

THERAPEUTIC RECREATION

Therapeutic Recreation 972-941-7327

Therapeutic Recreation helps improve or maintain physical, cognitive, emotional and social functioning for individuals with special needs through activities that promote healthy, independent leisure lifestyles.

Volunteer Leisure Buddies are on hand at each program to assist and encourage the participants as needed.

Participants needing help with matters not directly related to the activity are requested to bring a family member or an aide to assist.

Mainstream Activities

Mainstream placement in many recreation center classes may be possible through the Therapeutic program. If assistance is needed to accommodate your participation, please call Addy Hjarpe at 972-941-7327.

Interested in Volunteering?

The Therapeutic programs are dependent upon the support and efforts of community volunteers. If you are looking for an exciting, rewarding volunteer opportunity for yourself or a club/organization, please call for more information. You can help us provide a variety of recreational opportunities to help meet the needs of individuals with special needs and disabilities in our community. Call Addy Hjarpe at 972-941-7327 for more information on the next workshop. Please help us make a difference in the lives of others.

Special Olympics

Plano Parks and Recreation is a supporter of the Plano area Special Olympics, an international program providing sports and athletic competition for children and adults with special needs. If you are interested in receiving more information about Special Olympics call 972-941-7327.

Adapted recreation activities are available for youngsters to adults of all ability levels. Please call Addy at 972-941-7327 or Dianne at 972-941-7272 to request a brochure or check Leisure OnLine at www.planoparks.org.

City of Plano Parks and Recreation



Youth

KIDS NIGHT OUT (1-10 YRS)

Monthly respite program for children with disabilities from 1-10 years of age and their siblings. Activities include free play, arts and crafts, and snack time. Program provides increase in life and leisure satisfaction, decrease in social isolation, and respite for families. Volunteers are on hand to buddy up with each participant. Contact Dianne at 972-941-7272 if you need assistance registering. Registration fee is \$15 per family. Register each additional child by contacting Dianne at 972-941-7272.

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|--------|-----|---|---------------|------|---|---------|------|
| 130571 | LIB | F | 6:30pm-9:30pm | 4/13 | 1 | Freeman | \$15 |
| 130572 | LIB | F | 6:30pm-9:30pm | 5/11 | 1 | Freeman | \$15 |

TEEN TIME (10-16 YRS)

This class is the perfect social setting for ages 10-16. Each session will follow a theme based on specific books. The group will play games, read stories, participate in interactive word games, and create a craft. The class promotes sharing, fosters social interaction with peers, and enhances language development. This is a great way to have fun.

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|--------|-----|----|------------|-----|---|---------|------|
| 130595 | LIB | Su | 2pm-3:30pm | 4/1 | 5 | Freeman | \$60 |
|--------|-----|----|------------|-----|---|---------|------|

TEEN DANCE WORKSHOP (10-15 YRS)-NEW

This dance workshop is for teens from 10 years to 15 years old. This is a great way to exercise while having fun learning a variety of dances. This class will also enhance social skills and prepare the teens to attend the Friday night dances when they turn 15. Come join in the fun.

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|--------|-----|----|---------------|-----|---|--------|------|
| 132390 | LIB | Su | 3:45pm-4:45pm | 4/1 | 5 | Crouse | \$59 |
|--------|-----|----|---------------|-----|---|--------|------|

Teen/Adult

FUN BUNCH BOWLERS (15 YRS & UP)

Adaptive bowling for individuals with physical and developmental disabilities. Increase life and leisure satisfaction, expand range of motion, and develop lasting friendships. Bowling ramp available. FUN BUNCH BOWLERS MEETS AT ALLEN BOWLING LANES, 1011 S. Greenville Avenue, Allen.

| | | | | | | | |
|--------|-----|----|--------------|-----|---|-------|------|
| 130612 | MCS | Sa | 10am-11:45am | 4/7 | 6 | Scott | \$69 |
|--------|-----|----|--------------|-----|---|-------|------|

MOVIE THEATRE NIGHT (15 YRS & UP)

Join us at the Cinemark 10 Movies at Coit and Park. Fee includes movie ticket. Bring extra money for snacks at the theatre. Drop-off and pick-up will be at Cinemark 10 at Coit and Park. Time may be adjusted based on the timing of the movie.

