



# 2017 Adaptive Recreation Winter Programs



Activities for individuals ages 3 years and older with intellectual disabilities.

**Registration begins: 8:00 a.m. Monday, November 7**

**Registration ends: 5:00 p.m. Friday, November 18**

The Parks & Recreation Department

201 4<sup>th</sup> Street SE #150

Rochester, MN 55904

Phone: (507) 328-2539

[www.rochestermn.gov/departments/parks](http://www.rochestermn.gov/departments/parks)

## ADAPTIVE RECREATION

The Adaptive Recreation program was founded in 1975 and since then has evolved into a year-round program offering a variety of recreational activities for individuals with intellectual disabilities divided in the following age categories:

- \*Youth = 3-12 years
- \*Teens = 13-17 years
- \*Adults = 18 years and older

The Adaptive Recreation's mission is to provide accessible traditional, innovative, and affordable quality activities and programs for Rochester's residents with intellectual and physical challenges through year-round activities specifically adapted to meet a variety of intellectual functioning levels.

Our program serves approximately 2,000 people annually with special needs; we also provide inclusive opportunities for families as well.

These inclusive activities are denoted by within this catalog!

### Benefits of Therapeutic 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 someone who can benefit from our program, feel welcome to invite them to contact the Coordinator of Adaptive Recreation at [\(507\) 328-2539](tel:5073282539) or [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)

## REGISTRATION INFORMATION

### When can I register?

**Beginning:** 8:00 a.m. Monday, Nov. 7

**Until:** 5:00 p.m. Friday, Nov. 18

Spaces are on a first-come, first-serve basis; classes may fill before the end of the registration period.

**Can I submit registration before the opening date?** No, unfortunately we cannot accept registration via any method prior to Monday, November 7<sup>th</sup>, nor can we reserve spaces.

**What if I miss registration?** Call the Coordinator for Adaptive Recreation at (507) 328-2539 or email [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov) to inquire about openings.

### How can I register?

1. **Online:** credit card payments only.
2. **By phone to (507) 328-2539:** credit card payments only.
3. **In person/by mail/email by completing the registration form provided along with any of these forms of payment:**

**\*Consumer and Family Support Grant**

- \*Cash
- \*Check
- \*Money Order
- \*Credit card

## **Participant Policies**

In order to provide a safe and healthy environment for all and by participating in our program you are agreeing to adhere to the following guidelines . . .

### **Safe and appropriate social behavior**

Participants will refrain from any behavior that is disruptive or detrimental to the group (i.e. hitting, kicking, self-abuse, shouting, refusal to stay with the group, etc.). Staff are hired and trained to deal with a variety of issues that when working in the arena of children with special needs are common, however they are not expected to deal with significant behaviors or medical issues. Each occurrence will be assessed on a 'case by case basis' to assess whether it rises to a level that compromises the safety and well-being of other participants as well as the staff. Participants displaying unsafe behaviors will be required to provide staffing or to withdraw from the activity with the balance of the fee refunded.

### **Behavioral/Medical Issues**

Arrangements must be made for participants with significant behavior and/or medical issues to provide assistance when attending activities.

### **Late Pick Up**

Please be on time for programs and pickups. When participants are not picked up on time it costs the program in terms of staff time. These costs will result in a \$10 assessed late fee once the program time has passed. The fee increases by 15 minute

increments until the participant is picked up. The balance of the fee must be paid before a participant may resume participation in activities. **Three late pickups will result in the termination of participation for the remainder of the session.**

### **Drop Off**

Drop off is allowed 15 minutes prior to the activity and no sooner. Consequently, coming late to a program is disruptive; please be timely when attending an activity and if it has already started, come in quietly and take a seat.

### **Electronic Devices**

During an activity, participants, family members, and support staff are asked to keep their cell phones on silent and to put them and all other electronic devices away during activities. Exceptions will be made for devices used to assist with speech.

### **Food**

Participants are asked to refrain from bringing food or snacks to programs unless there is a medical need to do so or unless it is requested for the activity.

