

# GENERAL INFORMATION

The **St. Petersburg Parks and Recreation Department** provides accessible programming and reasonable accommodations for people of all abilities. Participation in classes at your neighborhood recreation center is encouraged. Contact the center most convenient to you and ask about programs currently being offered or visit our website at [www.stpeteparksrec.org](http://www.stpeteparksrec.org). Online registration and payment are now available at [www.stpeteparksrec.org/parksreconnect](http://www.stpeteparksrec.org/parksreconnect). Assistance is available for individuals interested in participating in classes offered at any St. Petersburg recreation center. For more information, call the Therapeutic Recreation office at (727) 893-7899.

## Eligibility Requirements

A participant's involvement in any therapeutic recreation program is determined by and subject to minimum eligibility standards. Eligibility is evaluated by a Certified Therapeutic Recreation Specialist during a participant intake meeting and will be reviewed whenever necessary. Individualized behavioral support may be approved to maintain participant eligibility.

## Therapeutic Recreation (TR)

TR utilizes various methods and techniques to promote independent physical, cognitive, emotional, and social functioning of individuals of all ability levels. Within the community, TR focuses on programs that promote health, independence, inclusion, activity, and increased quality of life for people with disabilities.

Before participation in programs, residents and nonresidents are required to obtain an **ADVANTAGE Membership** by completing a Program Registration Application, which may be acquired at any City of St. Petersburg recreation center.

## Therapeutic Recreation Staff

Meagan Young, CTRS, Supervisor I  
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(727) 893-7899

## TR Program Staff

Carlos Childs  
Chris Metcalf  
Tony Ruffin  
April Edwards  
Ed Walker

### **Therapeutic Recreation Program Operational Base:**

#### **Azalea Recreation Center**

(727) 893-7899  
1600 72<sup>nd</sup> St. N

#### **Walter Full Recreation Center**

(727) 893-7443  
7891 26<sup>th</sup> Ave. N

#### **Sunrise Lanes**

(727) 522-2174  
6393 Dr. MLK Jr. St. N.

#### **North Shore Aquatic Complex**

(727) 893-7727  
901 North Shore Dr. NE

### **COOKING**

Learn to prepare recipes that are sure to be as much fun to cook as they are to eat. In this group, we work on teamwork, problem solving, and fine motor skills.

Ages 13 and up. Monthly Fee: \$20  
Azalea Recreation Center  
Mondays: 5:30 – 7:00 p.m.

### **F.I.T.**

Join your friends for our 5K readiness program! Fitness in Therapeutics will meet weekly to enjoy the fresh air while we build our endurance to participate in a 5K on May 1.

Ages 13 and up. Program Fee: TBA  
Azalea Recreation Center  
Mondays: 6:00 – 7:30 p.m.  
Six Weeks: March 22 – April 26

### **BOWLING LEAGUE**

Bowling provides an opportunity for motor and social skill development, while practicing etiquette in a fun community setting.

All ages welcome. Session Fee: \$52  
Sunrise Bowling Lanes  
Tuesdays: 6:30 - 8:30 p.m.  
Session 1: Jan. 5 – Feb. 23  
Session 2: Mar. 2 – April 27  
Registration open: Jan. 4

### **LINE DANCING**

Come learn the steps as we break down popular line dance songs such as the “Cha Cha Slide,” “Cupid Shuffle,” and “The Wobble.”

Ages 14 and up. Monthly Fee: \$20  
J.W. Cate Recreation Center  
Tuesdays: Jan. & Feb.: 6:30 – 7:30 p.m.

### **MINIMUM PARTICIPANT REGISTRATION**

Classes will now have a minimum participant registration number. If the minimum number is not reached, the class is subject to be cancelled.

### **KARATE**

Kinney Karate is an award-winning martial arts training sport that promotes a positive self-image and realistic goal setting. Classes are fun, safe, and professional. Come learn karate while you work on developing your coordination, fitness, concentration, control, and more.

Ages 11 and up. Monthly Fee: \$30  
Azalea Recreation Center  
Wednesdays: 6:00 – 7:00 p.m.

### **CAMPING**

Learn to build a fire, cook outdoors, and set up camp as we prepare for and take a camping trip. Participants must attend all classes to go on trip.

Ages 15 and up. Program Fee: \$40  
Azalea Recreation Center  
Mar. 3, Mar. 10, & Mar. 24: 6:00 - 8:00 p.m.  
Camping trip: March 27 – 28

### **DISCOVERY HOUR**

Come and join your friends for an hour of arts, crafts, and science experiments to expand your mind while expressing your creative side. Projects will be made and taken home with weekly themes to keep the excitement going.

Ages 13 and up. Monthly Fee: \$10  
Azalea Recreation Center  
Thursdays: 7:00 – 8:00 p.m.

### **L.I.F.E. 2.0**

L.I.F.E. 2.0 is the next step of the Learning Independence for Everyone Program for graduates of the 1<sup>st</sup> level L.I.F.E. class. This three-week mini session will dive deeper into the topics of health and wellness, life skills, and greater community involvement.

