondays, Jun 26 - Aug 7
6:15 pm - 8:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Pickleball – Drop-In

Drop in for a game of pickleball. No instruction will be provided.

Dates/Session Times

Wednesdays, Jun 21 - Aug 9
6:15 pm - 8:00 pm

Age

Adults

Cost

Free

Location

Farring Baybrook Recreation Center



Teen Time

Join us in a safe and welcoming environment. We will have music, fun, crafts, sports, video games, cooking demos, enrichment classes, pizza parties, spa days and much more!

Dates/Session Times

Thursdays & Fridays, Jun 22 - Aug 11
6:15 pm - 8:00 pm

Age

6th - 12th Graders

Cost

Free

Location

Farring Baybrook Recreation Center



Baltimore City Recreation and Park's Mission Statement:

To improve the health & wellness of Baltimore through maintaining quality recreational programs, preserving our parks & natural resources, and promoting fun, active lifestyles for all ages.