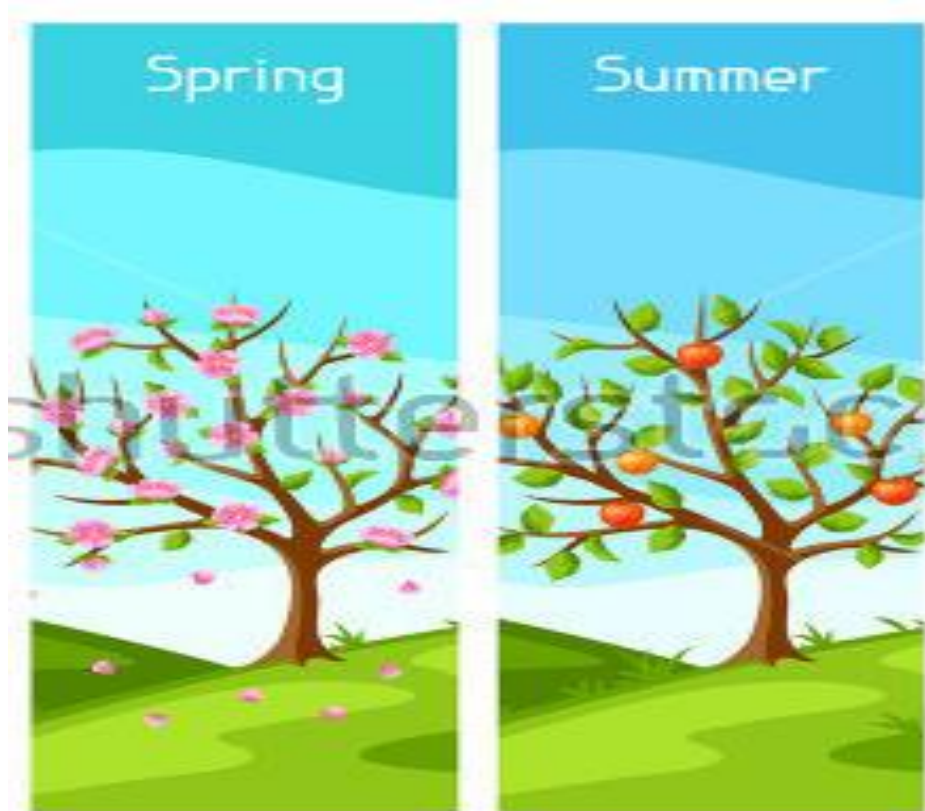




The Parks & Recreation Department  
Adaptive Recreation Division  
201 4<sup>th</sup> Street SE #150 \* Rochester, MN 55904  
\*Phone: (507) 328-2539 \*Email: [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)  
\*Web: <http://www.rochestermn.gov/departments/parks-and-recreation>

## 2018 Adaptive Recreation *Spring Into Summer* Programs



***A Recreational Program for Individuals with Intellectual Disabilities***

### **REGISTRATION DATES**

**Opens: 8:00 a.m. Wednesday, March 7<sup>th</sup>**

**Closes: 5:00 p.m. Friday, March 16<sup>th</sup>**

**Applications for the Day Camp Lottery will be accepted  
until 5:00 p.m. Friday, March 30<sup>th</sup>.**



## **REGISTRATION INFORMATION**

Registration cannot be submitted  
**BEFORE Wednesday, March 7<sup>th</sup>.**

### **REGISTRATION OPENS**

8:00 a.m. Wednesday, March 7th

### **REGISTRATION CLOSSES**

5:00 p.m. Friday, March 16.

Please call Karen Meyer at (507) 328-2539 or email [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov) if you missed the deadline and still want to register. Please note that after 5:00 p.m. March 15th, the option to register online will not be available.

### **\*\*\* DAY CAMP APPLICATION LOTTERY \*\*\***

Applications for the Go.Play.Explore! Day Camp will be accepted until 5:00 p.m. Friday, March 30<sup>th</sup>. After this deadline, the application process will be closed. There is a 6-week limit per person.

