



2019 Awesome & AccessAble Fall Fitness, Recreation & Wellness Program

A collaboration of fun, physical, social, and recreational opportunities for individuals with a cognitive, social, and/or physical disability



Registration begins at 9:00 a.m. Monday, August 19, 2019

**The Parks & Recreation Department
201 4th Street SE, Rochester Mn. 55904**

Phone: (507) 328-2539

Email: kmeyer@rochestermn.gov

Web: <https://www.rochestermn.gov>



This page is intended for Parks & Recreation's AccessAble Recreation's registration process only. See registration directions for other community partner's programs also featured in this catalog!

Registration will NO LONGER be accepted by PHONE, FAX OR EMAIL

**Registration for begins at 9:00 a.m.
Monday, August 19, 2019 and closes once:**
A. Class has filled
B. Within 5 days prior to the "start date"
C. Available staffing.

If classes are filled upon receipt of your registration, we will put your name on a Waiting List and will notify you if openings become available

History of Adaptive Recreation
(aka AccessAble Rec)

The Adaptive Recreation program was established in 1975 and since then has evolved into a year-round program offering a variety of social and recreational activities for individuals with intellectual, social and physical disabilities serving approximately 2,000 people/year.

Our mission is to enhance the physical, social, and recreational experiences of persons who identify as having a cognitive, social and/or physical disability. Through collaborations with other community partners it is possible to provide a wider variety of accessible, affordable, and quality activities.

Therapeutic Benefits of Recreation

- *Improved Cognitive Skills
- *Improved Physical Skills
- *Improved Emotional Well-being
- *Decrease in Behavioral Problems

As reported by the NTR

Spread the news

If you know of someone who could benefit from this program, feel welcome to invite them to contact the Coordinator of Adaptive Recreation at (507) 328-2539 or

kmeyer@rochestermn.gov

ADDRESS

The Main Floor of City Hall at the Government Center

The Parks & Recreation Department
Adaptive Recreation Division
201 4th Street SE #150 Rochester, MN 55904
Office Hours: Monday-Friday, 8am-5pm, except holidays.

Can I submit registration before the opening date? No. Additionally, we do not reserve spots.

Registration will NO LONGER be accepted by PHONE, FAX OR EMAIL.

Registration & Payment Methods as outlined here will be accepted beginning at 9:00 a.m. Monday, August 19, 2019:

1. Online with a credit card payment ONLY. Visa, Master Card, or Discover

2. In person or by mail.

A completed registration form must be submitted with the following accepted forms of payment:

- *Cash
- *Check
- *Money Order
- *Credit card
- *Consumer or Family Support Grant (see note below).

3. Waivers/Consumer/Family Support Grant Payments.

*A registration form must be completed and submitted (no emails or FAXs accepted). Note: The Consumer or Family Support Grant only covers the cost of the individual to whom it has been granted. Family members must pay privately and up front for all other family members attending an activity. Parks & Recreation will email an invoice for services to the family member to submit it for payment.



Participation Guidelines

Staff-to- Participant ratio is 1:4 for most activities, unless otherwise noted in the program description. Individuals participating in activities should demonstrate the ability to be successful with 1:4 (staff to participant ratio) with self- cares (i.e. going to the bathroom, changing, etc.) as well as in activities. *Participants needing more supervision and/or assistance are welcome and should bring a support person with.*

*Individuals participating in activities should be able to demonstrate the ability to be safe with their peers, staff, and in the community. Dangerous or threatening behaviors to self or others may result in the termination of services.

*Individuals participating should demonstrate the ability to be cooperative, to take direction and respond to redirection.

*Individuals participating must be registered in advance of the activity/program in order to participate. No walk-ins allowed.

*Individuals participating are responsible for their own transportation which must be timely both in drop off and pick up. Hand-to-hand or eye-eye drop offs only. **NO CURBSIDE DROP OFFS ALLOWED!**

*Individuals not having participated in our program before should complete the Participant Profile form and submit along with the Parks & Recreation Registration form included in this catalog.

*Programs run on the same calendar as the Rochester Public Schools; when schools are open, we will be open. If school is cancelled due to inclement weather, we will cancel activities.

We communicate through text & email messages; be sure to provide current cell phone numbers and email addresses on the Registration Form so that we can send you information and cancellation notices. It is best to provide multiple of each in case you are not able to access one.

