

L I T T L E R O C K



Parks & Recreation

www.lrpr.org / 501.371.4770

"A City In A Park"

Spring 2014 Program Brochure

THERAPEUTIC RECREATION ~ Recreational Opportunities for individuals with special needs

REGISTRATION BEGINS WEDNESDAY, JANUARY 15TH!



Meet the Therapeutic Recreation Staff...



Sherrie Shinn, CTRS
Therapeutic Recreation Coordinator



Alanna Wilson, CTRS
Therapeutic Recreation Programmer



Angel Phillips
Receptionist

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Registration Information

-  Registration is required for all programs on a FIRST COME, FIRST SERVED BASIS. Register early, programs fill up quickly!
-  Be aware of your program selection... Adults or Youth. If you are still in high school, register for the YOUTH Programs. If you have graduated high school or are over age 21, register for the ADULT programs.
-  Return the completed registration form and payment to:

PLEASE NOTE NEW MAILING ADDRESS 



Little Rock Parks and Recreation
Therapeutic Recreation Division
Ottenheimer Community Center
7201 Dahlia Drive
Little Rock, AR 72209

Program Policies

- ⇒ To provide safe and meaningful learning experiences, a 1:4 staff to participant ratio is maintained. If in the opinion of the TR staff, a participant becomes unmanageable and/or potentially dangerous, the guardian will be contacted to pick up the participant.
- ⇒ You must have a Participant Information Form, Liability Release, and Assessment on file with the TR department each calendar year. If you have not submitted one this year, you can find it online at: www.lrpr.org or call to have one mailed.
- ⇒ Payment for all activities must be made in advance unless prior arrangements have been made.
- ⇒ Due to staff: participant ratio, participants must be independent with personal care or provide an aide. For those participants with an aide, you will be required to pay for any fees incurred for the aide and their attendance must be noted on your registration form.
- ⇒ Refunds are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason or, in the opinion of the TR staff, placement is inappropriate. **However, if it is a ticketed event/outing and tickets have been purchased, there will not be a refund.**
- ⇒ When arriving at a program, parents/guardians are required to sign the participant in and leave a phone number where you can be reached, even if the participant has a cell phone!
- ⇒ If a participant is to be picked up by someone other than the parent/guardian, please notify LRPR staff person prior to the occurrence and have an alternate pick up form on file.
- ⇒ Programs are subject to cancellation if enrollment does not meet minimum requirements.
- ⇒ Fees, times, dates and locations are subject to change.
- ⇒ Many times we have arranged a particular arrival/ start time with the destination, so please arrive at the drop off location on time. We will implement a strict 10 minute leave time from the time listed in the brochure.



**We may take photos of participants enrolled in programs or outings. These photos are used only for promotion of our TR services in the form of displays, brochures, videos and flyers.
Please let us know in writing if you do not want to be photographed.**

Our Mission

To improve the quality of life for individuals with disabilities by providing community recreational and leisure opportunities and promoting lifelong skills.

What is Recreational Therapy?

Therapeutic Recreation is a purposeful intervention designed to bring about positive emotional, social, physical or cognitive changes in individuals with disabilities.

Interventions are designed to foster independence and develop skills for improved quality of life.

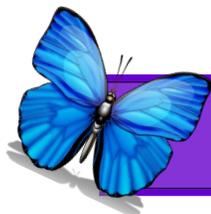
Programs are highly structured, goal oriented opportunities to bring about change while incorporating a participant's individual leisure interests.



The Benefits are Endless....

- Teaches new skills and knowledge
- Builds strong minds and healthy bodies
- Enhances self concept, self esteem and confidence
- Fosters peer relationships and community integration
- Develops life-long leisure skills
- Improves quality of life

The Therapeutic Recreation division of Little Rock Parks and Recreation utilizes trained staff, adapted equipment and community based activities to provide programs that enhance a participant's ability to enjoy recreational, leisure and social settings.



"Give them wings so they can fly"



Did you know that Therapeutic Recreation services can be paid by Medicaid Waiver?

If you are eligible for the Medicaid Waiver program, your participation in LRPR Therapeutic Recreation programs may be covered. We would be happy to work with you and your provider to add Recreational Therapy to your care plan. If you are interested, contact your provider for more details or call us with questions. This is a great opportunity to get the most out of your Medicaid Waiver dollars.

