



THERAPEUTIC RECREATION CONTACT

Collette Prather, 480-782-2709 | collette.prather@chandleraz.gov
 All class fees are paid during the registration process. All instructor and supply fees must be paid to your instructor at the first class.



2016 APRA Outstanding Adaptive Award: Chandler Fun Run, Chandler Mayor's Committee for People with Disabilities

Therapeutic Recreation Philosophy

At the City of Chandler Therapeutic Recreation Program, our mission is to enhance the quality of life for individuals with physical, mental, emotional, or social limitations.

We strive to facilitate the development, maintenance and expression of an appropriate leisure lifestyle for individuals with developmental disabilities. Participants typically are part of one or more of the following areas: sheltered workshop, special education classes and one whose mental and/or physical disability limits that person from participating in regular recreation.

Registration Procedures

Individuals who meet the criteria represented in the philosophy above and who are interested in joining these programs should contact the Chandler Recreation Division in order to receive the monthly calendar, quarterly newsletter, flyers and other information regarding our programs.

Participants interested in Special Olympics sports need to complete an Arizona Special Olympics Medical Form in order to compete.

Please contact Collette Prather at 480-782-2709 to be placed on the email list and/or to obtain a registration form or medical release form. Or you can visit:

www.chandleraz.gov/therapeutic

Special Olympics and Unified Sports Medical Forms Policy

ALL athletes competing in any Special Olympics sport must have a current Arizona State Special Olympics medical form on file with the City of Chandler **BEFORE** beginning practice for any sport!

There is a specific form to be filled out by the doctor, as well as the family. It is suggested that you keep a copy of your current physical.

You can get the medical form from Special Olympics Arizona at

www.specialolympicsarizona.org,

then click on forms, then print **ALL PAGES** of the form.

If you are unsure whether or not your medical form is up to date, please call Collette Prather 480-782-2709.

VOLUNTEERS ARE ALWAYS WELCOME!

There are many ways that you can help out with Special Olympics sports, classes, socials, or special programs. If you are a positive role model and interested in helping out with any of the fun and inspiring programs, please call Collette Prather at 480-782-2709. You'll be glad that you made a difference!

KEY



This icon denotes that this class will be engaging in activities that will increase your child's heart rate and metabolism.
Promotes Fitness!

Special Interest Classes

THERAPEUTIC ADVENTURE CLUB

Have fun going fishing and hiking during the spring months and get some exercise too. No prior experience is necessary. A description of each week's adventures will be distributed on the first day. Make sure to wear comfortable clothing, athletic shoes and bring a bottle of water!

Instructor: Austin Rector

Location: Chandler Senior Center, Parking Lot for departure

Resident fee: \$21* **Non-resident fee: \$29***
 3TR001 Sa 3/25-4/29* 6-9 a.m. 14 yrs+

*No class 4/8, *Additional \$20 per person will be paid by RAD.

THERAPEUTIC COOKING

Cooking can be fun for everyone. This class will teach some simple skills and recipes that can be used at home. Each week, you will learn something new. This program is designed for individuals with disabilities.

Instructor: Alisha Raccuia

Location: Tumbleweed Recreation Center Kitchen

Resident fee: \$21 **Non-resident fee: \$29**
 3TR002 Th 3/30-4/27 5:30-7 p.m. 14 yrs+

THERAPEUTIC HORSEBACK RIDING

This program is designed for children, teens and adults with disabilities. Riders will learn a new level of freedom and movement while improving self-esteem and socialization. They will benefit physically, emotionally and mentally through interaction with the horses, instructors, volunteers and fellow students. Riders will also learn to care for the horses while riding.

Instructor: Teri Chambers

Instructor fee: \$150 Supply fee: \$0

Location: Valley Silver Bullets - 43757 N. Coyote Rd. San Tan Valley, 85140

Resident fee: \$42 **Non-resident fee: \$57**
 3TR003 M 3/20-5/22 6-7 p.m. 5 yrs+

THERAPEUTIC SKILLS IN ACTION

Do you struggle with social skills? Are you looking for a fun way to improve your skills? We will play some games to work on social interaction and make new friends. This class is designed for individuals with disabilities.

