



Adaptive Recreation Adult Program Registration

Name: _____

Address: _____

City: _____

ZIP _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____

(To receive electronic program updates & notices)

Payment Methods

Cash = Total amount submitting:

\$ _____

Check/Money Order = \$ _____

Invoice the following agency:

(Name of Organization/Contact
Name/Contact Phone # or Address)

Credit Card

___ Visa ___ Master card ___ Discover

Name on card: _____










Card #: _____

Expiration Date: ____/____

Total amount to be charged: \$ _____

Winter Adult Programs

Please return this page along with payment OR
billing information, between November 7-18, 2011

CLASS	COST	ZIPS
<input type="radio"/>  Cross Country Ski/Snow Shoeing	\$56	Not offered
<input type="radio"/>  Sports Night	<input type="radio"/> \$35 <input type="radio"/> \$63	<input type="radio"/> \$35 <input type="radio"/> \$63
<input type="radio"/>  Movies, Music & More!	\$65	<input type="radio"/> \$45
<input type="radio"/>  Teen Scene	\$25	Not offered
<input type="radio"/>  Young Adults Nite!	\$20	Not Offered
<input type="radio"/>  Make a Ginger- bread House @ The Plummer House	\$8.00	Not offered
<input type="radio"/>  Christmas Carols @ the Plummer House	\$8.00	Not offered
<input type="radio"/>  Scavenger Hunt	\$8.00	Not offered
<input type="radio"/>  Dance	\$8.00	Not offered

**Parks & Recreation Department
Adaptive Recreation
Winter Registration**

Dates: Mon., November 7-18, 2011

Office Hours: Monday-Friday, 8:00 am-5:00 pm

Location:

The Government Center
201 4th Street SE #150
Rochester, MN 55904



Adaptive Recreation phone number:
(507) 328-2539

Email Address: kmeyer@rochestermn.gov

Web Address:

www.rochestermn.gov/departments/park

Registration Options:

- 1). In person
- 2). By Mail
- 3). By phone (credit card payments only)



REGISTRATION GUIDELINES

*Registration will be taken on a first come/first serve basis only during the dates listed in brochure; registrations will not be accepted before the opening date. If the registration period has ended, please call (507) 328-2539 to make sure space is still available **before** sending in registration.

*A Registration Form must be sent in; we will no longer be taking registration via Email or FAX.

*When requesting us to bill a funding source, you must still **submit a Registration Form** (included in brochure) during the registration period along with billing information.

*Funding must be received **prior** to the start of the program in order to participate. If finances are a concern **DO NOT** hesitate to contact the Director of Adaptive Recreation to work out alternate plans a head of time.



**Benefits of
Recreation Activities
as reported by the
National Certification
of Recreation Therapy Association!**

PHYSICAL OUTCOMES

- *Improves gross & fine motor skills.
- *Improves athletic skills.
- *Improves agility and balance.

COGNITIVE OUTCOMES

- *Increases attention span.
- *Improves decision making.
- *Increases independence for making choices.

COMMUNICATION/SOCIAL OUTCOMES

- *Improves cooperation skills.
- *Increased self assertiveness.
- *Increased conversation skills.

BEHAVIOR REINTEGRATION

- *Decreases self-stimulation & self abusive behaviors.
- *Increases participation in age-appropriate activities.
- *Increases age-appropriate behaviors.

COMMUNITY INTEGRATION & FRIENDSHIPS

- *Increases friendships with peers with & without disabilities.
- *Increases participation in community.
- *Increases peer acceptance.
- *Develops transferrable skills for employment and independent living.

TUESDAYS

Cross Country Ski/Snowshoeing

Cross-country Ski and Snowshoeing are fantastic ways to enjoy the great outdoors during winter; each activity is easily adaptable to most all ambulatory levels. For individuals requiring more balance support, Snowshoeing is a great option! Multiple benefits including increased athletic skills, improved balance and increased attention span can be derived.

Depending on need, participants will work either one to one with an instructor or ski in small groups of similar abilities. All equipment is covered in the registration fee, however you must provide your own snow boots if snowshoeing. Participants should wear multiple layers of clothing each week!

TIDBITS

*If there is no snow, we'll hike and play outdoor games instead.

*Please see weather cancellation policy in back of this brochure.

WHO: Persons 18+ years
DATES: Tuesdays, Jan. 3- Feb. 21
LENGTH: 8 classes
TIME: 4:00-5:15 pm
COST: \$56
LOCATION: Quarry Hill Nature Center.



NOTE

Jan. 3 – Meet at the Quarry Hill Nature Center from 4:00-5:00 pm for equipment fittings and instructional class: we will not ski or snowshoe this night.

Feb. 21 - After we ski, there will be a hot chocolate "party"!!!

TUESDAYS

Continued . . .

Sports Night

We'll hit the gym floor to play floor hockey, kickball, dodge-ball, and a variety of other fun activities as well as attend (local) high school & college basketball games!!

NEW: We are offering something new this season: participants can register for a five or a ten week option. Be sure to check which one you are registering for on the registration form!

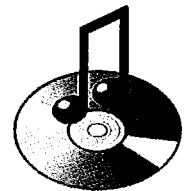
WHO: Persons 18+ years
DATES/ 5 weeks . . . Jan. 10-Feb. 7
LENGTH: 9 weeks . . . Jan. 10-Mar. 6
TIME: 7:00-8:30 p.m.
COSTS: \$35 or \$63
LOCATION: Locations vary and an activity schedule will be mailed out prior to the beginning of the program.