If you are planning to utilize Medicaid Waiver payments for Therapeutic Recreation programs listed in this brochure, please notify us at the time of registration. You will be asked to complete an agreement and provide your Caseworker's contact information.

Youth Programs are designed to meet the leisure interests of participants ages 8—18 or that are still in high school.

Participants must be independent in daily living skills and able to be successful within a staff to participant ratio of 1:4 - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

Kids Night Out

Kids night out offers monthly social activities designed to give youth a chance to socialize with friends, while learning to be independent in the community.

Dates:

February 14th Valentine's Dance
 March 7th Dinner & Movie
 April 11th Traveler's Game
 May 16th Karaoke

Cost: \$25.00 plus meals/concessions

Pick up and drop off: Locations will be confirmed prior to outing.

*All activities are subject to change.

The Adventure Club

"TAKE IT OUTSIDE!"

The Adventure Club is an opportunity for your child to learn about and explore the great outdoors. This session will include a 2 day course that teaches life-long skills for enjoying the outdoors while having fun with friends. Anyone with a desire and interest to be outside is welcome. We will be in natural spaces but all ability levels will be supported.

We will be partnering with the 4H center for two full days of programming on various topics. We are excited to learn more about nature, wildlife, and outdoor skills!

Date: April 12th & May 3rd

Time: 8:30am – 3:30pm

Drop off and Pick up:

City Hall

Cost: \$20.00



YOUTH PROGRAMS

Basketball Clinic



Basketball promotes physical fitness and listening skills including following directions and learning the rules. Participants will learn basketball skills including passing, dribbling, ball handling, and basic shooting, as well as learn to work as a team all while getting great exercise! *If you paid last year you have a credit for this activity. Please note this on your registration form.

Date: Saturday April 5th

Location: Jim Dailey Fitness and Aquatic Center

Time: 2:00 pm – 4:00 pm **Cost:** \$5.00

SCHOOL'S OUT!! Friday , March 28th

Time for Spring Break! And since schools out, we've decided to get together and have some fun. This day will be full of a variety of activities. So come join us for a great day!

Time: 9:30 am– 3:30pm **Cost:** \$10.00

Drop off/Pick up: Ottenheimer Community Center

***You will need to bring money for lunch**



Summer Day Camp

Registration Begins April 7th!

To Register:

*Call for an application to be mailed to you. 501-570-1131
Or you can go online and print one@ Lrpr.org*

NO APPLICATIONS WILL BE ACCEPTED BEFORE APRIL 7TH.
Applications only accepted at Ottenheimer Community Center

Summer Day Camp 2014

Dates: Monday– Friday June 9th-July 18th (subject to change)

Time: 8:30 am-3:30 pm **Location:** TBA

Ages: 8-18 or still in high school **Max:** 17 campers

Cost: \$75.00 for 6 weeks or sign up for individual weeks at \$20.00 per week

****If you are going to be on vacation or attending another camp for a week, please be considerate and do not sign up for that particular week.**

Therapeutic Recreation uses education and recreation services to help people with disabilities develop and enhance their quality of life. This day camp is a therapeutic based program that emphasizes fun recreational activities for people with special needs to promote the development of motor skills, social skills, independence and other related areas. This camp is active and days are filled with games, swimming, community outings, arts and crafts and more. Due to staff/participant ratio, participants must be independent with personal care or provide an aide.

**This price includes most outings. The camper will need money occasionally.*

Campers will be dropped off and picked up at the designated site each day. We will have activities on site as well as outings in the community. **(make note of this when deciding if this camp is an appropriate setting for your child)*

**Campers will need to bring their lunch each day.*

**Camp applications will be on a first come first serve basis, Space is very limited.*

**You will be notified of an accepted enrollment. You will be put on the waiting list if that*

Therapeutic Recreation:

- Teaches new skills and knowledge
- Builds strong minds and healthy bodies
- Enhances self concept, self esteem and confidence
- Fosters peer relationships and community integration
- Develops life-long leisure skills
- Improves quality of life



The Benefits are Endless....

Adult Programs are designed to meet the leisure interests of participants ages 21 (or high school graduate) and up.

Participants must be independent in daily living skills, able to be successful within a staff to participant ratio of 1:4, and able to manage their own money with little assistance - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

Branch Out!

