



Adaptive Recreation Winter Youth 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:

(Organization & Contact Name and Contact Phone #)

Credit Card

___ Visa ___ Master card ___ Discover

Name on card: _____

Card #: _____




Expiration Date: ____/____

Total amount to be charged: \$ _____



Winter Youth Programs

Please return this page along with payment OR billing information, between the dates of December 6 & 17.

CLASS	TIME	COST
<input type="radio"/> Cross Country Ski/Snow Shoeing	Tuesdays, 4:00-5:30 p.m.	\$56
<input type="radio"/> Music 4 Youth	Wednesdays, See Description for times	Choose one: <input type="radio"/> \$50 <input type="radio"/> \$100
<input type="radio"/> Girl Scouts	Thursdays, 4:30-5:30 p.m.	N/A
<input type="radio"/> Swim Lessons	Thursdays, <input type="radio"/> 6:00-6:30 p.m. <input type="radio"/> 6:30-7:00 p.m. <input type="radio"/> Either time will work!!	\$65
<input type="radio"/> Teen Scene	Fridays, Time varies weekly	\$25
Stay-N-Play Saturday, January 14	Stay-N-Play Saturday, February 18	Stay-N-Play Saturday, March 17
<input type="radio"/> AM Session: 9-Noon \$22.50	<input type="radio"/> AM Session: 9-Noon \$22.50	<input type="radio"/> AM Session: 9-Noon \$22.50
<input type="radio"/> PM Session: Noon-3:00 p.m. \$22.50	<input type="radio"/> PM Session: Noon-3:00 p.m. \$22.50	<input type="radio"/> PM Session: Noon-3:00 p.m. \$22.50
<input type="radio"/> Full Day 9am-3pm \$45	<input type="radio"/> Full Day 9am-3pm \$45	<input type="radio"/> Full Day 9am-3pm \$45
<input type="radio"/> One:one staffing requested (additional \$7 or \$14)	<input type="radio"/> One:one staffing requested (additional \$7 or \$14)	<input type="radio"/> One:one staffing requested (additional \$7 or \$14)
<input type="radio"/> Christmas Carols @ PH 	<input type="radio"/> 4:30 p.m. Ages 4-14 <input type="radio"/> 6:30-8:00 p.m. Ages 15-17	\$8.00
<input type="radio"/>  Scavenger Hunt	<input type="radio"/> 4:30 p.m. Ages 4-14 <input type="radio"/> 6:30-8:00 p.m. Ages 15-17	\$8.00
<input type="radio"/>  Dance	Friday, Feb. 10 6:30-8:30 p.m. Ages 13 & older!	\$8.00

The Parks & Recreation Department Adaptive Recreation Winter Registration

Dates: Monday-Friday, 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

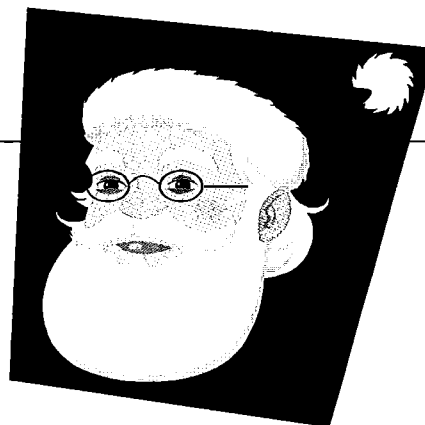
- *Improves cooperation skills.
- *Increased self assertiveness.
- *Increased conversation skills.

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"!!!

WEDNESDAYS

Music 4 Youth

This program uses the therapeutic elements of music to address physical, emotional, cognitive, and social needs of children with Developmental Disabilities. Music therapy

- promotes wellness
- helps children express feelings
- enhances memory
- improves communication



Jenny Kruse is board certified and has a Masters in Music Therapy; she has extensive experience working with youth with Developmental Disabilities in a variety of settings and has successfully led the Music for Youth program over the past 6 years.

WHO: Youth ages 3-19
NEW OPTION: 5 classes Jan. 11-Feb. 8 \$50
10 classes Jan. 11-Mar. 14 \$100
TIMES: Ages 13-19 3:30-4:10 pm
Ages 3-7 4:15-4:45 pm
Ages 8-12 4:45-5:15 pm
LOCATION: Bear Creek Services, 3108 Hwy 52 N.

