



# LEXINGTON

## *Parks & Recreation*

### Therapeutic Recreation Programs

Therapeutic Recreation (TR) programs provide opportunities for individuals with disabilities and others in the community to enjoy activities through recreation, leisure and play. Our programs are designed to enhance the overall health and wellness of persons with disabilities.

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 art classes, dances and other large group activities. If one-on-one support is needed, then a parent/guardian or other caregiver should be present during the activity.

Parent/Guardians are responsible for participants before and after scheduled program times. Please do not drop off or leave participants unattended before or after the scheduled program time. Program staff will be available during the scheduled program time only. Please do not arrive more than 10 minutes early for programs, as staff are busy preparing for the programs.

#### **Registration**

Program registration will be filled on a first-come, first-served basis either by on-line registration or by the postmarked date on the registration envelope if delivered in person. The forms below are set up as a 'fillable PDF' allowing you to type in the information rather than write it in by hand. You may also return your forms by email at the addresses listed below.

Online registration for fall will open on Monday, August 15 and will remain open as long as spots are available or classes begin. Please pay close attention to information added to each program listing, as many programs are limited to a specific number of registrations. Please go to [www.lexingtonky.gov/tr](http://www.lexingtonky.gov/tr) for on-line registration. If you are not able to register online, please return this form and all fees to **Therapeutic Recreation, Lexington Parks & Recreation, 545 N. Upper Street, 3<sup>rd</sup> Floor, Lexington, KY 40508.**

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

#### **Transportation**

Transportation to and from the TR programs/events is the responsibility of the participant. If a parent/guardian or other caregiver is unable to transport a participant to a program, we recommend contacting Wheels at 859-233-3433 to arrange transportation.

#### **For More Information please contact:**

Jill Farmer, CTRS

Recreation Manager Senior

Office Number: 859-288-2928

Email: [jfarmer2@lexingtonky.gov](mailto:jfarmer2@lexingtonky.gov)

Brent Claiborne

Recreation Specialist Senior

Office Number: 859-288-2908

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Be sure to visit the Parks website at [www.lexingtonky.gov/parks](http://www.lexingtonky.gov/parks) for the most up-to date information.

**Therapeutic Recreation Programs**  
**Participant Information Form**

*In order to better meet you/your child's needs, please fill out the following information completely. These forms are a 'fillable PDF' allowing you to type in the information rather than write it in by hand. You may return your forms in person or by email.*

DATE COMPLETED: \_\_\_\_\_

Therapeutic Recreation Program (*PLEASE PRINT*)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Total Fees Enclosed: \_\_\_\_\_

Street Address: \_\_\_\_\_ Gender:  M  F

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Birthday: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Participant Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Hospital Preference: \_\_\_\_\_

Primary Disability: \_\_\_\_\_

Please list assistive equipment if used: \_\_\_\_\_

***Please place a check mark by each class or program for which you are registering below. These forms are a 'fillable PDF' allowing you to type in the information rather than write it in by hand. You may also return your forms in person or by email.***

Participant's Name: \_\_\_\_\_

**IN-PERSON PROGRAMS**

**SPECIAL EVENTS AND DAY TRIPS**

**CANVAS PAINTING CLASS**

Spend your afternoon with us exploring the art of canvas painting. Each session will cover a different seasonal theme that students will paint on canvas to create a take home project.

Date: Thursdays, September 22, October 27, November 17 and December 15. Limited to 20 people

Time: 4:00pm-6:00pm

Location: Artworks at the Carver School, 522 Patterson St.

Ages: 12 & Over

Cost: \$40, All painting supplies will be provided

**KEENELAND FALL MEET**

Spend the day with friends at the beautiful Keeneland Race Track.

Date: Thursday, October 20 Limited to 20 people

Time: 10am-4:00pm-Drop off and pick at Dunbar Community Center, 545 N Upper Street (40508)

Location: Keeneland Race Track, 4201 Versailles Rd, Lexington, KY 40510

Ages: 18 & Over

Cost: Admission costs TBA. Bring money for food, drinks and misc.

**Participant's Name:** \_\_\_\_\_

**HALLOWEEN COSTUME PARTY**

Enjoy an evening of dancing, snacks, costumes and door prizes. Must RSVP to attend.

Date: Saturday, October 29

Time: 6pm - 8pm

Location: Tates Creek Recreation Center

Address: 1400 Gainesway Dr.

