

Adaptive Recreation **Adult** Program Catalog Activities for Individuals 18 & older with Developmental Disabilities

2015 Fall Into Winter



Fall Program registration dates: Monday- Friday, August 24-Sept. 4

Winter program registration dates: Monday-Friday, November 2-13.

Address: 201 4th Street SE #150*Rochester, MN*55904

Phone: (507) 328-2539

Email: kmeyer@rochestermn.gov

Web: www.rochestermn.gov/departments/park

The Adaptive Recreation Program



The Parks & Recreation Department offers a year-round therapeutic sports and leisure program for persons with intellectual and physical disabilities ages 3 years and older. Our program delivers accessibility to healthy recreational opportunities designed to meet the vast & unique emotional, physical and social needs of participants, implemented with the assistance of a well-trained and caring staff.

FAMILY!

We are happy to announce inclusive opportunities for our patron's family members to participate in program activities sponsored by the Adaptive Recreation Division!! Activities are identified within this catalog by the ★ symbol!! Be sure to invite them to join in some exciting activities with you!

SHARE!

If you know someone who would benefit from our program or would like to learn more about what we offer, invite them to contact the Coordinator of Adaptive Recreation at (507) 328-2539 or kmeyer@rochestermn.gov

REGISTRATION & PAYMENT OPTIONS

*Online Registration → Credit Card Only

1. Go to www.rochestermn.gov/departments/park
2. Select Classes & Programs
3. Select Adaptive
4. Read information on Adaptive Recreation webpage and follow registration steps.

*By phone → Credit Card

In person → Check, Money Order, Cash, Credit Card, Family/Consumer Support Grant

By Mail → Credit Card, Money order or Family/Consumer Support Grant

*Family or Consumer Support Grant:

The "Guarantee of Payment" on the registration form must be completed and signed by the paying source before registration will be processed.



Rochester Parks & Recreation Department Rainout
Phone # (507) 226-9406

Rainout program allows us to more consistently and successfully keep you updated on the daily status and changes of activities sponsored by the Parks & Recreation Department.

Updates will be available daily at 4:15 p.m.

*Option 1: To opt in for Email/Text Alerts visit <http://rainoutline.com/subscribe/notify/5072269406/0>

*Option 2: Call in and listen to recorded message by calling our Rainout Line at (507) 226-9406.

NOTE: Program participants or their representatives will be responsible to call on the day of their activity.

Participation Guidelines

Drop off: is allowed 15 minutes prior to the start time of the activity and **NO SOONER**.

Pick up: is at the designated program end time. There will be a \$9.00 late fee charged for late pick up after the pickup time has passed. The fee will increase an additional \$9.00 every 15 minutes and must be paid before participant can attend the next program day. Participation will resume once the balance is paid to the Parks & Recreation Department. Considerations will be made in extreme cases.

Registration: when attending programs participants must be registered in order to attend. Please do not bring roommates, friends, siblings, etc. unless they have also registered to participate.

Cell phones: keep them on silence or turned off during activities. If participants, parents, guardians, or support staff must make or take a call during an activity, kindly step outside the program area in order to do so.

Snacks: Water is allowed and encouraged during programs however pop, candy and other snacks unless requested for the program, should not be brought to activities. Exceptions to this request will be made for those with a medical need to have beverages/snacks (i.e. diabetes, etc.)

Absences : If your child is sick or unable to attend their scheduled activity, **notification is requested** and can be made to Karen Meyer at (507) 328-2539 or to kmeyer@rochestermn.gov

Termination of Services

Notice of Termination will be given to participant or participant's representative in writing upon evidence of either one or both of the following conditions:

1. Emotional, abusive, or dangerous behavior that presents an immediate threat to the health and safety of the client, other program clients or program staff.
2. Chronic or acute medical problems or conditions, or behaviors that place the client at immediate risk, and that require health care and/or supervision which exceed the capabilities of the department.

Refunds:

For a full credit or refund, cancellations must be made 24 hours prior to an activity. Less than 24 hour notice will result in prorated or in no credit or refund dependent on the activity.

To cancel, please contact the Coordinator of Adaptive Recreation by phone to (507) 328-2539 or by email to kmeyer@rochestermn.gov.