Instructor: Amy Stahl

Location: Chandler Senior Center, Game Room

Resident fee: \$20 **Non-resident fee: \$27**
 3TR004 W 4/5-5/10 7-8 p.m. 12 yrs+

THERAPEUTIC ZUMBA®

Get some exercise and have fun while dancing to music! Whether you are an experienced dancer or just want to move around, this class guarantees to be lots of fun! No dance or exercise experience necessary. Make sure to wear comfortable clothing, athletic shoes and bring a bottle of water!

Instructor: Susan Alonzo

Location: Chandler Senior Center, Multipurpose Room

Resident fee: \$20 **Non-resident fee: \$27**
 3TR005 W 4/5-5/10 6-6:45 p.m. 14 yrs+

Special Olympics & Unified Sports

****All Special Olympics and Unified Sports require at least 75% attendance rate in order for an athlete to participate in state competition. Every athlete must have a current physical on file in Chandler before the first night of practice.****



THERAPEUTIC ADULT SPRING BOWLING

Spring is hoppin' and the bowling alley is the place to be. Come bowl for fun this spring with just two games and shoes. This season will be six weeks and just for fun! This program is designed for individuals with disabilities.

Instructor: Jacob Harris Bowling fee: \$5/week and \$1 absent fee
 Location: Chandler AMF Bowling Center – 1900 N. Arizona Ave
Resident fee: \$20 Non-resident fee: \$27 all registration fees are paid by RAD
 3TR006 Sa 3/25-4/29 9:30 a.m.-noon 14 yrs+

THERAPEUTIC ADULT SUMMER BOWLING

Cool off from the heat, bowl with friends and be part of a team. This program is for everyone and can be modified to meet anyone's needs. This bowling program will include three games and shoes. The season is eleven weeks and concludes with a party on the last day.

Instructor: Kris Jacobs Bowling fee: \$7/week and \$1 absent fee
 Location: Chandler AMF Bowling Center – 1900 N. Arizona Ave
Resident fee: \$20 Non-resident fee: \$27 all registration fees are paid by RAD
 3TR007 Sa 5/20-7/29 9:30 a.m.-noon 16 yrs+

WHAT IS RAD?

Recreation & Athletics for Individuals with Disabilities was created with the motto "RAD pays so others can play".

Check out their website to learn how they support Chandler Special Olympics programs at www.supportrad.com.



TALK OF THE TOWN NEWSLETTER

Our quarterly newsletter has more details about upcoming programs, classes, socials and sports. Send an email to collette.prather@chandleraz.gov to join the email list.

CHANDLER

FREE

Fun Run

This event is in honor of Disability Awareness Month for individuals with disabilities from Chandler and surrounding cities.

MARCH 1, 2017

10 a.m.-12:30 p.m. • Tumbleweed Park

RSVP by February 24 to Collette at 480-782-2709.

COME OUT AND PLAY WITH US AT THE CHANDLER FUN RUN!

DISABILITY AWARENESS AWARDS

Do you know an employer of individuals with disabilities?

Do you know of a volunteer who has done some extraordinary work with individuals with special needs?

How about a student with disabilities who stands out?



The Chandler Mayor's Committee for People with Disabilities likes to award these efforts during Disability Awareness Month in March.

For more information on how to nominate someone, contact Collette Prather at 480-782-2709 or visit our website at www.chandleraz.gov/therapeutic for the application. Applications are due February 10, 2017.



Sponsored by RAD • Reg Code: 3TR008

FREE!

APRIL 21, 2017 • 6:30-9 p.m.

COMMUNITY CENTER • 125 E. Commonwealth Ave.

Friday Night Social Club (FNSC) is...

an opportunity to go into the community with friends and enjoy an evening out. This program is designed for teens and adults ages 16 and older with disabilities. For a more complete listing of FNSC events, please consult the "Talk of the Town" Newsletter, go to www.chandleraz.gov/therapeutic, or call 480-782-2709.



Camp Challenge is...

a summer day camp for school-age children and teens with developmental disabilities, held in June and July. Trained staff will implement the program, which includes arts and crafts, individual and group games, music therapy, daily swimming, story time and more.

Registration will begin March 28 for Chandler residents; April 4 for non-residents.

Call Collette Prather at 480-782-2709 to be placed on the email list if you do not already receive the email.