Ages: 13 & Over

Cost: \$10 per person, payable at door

**BERNHEIM ARBORETUM AND RESEARCH FOREST (LOUISVILLE, KY)**

Date: Friday, November 4 *Limited to 20 people*

Time: 10am-4pm, *Drop off and pick at Dunbar Community Center, 545 N Upper Street (40508)*

Location: Bernheim Arboretum and Research Forest

Address: 2075 Clermont Road, Clermont, KY 40110

Ages: 18 & Over

Cost: \$5.00 for General Admission. Bring lunch, drinks and money for the gift shop

**HOLIDAY DINNER DANCE**

Enjoy an evening of dinner, dancing, and door prizes. Must RSVP to attend.

Date: Saturday, Dec. 10

Time: 6pm-7pm Dinner

7pm-9pm Dance

Location: Tates Creek Recreation Center, 1400 Gainesway Drive

Ages: 13 & over

Cost: \$20 per person for Dinner and Dance, \$10 per person for the dance ONLY, payable at door.

**FALL PROGRAMS/ACTIVITIES**

**BOWLING**

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

Dates: Saturdays, September 3-October 22

Time: 1:00pm-3:00pm

Location: Southland Bowling Lanes, 205 Southland Drive

Ages: 8 years and over

Cost: \$25 registration fee, \$8 cash per week to bowling alley.

**ADULT FITNESS**

Stay healthy and active through a variety of fitness activities and sports. NOTE: *Transportation to and from the TR programs/events is the responsibility of the participant. Contact Wheels at 859-233-3433 to arrange transportation.*

*\*Limited to 25 people*

Dates: Tuesdays/Thursdays, September 6 – December 8

**No class: Oct. 20, Nov. 24**

Time: 1:00pm-3:00pm

Location: Dunbar Community Center, 545 North Upper Street

Ages: 18 & Over

Cost: \$125/\$100 with scholarship

*\*Tuesdays, September 13-October 18 - We plan to participate in the Miracle League Baseball Program at Shillito Park if it is offered. There will be an additional charge of \$10.00 for the payable to the YMCA.*

Participant's Name: \_\_\_\_\_

**MIRACLE LEAGUE BASEBALL**

Dates: Tuesday's, September/October

Time: TBA

Location: Shillito Park-- Miracle League Baseball Field

Ages: 18 & over

Cost: \$10 made payable to the YMCA

**ARCHERY**

Learn basic and safe archery skills. Equipment provided. *Limited to 12 people*

Dates: Wednesdays, September 7-October 12

Time: 10:00am-11:30 a.m.

Location: Artworks at the Carver School, 522 Patterson Street

Ages: 18 & over

Cost: \$70/\$60 with scholarship

**MUSIC CLASS-YOU CAN UKE!!** *Limited to 10 people*

Learn to play or continue to develop your playing skills on the Ukulele. Ukuleles will be provided.

Dates: Thursdays, September 8-December 15 **No class: Oct. 20, Nov. 24**

Times: 10:00am-11:00am

Location: Artworks at the Carver School, 522 Patterson Street, 2<sup>nd</sup> Floor

Ages: 18 & Over

Cost: \$50/\$40 with scholarship

**MUSIC CLASS-TR ROCK BAND PRACTICE** *Limited to 10 people*

This is your chance to be part of the TR Rock Band. This is a new program where we will learn to play different musical instruments and begin developing our own TR Rock band. Instruments will be provided.

Dates: Thursdays, September 8-December 15 **No class: Oct. 20, Nov. 24**

Times: 11:00am-12:00am

Location: Artworks at the Carver School, 522 Patterson Street, 2<sup>nd</sup> Floor

Ages: 18 & Over

Cost: \$50/\$40 with scholarship

**ART CLASS**

Have fun with us as we create and complete different art projects. *Limited to 20 people*

Dates: Fridays, September 9-October 28

Time: 3:00-4:00pm

Location: Artworks at the Carver School, 522 Patterson St.

Ages: 14 and over

Cost: \$25/\$20 with scholarship

**YOGA**

Learn basic yoga skills while increasing flexibility, toning muscles, and improving overall health and wellness. Bring your own bottled water and a towel. Yoga mats will be provided.