LATE PICK UP

A fee of \$10 will be assessed for all late pickups once the program time has passed and increases every 15 minutes until the participant is picked up.

Late fees must be paid before participation can resume.

Payments can be made with a credit card or cash, but may not be paid by a Consumer of Family Support Grant.

Note: Three late pickups per session (i.e. fall, winter spring, summer) will result in the termination of participation for the remainder of the session without a refund.

Note: Participants & staff are asked to refrain from bringing food, snacks, or soda to programs unless there is a medical need to do so or unless it is needed for the activity. We welcome people to eat prior to the activity and to bring water if desired.

ALCOHOL/DRUGS/TOBACCO/ECIG/VAPE-PENS Per City & County Ordinance use of these items are prohibited in City & County Buildings, in Parks, and on property.

ELECTRONIC DEVICES

Participants, family members, and support staff are asked to put all devices ON SILENT and away during activities. Exceptions will be made for devices used to assist with speech. If you must take a call, please step outside of the activity area.



The Afterschool Activities Program (AAP)

This recreation program provides individuals ages **11-21** who identify as having a cognitive, social, and/or physical disability, an engaging and purposeful series of after-school activities including arts, crafts, exercise, gym time, social games and a snack.

Registration for AAP

Dates: Beginning 9:00 a.m. Monday, Aug. 19 and ending Friday, August 23 or when the program fills, whichever comes first.

How to Register: Online with a credit card (first installment only).

In person or by mail to the Parks & Recreation Department.

NEW STUDENTS: A Participant Profile form along with the registration form must be completed and turned in together within the date range listed above; both forms are included in this catalog. Be as detailed as possible. If the information being requested does not apply to your child, you may leave it blank.

Staffing: We provide a 1:4 staff to participant ratio ONLY. Individuals requiring moderate-full assistance and/or supervision are welcome to participate and should bring an aide with.

Participation Guidelines:

The Afterschool Activities program is in a busy public space, therefore participants must be able to be:

1. Safe with peers, staff, and in the community.
 2. Cooperative & willing to follow instructions.
 3. Willing to participate in activities without resistance and requiring minimal-moderate redirection.
 4. Participants should be moderately independent with self-cares such as going to the bathroom, changing clothes/swimsuit, eating with minimal assistance from program staff.
- otherwise, we ask that you provide an aide to attend with.

Program Time: 2:30 - 5:45 p.m.

Program Dates: September 3, 2019-June 5, 2020 school days only.

The Afterschool Activities program operates on the same calendar as the Rochester Public School District. When school is open, the program will be open; when school closes due to inclement weather or is not scheduled due to holidays and all other non-scheduled school days, the AAP will also be closed.

Program Cell Phone: (507) 226-2787 during the program day.

Program Cost: Fees are split into two payments invoiced in Sept. 2019 and again in January 2020

Program Options:

***NEW: Punch Card Option (12 days/card) = \$120.00 – For gym & swim activities.** *If requiring more than 1:4 assistance/supervision, then an aide must attend.* Other activities will require an additional fee and regular attendance due to the nature of the program (i.e. see how to register for Building Blocks, Awesome Fitness, and Music 4 Youth in the following pages of this catalog)

***5 days/week (M-F) = \$4000.00**

***4 days/week (M-Th) = \$3600.00**

***3 days/week (M-W-F) = \$2472.00**

***2 days/week (T/Th) = \$1,632.00**

Transportation to the Program: Participants attending the Afterschool Activities program (AAP) 5 days per week can request busing from a Rochester based school program to the AAP site. Our program rents space from 125 Live, located at 125 Elton Hills Drive NW. Before submitting a Child Care Transportation form with the school district, please wait for confirmation from us about your child's acceptance into the program. Once confirmed the **Child Care Transportation form can be completed and submitted.** Forms can be found and completed online at www.rochester.k12.mn.us/departments/transportation_services

Adaptive Aquatics Program

NEW FORMAT & REGISTRATION PROCEDURES

The Adaptive Aquatics program consists of various pool time activities at the City of Rochester's Recreation Center Warm Water Pool.

Swim Lesson Screening

Students will be assessed for either swim lessons as a 1:1 or 1:2 or other options best suited to them.