### **AFTER REGISTRATION CLOSSES**

The Online Registration process will be closed; to see if there are program availabilities, call (507) 328-2539 or email [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)



## **HOW TO REGISTER & PAY**

**Chose one of the following payment methods that best suits you.**

### **\*Credit Card Payments Accepted**

- A. Online at [www.rochestermn.gov](http://www.rochestermn.gov)
- B. By phone to (507) 328-2539

### **\*Consumer Support Grants Accepted**

**How:** Complete and return the registration Form included in this catalog; be sure to provide the Third Party Payer information.

### **\*Cash, Check and Money Orders Accepted**

**How:** in person or by mail at our office.

## **OFFICE ADDRESS**

We are located on the Main Floor of the City Government Center:

**The Parks & Recreation Department**  
**201 4<sup>th</sup> Street SE #150**  
**Rochester Minnesota 55904**

## **Refunds**

A 7-day notice is required for a full refund or credit. Less than 7-days' notice a refund or credit will be pro-rated.

**Phone:** (507) 328-2539

**Email:** [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)

## **Weather Related Cancellations**

Adaptive Recreation activities/programs will be cancelled when the Rochester Public School District cancels classes & activities.

## Fridays with Friends

What better way to spend your Friday Nights than with Friends!

**April 13** - Scavenger Hunt at the Mall - Meet us at the Apache Mall Food Court Entrance. Bring money for a small drink or bring your own.

**April 27** - Bowling - Bowlocity - Be sure to bring or wear socks!

**May 11** - Mystery at the Plummer House!

**May 25<sup>th</sup>** - **PLEASE NOTE: This night we'll meet from 6:00-8:00 p.m.** Sing a Long & Picnic (a sign up sheet will be passed around) - West Picnic Shelter, Silver Lake

Description	Ages	Dates	Times	Meet Days	Locations	Price
Fridays with Friends	19-55	See description	6:30 pm - 8:30 pm	Every Other Friday	See description	\$50.00

## Yoga/Zumba

Yoga & Zumba are great ways to increase your fitness level; raise your heart rate, burn calories and tone your body in this power-packed hour of F&F (fitness & fun)!!

### Tidbits:

\*Wear loose clothing & athletic shoes

\*Bring a yoga mat and water bottle weekly.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Yoga/Zumba	13-99	April 10-May 29	6:00 pm - 7:00 pm	Tu	125 Live	\$85.00
Yoga/Zumba	13-99	April 12-May 31	6:00 pm - 7:00 pm	Th	125 Live	\$85.00

## Bowling

This popular past time is for everyone . . . we'll bowl 2 games or one-hour, whichever comes first!. Athletes will play on teams of like ages & abilities! Siblings (5-12 years) are welcome to register too!

Here are few other things we'll do:

\*Practice good sportsmanship.

\*Encourage independence.

\*Encourage proper bowling skills.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Bowling	5-99	April 10-May 8	4:00-5:30 pm	Tu	Colonial Lanes	\$60
Bowling - Sibling	5-12	April 10-May 8	4:00-5:30 pm	Tu	Colonial Lanes	\$60

## The Groove Crew Dance Program

Join us for an hour of fantastic fun dancing to some great music. Pick up some new moves or hone your own! Dance to favorites like the Cha-cha Slide, the Cupid Shuffle, the Macarena, and more! Wear loose fitting clothes & comfortable shoes because we'll be "footloose and fancy-free" for this fun hour of groovin' with the crew!

Description	Ages	Dates	Times	Meet Days	Locations	Price
The Groove Crew Dance Program	12-99	April 18-May 2	6:30-7:30 pm	W	125 Live	\$45

## Teen Scene

The Teen Scene is where it's at on Friday Nights . . . we'll make friends while hanging out doing things that teens love doing!

**April 13** - Pizza - Valentino's **(A gluten-free option will be provided. NOTE TIME CHANGE: 6:00-7:30 p.m.)**

**April 20** - Water Park - Rochester Family "Y"

**April 27** - Bowling - Bowlocity (be sure to wear socks)

**May 5** - Scavenger Hunt - The Plummer House

**May 11** - Karaoke Night - 125 Live

**May 18** - Picnic & Games - West Silver Lake Picnic Shelter **(NOTE TIME CHANGE: 6:00-7:30 p.m.)**

Description	Ages	Dates	Times	Meet Days	Locations	Price
Teen Scene	13-18	See description	6:30-8:00 pm	See description	See description	\$65

## Music 4 Youth

Music Therapy is a clinical approach using music as an intervention to accomplish individual and group goals. Board-certified Music Therapist Jenny Kruse facilitates this weekly program. For maximum effectiveness, classes are made up of individuals with similar social needs & skills. Select the class which best suits your child from the following:

**\*Class 1:** For ages 3-12- For all ability levels. This class focuses on using musical cues in order to encourage the use of verbal & auditory skills.