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|--------|-----|---|---------------|------|---|--------|------|
| 130563 | MCS | W | 6:30pm-9:30pm | 4/11 | 1 | Crouse | \$13 |
| 130564 | MCS | W | 6:30pm-9:30pm | 5/9 | 1 | Crouse | \$13 |

PIZZA & KARAOKE NIGHT (16 YRS & UP)

Come spend your Saturday night snacking on pizza and singing your favorite songs with your favorite Karaoke DJ's, Starr and John. Please register in a timely manner so sufficient refreshments are ordered. If you arrive the night of the event without prior registration there will not be enough refreshments.

| | | | | | | | |
|--------|-----|----|----------|------|---|--------|------|
| 130569 | SEN | Sa | 6pm-8 pm | 5/12 | 1 | Crouse | \$20 |
|--------|-----|----|----------|------|---|--------|------|

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TEEN TIME/DANCE WORKSHOP COMBO (10-15 YRS)

This special offer is for those families that wish to sign their 10 to 15 year olds up for Teen Time and Dance Workshop. We are offering both classes for \$99 -- this is a savings of \$20. The combo class meets at LIB on alternate Sundays from 2pm to 4:45pm. This does not take the place of the Dance Workshop offered for 16 years and up.

130579 LIB Su 2pm-4:45pm 4/1 5 Freeman \$99

Adult

AIM-ADVENTURES IN THE MAKING (18 YRS & UP)

The aim of the program is to heighten social, leisure, and learning opportunities for adult individuals with special needs that are no longer in school. The group will travel in the van to local sites.

130560 LIB Tu 11am-4pm 4/3 4 Dillion \$145

130561 LIB Tu 11am-4pm 5/8 4 Dillion \$145

CONTINUING EDUCATION CLASS (22 YRS & UP)

If you have graduated from school and are interested in keeping your academic skills sharp, this is the class for you. We will work on math, spelling, reading, and writing. This class is designed for individuals with emerging reading and math skills and an ability to focus on the learning skills presented.

130556 LIB M 10am-Noon 4/2 5 Dillion \$65

DINNER AT ON THE BORDER (18 YRS & UP)

Enjoy a Mexican meal at On the Border, 1505 S. Central on 15th Street. Drop-off and pick-up will be at On the Border. Bring enough money to cover the cost of dinner, a drink, and tip.

132481 MCS Tu 6pm-7:30pm 4/24 1 Crouse \$13

DINNER AT ROMANO'S MACARONI GRILL (18 YRS & UP)

If you enjoy Italian food then the Macaroni Grill is the place for you. Not only do you get good food but you get to eat with good friends. Drop off and pick up will be at the Macaroni Grill, 7205 N. Central Expressway. Bring enough money to cover the cost of dinner, drink and tip.

132202 MCS Tu 6pm-7:30pm 5/22 1 Crouse \$13

DINNER & KARAOKE NIGHT AT TINO'S (18 YRS & UP)

Come share an evening of good food and singing at Tino's, 2205 Avenue K, Plano. Sing with your favorite Karaoke DJ. Bring \$10 for dinner.

130566 MCS Th 6pm-8pm 4/19 1 Crouse \$20

GARAGE BAND CLASS (18 YRS & UP)

Want to create your own music and form your own 'Garage Band' then this is the class for you. No experience and no instruments required, but you are encouraged to bring your own. Instruments will be provided. You must have a good attention span, good behavior and be able to follow directions. The class will be led by Robert Berger, a local musician who has experience in conducting music programs for individuals with special needs. You can't miss this class.

130614 LIB W 2pm-3:30pm 3/7 4 Staff \$55



LUNCH WITH FRIENDS (18 YRS & UP)

Spend the afternoon with friends. Have lunch together, play games, and do arts and crafts. This is a great way to have fun with friends and enjoy all your favorite activities. Bring a sack lunch and a drink and come have fun!!!

130558 LIB M 12:15pm-2:15pm 4/2 5 Freeman \$69

Dance

DANCE CLUB (15 YRS & UP)

Come one come all!! Join us for a fun dance with all your friends. We will meet at the Senior Recreation Center, 401 W. 16th Street. Come and enjoy the company of your friends, light refreshments, and dancing to music provided by our DJ. Have fun! socialize with old friends and even make new ones.

130580 SEN F 6:30pm-9:30pm 4/27 1 Massingill \$15

130581 SEN F 6:30pm-9:30pm 5/25 1 Massingill \$15

DANCE WORKSHOP (16 YRS & UP)

If you enjoy dancing, music, and fun, then this is the class for you! We will learn a variety of new dances and review our old favorites. Partners are not necessary. This class meets on alternate Sundays.

130574 LIB Su 5pm-6pm 4/1 5 Crouse \$59

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Day Camps

ADULT ADVENTURE CAMP (22 YRS & UP)

This program is designed to provide a week of exciting day camp to adults with special needs. We will enjoy activities like swimming, sports and games, arts and crafts, field trips and outings, and much more. Schedule will be very similar to Teen Trek. PROGRAM WILL MEET AT PLANO SENIOR CENTER, 401 W. 16TH STREET.