Screening Procedure

1. Sign up online for the Free Screening Night at <https://www.rochestermn.gov/departments/parks-and-recreation> under Adaptive Rec. Sign up for a 15 minute screening either Monday, Sept. 16 or Wednesday, Sept. 18 from 4:00-6:00 p.m. Swim Instructors and a **Pediatric Physical Therapist from ExercisAbilities** will be on hand to provide assessments and make recommendations to help identify if lessons or other water therapy would be most beneficial for the student. **A screening does not guarantee a spot in swim lessons.**

2. Once your child's screening has been completed, registration for Swim Lessons will be held Monday, Sept. 23 **A screening does not guarantee a spot in swim lessons.**

Registration Date: Monday, Sept. 23 beginning at 9am on a first come/first serve basis.

Lesson Dates: Mons. Oct.7-Nov. 25

Class Times: 4:30p, 5:00p, 5:30p, 6:00p

Ages: 4-17 years of age

Cost: \$75

Swim Lessons Registration Procedure

WE NO LONGER ACCEPT REGISTRATION BY PHONE, FAX, EMAIL or MAIL FOR THIS PROGRAM.

1. Complete screening.

2a). Online with a credit card payment at <https://www.rochestermn.gov/departments/parks-and-recreation>

or

2b). In person beginning at 9:00 a.m. Friday, Sept. 23 at our office. Forms of payment include Cash, Check, Credit Card, Consumer or Family Support Grant.

Criteria

Student should:

***Attend Screening Night (good for current program year Sept.-June)**

*Be between 5 & 17 years of age.

*Display safe behavior towards self and others.

*Be in attendance & participate in class regularly/weekly.

*Instructor's will assess students & implement an approach best-suited to teaching the student basic swim skills such as arm strokes, kicking, and floating.

*Be cooperative in learning: this class is "LESSONS ONLY" and is goal-based. If your student would benefit more from other water activities or are not yet ready for formal instructions. Other water options include the Swim & Splash program or Water Therapy with an ExercisAbilities therapist which can be set up through them.

Swim & Splash - persons ages 2 years & older with cognitive, social, and/or physical disabilities and their family members/support staff can enjoy a welcoming open swim time. This is a great opportunity to socialize with new and old friends, get some exercise and enjoy the company of others who also enjoy the water! **No staff provided.**

Dates: Wednesdays, Sept. 25-November 20
Time: 4:00-5:30 p.m.

Cost: \$60/person or family (i.e. Dad, Mom, siblings).

Aqua-Jog is a 40-minute water jogging & workout class consisting of cardio, upper & lower body exercises. Using the medium of water increases resistance and provides buoyancy allowing for a 'harder' workout without straining the joints & muscles. Family members (13 years & older) are welcome to participate too. **Instructor led only, staffing not provided.**

Ages: 13 years and older

Dates: Mondays, Oct. 7-Nov. 25

Time: 6:00-6:40 p.m.

Cost: \$60

“Building Blocks”

A Social Skills Development Program in partnership with ExercisAbilities



What: Social Skills Building with a Professional Therapy Staff from ExercisAbilities.

Dates: Tuesdays, Sept. 17-Nov. 19

TIME: Ages 15-21 4:00-5:00 p.m.
Ages 11-14 5:00-6:00 p.m.

Where: Maple Room, 125 Live

Course: 10 weeks

Cost: \$225

Participation Criteria

Student should:

- *Be between 11 & 21 years of age
- *Be able to perform well with 1:4 staff to participant ratio
- *Display safe behavior towards self and others.
- *Be in attendance & participate in class regularly/weekly.
- *Be cooperative in learning: this class is goal-based.



“Awesome Adaptive Fitness”

Is a Fitness Program in partnership with ExercisAbilities

Professional Therapy Staff will lead exercise therapy activities helping youth with developmental disabilities to create powerful daily living outcomes that last a lifetime.



The goal of this program is to bring effective, fun, and meaningful fitness programs to anyone with developmental deficits and to help participants to develop fitness as a life skill and lifelong pursuit. It is crucial that every individual, regardless of age or ability have access to exercise and movement programs that meet their needs.

For: Persons ages 11-21 with a social, cognitive, and/or physical disability.

Dates: Thursdays, Sept. 19- Nov. 21 (no program Oct. 31)

Staffing: 1:4 (staff to participant) ratio

Time: 4:00-5:00 p.m.