Fall Programs



Fall Program registration dates:
Monday- Friday, August 24-Sept. 4

**Fall Program registration dates:
Monday- Friday, August 24-Sept. 4**

★ **“MARTIAL ARTS”**



Join the Academy of Martial Arts with Mr. Yennie . . . you will find that Martial Arts is an ‘all in one’ sport that helps to address many challenges facing most individuals whether bullying, obesity, a short attention span, lack of athletic skill, low confidence or poor self-image, martial arts can help individuals of all learning and ability levels!

WHO: Mixed Class ages 13 years and older

TIME: 7:00-8:00pm

FALL SESSION:

Mondays, Sept. 14-Dec. 21, 2015
(No class Oct. 12)

New Students: \$250/person
(Includes uniform)

Returning Students: \$220/person

Families of 3 or more: \$450

*There will be nominal fee for tests.

LOCATION:

Bear Creek Services Inc.,
3108 Hwy. 52N

★ **“Yoga/Zumba!”**

Combine the benefits of Yoga (increased flexibility, muscle toning, and increased concentration) with the benefits of Zumba (weight loss, stress release, enhanced mood) and you’ve got a power packed health and fitness class in 50 minutes!!



WHO: Mixed ages for 14 years & older. Family members are welcome to register!

DATES: Thursdays, Sept. 17-Nov. 19

TIME: 5:45-6:45 p.m.

COST: \$70/person

LOCATION: Bear Creek Services
3108 Hwy. 52 N

NOTE: Participants should bring their own yoga mat. Mats can be purchased at Wal-Mart, Target, Shopko, or any sporting goods store from \$9.00 on up. Wear loose clothing and bring a water bottle weekly!



“TEEN SCENE”



The “Teen Scene” is where it’s at on Friday Nights . . . participants will do typical “teen things” like talking, eating, hanging out with friends all while helping to plan weekly activities. Staff will support and reinforce the use of good social skills, encourage healthy friendships and facilitate activities!

WHO: Mixed ages for 13-18 years

FALL SESSION

COST: \$60

Fridays, Sept. 25-Nov. 13, 2015
(no meeting Oct. 16 or 23)

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

NOTE: A pizza dinner is planned for the first night each session; teens should come hungry!

LOCATION: Bear Creek Services,
3108 Hwy. 52 N

**Fall Program registration dates:
Monday- Friday, August 24-Sept. 4**

“YOUNG ADULTS NIGHT”



Its Saturday Night . . . hang out with others who enjoy playing games, karaoke nights and chilling with friends!

WHO: Individuals 19 & older

FALL SESSION

COST: \$60

Saturdays, Sept. 12, 26, Oct. 10 & 24
Nov. 7 & 21

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

LOCATION: Bear Creek Services,
3108 Hwy. 52 N



SPECIAL EVENTS

A Fun Day in the Park @ Chester Woods



Sponsors:

Friends of Chester Woods, Olmsted County Parks, Oxbow Park, Rochester Civitan, Hiawatha Homes, Bear Creek Services, Cardinal Homes, and Rochester Parks & Recreation Department.

WHO: Individuals and families of all ability levels and ages!!

DATE: Sunday, September 20

TIME: 12:30-1:00 p.m. - Check In
1:00-4:00 p.m. - Activities

Oxbow Critters, Story Telling & Singing, Nature Crafts, Wagon Ride, Games & Fun with Horses, beverages and more!!

COST: \$3/person (no fee for parents/aides)

TIDBITS:

*Participants are welcome to bring a picnic lunch and hike the trails after the event.

*In case of inclement or threatening weather the day of please call the RainOut Line at (507) 226-9406 after 9:00 a.m.



Fall Bingo Night!



It's fun, it's easy and everyone wins . . . join us for a fall-themed night of America's favorite game.

WHO: Individuals 18 years & older
DATE: Tuesday, September 22
TIME: 6:30-7:45 p.m.
COST: \$10
SITE: Bear Creek Services Inc.
3108 Hwy. 52 N



"Fall Trolley Ride"



View the beautiful colors of a fall backdrop while trolleying around Rochester on a lazy Sunday afternoon. Enjoy some apple cider and bars back Bear Creek Services after your tour!

