

L I T T L E R O C K



Parks & Recreation

www.lrpr.org / 501.371.4770

"A City In A Park"

Spring 2015 Program Brochure

THERAPEUTIC RECREATION ~ Recreational Opportunities for individuals with special needs

REGISTRATION BEGINS Monday, JANUARY 12TH!

Meet the Therapeutic Recreation Staff...



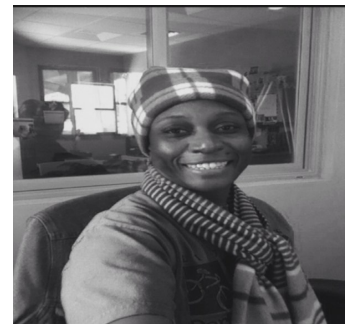
Alanna Wilson, CTRS
Therapeutic Recreation Coordinator



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Therapeutic Recreation Programmer/
Summer Camp Director



Michaela Tingley
Therapeutic Recreation Support Staff



Angel Phillips
Receptionist

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Registration Information

-  Registration is required for ALL programs PRIOR to program start. Registration is 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: **7201 Dahlia Drive, Little Rock, AR 72209**

Program Policies

- ⇒ 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.
- ⇒ 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**.
- ⇒ **Participants with an aide will be expected to participant in programs as normally as possible** (i.e. eat at the same time as the group, **stay for duration of program activities**, and follow program expectations).
- ⇒ 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.**
- ⇒ 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.
- ⇒ If your participant is not going to make it to a program they have registered for, please notify staff as soon as possible.
- ⇒ 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.

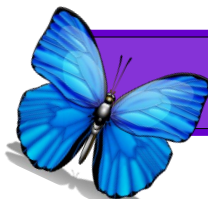
Programs are highly structured, goal oriented opportunities to bring about change while incorporating a participant's individual leisure interests.

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 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 responsible for submitting information to your Medicaid Waiver provider and we will be happy to follow up. Keep in mind that many providers require advance

... a 1:5 staff to participant ratio is maintained

Small groups provide for safe and high quality services which lead to meaningful learning experiences. Due to staff: participant ratio, participants must be independent with personal care or provided with an aide. 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.

... program popularity is increasing.

Programs fill up quickly. Registration is on a **FIRST COME FIRST SERVED BASIS**. On registration form please note the days you are signing up for. **We will not be able to accommodate changing days throughout the session.**

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 13th Valentine's Dance

March 20th Breakfast & Movie

April 17th Traveler's Game

May 8th Bowling

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 be a one day outing of zip lines, obstacle courses, rock climbing, and other activities!

Date: March 28

Time: 8:00am – TBA

Drop off and Pick up:

Southwest Community Center

Cost: \$25

***You will need to bring lunch**



YOUTH PROGRAMS

Sports Clinic



This session we will focusing on improving the quality of life of our participants by offering a basketball clinic as well as a soccer clinic. Clinic participation demonstrates that having a physical or visual disability is not an obstacle to an active rewarding life.

Date: January 31 and February 21

Location: Jim Dailey Fitness and Aquatic Center/ East Gym

Time: 2:00 pm – 4:00 pm

Cost: \$10.00

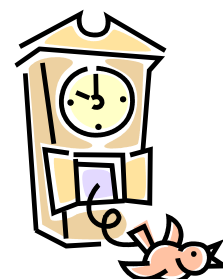
SCHOOL'S OUT!! Friday , April 10th

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 is April 8th!

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 8TH.
Applications only accepted at Ottenheimer Community Center**

Summer Day Camp 2015

Dates: Monday– Friday June 8th-July17th (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.

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

**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.*

**You will be notified of an accepted enrollment.*

You will be put on the waiting list if that week is full.

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. **Starting this session, each participant will be given specific goals to work towards during our program-**

Dates: Tuesdays, Wednesdays, & Thursdays - Jan. 27-May 14th (we will not meet **April 7-9th** due to Spring Break)

Time: 9:00am-3:30pm **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.

*Due to program growth and limited transportation space, each Branch Out day will be limited to **18** participants.



ADULT PROGRAMS

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 13th Valentine's Dance

March 20th Breakfast & Movie

April 17th Traveler's Game

May 8th Bowling

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: January 28th

Time: 11:00am - 3:45pm

Lunch @ 11am, curtain at 1pm

Cost: \$32.00

Show: Nana's Naughty Knickers

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!



Picnic at the Memphis Zoo

Date: Friday, March 13th

Time: 8:00am – 6:00pm

Location: Memphis, TN

Drop off and Pick up:

Ottenheimer Community Center

Cost: \$20 plus dinner money

***Limit of 18 participants**

Garvin Woodland Gardens

Date: Wednesday, April 15th

Location: Hot Springs

Time: 9am-4pm

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



***Limit of 18 participants**



Degray Boat Tour

Date: May 13th

Location: Lake Degray

Drop off and Pickup:

Ottenheimer Community Center

Time: 9am-4pm

Cost: \$10 plus lunch money

***Limit of 18 participants**



Little Rock Parks and Recreation
Therapeutic Recreation Division
Ottenheimer Community Center
7201 Dahlia Drive
Little Rock, AR 72209
p: 501-570-1131
f: 501-570-1139
www.lrpr.org



Contact Us:

Therapeutic Recreation Coordinator:

Alanna Wilson

awilson@littlerock.org

Cell: 501-690-8390

Therapeutic Recreation Programmer:

Kendra Williams

Cell: 501-517-1360

Little Rock Parks and Recreation:

Therapeutic Recreation Division

Ottenheimer Community Center

7201 Dahlia Drive

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