

Special Events/Trips

Must RSVP to Brent Claiborne for outings below at least 1 week prior at 859-288-2908 or via e-mail to bclaiborne@lexingtonky.gov.

SPRING DANCE

Enjoy an evening of dancing, snacks and door prizes.

Date: Saturday, April 9

Time 6 - 9 p.m.

New location: Bell House 545 Sayre Ave

Ages: 13 & Over

Cost: \$8 per person, payable at door

Daytrippin'

Dates: Jan. 22, Feb 19, March 18

Time/Location: Varies

Ages: 18 & Over

Cost: TBD per outing

RSVP a minimum of one week prior to excursion date.

KEENELAND

Free entry. Bring money for food.

Date: Thursday, April 14

Time: 11:00 a.m. - 4:00 p.m.

Ages: 18 & Over

Limited space/transportation available.

A SPECIAL WORD OF THANKS TO OUR SPONSORS/PARTNERS IN 2015!

Salvation Army

Beaumont YMCA

KY State Parks

Delia Scott

Keeneland

Dr. Forsythe (UK)

KY Education Fund for Handicapped Children

Autism Society of the Bluegrass

Texas Roadhouse @ Beaumont

UK AGHES

To Get Registered

Pre-registration is required for all programs and will be taken ONLY through online registration or by mail on a first-come, first-served basis. Program registrations will not be taken by phone. Registration begins on Monday, January 4.

If you plan to register online, you must have a User ID, password and e-mail address prior to opening of registration. Space is limited in many programs so it is important that you register as soon as possible. You will receive confirmation of your acceptance in a class or program by mail. Programs are open to Fayette County residents and residents of surrounding counties.

Be sure to visit our web site at www.lexingtonky.gov/parks to learn more about our Parks Programs.

***Scholarship forms need to be turned in at time of registration.**

IMPORTANT INFORMATION

Due to the nature of our Therapeutic Recreation activities and the large number of individuals that participate, we are not able to provide one-on-one supervision. The TR staff will be present to facilitate activities and assist individuals as needed in programs such as bowling, dances and other large group activities. If one-on-one supervision is needed, a parent/guardian or other caregiver should be present during the activity. We apologize for any inconvenience.

We will make every attempt to make up missed classes due to inclement weather, however due to scheduling this may not be feasible. Refunds or credits are not given for missed classes or programs.

*** Sign-ups for Summer Camps on Tuesday April 19.**

2016 Spring Therapeutic Recreation Programs



PARKS & RECREATION LEXINGTON, KY

Brent Claiborne

859-288-2908

bclaiborne@lexingtonky.gov

www.lexingtonky.gov/parks

TR Overview

Therapeutic Recreation (TR) programs provide opportunities for persons with disabilities and others in the community to enjoy activities that use recreation, leisure and play to provide outlets for our multi-talented population. Our programs are designed to enhance the overall health of persons with disabilities. Contact Brent Claiborne at 859-288-2908 or bclaiborne@lexingtonky.gov with any questions or comments. Also be sure to visit the Parks web site at www.lexingtonky.gov/parks for the most up-to-date information.

Transportation

As a rule, transportation to and from programs and events is the responsibility of the participant/parents/caregivers.

Activities

***Caregivers must stay with their client and assist if necessary.**

ADULT FITNESS (415041-01)

Stay healthy and active through a variety of fitness activities and sports. Limited transportation home will be provided.

Dates: Tuesdays/Thursdays; Jan. 19 - May 5

Time: 12:30 - 2:30 p.m.

Location: Dunbar Community Center

545 N. Upper St.

Ages: 18 & Over

Cost \$75

TOYOTA BLUEGRASS ADULT MIRACLE LEAGUE

An accessible baseball league for individuals with disabilities. Tuesdays starting in April at Shilito Park. Game Times TBD.

Cost: \$10. Payable to YMCA Miracle League

*Coincides with Adult Fitness on six Tuesdays.

Activities continued

BOWLING (415031-01)

Strikes, turkeys, and spares are just part of the fun with the TR bowling league. Ramps are available.

Date: Saturdays; March 5 - April 23

New Time: 1:00 - 3:00 p.m.

New Location: Southland Bowling Lanes
205 Southland Drive.

Ages: 6 & Over

Cost: \$5 per week for 2 games.

Bowling Banquet - Saturday, April 30

Time: 12:30 - 2:30 p.m.

Location: Bell House. 545 Sayre Ave.

Cost: TBD

COOKING (415051)

Learn to create delicious meals from healthy recipes.

Date: Wednesdays; February 17 - March 23

Times: 3-4:30 p.m. **(02)** or 5-6:30 p.m. **(03)**

Location: Distribution Center 1306 Versailles Rd.

Ages: 13 & Over

Cost: \$30 plus \$40 cash for groceries due by Feb. 8.

HORSEMANSHIP (415061)

Experienced staff and volunteers work one-on-one with participants. Adaptive equipment and ramps are available. **Note:** Participants may not weigh more than 220 pounds. A physician's exam may be required in some cases.

***** No online registration for this class *****

Dates: Wednesdays or Fridays; April 6- May 27

Wednesday 3:30 - 4:30 p.m. **(01)**

Wednesday 4:45 - 5:45 p.m. **(02)**

Friday 2:00 - 3:00 p.m. **(03)**

Friday 3:15 - 4:15 p.m. **(04)**

Location: Masterson Station Park Tack Barn

3420 Shamrock Lane

Ages: 10 & Over

Cost: \$125

Activities continued

EVERYBODY DANCE (528359-E1)

Learn creative dance moves and share your own.

Dates: Thursdays; January 28 - April 28

NO CLASS: March 17 & March 31

Time: 6:00 - 7:00 p.m.

Location: Bell House 545 Sayre Ave.

Recital - May 7 Time: TBD Location: Opera House

Cost: \$50

AQUATICS (415021)

***** No online registration for this class *****

Basic water skills/safety are introduced. 1:1 instruction is provided for most participants. Swim diapers/plastic pants (snug fitting) required if the participant does not possess bowel or bladder control.

Dates: Mondays; March 14 - May 9

NO CLASS: March 28

2:50 - 3:20 pm. **(01)**

3:25 - 3:55 pm. **(02)**

4:00 - 4:30 pm. **(03)**

Location: Beaumont YMCA

3251 Beaumont Centre Circle

Ages: 4 & Over

Cost: \$50

ARCHERY (415025-01)

Learn basic archery safety and skills in this fun, interactive class. Equipment provided (adaptive equipment available).

Dates: Wednesdays; January 20 - March 9

Time: 10 - 11:30 a.m.

Location: Dunbar Community Center

545 N. Upper St.

Ages: 18 & Over

Cost: \$50

ZUMBA® (415051-01)

This dance-fitness revolution class is fun, effective and made for everyone!

Dates: Wednesdays; March 23-April 27

Time: 10:30-11:30am

Location: Dunbar Center Gym

Cost: \$40