### **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 depending on the activity. To cancel, please contact the Coordinator of Adaptive Recreation no less than 24-hours in advance either by phone to (507) 328- 2539 or by email to [kmeyer@rochestermn.gov](mailto:kmeyer@rochestermn.gov)

**\*Family Christmas Lights Tour** Join us for a seasonal excursion throughout Rochester to enjoy the beautiful Christmas light displays as we ride the Christmas trolley decorated with lights & music! Children must be accompanied by at least one adult or aid; however families are encouraged to join in the fun!!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Children Ages	5-15	12/04/2016 12/04/2016	5:00 pm - 6:30 pm	Su	Silver Lake Park West	\$10.00
Parent/Aid	17-99.9	12/04/2016 12/04/2016	5:00 pm - 6:30 pm	Su	Silver Lake Park West	\$10.00



**\*Christmas Bingo and Hot Chocolate Bar** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. Enjoy the joyful sounds and fun of Christmas while playing a cheery game of Christmas-themed bingo. We'll savor hot chocolate with a variety of delicious toppings from the hot chocolate bar too!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Christmas Bingo and Hot Chocolate Bar	18-99	12/13/2016 12/13/2016	6:30 pm - 8:00 pm	Tu	Bear Creek Services	\$10.00



**\*Family Visit with Santa at the Plummer House!** This year forego the hustle and bustle of the mall crowds and make sure to join us for the memorable holiday celebration with Santa!! Visit Santa at the scenic and beautifully decorated Plummer House of the Arts in this private event for children and their families! Take pictures with Santa (bring a camera), hear him read favorite Christmas classics by the tree, go on a scavenger hunt together, sing Christmas Carols and enjoy some hot chocolate and cookies!

Description	Ages	Dates	Times	Meet Days	Locations	Price
For Families!	0-14	12/18/2016 -12/18/2016	2:00 pm - 3:30 pm	Su	Plummer House	\$20.00

**\*Christmas Carols at the Plummer House** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send supervision with them. Enjoy warm cider in the parlor of the Plummer House while singing Christmas Carols!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Christmas Carols at the Plummer House	18-99	12/19/2016 12/19/2016	6:30 pm - 8:00 pm	M	Plummer House	\$10.00

**Christmas Dance** Ring in the Christmas Season to great music, dancing and delicious Christmas bars/cookies. Watch for a special guest appearance by “one jolly ole’ fellow!”

**Limited supervision, please bring assistance if needed!**

Description	Ages	Dates	Times	Meet Days	Locations	Price
Christmas Dance	13-99	12/23/2016 12/23/2016	6:30 pm - 8:30 pm	F	<b>Willow Creek Golf Course</b>	\$10.00

**\*Winter Break Recreation** There'll be games, crafts and swimming at the Recreation Center for your energetic child this holiday break! Space is limited!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Winter Break Recreation 1:1 Staffing	5-18	12/27/2016 12/30/2016	1:00 pm - 4:00 pm	Tu, W, Th, F	Rec Center	\$150.00
Winter Break Recreation 1:2 Staffing	5-18	12/27/2016 - 12/30/2016	1:00 pm - 4:00 pm	Tu, W, Th, F	Rec Center	\$115.00
Winter Break Recreation 1:3 Staffing	5-18	12/27/2016 - 12/30/2016	1:00 pm - 4:00 pm	Tu, W, Th, F	Rec Center	\$75.00



**\*Swim Program** Classes are designed for a variety of swim and ability levels; please see class descriptions below to find the 'best fit' for your swimmer!

**BASIC LEVEL:** We will work on basic skills and water-readiness through water play and exercises! 1:1 Instructor to Student ratio.

**MODERATE LEVEL:** This class presents basic swim skills such as floating, paddling, and kicking on both front and back! 1:1 instructor to student ratio.

**ADVANCED LEVEL:** This is an exercise and lap swim time only for independent swimmers. Supervision of 1:3 staff to swimmer provided.

