

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. Online registration and payment is now available at 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.

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

Eligibility Standards

A participant's involvement in programs may be subject to minimum eligibility standards. Eligibility is evaluated by a Certified Therapeutic Recreation Specialist. Individualized behavioral support may be approved to maintain participant eligibility on a case-by-case basis.

Therapeutic Recreation Staff

Barbara Van Camp, CTRS, Supervisor II
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 (727) 893-7899

Meagan Young, CTRS, Supervisor I
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Program Staff

Carlos Childs
 Chris Metcalf
 Tony Ruffin
 April Edwards
 Robert Clarke
 Elanda Cobarris
 Ed Walker

Therapeutic Recreation Program Operational Base: Azalea Recreation 893-7150 1600 72nd St. N
 Other Locations Where Classes Are Offered

Sunshine Center 893-7101 330 5 th St. N.	Campbell Park 893-7733 601 14 th St. S.	Sunrise Lanes 522-2174 6393 Dr. MLK Jr. St. N.	Walter Fuller Park: 7883 26 th Ave. N. Recreation: 893-7443 7891 26 th Ave. N.
Gladden Park 893-7458 3901 30 th Ave. N.	St. Petersburg Sailing Center 822-3113 250 2 nd Ave. SE	North Shore Aquatic Complex 893-7727 901 North Shore Dr. NE	J.W. Cate Center 893-7751 5801 22 nd Ave. N.

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 St. Petersburg recreation center.

COOKING

Learn to prepare some recipes that are sure to be as much fun to cook as they are to eat. We will be partnering with the UF/IFAS Pinellas County Extension Office to offer these educational cooking sessions during Oct. & Nov.

Ages 15 and up. Monthly Fee:

Sept. & Dec.: \$18

Oct. & Nov.: Free (*RSVP required*)

Azalea Recreation Center

Mondays: 5:30 - 7:00 p.m.

THEATER ARTS

Participants will learn the aspects of producing a theatrical show: audition, rehearsal, costume, makeup, and sets. Session concludes with a performance open to families and the public.

Ages 13 and up. Monthly Fee: \$20

Campbell Park

Mondays: 6:30 – 8:00 p.m.

ARTS & CRAFTS

Explore your creative side by making craft projects while socializing with peers.

Ages 15 and up. Monthly Fee: \$10

Walter Fuller

Tuesdays: 7:00 - 8:00 p.m.

BOWLING LEAGUE

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

All ages welcome.

Sunrise Bowling Lanes

Tuesdays: 6:30 - 8:30 p.m.

Session #1: Sept. 3 – Oct. 15 - \$46

Session #2: Oct. 22 – Dec. 17 - \$52



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.

LINE DANCING

Come learn the steps as we break down popular line dance songs such as the “Cha Cha Slide,” “Cupid Shuffle,” “The Wobble” and even a couple’s box step!

Ages 14 and up. Monthly Fee: \$20

Walter Fuller

Thursdays: Sept. & Oct. 7:00 - 8:00 p.m.



SOCCER

Come and join your friends for a high-energy game of soccer. We will learn the skills, rules, and gross motor skills required for an exciting game of soccer.

Ages 13 and up. Monthly Fee: \$10

Azalea Recreation Center

Thursdays in Sept.: 6:00 – 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 the St. Pete Run Fest 5K in beautiful downtown St. Pete on Nov. 16.

Ages 13 and up. Program Fee: \$40

Azalea Recreation Center

Thursdays: Oct. & Nov. 6:00 – 7:30 p.m.



GIRLS GO GLAMPING

Learn to pack your bag, plan a menu, and hike a trail in preparation to take a camping trip!

Participant must attend all classes to go on the final trip.

Ages 15 and up. Total program fee: \$40

Azalea Recreation Center

Nov. 6, 13, & 20: 6:30 – 8:30 p.m.

