

THERAPEUTIC RECREATION

OFFICE HOURS
MON.-FRI.: 9:30AM-5:30PM

PROGRAMS & ACTIVITIES WINTER/SPRING 2015

TR STAFF:

RANDY SHAW, LRT/CTRS, DIRECTOR

LORI LONG, LRT/CTRS, RECREATION SPECIALIST

ERIKA HENDRIX, PROGRAM LEADER

(828) 259-5483



Adapted Basketball

Location: Montford Recreation Center
January 17-February 21 / Saturdays, 2-5pm

Offered in conjunction with the Charlotte Hornets, this non-competitive basketball program is designed for those age 6+ with disabilities. Players will learn basic basketball skills while having fun.

Registration runs November 24-January 2. Special Registration Date December 13 at the Family Fun Day Event 11am-3pm at the WNC Ag. Center. To register call TR Program office at 828-259-5483

Fee: \$45 (Asheville City residents receive a \$5 discount!)

Adapted Tennis

Location: Montford Recreation Center
March 15-April 26, no games on April 5
Sundays, 2:30-3:30pm

This non-competitive, introductory tennis program is designed for those age 6+ with disabilities.

Players will learn basic tennis skills while building strength, confidence, and social skills.

Registration runs February 2-March 6. To register call TR Program office at 828-259-5483

Fee: \$45 (Asheville City residents receive a \$5 discount!)

Adapted Baseball

Location: MLK Jr. Park
April 25-June 6 / Saturdays, 10am-2pm

Offered in conjunction with the Asheville Tourists, this non-competitive baseball program is for youth ages 8-18 and adults ages 19+ with different abilities. Players will learn the basics of baseball and team sports with an extra emphasis on FUN!

Registration Dates are as follow: March 27 & April 10, 6-8pm and March 28 & April 11, 1pm-4pm at West Asheville Center; 970 Haywood Rd. For more information call TR Program office at 828-259-5483

Fee: \$45 (Asheville City residents receive a \$5 discount!)

Therapeutic Recreation and Drums (TRAD)

Location: West Asheville Center
January 4-February 15, no classes on January 18
Sundays, 3-4pm

6 week introductory class to African drumming, using traditional instruments like Djembes, DunDuns, and Talking Drums. This class is for persons of all ages, with or without disabilities and their parents/guardians. We will explore a variety of beats and sounds that are proven to help build social skills, confidence, and health while having fun! Limited to 12 participants.

Registration runs November 24-January 2. To register call TR Program office at 828-259-5483

Fee: \$45 (Asheville City residents receive a \$5 discount!)

Health Club

Location: West Asheville Center
January-May / 2nd & 4th Thursdays each month, 5:30-6:30pm

The ARC of Buncombe County and Asheville Parks and Recreation present a new Health Club for individuals 13+ with a variety of disabilities. The Health Club program applies and adapts proven health and wellness strategies to the needs of persons with a variety of disabilities. Classes will use a holistic approach to improve an individual's quality of life. Topics of exploration include, but are not limited to: nutrition, physical fitness, yoga, cooking classes, mindfulness, leisure lifestyles, stress, and weight management. For more information contact TR Program staff at 828-259-5483 or Emily Danciu-Grosso at Emily@arcobc.org, (828) 253-1255.

Location: West Asheville Center
Fee: Monthly Fee \$10 per person

Vet Rec

Location: West Asheville Community Center
January-May / Friday's, 10-12pm

This community-based program is for veterans in the Asheville/Buncombe and surrounding areas.

If you are ready to explore your leisure and recreation opportunities, this is the program for you!

You will socialize with other veterans with similar interests while having fun.

Fee: Free

Dinner Club

Location: Throughout the Asheville area
January-May

3rd Wednesday each month, 5:30-7:30pm

Social event designed for adults 18 and older, with or without disabilities. Enjoy the tastes of Asheville while making new friends! RSVP by 4pm the day of the meal by emailing tprogram@ashevillenc.gov

Fee: Participants are responsible for the price of their meal.

Teen Night Out

Location: Throughout the Asheville area
January-May

1st Friday each month, 5:30-7:30pm

Social event designed for teens ages 13-19, with or without disabilities. Socialize with your peers while playing putt putt, watching a movie, or going geocaching (just to name a few!).

Fee: Participants are responsible for the price of their meal and/or activity.

Spring Break Camp

Location: West Asheville Community Center
March 30-April 3 / 9:30am-5:30pm

This week long inclusive recreation program is designed for youth and teens currently enrolled in school, with or without disabilities. Camp attendees will enjoy outdoor recreation, arts/crafts, field trips, and other camp experiences. All participants must meet eligibility requirements.

Fee: \$50 per child (Asheville City residents receive a \$10 discount!)



ASHEVILLE
Parks & Recreation



WWW.ASHEVILLEN.GOV/PARKS

WWW.FACEBOOK.COM/APRCA