**NOTE:** Participants are required to wear protective swim garments if incontinent: L'il Swimmers and plastic pants/liners can be purchased at local stores including Shopko, K-mart, Target, Wal-Mart, etc. If a larger size is needed, SwimMates may be the best option and can be purchased online from NorthShore Care Supply at [www.northshorecare.com/swimmates](http://www.northshorecare.com/swimmates)

Description	Ages	Dates	Times	Meet Days	Locations	Price
Basic Level	3-7	<a href="#">01/09/2017</a> <a href="#">03/13/2017*</a>	4:30 pm - 5:00 pm	M	Rec Center	\$80.00
Moderate Level	8-17	<a href="#">01/09/2017</a> <a href="#">03/13/2017*</a>	5:00 pm - 5:30 pm	M	Rec Center	\$80.00
Moderate Level	8-17	<a href="#">01/09/2017</a> <a href="#">03/13/2017*</a>	5:30 pm - 6:00 pm	M	Rec Center	\$80.00
Exercise & Lap Swim Only	12-99	<a href="#">01/09/2017</a> <a href="#">03/13/2017*</a>	6:00 pm - 6:45 pm	M	Rec Center	\$80.00



**\*Martial Arts** For individuals with cognitive and/or physical challenges. Martial Arts provides plenty of opportunity to develop essential skills that translate from the classroom to home and school. Through techniques, games, obstacles, drills and challenges that keeps your student focused, and engaged! You and your child can reap the benefits of:

- \*Increased concentration and listening skills.
- \*Increased body awareness, agility, balance and coordination.
- \*Better self-control, discipline and values.
- \*Increased interpersonal skills through partner and team-oriented activities.

**CLASS TIMES:**

6:15-7:00 P.M. - Ages 4-12 years and all families!  
 7:00-8:00 p.m. - Ages 13 years and all families!



**COSTS:**

- \*Returning Students - \$235.00
- \*New Students - \$265.00 (includes uniform)
- \*Families - \$450 total for the full session. Families will submit a direct payment of \$150 to Mr. Yennie the first Monday night of each month.

**NOTE:**

- \*Bare feet or stocking feet only, no shoes allowed during class.
- \*No class Jan. 16 or Feb. 20.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Martial Arts - Returning Students	4-12	<a href="#">01/09/2017</a> <a href="#">05/22/2017*</a>	6:15 pm - 7:00 pm	M	Bear Creek Services	\$235.00
Martial Arts - New Student	13-99	<a href="#">01/09/2017</a> <a href="#">05/22/2017*</a>	7:00 pm - 8:00 pm	M	Bear Creek Services	\$265.00
Martial Arts - All Families!	4-99	<a href="#">01/09/2017</a> <a href="#">05/22/2017*</a>	7:00 pm - 8:00 pm	M	Bear Creek Services	\$0.00

**\*Cross Country Ski** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. Cross-country ski is a fantastic way to enjoy the great outdoors and to get regular exercise during the winter months! Benefits include increased athletic skills and balance, as well as increased attention span! Participants will be grouped together by like physical abilities . . . family members are welcome to register too! All equipment is covered with the registration fee!



\*No Snow; no problem, then we'll hike . . . so be sure to bring your snow-boots weekly!

\*Mixed ages of 5 and older; siblings, parents or other family members are welcome to register!\*

Description	Ages	Dates	Times	Meet Days	Locations	Price
Cross Country Ski	5-99	01/10/2017 02/21/2017	4:00 pm - 5:30 pm	Tu	Quarry Hill Nature Center	\$60.00

**\*Music 4 Youth** Music Therapy is a clinical approach to using music intervention to accomplish individual and group goals. Board-certified Music Therapist Jenny Kruse leads this class using musical responses to facilitate communication and social interaction among the group members.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Music 4 Youth	3-12	01/11/2017 02/22/2017	4:30 pm - 5:00 pm	W	Bear Creek Services	\$125.00
Music 4 Youth	13-18	01/04/2017 02/22/2017	5:00 pm - 5:45 pm	W	Bear Creek Services	\$125.00

**\*Girl Scouts** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. Come join the fun with your girlfriends as we learn about all sorts of exciting topics, build friendships and work on social skills all while earning our Girl Scout Badges! **Badges will be awarded February 23!**

Description	Ages	Dates	Times	Meet Days	Locations	Price
Girl Scouts	5-17	01/12/2017 02/23/2017	5:00 pm - 6:00 pm	Th	Bear Creek Services	\$65.00



**\*Yoga/Zumba** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. **Now two night per week: register for Tuesday and/or Thursday Night; no Tuesday class February 14<sup>th</sup> due to Valentine's Day.**