Dates: Mondays, September 12 – October 31 **No class: Oct. 20, Nov. 24**

Time: 10:30am-11:30am

Location: Artworks at the Carver School, 522 Patterson Street

Ages: 18 & Over

Cost: \$50/\$40 with scholarship

**Participant's Name:** \_\_\_\_\_

**THERAPEUTIC HORSEMANSHIP**

Staff and volunteers work one-on-one with participants to ensure a safe and fun horseback riding experience. There will be 1-six week riding session limited to four students per class. Participants may not weigh more than 220 pounds. A physician's exam may be required in some cases. Participants are **REQUIRED** to provide their own ASTM-SEI riding helmets. **No online registration for this class. Please submit paper registration form ASAP.**

Dates: Mondays and Wednesdays, September 12 – October 19

Time: 2pm-3pm and 3pm-4pm

Location: Masterson Station Park Tack Barn, 3415 Shamrock Ln

Ages: 13 & Over

Cost: 150.00 for six-week session. **No make-up classes will be available.**

Session 01 Monday 2:00-3:00 *NEW Students who have never participated in our program before (if not full we can put returning students in there)*

Session 02 Monday 3:00-4:00 Returning Riders

Session 03 Wednesday 2:00-3:00 Returning Riders

Session 04 Wednesday 3:00-4:00 Returning Riders

**LATE POLICY** - The program will start at the scheduled time. If you are going to be up to five minutes late for Horsemanship, you must give us a call at 859-509-4748 or 859-310-5216 to let us know. If you are going to be more than five minutes, late your session for the day will be cancelled with no refund.

**DRAMA GROUP**

Martha Meehan will instruct this lively and creatively dramatic program. Explore and show case your creative talents.

Dates: Wednesdays, October 12-November 16

Time: 6 - 7:30pm

Location: Lexington Senior Center, 195 Life Ln.

Ages: 13 & over

Cost: \$50/\$40 with scholarship

**ADAPTED AQUATICS** *Limited to 12 people*

Basic water skills/safety will be introduced. One-on-one instruction will be provided for most participants. The YMCA requires that participants wear swim diapers/ plastic pants (snug fitting), if the participant does not possess bowel or bladder control.

**Note: Each class will be for 30 minutes each so it is very important that you arrive at least 15 minutes before your scheduled swim time to change and enter the water on time.**

No online registration for this class.

Dates: Mondays. October 24-December 12

Times: Session 01 Monday, 2:30pm-3:00pm

Session 02 Monday, 3:00pm-3:30pm

Session 03 Monday, 3:30pm-4:00pm

Location: Beaumont YMCA, 3251 Beaumont Centre Circle 40513

Ages: 5 & over

Cost: Cost: \$70/\$60 with scholarship

**SOCIAL ARTWORKING**

A canvas-painting program using expressive arts. Participants recreate art from a template using their own interpretation and medium.

Dates: TBA

Time: TBA

Location: TBA

Ages: 14 and over

Cost: \$10 per class per date

Participant's Name: \_\_\_\_\_

## **VIRTUAL/ZOOM PROGRAMMING**

We are happy to continue to provide select programs through a virtual format using Zoom. Please use the meeting and pass codes provided below to connect with us. A specific calendar will be emailed to you each month with the days and times for each program. *Please Note: Days and times of the virtual programs are subject to change for in-person programming.*

**Story Time**

Join us as we continue to explore the various books and the adventures they provide.

Dates & Times: Please refer to the monthly calendar

Cost: FREE

Zoom Meeting Code: 792 754 5495

Zoom Passcode: TRzoom

**Cooking Together**

Join us on Zoom along with guest chefs to cook a delicious meal or dessert together. We will share easy to follow recipes for the group.

Dates & Times: Please refer to the monthly calendar

Cost: FREE

Zoom Meeting Code: 792 754 5495

Zoom Passcode: TRzoom

**Bingo**

Bingo is a fun and interactive Zoom program featuring a different theme each week. Certificates provided to game winners.

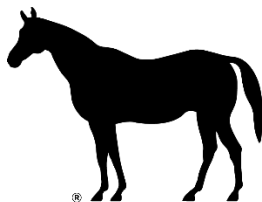
Dates & Times: Please refer to the monthly calendar

Ages: 13 & over

Cost: FREE

Zoom Meeting Code: 792 754 5495

Zoom Passcode: TRzoom



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