



**Parks & Recreation**

www.lrprr.org / 501.371.4770

*"A City In A Park"*

**Spring 2012  
Program  
Brochure**

**THERAPEUTIC RECREATION ~ Recreational opportunities for individuals with special needs**

Dear Participants, Parents, and Caregivers,

**Welcome to the Little Rock Parks and Recreation's Therapeutic Recreation Division!**

I'M BA..AACK!!!

Hey Everyone! Once again we've had a small change occur in our division. Ms. Amy has received a wonderful opportunity at another facility and has resigned. We were so fortunate to have her and wish her all the best in her endeavors!! Some of you may get the great pleasure of seeing her if you go to camp this year. So be looking for her!

I am very excited to be back full-time as the Therapeutic Recreation Coordinator. This is home to me and I love this program and our participants dearly. I have missed you all!! I hope to offer you an exciting, fun filled year of unforgettable experiences and lifelong memories!



Registration for Spring Programs begins **January 17th**, so take a few moments to look at all we have to offer and be sure to get your registration submitted early; programs fill up quickly.

Our mission of improving the quality of life for individuals with disabilities through recreation and leisure opportunities can only be achieved if we're meeting YOUR needs, so please give us a call if you have any questions, comments, or suggestions. Our door is always open. **We hope to see you soon!**

Great to be back!  
Sherrie Shinn, CTRS  
Therapeutic Recreation Coordinator

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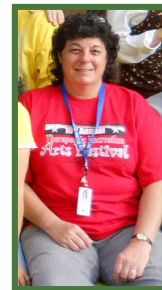
**Meet the Therapeutic Recreation Staff...**



**Sherrie Shinn, CTRS**  
Therapeutic Recreation Coordinator






**Shawanda Robinson**  
Recreation Programmer



**Julie Cumberland**  
TR Support Staff

## Registration Information

-  Registration is required for all programs on a FIRST COME, FIRST SERVED BASIS. Register early, programs fill up quickly!
-  Be aware of your program selection... Adults or Youth. If you are still in high school, register for the YOUTH Programs. If you have graduated high school or are over age 21, register for the ADULT programs.
-  Return the completed registration form and payment to:

**Little Rock Parks and Recreation  
Therapeutic Recreation Division  
500 W. Markham Suite 108  
Little Rock, AR 72201**

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## Program Policies

To provide safe and meaningful learning experiences, a 1:4 staff to participant ratio is maintained. If in the opinion of the TR staff, a participant becomes unmanageable and/or potentially dangerous, the guardian will be contacted to pick up the participant.

You must have a Participant Information Form, Liability Release, and Assessment on file with the TR department each calendar year. If you have not submitted one this year, you can find it online at: [www.lrpr.org](http://www.lrpr.org) or call to have one mailed.

Payment for all activities must be made in advance unless prior arrangements have been made.

Due to staff:participant ratio, participants must be independent with personal care or provide an aide. For those participants with an aide, you will be required to pay for any fees incurred for the aide and their attendance must be noted on your registration form.

Refunds are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason or, in the opinion of the TR staff, placement is inappropriate. **However, if it is a ticketed event/outing and tickets have been purchased, there will not be a refund.**

When arriving at a program, parents/guardians are asked to sign the participant in and leave a phone number where you can be reached, even if the participant has a cell phone!

If a participant is to be picked up by someone other than the parent/guardian, please notify LRPR staff person prior to the occurrence and have an alternate pick up form on file.

Programs are subject to cancellation if enrollment does not meet minimum requirements.

Fees, times, dates and locations are subject to change.

Many times we have arranged a particular arrival/ start time with the destination, so please arrive at the drop off location on time. We will implement a strict 10 minute leave time from the time listed in the brochure.



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### Did you know that Therapeutic Recreation services can be paid by Medicaid Waiver?

If you are eligible for the Medicaid Waiver program, your participation in LRPR Therapeutic Recreation programs may be covered. We would be happy to work with you and your provider to add Recreational Therapy to your care plan. If you are interested, contact your provider for more details or call us with questions. This is a great opportunity to get the most out of your Medicaid Waiver dollars.

If you are planning to utilize Medicaid Waiver payments for Therapeutic Recreation programs listed in this brochure, please notify us at the time of registration. You will be asked to complete an agreement and provide your Caseworker's contact information.

## What is Recreational Therapy?

Therapeutic Recreation is a purposeful intervention designed to bring about positive emotional, social, physical or cognitive changes in individuals with disabilities.

Interventions are designed to foster independence and develop skills for improved quality of life.

Programs are highly structured, goal oriented opportunities to bring about change while incorporating a participant's individual leisure interests.