Adult Day Program

3-day Adult Therapeutic Recreation Program

Activities will include: Community outings, healthy and active programs, volunteer service, skills classes, special events, social activities, etc. This program will encompass all aspects of Therapeutic Recreation and will differ from day to day. We are excited to offer an expanded set of skills, knowledge, and opportunities for fun and learning. You will have the option to attend one, two, or all three days based on what your schedule allows.

Dates: Tuesdays, Wednesdays, & Thursdays - Jan. 21-May 15th (we will not meet Mar. 25-27 due to Spring Break)

Time: 9:00am-4:00pm **Location:** Ottenheimer Community Center

Pick up and Drop off: Ottenheimer Community Center

Cost:

1 day/week for 15 weeks- \$100 total

2 days/week for 15 weeks- \$165 total

3 days/week for 15 weeks- \$240 total

This will include *most* outings. Bring a lunch each day. You will need money when we eat out. You will be notified of those dates ahead of time.

*On registration form please note the days of the week you are signing up for.



Weekend Warriors

Weekend Warriors offers monthly social activities designed for adults. Participants who normally work during the week will have a chance to hang out with friends, while learning to be independent in the community.

Even if you attend our weekday outings, we welcome you to sign up!



Dates:

February 14th Valentine's Dance

March 21st Dinner & Movie

April 11th Traveler's Game

May 16th Karaoke

Cost: \$25.00 plus meals/concessions

Pick up and drop off: Locations will be confirmed prior to outing.

*All activities are subject to change.

Adult Community Outings

Murry's Dinner Playhouse

Date: Wednesday, January 29th

Time: 11:00am - 3:45pm

Lunch @ 11am, curtain at 1pm

Cost: \$32.00

Show: Mama Won't Fly

"An outrageously hilarious race against the clock begins when Savannah Sprunt Fairchild Honeycutt agrees to get her feisty mother all the way from Alabama to California in time for her brother's wedding. The problem? Mama won't fly. This ferociously funny, family-friendly Jones-Hope-Wooten comedy will have you laughing your way across the country and all the way down the aisle!"



Graceland Day Trip

Date: Friday, February 28th

Time: 8:00am – 7:00pm *
(return time subject to change)

Location: Memphis, TN

Drop off and Pick up:
Ottenheimer Community Center

Cost: \$35 (this includes the cost of lunch)

***Limit of 20 participants**

ADULT PROGRAMS

Garvin Woodland Gardens

Date: Wednesday, April 9th

Location: Hot Springs

Time: 9am-4pm

Drop off and Pick up:

Ottenheimer Community Center

Cost: \$10 plus lunch money

Join us for Tulip Extravaganza! You are encouraged to bring a camera for the outing,



Degray Boat Tour

Date: Wednesday, May 14th

Location: Lake Degray

Drop off and Pickup:
Ottenheimer Community Center

Time: 9am-4pm

Cost: \$10 plus lunch money



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Ottenheimer Community Center
7201 Dahlia Drive
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p: 501-570-1131
f: 501-371-1131
www.lrpr.org

Contact Us:

Therapeutic Recreation Coordinator:

Sherrie Shinn CTRS

sshinn@littlerock.org

Cell: 501-517-1360

Therapeutic Recreation Programmer:

Alanna Wilson CTRS

Ahodnett@littlerock.org

Cell: 501-690-8390

Little Rock Parks and Recreation:

Therapeutic Recreation Division

Ottenheimer Community Center

7201 Dahlia Drive

Little Rock, AR 72209

**Therapeutic Recreation
Arts Festival**
15TH ANNUAL
KICK UP YOUR HEELS!

Friday May 2, 2014
Clear Channel Metroplex
Colonel Glenn and Interstate 430
10:00 a.m. - 1:00 p.m.

★ Hands On Activity Booths ★ Make it and Take it Crafts
★ Inflatable Slide ★ Magician
★ 26 ft. Climbing Wall ★ Dance Contest

Plus Many, Many More Activities!!!
Food, Drinks and Arts Festival T-Shirts will be on Sale!

NO REGISTRATION REQUIRED!

Get Involved!
Become a sponsor or provide a booth

Helping to enrich the quality of life for people with disabilities by encouraging creativity through the arts.

**LITTLE ROCK
Parks & Recreation**

For more information call 501-570-1131 or e-mail SShinn@littlerock.org