Ages 16 – 25. Program Fee: \$15  
Azalea Recreation Center  
May 4, 11, and 18  
Tuesdays: 6:00 – 8:00 p.m.

### **TRITIONS**

One, two, three strikes – YOU’RE IN! Grab your baseball gloves and get ready for another excitement filled season of TRitons baseball.

TRitons focuses on improving fitness and coordination, understanding sportsmanship, and learning the rules of the game. Season concludes with an official game.  
Ages 14 and up. Monthly fee: \$10  
Thursdays: April 6:00 – 7:00 p.m.

### **PICKLEBALL**

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Sharpen your hand-eye coordination and large motor skills as you learn the rules and improve your dexterity with this up-and-coming sport.

Ages 13 and up. Program Fee: \$10  
Location TBA  
Thursdays: May 6:00 – 7:00 p.m.

### **OUTDOOR ADVENTURES**

It is time to go into nature and enjoy the great outdoors together! This exciting new program will focus on increasing physical activity levels, connecting with nature, and developing social skills with our pals on the adventure.

Ages 15 and up. Program Fee: TBA  
Jan. 30 – Lettuce Lake Park  
Feb. 27 – Myakka State Park  
Mar. 27 – Camping trip (location TBA)  
Apr. 24 – Egmont Key

### **WE’RE GOING DIGITAL!**

Watch for some very important updates coming soon about all the exciting improvements we have made to the way we communicate with you.

More information coming early 2021.

### **SOCIAL GROUPS AND OUTINGS**

Outings focus on leisure education, community awareness, and social skill development. Outings include a variety of destinations and age-appropriate activities. Attendance is determined by previous on-site program participation and the minimum eligibility requirements of each trip as determined by the recreation supervisors. A family member or caregiver may be asked to accompany new participants until skills have been assessed and rapport with staff has been established.

#### **No Show Policy**

**Once a trip reservation has been made, failure to cancel it within 48 hours prior to the event will result in the participant being billed for the spot.**

#### **FIRST FRIDAY**

Gear up for a Friday evening of fun and games with your friends. During this program, we will work together in group games, chitchat with our pals, have a yummy snack, all while starting our weekend off on a positive note.

Ages 15 and up. Fee: \$3  
Azalea Recreation Center  
Jan. 8, Feb. 5, Mar. 5, Apr. 2  
7:00 – 9:00 p.m.

#### **COMMUNITY OUTINGS**

Do not miss the many great outings we have available this month! Call the TR Office at (727) 893-7899 to see what we have planned.



### **FUN WITH FRIENDS**

Come join us for an evening of play and growth with all your pals on the 2<sup>nd</sup> Friday of each month at 6:30p.m. The group will engage in fun, structured activities, including active games and craft time. A delicious theme-based meal is always the highlight of the group. This program is specifically for introducing our younger participants to the Therapeutic Recreation program. It is a safe space where they can feel free to be their true selves while learning important social skills in fun and creative ways. Ages 6 –12. Fee: \$10  
Azalea Recreation Center

#### **TREKKERS**

Do you love trying new things and going new places? Well, this might be the program for you! Trekkers is a social-based program for teens that provides exciting on-site programming like the Fall Festival as well as some thrilling community trips to Practically Pikaso and dinners on the town. This program is for middle school and high school age youth and is offered one Saturday a month and during spring/fall break. Activities can be on-site at Azalea Recreation Center and in the community. Ages 13 –18. Fee: TBA  
Azalea Recreation Center

#### **OUT ON THE TOWN**

Adults just want to have fun! If you are looking for some entertaining and enjoyable outing to participate in, look no further! The Out on the Town program is a social-based program for adults 18 years and older offered on the first or second Saturday of the month. Activities can be on-site at Azalea Recreation Center and at different locations throughout the community. Ages 18 and older. Fee: TBA  
Azalea Recreation Center

### **FAMILY PROGRAMS IN MAY**

Let us take some time to celebrate with the whole family for all the hard work we put into this year! The Therapeutic Recreation Division will be hosting two family-based events in May. We will be offering a family Spa Night as well as a family Fishing Trip, so stay tuned for more details!

#### **INCLUSION SERVICES**

If you see a program offered on the online portal Parks & Rec Connect, not under Therapeutic Recreation, would like to participate, let our team know! We help individuals of all ages, with or without disabilities, to participate in recreation programs. An assessment can be completed to determine what program modifications and/or inclusion aide services are needed.

#### **ADAPTIVE WATERSPORTS**

All ages and abilities are welcome. Equipment and instructional methods are specially designed for people with spinal cord injuries, mobility impairments, and other disabilities. Clinics include basic education, skill development, and fun out on the water. Friends and family are welcome to join in depending on availability.

**You MUST call and reserve a spot in advance to participate, (727) 893-7899.**

#### **• Sailing Clinic - Free**

Feb. 20, 10:00 a.m. - 2:00 p.m. at the St. Petersburg Sailing Center

#### **ADAPTIVE SWIM LESSONS**

Contact North Shore Aquatic Complex at **(727) 893-7727** for information on adaptive swim lessons.