The Therapeutic Recreation division of Little Rock Parks and Recreation utilizes trained staff, adapted equipment and community based activities to provide programs that enhance a participant's ability to enjoy recreational, leisure and social settings.



### Our Mission

*To improve the quality of life for individuals with disabilities by providing community recreational and leisure opportunities and promoting lifelong skills.*



## Therapeutic Recreation Arts Festival



Make plans to attend the  
13th Annual Arts Festival!  
Friday May 4th, 2012  
10:00 am -1:00pm  
Clear Channel Metroplex  
FREE Admission

Call or email to register your class and receive a ticket to enter.  
501-918-5359/SShinn@littlerock.org

**\* Make it and take it crafts \*Dance Contest  
\*Hands On Activities \* Food \*Climbing Wall**

The concept of this festival is to enrich the lives of people with disabilities and their non-disabled peers by encouraging creativity through the arts. The Therapeutic Recreation Arts Festival is a celebration of imagination and innovative activities inspired through the community's resourcefulness.

***Get Involved! Have your organization, group or school club  
provide a booth;  
It will only cost you your supplies!***

**Youth Programs are designed to meet the leisure interests of participants ages 8—18 or that are still in high school.** Participants must be independent in daily living skills and able to be successful within a staff to participant ratio of 1:4 - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

### Kids Night Out

Kids night out offers monthly social activities designed to give youth a chance to socialize with friends, while learning to be independent in the community.

**Dates:**

- February 3rd      Dinner and a Movie
- March 2nd         Shogun’s Restaurant
- April 6th          Traveler’s Game
- May 11th          Karaoke & Pizza Party

\*All activities are subject to change.

Pick up and drop off: Locations will be noted in your confirmation letter.

Cost: \$25.00 plus meals/concessions



### Basketball Clinic

Basketball promotes physical fitness and listening skills including following directions and learning the rules. Participants will learn basketball skills including passing, dribbling, ball handling, and basic shooting, as well as learn to work as a team all while getting great exercise!

- Date: Saturday April 7
- Time: 2:00 pm – 4:00 pm
- Location: Jim Dailey Fitness and Aquatic Center
- Cost: \$5.00

### Schools Out!

Since schools out, we’ve decided to get together and have some fun....Come join us!

**Wednesday, March 21st -**

**Time:** 9:00 am-2:30 pm

**Cost:** \$5.00 plus lunch money

**Location:** Pinnacle Mountain

**Pick up and drop off:** Locations will be noted in your confirmation letter.

We will enjoy a day of fun at Pinnacle Mountain State Park. Kite flying, trails, field games, then off to lunch with friends at Larry’s Pizza.



### “Art-abilities”

We have partnered with the Arkansas Arts Council and a local artist to offer you a series of professional level art classes. Through five 1.5 hour educational sessions, you will learn and practice art techniques including: drawing, painting, collage, and clay sculpting. Your work will then be presented on display at the Therapeutic Recreation Arts Festival. This is a great opportunity to learn some new skills, explore your creative side and have lots of fun!

- Class Dates:** Feb. 11 & 25, March 10 & 31, April 14
- Time:** 9:00—11:00am
- Cost:** \$10.00
- Location:** TBD

# Summer Day Camp

## Registration Begins April 16th!

### To Register:

*Call for an application to be mailed to you. 501-918-5359  
Or you can go online and print one@ Lrpr.org*

**NO APPLICATIONS WILL BE ACCEPTED BEFORE APRIL 16TH**

### Summer Day Camp 2012

**Dates:** Monday-Friday June 11th-July 20th (subject to change)

**Time:** 8:30 am-3:30 pm Location: TBA

**Ages:** 8-18 or still in high school Max: 17 campers

**Cost:** \$75.00 for 6 weeks or sign up for individual weeks at \$20.00 per week

\*\*If you are going to be on vacation or attending another camp for a week, please be considerate and do not sign up for that particular week.

Therapeutic Recreation uses education and recreation services to help people with disabilities develop and enhance their quality of life. This day camp is a therapeutic based program that emphasizes fun recreational activities for people with special needs to promote the development of motor skills, social skills, independence and other related areas. This camp is active and days are filled with games, swimming, community outings, arts and crafts and more. Due to staff/participant ratio, participants must be independent with personal care or provide an aide.

