

# ADAPTED PROGRAMMING

These activities are modified to fit the needs and skills of people with physical, sensory or developmental disabilities. Early registration is encouraged to meet minimum enrollment requirements.

## Access Statement

Lake Metroparks adapted programming provides high-quality recreational activities designed to meet the needs and interests of individuals with disabilities in specialized environments. Our programs are intended to develop leisure skills and enhance socialization. In addition, adapted programming promotes participation in general (inclusive) recreation programs through advocacy and support services.

## Volunteers Needed

Lake Metroparks' Recreation Department strives to include participants with disabilities in our programs and special events, and we need your help. Volunteers will be matched with a participant who needs assistance. All that is required is a small time commitment, patience and lots of enthusiasm. Learn a new skill and make a friend, or simply share a leisure activity. For more information, contact the Volunteer Department at 440-585-3418.

## ACTIVE LIFESTYLES

### Soccer Game & Tailgate Party

**Ages 12 and older, Fee: \$10**

How about a game of the popular sport of soccer? Learn the positions and how to play the game. Wear your running shoes! After the game, we'll meet for a tailgate party with lunch.

Instructor: Marie Kozan, min 10, max 20

**Saturday, April 28, 2012, 10 a.m. to 1 p.m., HW**

### Adapted Golf Night

**Ages 12 and older, Fee: \$8**

How is your golf game or your golf swing? Learn how to swing a club and get out on the course to learn about the game of golf. Program designed for individuals with special needs.

Instructor: Marie Kozan, min 4, max 8

**Tuesday, May 8, 2012, 6 to 7:30 p.m., ES**

## ARTS & CRAFTS

### Craft & Cookie Night

**Ages 12 and older, Fee: \$8**

Think spring! Let's get together and cheer up with a great spring craft! We will make a craft, socialize and enjoy decorating and eating cookies! Program designed for individuals with special needs.

Instructor: Marie Kozan, min 4, max 12

**Thursday, March 29, 2012, 6 to 7:30 p.m., LL**

## BICYCLING

### Evening Bike Ride at Farmpark

**Ages 12 and older, Fee: \$7**

Let's take a scenic bike tour of the Farmpark in the early evening. We'll see the farm animals in the fields and maybe a deer in the woods. Refreshments to follow. Bikes and helmets required.

Instructor: Joanne Bowser & Dick Kandalec, min 5, max 12

**Wednesday, May 16, 2012, 5:30 to 7 p.m., FP**

## DANCING

### St. Patrick's Hooley Dance

**Ages 13 and older, Fee: \$5**

Calling all Irish! Wear your green and join us for our annual dance at Painesville Township Park Community Center. Music by C.R. Entertainment. Instructor: Kellie Dziemianzok, min 25, max 75

**Sunday, March 18, 2012, 1 to 4 p.m., PT**

### Spring Formal

**Ages 14 and older, Fee: \$25, chaperones \$22**

Come to an evening of elegance at the annual formal. Enjoy dinner, dancing and music provided by C.R. Entertainment. Chaperones are required to pay discounted fee of \$22 for dinner. DEADLINE APRIL 17.

Instructor: Jim Meadows, min 25, max 65

**Sunday, April 22, 2012, 6 to 9 p.m., PR**

## FARM & GARDEN

### Adaptive Horse Fun

**Ages 10 and older, Fee: \$12**

Horse lovers can come have some fun learning how to groom, lead and handle a horse on a lunge line. Designed for individuals with special needs.

Instructor: Farmpark staff, min 5, max 8

**Saturday, April 14, 2012, 10 to 11:30 a.m., FP**

## HIKES

### Adapted Owl Prowl

**Ages 10 and older, Fee: \$7**

Who, Who, Whoooo's in the night sky? Take a closer look into Ohio's owls. Discover where they live and their special adaptations. While we hike, don't be surprised if the owls talk back!

Instructor: Joanne Bowser & Wildlife Center Staff, min 10, max 20

**Thursday, March 15, 2012, 6 to 7:30 p.m., PG**

### Talkin' Turkey

**Ages 10 and older, Fee: \$7**

We'll take an early morning hike and learn how to call in a 'Tom Turkey' at Chagrin River Park. The male turkey is clever, amazing and puts on a display in the spring. Refreshments to follow.

Instructor: Joanne Bowser & Naturalist staff, min 10, max 16

**Saturday, April 21, 2012, 8:30 to 10 a.m., CP-EAST**

## JUST FOR FUN

### Earth Day Scavenger Hunt

**Ages 8 and older, Fee: \$7**

We'll explore the outdoors while tracking down Earth Day clues in the park. Refreshments provided. Dress for the weather. Meet at the picnic shelter. Designed for individuals with special needs.

Instructor: Kellie Dziemianzok, min 5, max 12

**Thursday, April 19, 2012, 5:30 to 6:30 p.m., PG**

### More than S'mores

**Ages 10 and older, Fee: \$3**

Join us for a spring hike at Concord Woods Nature Park at dusk as we discover the changes at the park all around us. After our walk, we'll enjoy a roaring campfire complete with s'mores and hot chocolate.

Instructor: Jim Meadows, min 8, max 25

**Thursday, May 3, 2012, 6:30 to 7:30 p.m., CW**

### Mother's Day Cookies

**Ages 10 and older, Fee: \$7**

Join the fun as we learn how to make and bake cookies for Mom and create a lasting craft that she will adore. Designed for children and young adults with disabilities.

Instructor: Kellie Dziemianzok, min 6, max 12

**Wednesday, May 9, 2012, 5:30 to 7 p.m., LL**

### Spring Hike

**Ages 8 and older, FREE**

Join us as we take a spring hike and explore the newly-opened Gully Brook Park in Willoughby Hills. Program designed for individuals with disabilities.

Instructor: Jim Meadows, min 8, max 20

**Thursday, May 24, 2012, 6:30 to 7:30 p.m., GB**

## SPORTS & ADVENTURE

### Special Olympics Track & Field

**Ages 9 and older, Fee: \$25**

Join our team for a season of fun. Program is designed to foster teamwork, sportsmanship, self-confidence and meet individual needs. Wear comfortable clothing and tennis shoes. Meets eight sessions.

Instructor: Jim Meadows, min 10, max 35

**Monday, April 9, 2012, 6 to 7 p.m., Willoughby South High School**

PRE-REGISTRATION IS REQUIRED FOR MOST PROGRAMS.

## **Fantastic Fishing**

**Ages 3 and older, Fee: \$3, each additional sibling \$2**

Learn fishing basics as we try to catch bluegill, trout and largemouth bass. Equipment and bait provided or you may bring your own. Program designed for individuals with disabilities.

Instructor: Jim Meadows, min 8, max 20

**Thursday, April 26, 2012, 6 to 7 p.m., Orchard Hills Park**

**Thursday, May 31, 2012, 6 to 7 p.m., HL**

## **Putt-Putt Championship**

**Ages 10 and older, Fee: \$8**

Meet us at Putt-4-Fun in Willoughby and play a game of miniature golf and enjoy a delicious ice cream cone. Program designed for children with disabilities.

Instructor: Jim Meadows, min 6, max 30

**Friday, May 18, 2012, 5:30 to 6:30 p.m., Putt-4-Fun**