**\*Class 2:** For ages 13-18 - This class focuses on the use of music and verbal cues to elicit verbal responses from students with limited verbal ability.

**\*Class 3:** For ages 13-18 - This class is for individuals with high verbal skills; students will work together as a 'team' to accomplish weekly musical goals.

Description	Ages	Dates	Times	Meet Days	Location	Price
<b>Class 1</b>	3-12	April 11-May 16	4:15 pm - 4:45 pm	W	125 Live	\$100
<b>Class 2</b>	13-18	April 11-May 16	4:45 pm - 5:15 pm	W	125 Live	\$100
<b>Class 3</b>	13-18	April 11-May 16	5:15 pm - 5:45 pm	W	125 Live	\$100

## Aquatics

The Adaptive Aquatics program consists of a variety of water activities in the Warm Water Pool at the Recreation Center! Select the activities below that best suits your participant's needs!

\*Swim Class - personalized one:one instruction. Your student's teacher will assess them and implement an individualized approach best suited to your child's needs.

\*Swim or Splash! Swim, splash and play! A lap lane will be designated for those wishing to exercise, while the other half of the pool will be available for splashing & playing about. Swim toys and flotation devices are available to use! Participants requiring assistance or supervision in the water must bring a parent/guardian or aide to swim with; additionally siblings are welcome and are included in the fee!

\*Aqua-Fit class: is a 40-minute workout consisting of cardio, upper body, and core exercises. The medium of water increases resistance and provides buoyancy giving one a 'harder' workout but with the benefit of being easier on joints & muscles. Parents and siblings (at least 13 & older) are welcome and can register with their participant.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Swim & Splash!	1-99	March 12 & 19	5:00 pm - 6:30 pm	M	Rec Center	\$20
Swim Class 1	3-16	April 9-May 21	4:30 pm - 5:00 pm	M	Rec Center	\$65
Swim Class 2	3-16	April 9-May 21	5:00 pm - 5:30 pm	M	Rec Center	\$65
Swim Class 3	3-16	April 9-May 21	5:30 pm - 6:00 pm	M	Rec Center	\$65
Aqua-Fit	13-99	April 9-May 21	6:00 pm - 6:45 pm	M	Rec Center	\$65

## Spring Fling Picnic & Dance

***Co-sponsored with Community Education's Adults with Exceptional Abilities!***

How about a Grand Finale Picnic to celebrate the end of the school year! We're puttin' on a great picnic event with hot dogs, chips, drinks, dessert, dancing, and games!! The new adaptive bikes will be on display and available to try out too. Come celebrate the excitement of the warmer weather with great friends during this year's SPRING FLING PICNIC & DANCE! ***You can register through us OR Community Education's Adults with Exceptional Abilities program!***

**\*\* In case of rain, activities will be held in the enclosed shelter. Parent/Guardian/Support Staff are welcome eat - please register for dinner along with your participant!\*\***

Description	Ages	Dates	Times	Meet Days	Locations	Price
Participant	18-99	June 8	5:30-7:00 pm	F	Silver Lake Park West	\$5
Parent/Staff if eating						\$5

## Miracle Field League - LET'S PLAY BALL!!

The Miracle League is an exciting baseball program for individuals with intellectual challenges! Athletes will experience the fun of playing on a team while making friends & memories. In addition, athletes will be provided a team jersey & picture for free through the generous support of team sponsors!

\*Athletes will play on the Miracle Field, a barrier-free, accessible surface!

\*Scores are kept for fun, but are not 'official' and there are no rankings!

\*Jerseys will be handed out the first night of play!

\*Picture nights will be scheduled!

\*Parents/Guardians/Support Staff are required to stay onsite during games.