*Limited seating & limited wheelchair seating available. Please include reservation and payment for staff too!

WHO: Individuals 16 years and older
DATE: Sunday, October 4
TIME: 2:00-4:00 p.m.
COST: \$15/rider (includes staff)
SITE: Bear Creek Services Inc.,
3108 Hwy. 52 N

“Pumpkin Patch Bingo”



Dress up like a pumpkin or wear something orange for our pumpkin patch bingo night: extra prize for those doing so!! We'll play, we'll win, and then we'll celebrate with bars and cider!

WHO: Individuals 18 years & older
DATE: Tuesday, October 27
TIME: 6:30-7:45 p.m.
COST: \$10
SITE: Bear Creek Services Inc.
3108 Hwy. 52 N

“Harvest Dance”



Dress up as a pumpkin, a scarecrow, s'more or some other creative and friendly costume! There'll be music, dancing, and refreshments from 6:30-8:30 p.m. Be sure to get registered in time!

WHO: Persons 13 years and older!
(No one under 13 will be admitted)
DATE: Friday, October 23
TIME: 6:30 -8:30 p.m.
Doors open at 6:00 p.m.
COST: \$10
SITE: Willow Creek Middle School Gym



“TURKEY (SCAVENGER) HUNT”



This hunting expedition will take place at the beautiful historic Plummer House of the Arts where we'll hunt for turkeys using a keen eye and some helpful clues! And like after every good 'hunt' we'll retire to the parlor for refreshments!

WHO: Individuals 18 years & older
DATE: Tuesday, Nov. 17
TIME: 6:45-8:00 p.m.
COST: \$10
SITE: The Plummer House

Fall Program Registration - Adult

Name: _____

Address: _____

City: _____

ZIP: _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____

(For email updates & notices)

Step 1: Redeem Credits

If you have a credit please apply:

We are applying a credit of \$ _____ and have subtracted this off the total balance.

Step 2: Select a Payment Method

Cash = \$ _____

Check/Money Order = \$ _____

Credit Card: Visa ___ Master Card ___ Discover ___

Name on card: _____

Card: _____

Expiration Date: ____/____

Amount to be charged: \$ _____

Consumer Support Grant Payment:

Before turning in registration, Guarantor (Agency) must complete and sign the "Guarantee of Payment" form on the back side.

Class	Time	Cost/Notes
Weekly Programs		
"Martial Arts"	Mondays 7:00-8:00pm	<input type="checkbox"/> New Students: \$250/person (Includes uniform) <input type="checkbox"/> Returning Students: \$220/person <input type="checkbox"/> Families of 3 or more: \$450
Yoga/Zumba	Thursdays, 5:45-6:45pm	<input type="checkbox"/> \$70/person
Teen Scene	Fridays, 6:30-8:00pm	<input type="checkbox"/> \$60
Young Adults Saturday Night Club	Alternate Saturdays 6:30-8:30pm	<input type="checkbox"/> \$60
"A Day In the Park" Chester Woods	Sunday, Sept. 20 1:00-	<input type="checkbox"/> \$3
Fall Bingo	Tuesday, Sept. 22 7:00-8:15pm	<input type="checkbox"/> \$10
Fall Trolley Ride	Sunday, Oct. 4 2:00-3:30pm	<input type="checkbox"/> \$15
Pumpkin Patch Bingo	Tuesday, Oct. 27 7:00-8:15pm	<input type="checkbox"/> \$10
Harvest Dance	Friday, Oct. 23 6:30-8:30 p.m.	<input type="checkbox"/> \$10
"Turkey Scavenger Hunt @ the Plummer House	Tuesday, Nov. 17 6:45-8:00 p.m.	<input type="checkbox"/> \$10



Confirmation of Funds

The undersigned party (Fiscal Agency) hereby guarantees the funds requested for the said program balance listed below by the consumer or consumer's representative are available and billing can be sent to the Fiscal Agency listed below:

_____ BY _____
CONSUMER NAME FISCAL AGENCY

IN THE AMOUNT OF: _____ BY DATE: Within 30 days of the
submission of registration.

