

# Therapeutic Recreation

## STAFF

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## THERAPEUTIC RECREATION (TR)

HRCA staff members in all program areas work together to support the leisure interests of people of all ages and abilities.

## THERAPEUTIC RECREATION SERVICES

Explore your leisure interests, develop skills and have fun. Our specialized services are offered to all ages and ability levels to enhance health, wellness and quality of life. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask at the registration desk about our free valet parking.



## SCHOLARSHIPS

Scholarships are available for participants who need financial assistance for HRCA Therapeutic Recreation programs. Completion of a scholarship form is required.

## INFORMATION

Information about Therapeutic Recreation programs is available online, by scanning the QR code or by contacting a member of the Therapeutic Recreation program.



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## THERAPEUTIC RECREATION INDIVIDUAL SERVICE PLAN/ ANNUAL UPDATE

An Individual Service Plan (ISP) is required to participate in Special Needs Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. There is a non-refundable fee. ISP-new participant one-time fee: \$30/\$35



## THERAPEUTIC RECREATION PERSONAL INSTRUCTION 1:1 (ALL AGES)

Individualized programs based on participant goals and strengths. Trained staff customize land or aquatic sessions tailored to your goals. Whether you are aiming for strength, endurance or overall fitness, experience a supportive and effective approach that will adapt to your unique needs with personalized guidance and encouragement in a fun environment. Cancellation notice of less than 24-hours will result in a charge for the session.



## THERAPEUTIC RECREATION SMALL GROUP INSTRUCTION (ALL AGES)

Designed for small group needs and abilities in our gyms, pools and weight rooms. Benefit from tailored exercises as well as motivation and camaraderie from the group. These sessions help you achieve your fitness goals in an engaging and fun environment. Small groups are led by a Therapeutic Recreation staff member. Contact Summer Aden. Staff contact details can be found on page 54.

## THERAPEUTIC RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.



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## THERAPEUTIC RECREATION YOGA (AGES 5+)

Experience a form of yoga that works to improve balance, flexibility, focus, coordination and strength. Learn poses to reduce fatigue, stiffness and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.



## THERAPEUTIC RECREATION UNIFIED BASKETBALL TEAM (AGES 15+)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game and focus on good sportsmanship and teamwork.

## TR THRILLING THURSDAYS (AGES 16+)

Participate in a variety of activities that increase motor skills, balance and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, board games, cooperative games, outdoor activities, leisure education and more!



## THERAPEUTIC RECREATION HIP HOP DANCE CLASS (AGES 5+)

The TR hip-hop class is a high-energy and fun dance program. Focused on the community of friends, we perform, learn dance vocabulary and support everyone's time to shine, all using hip-hop dance. The program has been running for 15 years and still includes original members! We love to welcome new members to our dance family. Come meet us and give it a try!

## TR SWEETHEART DANCE (AGES 16+)

Don't play heart to get! Dress to impress! I can heart-ly wait to see you! Bring your sweetheart, best bud or your family, and dance the night away! Food, entertainment, giveaways, a photographer and friendly fun included. Ages 16 and up. Requires an ISP.



## TR SPORTS SAMPLER (AGES 8+)

Simply sample sports! Sports can be satisfying and a great way to build skills like sportsmanship. Quadruple the fun! Examples of unique sports you might participate in include but are not limited to; Tee-Ball, Kickball, Broomball, Frisbee and many more! We will focus on one sport each day of the program. Wednesdays in March and April.

## TR SPRING BREAK SPORTS CAMP (AGES 8+)

Try a trifecta of sports! Challenge yourself by engaging in three different sports each day of the program. Supplement or build existing sport skills and build teamwork through the opportunity to explore 12 distinct sports. Learn the rules of the games and your friends' names!

## SPECIAL OLYMPICS SWIM TEAM (AGES 8+)

Special Olympics swimming with HRCA Therapeutic Recreation is all about fun, friendship and competition. There's a place for you in our lanes. Join us at the pool, practice for 10 weeks and compete in the optional exciting regional competition. Don't miss out on the fun. Register today to be part of this incredible experience!



## TR SPLASH SWIM GROUP (AGES 3-7)

Our instructors prioritize safety and aim to create a comfortable environment for participants in and around the water. Swimmers will engage in essential water safety activities and develop fundamental swimming skills, including bubble blowing, survival floats (back, front tuck), gliding and basic breath control etc. Participants will also enjoy engaging games, meeting new friends, learning to use aquatic equipment, and understanding and adhering to pool rules.



## TR TAEKWONDO (AGES 5-20)

Designed to help students improve balance, concentration, self-control and confidence. All ability levels welcome. Belt testing is determined by our certified instructor and requires a separate fee. Taekwondo classes offered in partnership with J.W. Kim Taekwondo. Taekwondo helps students develop a disciplined character, improve their fitness and focus. Classes are held on Tuesdays and Thursdays. Contact Summer Aden. Staff contact details can be found on page 54.





## Coming in the new year...

HRCA is incredibly excited to announce the launch of a new website. Along with the changing time, the new site features a user-friendly redesign where content is streamlined and better encapsulates community opportunities to Live Well. Play Hard. Experience 5920! Accessibility and simplicity were primary considerations, along with serving HRCA's goal of moving to a digitalized and paperless future. Another key improvement is an enhanced mobile-friendly experience. Visit the website from a phone or tablet and stay connected from wherever you are. Although the page layout is altered, the new site maintains previous functionality: members and non-members can sign up for classes or camps, reserve rooms, purchase tickets to events, find valuable information for community engagement and residents can pay dues. Stay tuned for future website communications, including a launch date!



## Flower Fundraiser

Enhance your summer with our beautiful potted flowers and hanging baskets, suitable for both sun and shade. By purchasing these vibrant arrangements, you'll also be supporting HRCA's Therapeutic Recreation Program for individuals with disabilities. All proceeds benefit this important initiative, making it a meaningful choice for your garden. Our hanging baskets and patio pots feature a variety of attractive plant and color combinations. Order today, and pick up your flowers on Saturday, May 3. Orders are due by Friday, February 14.

**Scan the QR code for more information!**



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