\*Smoking is not allowed within the complex.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Teen Fun Mons. 6p	14-21	June 25-Aug. 13*	6:00 - 7:00 pm	M	Watson Sports Complex	FREE
Fun Mons. 6p	18-99	June 25-Aug. 13*	6:00 - 7:00 pm	M	Watson Sports Complex	FREE
Fun Mons 7p	18-99	June 25-Aug. 13*	7:00 - 8:00 pm	M	Watson Sports Complex	FREE
Competitive Mons.	14-99	June 25-Aug. 13*	6:00 - 8:00 pm	M	Watson Sports Complex	FREE
Youth Teams	4-9	June 26-Aug. 14*	6:00 - 7:00 pm	Tu	Watson Sports Complex	FREE
Youth Teams	10-13	June 26-Aug. 14*	7:00 - 8:00 pm	Tu	Watson Sports Complex	FREE
Fun Weds. 6p	18-99	June 27-Aug. 15*	6:00 - 8:00 pm	W	Watson Sports Complex	FREE
Fun Weds. 7p	18-99	June 27-Aug. 15*	7:00 - 8:00 pm	W	Watson Sports Complex	FREE
Gil Wilkins Softball Invitational	4-99	Aug. 18	9:00 am - 1:00 pm	Sa	Watson Sports Complex	FREE

**\*There will be no games the week of the 4<sup>th</sup> of July!!**

## Soccer

Athletes are arranged into small groups based on age & ability in order to practice ball handling skills with assistance buddy. Each player will ideally have a volunteer buddy to help guide them through various soccer related activities.

After working on ball handling skill exercises, athletes will come together for scrimmage time!

Description	Ages	Dates	Times	Meet Days	Location	Price
Soccer	4-12	06/14/2018 - 07/26/2018	6:15-7:00 pm	Th	Century HS	\$55
Soccer	13-99	06/14/2018 - 07/26/2018	7:00-7:45 pm	Th	Century HS	\$55

## Teen Camp

This program focuses on expanding the social & physical experiences of individuals with mild intellectual challenges. Teens will be encouraged to expand their skill set, interests, and friendships through unique group and individual activities. They'll also have an opportunity to develop & use their skill sets by taking part in community volunteer projects with Channel One and other local agencies in need.

This program is best suited for youth who can flow in a moderately fast-paced environment, with frequent transitions and who typically demonstrate independence with:

- \*Communication (advocacy, expressing emotions, needs/wants)
- \*Self-cares (dressing, toileting, eating, etc.)
- \*Following safety rules and multi-step directions.

**\*Although Teen Camp will not be offered during the week of July 4th, there will be a special optional activity announced for those taking part in Teen Camp.**

Description	Ages	Dates	Times	Meet Days	Locations	Price
Week 1	13-21	<b>June 13-15</b>	1:00- 5:30 pm	<b>W-F</b>	Silver Lake Park East	\$65
Week 2	13-21	June 18-22	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
Week 3	13-21	June 25-29	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
<b>Week #4</b>		<b>No Teen Camp this week!</b>				
Week 5	13-21	July 9-13	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
Week 6	13-21	July 16-20	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
Week 7	13-21	July 23-27	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
Week 8	13-21	July 30-Aug. 3	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155
Week 9		August 6-10	1:00 - 5:30 pm	M-F	Silver Lake Park East	\$155

## Easter Egg Hunt

**We ask that children be accompanied by an adult or responsible party.**

Hippity Hoppity Easter's on its way . . . and so is the Easter Bunny! Join us for a wonderful time hunting for eggs with the Easter Bunny throughout the beautiful Plummer House! Bring an Easter basket, bucket, or bag! Siblings ages 1-13 are welcome to register too!

Description	Ages	Date	Time	Meet Day	Location	Price
Easter Egg Hunt	1-13	March 24	10:00 am -11:00 am	Sa	Plummer House	\$3.00/child

## Go.Play.Explore!

Applications will be accepted from March 7th-30th. List weeks the weeks you wish to attend in order by priority from highest to lowest. Limit of up to 6 weeks/applicant.

**Go. Play. Explore!** is for youth with a variety of intellectual abilities. Through arts, crafts, music and other activities, participants will be encouraged to develop & use social skills, build friendships, and participate in physical activities including daily swim time at the outdoor pool (weather willing)! Be sure to Go.Play.Explore. with us this summer!