SIGNED BY FISCAL AGENT OR CASE WORKER DATE

INVOICES CAN BE SENT TO: _____
FISCAL AGENCY REPS EMAIL ADDRESS

*Consumer or Consumer's parent/guardian or representative should submit this form to the Fiscal Agency for completion. Once completed by the Guarantor (Agency), this can be submitted for processing to:

The Parks & Recreation Department
201 4th Street SE #150
Rochester, MN 55904

*Registration will be processed when this form is completed and returned.

Winter

Programs



Winter program registration dates: Monday-Friday, November 2-13.

Winter Programs

Winter program registration dates:
Monday-Friday, November 2-13.

★ "MARTIAL ARTS"



Join the Academy of Martial Arts with Mr. Yennie . . . you will find that Martial Arts is an 'all in one' sport that helps to address many challenges facing most individuals whether bullying, obesity, a short attention span, lack of athletic skill, low confidence or poor self-image, martial arts can help individuals of all learning and ability levels!

WHO: Mixed Class ages 13 years and older

TIME: 7:00-8:00pm

WINTER SESSION:

Mondays, Jan. 4-May 2, 2016
(no class Jan. 18, Feb. 15, April 4)

New Students: \$250/person
(Includes uniform)

Returning Students: \$220/person

Families of 3 or more: \$450

*There will be nominal fee for tests.

LOCATION: Bear Creek Services Inc.,
3108 Hwy. 52N

★ "CROSS COUNTRY SKI/SNOWSHOE"



Cross-country Skiing and Snow-shoeing are fantastic ways to enjoy the great outdoors together and to get regular exercise during the cold winter months. Benefits include increased athletic skills & balance, as well as increased attention span! Individuals with pronounced balance issues requiring more base support can benefit greatly by snowshoeing! Participants will either work one:one with an instructor or in small groups of like abilities. Equipment is covered in the registration fee!

TIDBITS

***SNOW-SHOEING:** when conditions allow . . . bring your snow boots weekly!

***NO SNOW:** If there is no snow, we'll hike . . . so be sure to bring your snow-boots & pants weekly anyway!

WHO: Mixed ages of 4 and older; siblings, parents or other family members are welcome to register!

DATES: Tuesdays, Jan. 12-Feb. 16

TIME: 4:00-5:30 pm

COST: \$60/person

LOCATION: Quarry Hill Nature Center.

“TEEN SCENE”



The “Teen Scene” is where it’s at on Friday Nights . . . participants will do typical “teen things” like talking, eating, hanging out with friends all while helping to plan weekly activities. Staff will support and reinforce the use of good social skills, encourage healthy friendships and facilitate activities!

WHO: Mixed ages of 13-18 years

WINTER SESSION COST: \$70

Fridays, Jan. 15-Feb. 26, 2016
(no activity Feb. 12)

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

NOTE: A pizza dinner is planned for the first night each session; teens should come hungry!

LOCATION: Bear Creek Services,
3108 Hwy. 52 N



“YOUNG ADULTS NIGHT”



Its Saturday Night . . . hang out with others who enjoy playing games, karaoke nights and chilling with friends!

WHO: Individuals 19 & older

WINTER SESSION COST: \$60

Jan. 9, 26, Feb. 6, 20 & Mar. 5

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

LOCATION: Bear Creek Services,
3108 Hwy. 52 N

WINTER BINGO & HOT CHOCOLATE BAR

Enjoy the joyful sound of Christmas music and laughter while playing a merry game of winter-themed bingo. Savor a variety of delicious flavors from the hot chocolate bar!



WHO: For individuals 18 years & older

DATE: Tuesday, December 1

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

COST: \$10

SITE: Bear Creek Services
3108 Hwy. 52 North

"CHRISTMAS AT THE PLUMMER HOUSE"

Revel in the festivities of the Christmas Holiday Season . . . enjoy warm cider in the parlor of the Plummer House, sing Christmas Carols, partake in Christmas games, and fashion a delightful Christmas souvenir to keep or present as a gift to somebody!



WHO: Individuals 18 years & older
DATE: Monday, December 14
TIME: 6:30 - 8:00 p.m.
COST: \$10
SITE: The Historic Plummer House

CHRISTMAS DANCE

Let's ring in the Christmas Season together; we'll dance to great music, enjoy refreshments and watch for a "special Appearance" by "one jolly ole' fellow!"