# January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day No Classes	2
3	4 Cooking.....5:30pm	5 Line Dance.....6:30pm Bowling #1.....6:30pm	6 Karate.....6:00pm	7 Discovery Hour...7:00pm	8 First Friday...7:00pm	9 Out on the Town
10	11 Cooking.....5:30pm	12 Line Dance.....6:30pm Bowling #1.....6:30pm	13 Karate.....6:00pm	14 Discovery Hour...7:00pm	15 Fun with Friends.....6:30pm	16 TRekkers
17	18 Martin Luther King Jr. Day No Classes	19 Line Dance.....6:30pm Bowling #1.....6:30pm	20 Karate.....6:00pm	21 Discovery Hour...7:00pm	22	23
24	25 Cooking.....5:30pm	26 Line Dance.....6:30pm Bowling #1.....6:30pm	27 Karate.....6:00pm	28 Discovery Hour...7:00pm	29	30 Outdoor Adventures Lettuce Lake Park
31						

# February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cooking.....5:30pm	2 Line Dance.....6:30pm Bowling #1.....6:30pm	3 Karate.....6:00pm	4 Discovery Hour...7:00pm	5 First Friday...7:00pm	6 Out on the Town
7	8 Cooking.....5:30pm	9 Line Dance.....6:30pm Bowling #1.....6:30pm	10 Karate.....6:00pm	11 Discovery Hour...7:00pm	12 Fun with Friends.....6:30pm	13 TRekkers
14	15 President's Day No Classes	16 Line Dance.....6:30pm Bowling #1.....6:30pm	17 Karate.....6:00pm	18 Discovery Hour...7:00pm	19	20 Sailing Clinic
21	22 Cooking.....5:30pm	23 Line Dance.....6:30pm Bowling #1.....6:30pm	24 Karate.....6:00pm	25 Discovery Hour...7:00pm	26	27 Outdoor Adventures Myakka State Park
28						

# March 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cooking.....5:30pm	2 Bowling #2.....6:30pm	3 Karate.....6:00pm Camping.....6:00pm	4 Discovery Hour...7:00pm	5 First Friday...7:00pm	6 Out on the Town
7	8 Cooking.....5:30pm	9 Bowling #2.....6:30pm	10 Karate.....6:00pm Camping.....6:00pm	11 Discovery Hour...7:00pm	12 Fun with Friends.....6:30pm	13
14	15 No Classes – Spring Break	16 TRekkers No Classes – Spring Break	17 TRekkers No Classes – Spring Break	18 No Classes – Spring Break	19 No Classes – Spring Break	20
21	22 Cooking.....5:30pm F.I.T.....6:00pm	23 Bowling #2.....6:30pm	24 Karate.....6:00pm Camping.....6:00pm	25 Discovery Hour...7:00pm	26	27 Outdoor Adventures Camping Trip
28 Outdoor Adventures Camping Trip	29 Cooking.....5:30pm F.I.T.....6:00pm	30 Bowling #2.....6:30pm	31 Karate.....6:00pm			

# April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  TRitons.....6:00pm Discovery Hour...7:00pm	2  First Friday...7:00pm	3  Out on The Town
4	5  Cooking.....5:30pm F.I.T.....6:00pm	6  Bowling #2.....6:30pm	7  Karate.....6:00pm	8  TRitons.....6:00pm Discovery Hour...7:00pm	9  Fun with Friends.....6:30pm	10  TRekkers
11	12  Cooking.....5:30pm F.I.T.....6:00pm	13  Bowling #2.....6:30pm	14  Karate.....6:00pm	15  TRitons.....6:00pm Discovery Hour...7:00pm	16	17
18	19  Cooking.....5:30pm F.I.T.....6:00pm	20  Bowling #2.....6:30pm	21  Karate.....6:00pm	22  TRitons.....6:00pm Discovery Hour...7:00pm	23	24  Outdoor Adventures Egmont Key
25	26  Cooking.....5:30pm F.I.T.....6:00pm	27  Bowling #2.....6:30pm	28  Karate.....6:00pm	29  Tritons.....6:00pm Discovery Hour...7:00pm	30	

# May 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 FIT - 5K Race
2	3 Cooking.....5:30pm	4 LIFE 2.0.....6:00pm	5 Karate.....6:00pm	6 Pickleball.....6:00pm	7 Family Spa Night	8
9	10 Cooking.....5:30pm	11 LIFE 2.0.....6:00pm	12 Karate.....6:00pm	13 Pickleball.....6:00pm	14	15 Family Fishing Trip
16	17 Cooking.....5:30pm	18 LIFE 2.0.....6:00pm	19 Karate.....6:00pm	20 Pickleball.....6:00pm	21	22 Out on the Town: Overnight
23 Out on the Town: Overnight	24	25	26 Karate.....6:00pm	27	28	29
30	31 Memorial Day No Classes – Spring Break	<b>Camp Redbird Begins in June 2020</b>				