### NOTE:

1:1 (\$300/week)\*

1:3 (\$155/week)\*

Will vary, see program descriptions for these weeks.\*

### We provide staffing options to meet the various needs of our participants as follows:

1:1 Staff to Participant option is provided for youth requiring moderate to full support from staff with:

\*Communication (advocacy)

\*Self-cares (i.e. dressing, eating, toileting, etc.)

\*Self-preservation (aware of dangers, staying & keeping oneself safe, etc.).

1:2 Staff to Participant Option - Not offered.

1:3 Staff to Participant option is provided for youth needing minimal-mild support from staff with:

\*Communication (i.e. can communicate needs/wants/emotions, etc.)

\*Self-care (i.e. dress, feed, toilet self)

\*Self-preservation (aware of dangers, staying & keeping oneself safe, etc.).

Description	Ages	Dates	Times	Meet Days	Location	Price
<b>Week 1 1:3</b>	4-21	<b>June 13-15</b>	1:00- 5:30 pm	<b>W-F</b>	Silver Lake Park West	<b>\$95</b>
Week 2 1:3	4-21	June 18-22	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
Week 3 1:3	4-21	June 25-29	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
<b>Week 4 1:3</b>	4-21	<b>July 2 &amp; 3</b>	1:00 - 5:30 pm	<b>M &amp; Tu</b>	Silver Lake Park West	<b>\$65</b>
Week 5 1:3	4-21	July 9-13	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
Week 6 1:3	4-21	July 16-20	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
Week 7 1:3	4-21	July 23-27	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
Week 8 1:3	4-21	July 30-Aug. 3	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
Week 9 1:3	4-21	August 6-10	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$155
<b>Week 1 1:1</b>	4-21	<b>June 13-15</b>	1:00 - 5:30 pm	<b>W-F</b>	Silver Lake Park West	<b>\$180</b>
Week 2 1:1	4-21	June 18-22	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
Week 3 1:1	4-21	June 25-29	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
<b>Week 4 1:1</b>	4-21	<b>July 2 &amp; 3</b>	1:00 - 5:30 pm	<b>M &amp; Tu</b>	Silver Lake Park West	<b>\$120</b>
Week 5 1:1	4-21	July 9-13	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
Week 6 1:1	4-21	July 16-20	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
Week 7 1:1	4-21	July 23-27	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
Week 8 1:1	4-21	July 30-Aug. 3	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300
Week 9 1:1	4-21	August 6-10	1:00 - 5:30 pm	M-F	Silver Lake Park West	\$300





## GO.PLAY.EXPLORE! DAY CAMP APPLICATION for Lottery Selection

**Important:** rank all 9 weeks from highest to lowest priority (i.e. 1 being highest, etc.)

Participant Name	Mailing Address	DOB
Email Address	Cell Phone	<b>Office Use Only:</b>  Date Submitted

Staffing	Week	Dates	Time	Meet Days	Price	Rank by Preference 1 being highest and so on
<b>1:1</b>	<b>1</b>	<b>June 13-15</b>	1:00 - 5:30 pm	<b>W-F</b>	<b>\$180</b>	
1:1	2	June 18-22	1:00 - 5:30 pm	M-F	\$300	
1:1	3	June 25-29	1:00 - 5:30 pm	M-F	\$300	
<b>1:1</b>	<b>4</b>	<b>July 2 &amp; 3</b>	1:00 - 5:30 pm	<b>M &amp; Tu</b>	<b>\$120</b>	
1:1	5	July 9-13	1:00 - 5:30 pm	M-F	\$300	
1:1	6	July 16-20	1:00 - 5:30 pm	M-F	\$300	
1:1	7	July 23-27	1:00 - 5:30 pm	M-F	\$300	
1:1	8	July 30-Aug. 3	1:00 - 5:30 pm	M-F	\$300	
1:1	9	August 6-10	1:00 - 5:30 pm	M-F	\$300	