Combine the benefits of Yoga (increased flexibility, muscle toning, and increased concentration) with the benefits of Zumba (weight loss, stress release, and enhanced mood) and you've got a power packed health and fitness class in 60 minutes!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Yoga/Zumba - Winter	13-99	<a href="#">01/10/2017</a> <a href="#">3/21/2017*</a>	6:50 pm - 7:50 pm	Tu	Bear Creek Services	\$60.00
Yoga/Zumba - Winter	13-99	<a href="#">01/12/2017</a> <a href="#">3/23/2017*</a>	6:00 pm - 7:00 pm	Th	Bear Creek Services	\$70.00

**\*Teen Scene** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. The "Teen Scene" is where it's at on Friday Nights for teens ages 13-18. Participants will engage in popular "teen" activities such as bowling, game night, karaoke, movie night, and more! While having fun making friends, teens will be encouraged to use good social skills and to participate in a variety of activities geared towards their interests! Sign up for the age range correlating to your teen's age! An activity schedule will be posted online on our webpage and emailed to each participant directly; please be sure to provide a current email address when registering.

Description	Ages	Dates	Times	Meet Days	Locations	Price
Teen Scene Ages 13-15	13-15	<a href="#">01/13/2017</a> <a href="#">03/24/2017*</a>	6:30 pm - 8:00 pm	F	Bear Creek Services	\$60.00
Teen Scene Ages 16-18	16-18	<a href="#">01/06/2017</a> <a href="#">03/17/2017*</a>	6:30 pm - 8:00 pm	F	Bear Creek Services	\$60.00

**\*Stay-N-Play** Co-sponsored with Bear Creek Services Inc.

We'll provide indoor and outdoor activities and games keeping children engaged for a day of fun. An afternoon snack is provided: please send a lunch and any necessary items your child will require for the time they are with us. **Meets one Saturday per month: Jan. 21, Feb. 18, and Mar. 18.**

Description	Ages	Dates	Times	Meet Days	Locations	Price
Stay-N-Play 1:3 staffing	4-12	<a href="#">01/21/2017</a> <a href="#">03/18/2017*</a>	10:00 am - 3:00 pm	Sa	Bear Creek Services	\$115.00
Stay-N-Play 1:1 staffing	4-12	<a href="#">01/21/2017</a> <a href="#">03/18/2017*</a>	10:00 am - 3:00 pm	Sa	Bear Creek Services	\$200.00

**\*Saturday Night Club** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. It's a "Saturday Night" club for individuals ages 19-55 to enjoy fun activities with friends. Participants will bowl, play games, enjoy a dinner night, and more!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Saturday Night Club	19-55	<a href="#">01/07/2017</a> <a href="#">03/18/2017*</a>	6:30 pm - 8:30 pm	Sa	Bear Creek Services	\$60.00

**\*Valentine Bingo Party** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them.

What a wonderful way to celebrate Valentine's Day . . . playing Valentine bingo and enjoying Valentine refreshments with friends! Wear your favorite valentine colors and practice your bingo shout for this festive occasion!

Description	Ages	Dates	Times	Meet Days	Locations	Price
Valentine Bingo Party	18-100	02/14/2017 02/14/2017	6:30 pm - 8:00 pm	Tu	Bear Creek Services	\$10.00



**\*Valentine Coronation & Dance** You will not want to miss the crowning of the next Royalty during this annual event celebrating the merriment of Valentine's Day! From the beginning to the end, enjoy all the 'pomp and circumstance' of this highly anticipated occasion. Dress in your coronation "finest" and wear your most comfortable shoes because we'll be on our feet celebrating all night long! **\*Coronation Ceremony will take place at 7:30!\***  
**Limited supervision: bring supervision if needed!**



Description	Ages	Dates	Times	Meet Days	Locations	Price
Valentine Coronation and Dance	13-99	02/17/2017 02/17/2017	6:30 pm - 8:30 pm	F	Willow Creek Middle School	\$12.00

**St. Paddy's Day Bingo & Party** \*1:3 staff to participant ratio provided. If your participant requires assistance above this ratio, please send assistance with them. It's the 'luck of the Irish' night; dress up in green and come out to shout bingo during this St. Paddy's-themed celebration with fun and refreshments!