Camping Trip: Nov. 23 – 24

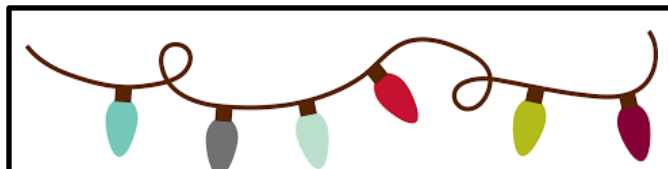
HOLIDAY FUN

Come celebrate the holiday season with a different and exciting mystery event each week!

Ages 13 and up. Weekly Fee: \$5

Azalea Recreation Center

Dec. 4, 11, & 18: 6:30 – 8:30 p.m.



HOLIDAY FUN

Get your Santa hats ready because this holiday season the Therapeutic Recreation Division will be offering three weeks of festive activities.

Join your friends at our Holiday Fun program as we sing-along to favorite Christmas carols, drink hot chocolate, and go on a light tour of St. Petersburg.



DANCES AT GLADDEN PARK

Therapeutic Recreation's Gladden Park dances provide a safe, fun, and social environment for individuals with disabilities.

Ages 18 and up. Fee: \$3

Gladden Park Recreation Center

1st & 3rd Friday of each month: 7:00 - 9:00 p.m.



FUN WITH FRIENDS

Come join us for an evening of play and growth with all your pals on the 2nd Friday of each month. The group will engage in fun, structured activities including active games and craft time. A delicious meal is included.

Ages 6 - 12. Fee: \$10

Azalea Recreation Center

Sept. 13, Oct. 11, Nov. 8, Dec. 13

6:30 - 8:30 p.m.

FANTASTIC FRIDAYS

Gear up for a fantastically fun Friday evening with your closest friends. Challenge each other in a game of corn hole, perform a karaoke duet, or win big in a game of bingo.

Ages 15 and up. Fee: \$3

Azalea Recreation Center

Sept. 13, Oct. 11, Nov. 8, Dec. 13

7:00 - 9:00 p.m.

ADAPTIVE SWIM LESSONS

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

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**

October 5, 10:00 a.m. - 2:00 p.m. at the St. Petersburg Sailing Center

• **Kayaking Clinic - Free**

October 26, 9:00 a.m. - noon at Walter Fuller Park behind the tennis courts.

BALLOON VOLLEYBALL LEAGUE

The league features competitive games and social opportunities for nursing home residents. Call (727) 893-7899 for more information.

ST. PETE RUN FEST

Known as the "Sunshine City," St. Pete holds the Guinness record for most consecutive sunny days – 768 to be exact. Join in the Run Fest weekend on Saturday, Nov. 16 with a 3.1 mile run along St. Pete's beautiful waterfront.



INCLUSION SERVICES

If you see a program offered in the citywide guide, not under Therapeutic Recreation, and would like to participate, let our team know! We offer assistance to 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.

SOCIAL GROUPS AND OUTINGS

Outings focus on leisure education, community awareness, and social skills development. Outings include a variety of destinations and age-appropriate activities within Central Florida.

- **TREKKERS:** For middle-school and high school-aged youth.
- **OUT ON THE TOWN:** For adults, 18 years and older.

Outing information is distributed prior to each trip. Attendance is determined by 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.

September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 Bowling.....6:30p Arts & Crafts.....7:00p	4 Karate.....6:00p	5 Soccer.....6:00p Line Dance.....7:00p	6 FIRST TR Dance at Gladden Park 7:00p	7
8	9 Cooking.....5:30p Theater Arts.....7:00p	10 Bowling.....6:30p Arts & Crafts.....7:00p	11 Karate.....6:00p	12 Soccer.....6:00p Line Dance.....7:00p	13 Fun with Friends 6:30p Fantastic Fridays 7:00p	14 Out on the Town Outing/TRekkers
15	16 Cooking.....5:30p Theater Arts.....7:00p	17 Balloon Volleyball Bowling.....6:30p Arts & Crafts.....7:00p	18 Karate.....6:00p	19 Soccer.....6:00p Line Dance.....7:00p	20 TR Dance at Gladden Park 7:00p	21 Special Olympics County Bowling
22	23 Cooking.....5:30p Theater Arts.....7:00p	24 Bowling.....6:30p Arts & Crafts.....7:00p	25 Karate.....6:00p	26 Soccer.....6:00p Line Dance.....7:00p	27	28
29	30 No Cooking Theater Arts.....7:00p					