Staffing	Week	Dates	Time	Meet Days	Price	Rank by Preference 1 being highest and so on
<b>1:3</b>	<b>1</b>	<b>June 13-15</b>	1:00- 5:30 pm	<b>W-F</b>	<b>\$95</b>	
1:3	2	June 18-22	1:00 - 5:30 pm	M-F	\$155	
1:3	3	June 25-29	1:00 - 5:30 pm	M-F	\$155	
<b>1:3</b>	<b>4</b>	<b>July 2 &amp; 3</b>	1:00 - 5:30 pm	<b>M &amp; Tu</b>	<b>\$65</b>	
5 1:3	5	July 9-13	1:00 - 5:30 pm	M-F	\$155	
6 1:3	6	July 16-20	1:00 - 5:30 pm	M-F	\$155	
7 1:3	7	July 23-27	1:00 - 5:30 pm	M-F	\$155	
8 1:3	8	July 30-Aug. 3	1:00 - 5:30 pm	M-F	\$155	
9 1:3	9	August 6-10	1:00 - 5:30 pm	M-F	\$155	

# SPRING INTO SUMMER REGISTRATION

Please complete all information.

Name \_\_\_\_\_

Group Home Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Primary Phone # \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Email Address \_\_\_\_\_

Additional Email Address \_\_\_\_\_

## Source of Payment

Cash = \$ \_\_\_\_\_

Check/Money Order = \$ \_\_\_\_\_

Visa  MasterCard  Discover  Diner's Club

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CVS Code: \_\_\_\_\_

Amount to be charged: \$ \_\_\_\_\_ ZIP \_\_\_\_\_

\*\*\*\*\*

Invoice my Consumer or Family Support Grant.

\_\_\_\_\_  
Name of Fiscal Agency

\_\_\_\_\_  
Email Address of Fiscal Agent

Activity	Note	Cost
Bowling	Ages 5 & older Siblings ages 5-12 welcome to register.	<input type="radio"/> \$60/person
The Groove Crew Dance Program	Ages 12 & older	<input type="radio"/> \$45
Miracle League	<input type="radio"/> Competitive <input type="radio"/> Youth <input type="radio"/> Fun Division <input type="radio"/> Gil Wilkins Invitational	Circle Shirt Size: <b>Youth</b> S M L XL Adult S M L XL 2XL 3XL 4XL
Soccer	<input type="radio"/> Class 1 <input type="radio"/> Class 2	<input type="radio"/> \$55
Easter Egg Hunt	Please list names of siblings attending:	<input type="radio"/> \$3/person
Spring Fling & Dance! <b>Register through us or Community Ed!</b>	Ages 18 & older Fri. June 8 5:30-7:00 p.m.	<input type="radio"/> \$5 <input type="radio"/> \$5/parent/staff <b>(if eating)</b>
Swim or Splash!	March 12 & 19	<input type="radio"/> \$20
Music 4 Youth	<input type="radio"/> Class 1 <input type="radio"/> Class 2 <input type="radio"/> Class 3	<input type="radio"/> \$100
Teen Scene	Ages 13-18 Every other Friday 6:30-8:00 p.m.	<input type="radio"/> \$65
Friday with Friends!	Ages 19-60 Every other Friday 6:30-8:00 p.m.	<input type="radio"/> \$50
Swim or Splash	Mondays, 5:00-6:30 p.m.	<input type="radio"/> \$20
Swim Class	<input type="radio"/> 4:30-5:00 p.m. <input type="radio"/> 5:00-5:30 p.m. <input type="radio"/> 5:30-6:00 p.m.	<input type="radio"/> \$65
Aqua-Fit	Mondays, 6:00-6:45 p.m.	<input type="radio"/> \$65
Yoga Zumba	<input type="radio"/> Tuesdays, 6-7 p.m. <input type="radio"/> Thursdays, 6-7 p.m.	<input type="radio"/> \$85 – one night <input type="radio"/> Both Nights
Teen Camp	<input type="radio"/> Week 1 <input type="radio"/> Week 2 <input type="radio"/> Week 3 <b>Week 4 – NO Camp</b> <input type="radio"/> Week 5 <input type="radio"/> Week 6 <input type="radio"/> Week 7 <input type="radio"/> Week 8 <input type="radio"/> Week 9	<input type="radio"/> Week 1= \$65  <input type="radio"/> \$155/per week (weeks 2, 3, 5, 6, 7, 8, 9)