Description	Ages	Dates	Times	Meet Days	Locations	Price
St. Paddy's Day Bingo Party	18-99	03/15/2017 03/15/2017	6:30 pm - 8:00 pm	W	Bear Creek Services	\$10.00

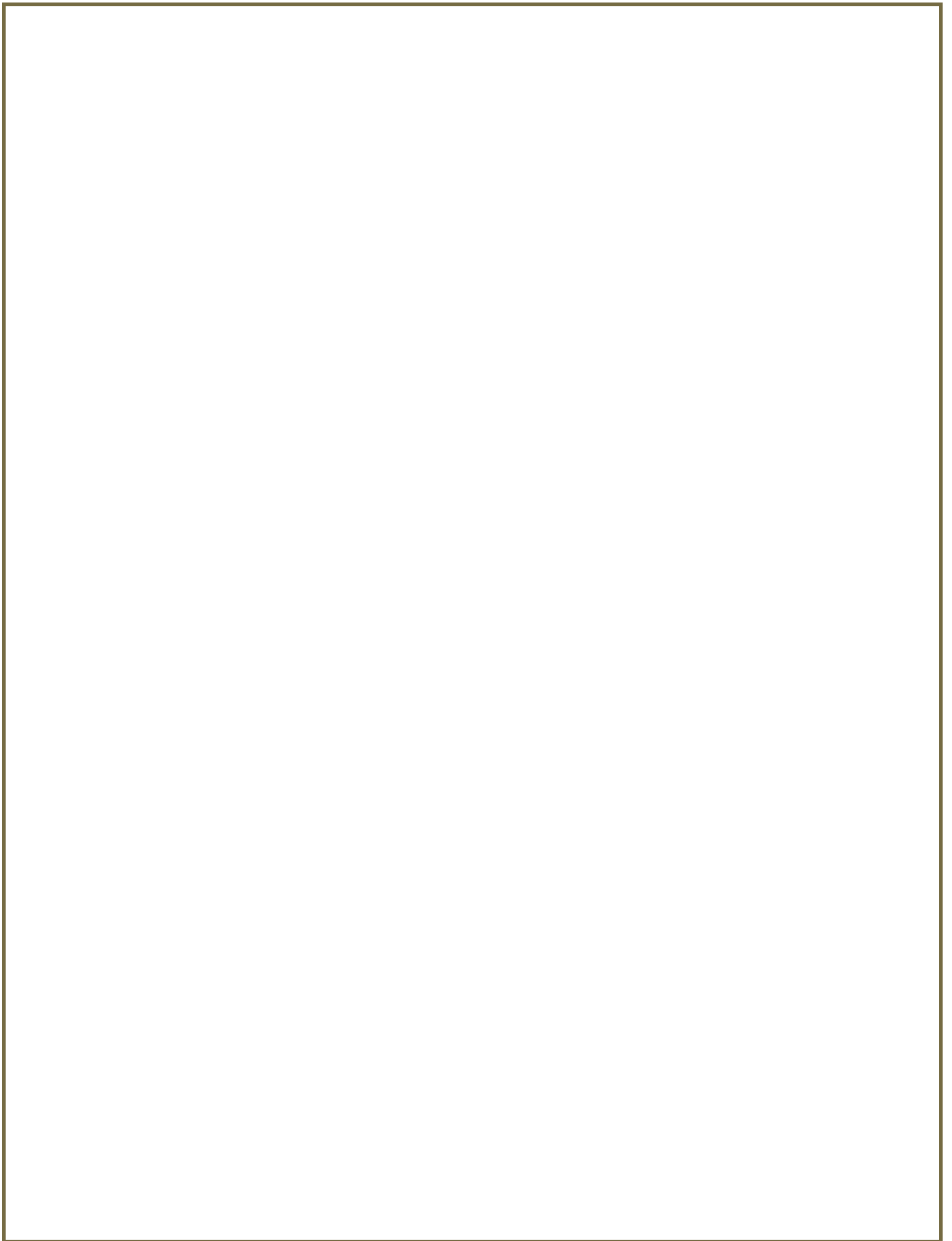
### St. Paddy's Day Dance

**Limited Supervision: please bring supervision if needed!**

Green is the theme as we celebrate the 'luck of the Irish' during our first ever St. Paddy's Day Dance! (Green) Refreshments will be served!