Location: The Recreation Center Gym

Length: 10 weeks

Cost: \$70



Music 4 Youth (Music Therapy) with Jenny Kruse

Music 4 Youth is a clinical approach using music intervention to accomplish individual and group goals set by Board-certified Music Therapist Jenny Kruse. By using musical responses, communication and social interaction can more readily be facilitated between members of the class.

***Class 1: 4:00-4:30 p.m.**

Individuals 4-12 years of age of all verbal ability levels. This class focuses on using musical cues in order to encourage the use of both verbal & auditory skills.

***Class 2: 4:30-5:15 p.m.**

Individuals 13-18 years of age with limited to non-existent verbal skills: this class focuses on the use of teacher-led music and verbal cues to elicit verbal responses from students.

**Class Space
is Limited**

Dates: Wednesdays, Sept. 18-Nov. 20

Location: The Maple Room, 125 Live

Cost: \$100

Length: 10 classes

***Class 3: 5:15-6:00 p.m.**

RaP, PoP & Rock!

Students ages 11-21 with high verbal skills and an ability to maintain attention & focus for a duration of 20 minutes at a time. During this class, Students will practice using sustained attention, social, and cognitive skills Students will exploring their musical abilities while working with peers to create their favorite music!



*** * * Calling All Stars * * ***

All interested males & females between the ages of 8 & 18 years are invited to come try out for consideration on the 2019/2020 Shining Stars Adaptive Competitive Cheer Team during "Try Out Night". This is a great chance to see what the sport of competitive cheer is about! Everyone must sign up online to attend!

During Try Outs, coaches will be looking for and evaluating potential candidates on the participant's ability to independently:

- *Follow choreographed steps
- *Flow with the group
- *Exhibit a cooperative and respectful attitude towards coaches, other athletes, and the public.
- *Take direction without compromising the coach's time or the teams' efforts.

Sign Up for "Try Out Night" online at <https://www.rochestermn.gov/departments/parks-and-recreation>

A parent, guardian or support staff is required to attend "Try Out Night" with their athlete(s), we will be spelling out the parameters of the program including dates, time commitment, expectations, cost, etc.

"Try Out Night"

Wednesday, September 25, 2019 from 6:00-7:15 p.m.
All Purpose Room, John Marshall High School

Try Out Attire:

- *Athletic shoes with socks
- *Shorts, sweats, wind-pants, etc.
- *T-shirt
- *Water bottle highly suggested.

Yoga-Zumba Class

Instructor Carol Burken will start the group off with an energetic, fun set of Zumba then move into the cool down phase with Yoga! Family members are welcome to register (ages 13 & older).

*Family members and Support Staff aiding their students do not need to pay.

*Instructor Led only - staffing is not provided, send assistance if needed.



Consistent Participation Leads To:

- *Increased flexibility
- *Increased muscle tone
- *Increased concentration
- *Facilitates weight loss
- *Alleviates stress & behaviors
- *Enhances mood

Tidbit: Wear comfortable workout clothes and athletic shoes; bring water and a yoga mat weekly!

DATES: Thursdays, Sept. 12-Nov. 21
(no class Oct. 24 or 31)
TIME: 6:00-7:00 p.m.
LOCATION: Fitness Room, 125 Live
LENGTH: 10 classes
COST: \$85

TSS Pizza & Game Night

"Fall Kick-Off Picnic"



In partnership with Rochester Community Education's Adult with Exceptional Abilities Follow registration procedures outlined on page 2 of this catalog or register with Community Education per their procedures. Do not register with both places.

Come out for the annual Fall Kick-Off Picnic celebrating the return to the program year with Parks & Recreation & Community Education! There'll be a host of fun outdoor games and an opportunity to ride the Fun-to-Go side by side adaptive bikes, catch up with old friends and, make new ones during this highly popular annual event!

*Staff/family accompanying participants and wish to eat should register & pay with the participant's registration.

DATE: Friday, September 6
TIME: 6:00-7:30 p.m.
LOCATION: Picnic Shelter at West Silver Lake, on the same side as Silver Lake Boat Rentals.
COST: \$5/per plate if eating (includes Parent & Support Staff).

Teen Scene Specials

We'll do 'Teen-tested & approved' activities, socialize with old friends, and make new ones!