130597 SEN M-F 9am-4pm 8/6 5 Freeman \$145

FRIENDSHIP CAMP (11-16 YRS)

This camp provides opportunities for campers of all ability levels to enjoy a variety of activities including crafts, group games, music, drama, swimming and more. So come make new friends and learn new skills at this exciting day camp.

132572 LIB M-F 1pm-5pm 6/25 9 Dillion \$153

132573 LIB M-F 1pm-5pm 7/23 10 Dillion \$170

FRIENDSHIP CAMP (15-25 YRS)

This program provides opportunities for campers of all ability levels to enjoy a variety of activities including crafts, group games, music, drama, swimming, and more. So come make new friends and learn new skills at this exciting day camp.

132568 LIB M-F 1pm-5pm 6/11 10 Crouse \$170

132569 LIB M-F 1pm-5pm 7/9 10 Dillion \$170

SPECIAL EDITION KID KAPERS (4-7 YRS)

Come join in the fun of a camp filled with arts & crafts, stories, music and movement, and physical play. Each two-week day camp will provide a comfortable structure while encompassing a variety of activities for your child. Volunteers will be on hand to assist each child so they get the most out of the camp. Bring a sack lunch and drink for your child each day.

130583 LIB M-F 9am-1:30am 6/11 9 Scott \$145

130584 LIB M-F 9am-1:30am 7/9 10 Scott \$145

SPECIAL EDITION KID KAPERS (7-10 YRS)

Come join in the fun of a camp filled with arts & crafts, stories, music and movement, and physical play. Each two-week day camp will provide a comfortable structure while encompassing a variety of activities for your child from age 7 years to 10 years old. Volunteers will be on hand to assist each child so they get the most out of the camp. Bring a sack lunch and drink for your child each day.

130585 LIB M-F 9am-11:30am 6/25 9 Freeman \$131

130586 LIB M-F 9am-11:30am 7/23 10 Freeman \$145

TEEN TREK (14-22 YRS)

It's that time of the year again. The fun starts here. Teen Trek is an exciting full-day outdoor adventure program for teenagers with special needs. The teens will participate in sports and games, visit local attractions (museums, theatres), and explore different types of artistic expression (dancing, painting, sculpting). If you enjoy socializing with friends, sports, arts and crafts, and going on field trips, sign up for any of our 8 one-week-long sessions. Teen Trek will make this a summer to remember! TEEN TREK WILL MEET AT PLANO SENIOR CENTER, 401 W. 16TH STREET.

130587 SEN M-F 9am-4pm 6/11 5 Staff \$185

130588 SEN M-F 9am-4pm 6/18 5 Staff \$185

130589 SEN M-F 9am-4pm 6/25 5 Staff \$185

130590 SEN M-F 9am-4pm 7/2 4 Staff \$165

130591 SEN M-F 9am-4pm 7/9 5 Staff \$185

130592 SEN M-F 9am-4pm 7/16 5 Staff \$185

130593 SEN M-F 9am-4pm 7/23 5 Staff \$185

130603 SEN M-F 9am-4pm 7/30 5 Staff \$185

VIDEO PRODUCTION CAMP (12-25 YRS)

This four-day camp will be led by experienced instructor, Hal Hayes, and is developed especially for students on the Autism/Asperger's spectrum. Working together on this group project will require students to have reasonably good language skills and the ability to interact with others. These social skills will be enhanced, and teamwork will be fostered throughout the steps of video production.

130598 CAR Tu-F 9am-Noon 7/31 4 Hayes \$85

Special Aquatics

ADAPTED AQUATICS (4 YRS & UP)

Individualized swimming instruction for participants with special needs. Class instruction will include basic water skills to increase water adjustment. The instructor will work with all individuals to help them gain confidence and improve kicking and stroking ability as they are ready for each new swimming skill. A responsible adult is required to assist with the participant in the water. Instructor is certified by AAPAR and American Red Cross.

130820 TMC Sa 10:30am-11am 3/24 4 McVey \$33

130821 TMC Sa 10:30am-11am 4/21 4 McVey \$33

ADAPTED AQUATICS ADV (10 YRS & UP)

Individualized swimming instruction for participants with higher functioning special needs. Class instruction will include basic strokes: front crawl/back crawl/breaststroke and breathing refinement. A responsible adult is encouraged to assist in water with participant. Testing will occur first day.

130822 TMC Sa 11:15am-11:45am 3/24 4 McVey \$33

130823 TMC Sa 11:15am-11:45am 4/21 4 McVey \$33