THURSDAYS

Girl Scouts

Learn the Girl Scout promise, play games, sing songs, make crafts, learn about our community and the world around you while having lots of fun with your girlfriends! Girls will be provided a sash and earn badges throughout the session, which will be awarded the final meeting night! Don't miss this great opportunity to be a Girl Scout . . . where Girl Scouting is for **EVERY** girl, **EVERYwhere!!!**

WHO: Girls ages 5-17 years of age
DATES: Thursdays, Jan. 12-Mar. 1
LENGTH: 8 meeting times
TIME: 4:30-5:30 pm
COST: \$54
LOCATION: Bear Creek Services, 3108 Hwy. 52 N. Located along the EAST Frontage Road between Flamingo Bingo and Baker's Square North.



THURSDAYS continued . . .

Swim Lessons

This program is designed to help the new or novice student become comfortable in the water and to help the student learn basic swim skills through one to one instruction. Experienced swimmers are welcome and will work on refining swim strokes & as well as work on their endurance.

WHO: Youth ages 3 years and older

DATES: Thursdays, Jan.12-Mar. 8

LENGTH: 9 classes

TIME: 6:00-6:30 p.m.

6:30-7:00 p.m.

COST: \$65.00

SITE: The Recreation Center Pool.

***NOTE:** Special Olympics Rochester provides a swim training program for persons ages 8-and older and will be offering a program at the Recreation Center Pool from November 2011-February 2012. There is no cost to participate and registration details can be found by going to:

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!

SATURDAYS

STAY – N – PLAY

In partnership with Bear Creek Services
Formerly known as the "Weekend Drop In Center"

Stay-N-Play is offered one Saturday per month and provides youth with stimulating and age-appropriate activities through dramatic play, games, play-doh, music, and outdoor play (as weather permits). This setting allows children develop and work on social skills through supervised & assisted play with their peers. A well-trained staff will provide 1:4 (staff to client) supervision and assistance: a 1:1 option is available at an additional fee.

*Register for any **OR** all of the sessions offered.

*A detailed packet of information will be mailed to you one week prior to the program date!

WHO: Youth ages 3 - 14

DATES: *Saturday, January 14

*Saturday, February 18

*Saturday, March 17

PRICES: *\$22.50 half day

AM Session: 9:00-Noon

or

PM Session: Noon-4:00 p.m.

*\$45 full day

9:00 a.m.-4:00 p.m.

One:One

Staffing:

½ Day add \$7.00

Full Day add \$14.00

SITE:

Bear Creek Services, 3108 Hwy. 52
North along the **EAST** Frontage Road
between Bakers Square **NORTH** and
Flamingo Bingo.

SPECIAL EVENTS

Christmas Carols, Cookies & Cider at The Plummer House

Celebrate the Christmas Season in the traditional way . . . with carols, friends, cookies & cider in the parlor!

WHO: Persons 4-14 years 4:30-5:30 p.m.
Persons 15-17 years 6:30-7:30 p.m.
DATE: Monday, December 12
COST: \$8.00
LOCATION: The Historic Plummer House of the Arts
TIDBITS: Dress up in Christmas colors!



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 friends in the parlor at the Historic Plummer House of the Arts.

WHO: Persons 4-14 years 4:30-5:30 p.m.
Persons 15-17 years 6:30-8:00 p.m.
DATE: Monday, February 13
COST: \$8.00
LOCATION: The Historic Plummer House of the Arts
TIDBITS: Dress in red, pink, white, and/or black!!



Adaptive Recreation Program Calendar 2011

Winter Session

January-March

REGISTRATION TO BE HELD IN NOVEMBER 2010

Spring Session

April-May

REGISTRATION TO BE HELD IN FEBRUARY 2011

Summer Session

June-August

REGISTRATION TO BE HELD IN MAY 2011

Fall Session

September-November

REGISTRATION TO BE HELD IN AUGUST 2011

- If you have a change in your mailing/emailing address, be sure to let us know.
- Use the schedule above to work on budgets and secure funding prior to the registration period.
- If requesting us to send billing to another agency, be sure to provide all information requested on the registration form under the "billing" option.
- If unsure about an activity, call us, we'll be happy to help make suggestions.