October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bowling.....6:30p Arts & Crafts.....7:00p	2 Karate.....6:00p	3 F.I.T.....6:00p Line Dance.....7:00p	4 TR Dance at Gladden Park 7:00p	5 Sailing Clinic
6	7 Cooking.....5:30p Theater Arts.....7:00p	8 Balloon Volleyball Bowling.....6:30p Arts & Crafts.....7:00p	9 Karate.....6:00p	10 F.I.T.....6:00p Line Dance.....7:00p	11 Fun with Friends 6:30p Fantastic Fridays 7:00p	12 Out on the Town Outing
13	14 TRekkers Outing Cooking.....5:30p Theater Arts.....7:00p	15 Bowling.....6:30p Arts & Crafts.....7:00p	16 Karate.....6:00p	17 F.I.T.....6:00p Line Dance.....7:00p	18 TR Dance at Gladden Park 7:00p	19 Special Olympics Area Bowling
20	21 Cooking.....5:30p Theater Arts.....7:00p	22 Bowling.....6:30p Arts & Crafts.....7:00p	23 Karate.....6:00p	24 F.I.T.....6:00p Line Dance.....7:00p	25	26 Kayak Clinic
27	28 Cooking.....5:30p Theater Arts.....7:00p	29 Bowling.....6:30p Arts & Crafts.....7:00p	30 Karate.....6:00p	31 Happy Halloween! No Classes		

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TR Dance at Gladden Park 7:00p	2 Out on the Town Outing
3	4 Cooking.....5:30p Theater Arts.....7:00p	5 Bowling.....6:30p Arts & Crafts.....7:00p	6 Karate.....6:00p Girls Go Glamping.....6:30p	7 F.I.T.....6:00p	8 Fun with Friends 6:30p Fantastic Fridays 7:00p	9
10	11 Cooking.....5:30p Theater Arts.....7:00p	12 Balloon Volleyball Bowling.....6:30p Arts & Crafts.....7:00p	13 Karate.....6:00p Girls Go Glamping.....6:30p	14 F.I.T.....6:00p	15 TR Dance at Gladden Park 7:00p	16 FIT St. Pete Run Fest 5K Race
17	18 Cooking.....5:30p Theater Arts.....7:00p	19 Bowling.....6:30p Arts & Crafts.....7:00p	20 Karate.....6:00p Girls Go Glamping.....6:30p	21	22	23 Girls Go Glamping Trip
24 Girls Go Glamping Trip	25 No Classes	26 TRekkers Outing No Classes	27 TRekkers Outing No Classes	28 Thanksgiving Day No Classes	29 Black Friday No Classes	30

December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cooking.....5:30p Theater Arts.....7:00p	3 Bowling.....6:30p Arts & Crafts.....7:00p	4 Karate.....6:00p Holiday.....TBA	5	6 TR Dance at Gladden Park 7:00p	7
8	9 Cooking.....5:30p Theater Arts.....7:00p	10 Bowling.....6:30p Arts & Crafts.....7:00p	11 Karate.....6:00p Holiday.....TBA	12	13 Fun with Friends 6:30p Fantastic Fridays 7:00p	14 Holiday Party 5:00-8:00p <i>Wear your ugly sweater!</i>
15	16 Theater Performance Cooking.....5:30p Theater Arts.....7:00p	17 Bowling.....6:30p Arts & Crafts.....7:00p	18 Karate.....6:00p Holiday.....TBA	19	20 TR Dance at Gladden Park 7:00p	21
22	23 TRekkers Outing No Classes	24 No Classes	25 Happy Holidays! No Classes	26 No Classes	27 TRekkers Outing No Classes	28
29	30 No Classes	31 No Classes				