Description	Ages	Dates	Times	Meet Days	Locations	Price
St. Paddy's Day Dance	13-99.9	03/17/2017 03/17/2017	6:30 am - 8:00 am	F	Willow Creek Middle School	\$10.00

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# Adaptive Recreation Winter Registration

Name: \_\_\_\_\_ DOB: \_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_  
Street/City/State/Zip

Phone 1: (\_\_\_\_) \_\_\_\_\_ Phone 2: (\_\_\_\_) \_\_\_\_\_  
Best phone number to call first Next best phone number to call

Emergency Contact Name: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

Primary Email Address: \_\_\_\_\_

Other Email Address: \_\_\_\_\_

If new participant, please describe diagnosis: \_\_\_\_\_

\_\_\_\_\_.

## Payment Options (select one)

Credit Card payment:  Visa  Master Card  Discover  Diner's Club

Card #: \_\_\_\_\_ Exp. Date: \_\_/\_\_\_\_/\_\_\_\_ CVC#: \_\_\_\_\_

Cash: \$ \_\_\_\_\_  Check/Money Order: \$ \_\_\_\_\_

Back of card

Family or consumer Support Grant

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

Email address where invoice is to be emailed: \_\_\_\_\_

# Adaptive Recreation Winter Registration

Program	Price
<input type="radio"/> Family Christmas Lights Tour (Ages 5-15)	<input type="radio"/> \$10/person How many riders in your party? _____
<input type="radio"/> Family Visit with Santa at the Plummer House (Ages 0-14 years)	<input type="radio"/> \$20/Family
<input type="radio"/> Bingo Nights (Ages 18 and older)	<input type="radio"/> Christmas Bingo & Hot Chocolate Bar/\$10 <input type="radio"/> Valentine Bingo/\$10 <input type="radio"/> St. Paddy's Day Bingo/\$10
<input type="radio"/> Christmas Carols at the Plummer House (Ages 18 & older)	<input type="radio"/> \$10
<input type="radio"/> Dances (Ages 13 and older)	<input type="radio"/> Christmas Dance/\$10 <input type="radio"/> Valentine Coronation & Dance/\$12 <input type="radio"/> St. Paddy's Day Dance/\$10
<input type="radio"/> Winter Break Recreation (Ages 5-18)	<input type="radio"/> 1:1 Staffing/\$150 <input type="radio"/> 1:2 Staffing/\$115 <input type="radio"/> 1:3 Staffing/\$75
<input type="radio"/> Swim Program	<input type="radio"/> Basic Level (ages 3-7) 4:30 p.m. /\$80 <input type="radio"/> Moderate Level (ages 8-17) 5:00 p.m./\$80 <input type="radio"/> Moderate Level (ages 8-17 5:30 p.m./\$80 <input type="radio"/> Exercise/Lap Swim (ages 13+) 6:00 p.m./\$80
<input type="radio"/> Martial Arts (Ages 4 and older)	<input type="radio"/> New Students/\$265 (includes uniform) <input type="radio"/> Returning Students/\$230 <input type="radio"/> Families of 3 or more/\$450 (Payments are broken down and due monthly to Mr. Yennie the first Mon. of each month.
<input type="radio"/> Yoga/Zumba (Ages 13 & older)	<input type="radio"/> Tuesdays, 6:50-7:50 p.m. /\$60 <input type="radio"/> Thursdays, 6:00-7:00 p.m./\$70 <input type="radio"/> Both Nights/\$120
<input type="radio"/> Cross Country Ski (Ages 5 & older including family members!)	<input type="radio"/> \$60/person How many? _____
<input type="radio"/> Music 4 Youth	<input type="radio"/> Ages 3-12/\$125 <input type="radio"/> Ages 13-18/\$125
<input type="radio"/> Girl Scouts (Ages 5-17)	<input type="radio"/> \$65
<input type="radio"/> Teen Scene	<input type="radio"/> Ages 13-15/\$60 <input type="radio"/> Ages 16-18/\$60
<input type="radio"/> Stay N Play (Ages 4-12)	<input type="radio"/> 1:1 Staffing/\$200 <input type="radio"/> 1:3 Staffing/\$115
<input type="radio"/> Saturday Night Club (Ages 19-55)	<input type="radio"/> \$60