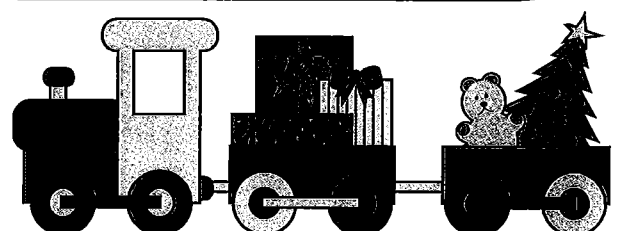
WEDNESDAYS

Movies, Music, and More!

Learn about other countries, celebrate national holidays, enjoy a night of music, make crafts, and play games. This program offers a fun night out with friends. Limited space available.



WHO: Persons 18+ years
DATES: Wednesdays, Jan. 11-Mar. 7
LENGTH: 9 classes
TIME: 7:00-8:30 pm
COST: \$70.00
LOCATION: Bear Creek Services – 3108 Hwy. 52 on the East Frontage Road North between Circus World Bingo & Baker's Square North



THURSDAYS



Swim Notice

The Adaptive Recreation swim class from 7:00-7:45 p.m. will not be offered this session as the local Special Olympics Swim program will be providing a similar program. If interested in registering, please contact the Sports Program Associate for Special Olympics Rochester Area at:

Cell: 507-993-7466

Or

frank.spaeth@somn.org

FRIDAYS

Teen Scene

A very popular & highly social program in which Teens help develop the activity schedule based on their input & interests. Examples of activities include a scavenger hunt at the Plummer House, snack & game night, attending a school sports game, high school play, bowling, and many other fun activities!



WHO: Persons 18- 19 years of age
DATES: Fridays, Jan. 13-March 9
(No activity Feb. 10)
LENGTH: 8 meetings
COST: \$25 (registration fee only)
*Additional costs associated with some activities.

TIME &

LOCATION: On Jan. 13 Teens will meet at from 6:00-7:30 p.m. at Godfather's Pizza (Hillcrest Plaza NW) to plan activities. Please bring \$6.50 for pizza & pop. Teens are encouraged to bring school sports & activity schedules, newspapers, and a list of ideas & interests to share!

SATURDAYS

Young Adults Night

A fun night of activities for young adults ages where participants help determine the activities, which include going movie night, dinner at the Plummer House, playing board games, and karaoke night! Meet at Valentinos Pizza on January 14 from 6:00-7:30 p.m. for dinner and to plan activities for the session. Be sure to bring your ideas and \$6.00 for pizza and pop!

WHO: Persons 20-30 years of age
DATES: Saturdays, Jan. 14 & 28, Feb. 11 & 25, Mar. 10
LENGTH: 5 meetings
COST: \$20.00 (Registration fee only)*
LOCATION: Will vary depending on the activity. A schedule will be mailed out the prior to the second night's activity.



SPECIAL EVENTS

Build a Gingerbread House at the Plummer House

Making a gingerbread house is no simple task, unless you get one of those pre-fab houses, or attend this fun filled activity where we'll make and create a simple gingerbread house with the use of delicious icing and tasty goodies. After making your house, you'll have a chance to sample some tasty treats and then take your gingerbread creation home to eat, share, or give away! **Limited space!**



WHO: Persons 18 years and older
DATE: Thursday, December 8
TIME: 7:00-8:30 pm
COST: \$8.00
LOCATION: The Historic Plummer House of the Arts
TIDBITS: Dress in red, pink, white, and/or black!!

Special Events continued . . .

Christmas Carols & Cider at The Plummer House

Celebrate the Christmas season in the traditional way with carols & cider in the parlor with friends!

WHO: Persons 16 years and older
DATE: Monday, December 12
TIME: 6:30-8:00 pm
COST: \$8.00
LOCATION: The Historic Plummer House of the Arts
TIDBITS: Dress up in Christmas colors!



Valentine Dance

We'll crown a King & a Queen and celebrate Valentine's Day dancing to Music on Wheels and enjoying refreshments. Be sure to dress in valentine colors red, white, pink & black and get registered to attend!!



WHO: Persons 13 years and older
DATE: Friday, February 10
Pre-registration is required and will be taken Thursday, February 9.
TIME: 6:30-8:30 pm
COST: \$8.00
LOCATION: Willow Creek Middle School

Valentine Scavenger Hunt & Treats at The Plummer House

Celebrate Valentine's Day on a heart-themed hunt with your friends . . . enjoy treats and visit with your friends in the parlor at the Historic Plummer House of the Arts.

WHO: Persons 16 years and older
DATE: Monday, February 13
TIME: 6:30-8:00 pm
COST: \$8.00
LOCATION: The Historic Plummer House of the Arts
TIDBITS: Dress in red, pink, white, and/or black!!



Free Resource Manual!



SNOCs (Special Needs Organizations Committee) provides a listing of services & resources available throughout the city, area, and state for individuals with special needs.

Information on Education, Employment/Day Programs, Recreation/Activities, Residential, and a host of other Resources & Services are listed in this recently updated and extended manual.

If you would like a **FREE/UPDATED (2011)** copy, visit the following link:

<http://www.rochestermn.gov/departments> and clicking on Adaptive.

Adaptive Recreation Registration Dates for 2012

Spring Session

April-May

REGISTRATION TO BE HELD MARCH 2012

Summer Session

June-August

**REGISTRATION TO BE HELD MARCH 2012
in conjunction with Spring Registration.**

Fall Session

September-November

REGISTRATION TO BE HELD AUGUST 2012

Winter Session

January-March

REGISTRATION TO BE HELD NOVEMBER 2012