Ages: Persons ages 13-18 with a social, cognitive and/or physical disability.

Staffing: 1:4 Staff to participant ratio. Bring a support staff if more supervision required.

Select activities you wish to attend from the following:

*Friday, Sept. 27 6:30-8:00 p.m. Pizza & Game Night at Valentinos - \$10

*Friday, Oct. 25 6:30-8:00 p.m. Bowling @ Bowlcity - \$15

*Friday, Nov. 22 6:30-8:00 p.m. Air Insanity Trampoline Park - \$20



"A Carnival Themed Day in the Park" at Chester Woods

Follow registration procedures outlined on page 2 of this catalog.
In partnership with Friends of Chester Woods and Civitan Club of Rochester



FORMAT: This event is Open-House style scheduled for Sunday, September 16 with activity stations available throughout the afternoon from 1:00-4:00 p.m.

WHAT: A fun day of outdoor carnival themed activities for individuals of all ages & abilities ages 2 years and older and family members!

ACTIVITY STATIONS FROM 1:00-4:00 P.M.

- *Face Painting
- *Rescue Dogs
- *Parks & Rec. Dept. Mobile Rec (games)
- *Accessible Wagon Rides
- *Refreshments and more!

TIDBITS

- *COST: \$3/child/consumer
- *No fee for parents or support staff.
- *Park Admission waived for the day.
- *Beverages provided
- *Participants are welcome to bring a picnic lunch and hike the trails after the event.
- *Wear clothes and footwear appropriate for the various weather changes/conditions and activities.
- *In case of inclement or threatening weather the day of the event, call the RainOut Line after 9am at (507) 226-9406 ext. 6 for a recorded message about the event's status!



Halloween Boo Bash Dance

In partnership with Community Education's Adult with Exceptional Abilities program. You can register with Parks & Rec. or Community Ed. Don't register at both places.

Follow registration procedures outlined on page 2 of this catalog.

Put your costume & dancing shoes on and join us for the annual Halloween Boo Bash Dance!! Music provided by Music on Wheels. We'll serve up some "spooktacular" treats to keep your dancing shoes going!

AGES: 13 years and older

DATE: Thursday October 31

TIME: 6:30-8:00 p.m.

LOCATION: Cafeteria, Kellogg Middle School

COST: \$8



Learn2skate

In partnership with the Rochester Figure Skating Club

WHAT: This skating program is designed for exceptional learners with a wide range of cognitive disabilities who are able to bear weight. Class is 30 minutes once a week.

Class sessions will be 5-8 weeks in length. Skaters will build coordination, strength, and endurance within a fun & social learning environment.

What to Expect

*Skaters will learn to get comfortable with the ice, as well as learn basic skating techniques.

*Each participant will have one-to-one assistance if necessary and will learn in a small group setting.

*Classes are designed for exceptional learners who are able to bear weight.

*Skaters will learn to put on and tie skates among other independence building skills.

*Visual and noise levels can get "busy"!

WHO: Teens & Adults, ages 13 & older with a developmental disability.

TIME: 4:30-5:45 p.m. (all sessions)

LOCATION: The North Ice Rink, Recreation Center

DATES

***Back to School Session:** Fridays, Sept. 13-Oct. 11 = \$90

***Fall Session:** Fridays, Oct. 18-Dec. 6 (no class Nov. 29) = \$122

***Potential Performance in the Holiday Exhibition on Dec. 15. More details to come!**

Academy of Martial Arts with Tom Yennie

Martial Arts Academy | Stewartville

302 S. Main St. Suite 1

Stewartville, MN 55976 Phone: (507) 269-9164



Mr. Yennie will continue to teach but will be doing it on his own and at his new studio in Stewartville. To register for the upcoming year, please contact the Academy of Martial Arts by phone or visit <http://academy-martial-arts.com>

Martial Arts is one of the best extracurricular activities for individuals who are exceptional learners because of its inherent structure and discipline. It is an 'art' form that provides structure and self-expression. As opposed to sports activities which competition is intrinsic, Martial Arts provide students the opportunity to perform and develop one's own personal best.

Benefits of Martial Arts for exceptional learners are numerous:

*Consistency and repetition create familiarity (something individuals on the ASD spectrum do well with).