WHO: Individuals 13 & older
(No one under 13 will be admitted)
DATE: Friday, December 18
TIME: 6:30-8:30 p.m.
Doors open at 6:00 p.m.
COST: \$10
SITE: Willow Creek Middle School Gym

"VALENTINE BINGO PARTY"



Begin celebrating Valentine's Day a little early with a festive night of Valentine bingo and refreshments. Wear your favorite valentine colors and be sure to practice your bingo shout in preparation of the occasion!

WHO: Individuals 18 years +

DATE: Tuesday, February 9

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

COST: \$10

SITE: Bear Creek Services,
3108 Hwy. 52 N

"VALENTINE CORONATION & DANCE"



The next Royalty will be crowned during this ceremonial Valentine celebration which you will not want to miss! From the beginning to end enjoy all the 'pomp and circumstance' of this highly anticipated occasion. Dress in your coronation "finest" and your most comfortable shoes as we will be dancing and celebrating on our feet all night!

WHO: Individuals 13 years & older –
no one under 13 will be admitted. Limited supervision – bring supervision if needed!

DATE: Friday, February 12

TIME: 6:00-6:30 p.m. – Check In
6:30-8:30 p.m. – Dance
7:30 p.m. Coronation Ceremony

COST: \$12.00

SITE: Willow Creek Middle School Gym

Winter Registration – Adult

Name: _____

Address: _____

City: _____

ZIP: _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address:

(For email updates & notices)

Step 1: Redeem Credit

If you have a credit please apply:

We are applying a credit of \$_____ and have subtracted this off the total balance.

Step 2: Select a Payment Method

Cash = \$_____

Check/Money Order = \$_____

Credit Card

____ Visa ____ MasterCard ____ Discover

Name on card: _____

Card #: _____

Expiration Date: ____/____

Amount to be charged: \$ _____

Consumer Support Grant Payment:

Before turning in registration, Guarantor (Agency) must complete and sign the "Guarantee of Payment" form on the back side.

Programs

Class	Time	Cost/Notes
Weekly Programs		
Martial Arts	Mondays 7:00-8:00 p.m.	New Students: \$250/person <input type="radio"/> (Includes uniform) <input type="radio"/> Returning Students: \$220/person Families of 3 or more: \$450
Cross Country Ski/Snowshoe	Tuesdays 4:00-5:30 p.m.	<input type="radio"/> \$60/person
Teen Scene	Fridays 6:30-8:00 p.m.	<input type="radio"/> \$70
Young Adults Saturday Night	Alternate Saturdays 6:30-8:00 p.m.	<input type="radio"/> \$60
SPECIAL EVENTS!		
Winter Bingo & Hot Chocolate Bar!	Tuesday, Dec. 1 6:30-8:00 p.m.	<input type="radio"/> \$10.00
X-mas at The Plummer House	Monday, Dec. 14 6:30-8:00 p.m.	<input type="radio"/> \$10.00
X-mas Dance	Friday, Dec. 18 6:30-7:30 p.m.	<input type="radio"/> \$10.00
Valentine Bingo Party!	Tuesday, February 9 6:00-8:30 p.m.	<input type="radio"/> \$10.00
Valentine Coronation & Dance	Friday, February 12 6:30-8:30 p.m.	<input type="radio"/> \$12.00





Confirmation of Funds

The undersigned party (Fiscal Agency) hereby guarantees the funds requested for the said program balance listed below by the consumer or consumer's representative are available and billing can be sent to the Fiscal Agency listed below:

_____ BY _____
CONSUMER NAME FISCAL AGENCY

IN THE AMOUNT OF: _____ BY DATE: Within 30 days of the
submission of registration.

_____ DATE
SIGNED BY FISCAL AGENT OR CASE WORKER

INVOICES CAN BE SENT TO: _____
FISCAL AGENCY REPS EMAIL ADDRESS

*Consumer or Consumer's parent/guardian or representative should submit this form to the Fiscal Agency for completion. Once completed by the Guarantor (Agency), this can be submitted for processing to:

The Parks & Recreation Department
201 4th Street SE #150
Rochester, MN 55904

*Registration will be processed when this form is completed and returned.