*Repetition of the same location, same faces, same curriculum, and knowing what to expect are a recipe for success.

*Continuous structure, discipline and fun exercises, provide a great multisensory experience.

*Adding in Martial Arts to one's routine can complement other activities and therapies and help one reach their goals quickly

Additional benefits include: increased focus, concentration, balance, muscle tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness!

A Peace to Your Puzzle Transportation

will be starting services in Rochester this school year.

"Transportation Services you need, peace of mind you want".

Phone: (507) 358-3637

Web:

www.peacetoyourpuzzle.com/

Email: sue.bauman@yahoo.com





Fall Registration Form

A working cell phone # (multiple preferred) and email addresses are needed to send program notifications/updates/cancellations.

Participant Name: _____ DOB: _____

Address: _____ Phone: _____

Email Address: _____ Next Best Phone #: _____

Next Best Email Address: _____

Activity	Note	Cost
<input type="radio"/> "Fall Kick Off Picnic"	Names of each individual eating: _____ _____	<input type="radio"/> \$5/person
<input type="radio"/> "A Fun Day" @ Chester Woods	Sunday, September 16 *Open House Style from 1:00-4:00 p.m.	<input type="radio"/> \$3/child/consumer Parent/Support Staff do not pay.
<input type="radio"/> Shining Stars "Try Out Night"	Must pre-register to Try Out.	FREE <input type="radio"/> I plan to attend!
<input type="radio"/> Halloween Boo Bash Dance!	Thursday, Oct. 31 Kellogg Middle School	<input type="radio"/> \$8
<input type="radio"/> Afterschool Activities Program	*New participants should complete and submit with this form the Participant Intake & Profile form included in this catalog *2 installment payments *1:4 staffing provided	Select An Option – 1st Installment <input type="radio"/> 5 days/week = \$2,000.00 <input type="radio"/> 4 days/week = \$1800.00 <input type="radio"/> 3 days/week = \$1,236.00 <input type="radio"/> 2 days/week = \$816.00 <input type="radio"/> 12-Punch Card = \$120.00
<input type="radio"/> Building Blocks Social Skills Program	*Led by an ExercisAbilities Professional Therapist *1:4 staff Provided	<input type="radio"/> \$225
<input type="radio"/> Music 4 Youth Music Therapy with Jenny Kruse	<input type="radio"/> Class 1: 4:00-4:30pm <input type="radio"/> Class 2: 4:30-5:15pm <input type="radio"/> RaP, PoP, Rock: 5:00-6:00pm	<input type="radio"/> \$100
Swim Lessons	Must sign up online for Free Screening. Registration will be online or in person only beginning 9 am Mon., Sept. 23	
<input type="radio"/> Swim & Splash!	*No Staff Provided.	<input type="radio"/> \$60
<input type="radio"/> Aqua-Jog!	*Teacher Led Class Only – No Staff Provided	<input type="radio"/> \$60
<input type="radio"/> Awesome Adaptive Fitness	*Led by ExercisAbilities Professional Therapist	<input type="radio"/> \$70
<input type="radio"/> Learn 2Skate	*Led by Rochester Figure Skating Club Instructors	<input type="radio"/> Back to School Session = \$90 <input type="radio"/> Fall Session = \$122
<input type="radio"/> Yoga/Zumba	*Thursdays from 6-7pm Fitness Room, 125 Live *Teacher Led Only – No Staff Provided. *Bring an aide if needed.	<input type="radio"/> \$85/person
<input type="radio"/> Teen Scene Specials	Select activities you wish to attend!	<input type="radio"/> Pizza & Game Night = \$10 <input type="radio"/> Bowling = \$15 <input type="radio"/> Air Insanity - \$20

Select from the Following Payment Options

CREDIT CARD

Visa MasterCard Discover

Name on Card: _____

Card #: _____ ZIP Code: _____

Expiration Date: ____/____/____ CVS Code: _____

Amount to be charged: \$_____

CONSUMER OR FAMILY SUPPORT GRANT

We will pay from our CDCS. I understand that an invoice for payment will be sent to me and upon review, I will forward to my Fiscal Agency for payment.

If paying by Check or Money Order, make payable to: Parks & Recreation

Cash = \$_____

Check/Money Order = \$_____



New Participants should complete & return a Participant Profile form!