*\*This price includes most outings. The camper will need money occasionally.*

*\*Campers will be dropped off and picked up at the designated site each day. We will have activities on site as well as outings in the community. **(make note of this when deciding if this camp is an appropriate setting for your child)***

*\*Campers will need to bring their lunch each day.*

*\*Camp applications will be on a first come first serve basis, Space is very limited.*

*\*You will be notified of an accepted enrollment. You will be put on the waiting list if the week is full.*

### Therapeutic Recreation:

- Teaches new skills and knowledge
- Builds strong minds and healthy bodies
- Enhances self concept, self esteem and confidence
- Fosters peer relationships and community integration
- Develops life-long leisure skills
- Improves quality of life



*The Benefits are Endless....*

**Adult Programs are designed to meet the leisure interests of participants ages 21 (or high school graduate) and up.**

Participants must be independent in daily living skills, able to be successful within a staff to participant ratio of 1:4, and able to manage their own money with little assistance - OR - provide a personal aide. The cost covers expenses of the activity. Unless otherwise noted, you will need to provide money for meals/concessions, if applicable. For participants with an aide, please note that you will be responsible for any fees incurred.

## TR Tripsters

If you are looking for fun things to do during the day and a chance to meet new friends, this is the program for you! Learn new leisure skills and visit various attractions around the city.

**Dates:** Tuesdays - Jan: 24, 31 Feb: 7, 14, 21, 28 March: 6, 13, 20, 27 April: 3, 10, 17, 24 May: 8

**Time:** 10:00am-2:00pm **Pick up and drop off:** City Hall **Location:** Out and about around the city

**Cost:** \$100.00 for 15 weeks /\$25.00 per month. This will include *most* outings. You will need money when we eat out. \* You will receive a schedule with the specific activities planned in your confirmation packet.



ADULT PROGRAMS

## HA! Healthy and Active

The HA! - **Healthy and Active** group is a fitness based program designed in conjunction with the "Step up to Health" Initiative to encourage physical activity and healthy eating patterns in persons with disabilities. Join us for a fun physical activity and healthy lunch. This spring we will be participating in a series of Golf, Bowling, Zumba, Water Aerobics and, as always....walking!

**Dates:** Thursdays -

**Time:** 9:30am-2:00pm

Jan: 26

**Pick up and drop off:** City

Hall Feb: 2, 9, 16, 23

**Cost:** \$25.00 -

March: 1, 8, 22, 29

You will need to bring lunch money.

April: 5, 12, 19, 26

May: 10

\*Inclement weather walking will take place at Jim Dailey Fitness Ctr.

## Weekend Warriors

Weekend Warriors offers monthly social activities designed for adults. Participants who normally work during the week will have a chance to hang out with friends, while learning to be independent in the community. *Even if you attend our weekday outings, we welcome you to sign up!*

**Dates:**

February 17th Dinner & a Movie

March 9th Shogun's Restaurant

April 20th Traveler's Game

May 11th Karaoke/Game Night

**Cost:** \$25.00 plus meals/concessions

**Pick up and drop off:** Locations will be noted in your confirmation letter.

\*All activities are subject to change.



## Adult Community Outings

### Murry's Dinner Playhouse

Unger and Madison are back, but this time it's Florence and Olive, in a revisited and improved version of Neil Simon's classic hit. Poker buddies give way to Trivial Pursuit novices, and the dizzy Pigeon sisters have been replaced by the uproarious Constanzuela brothers.

**Wednesday, February 8th**

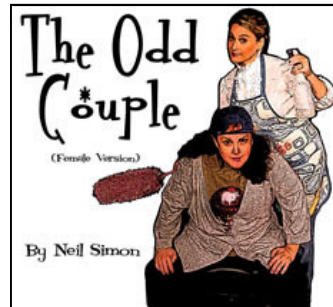
**Time:** 11:00am - 3:45pm

Lunch at 11 am, curtain at 1 pm

**Cost:** \$32.00

**Show:** The Odd Couple

**Drop off and Pick up:** Murry's



### Hot Springs Day Trip

**Date:**

Friday, March 30th

**Time:**

9:00am – 4:00pm

**Location:**

Downtown Hot Springs

**Drop off and Pick up:**

City Hall

**Cost: \$20.00** and bring your own lunch money

Join us for a fun filled day in the "Spa city". Lots of fabulous fun awaits!

\*Detailed schedule of the day will be included with program confirmation.



### Arkansas Travelers Baseball

Grab money for your "popcorn and Cracker Jax" and let's all go to the ball field!

**Date:** Tuesday, May 15th

**Time:** 10:30 am– 2:30am

**Cost:** \$8.00

**Location:** Dickey Stephens Ballpark

**Drop off and Pick up:** City Hall



**Smile!!**

**We may take photos of participants enrolled in programs or outings. These photos are used only for promotion of our TR services. These may include displays, brochures, videos and flyers.**



Little Rock Parks and Recreation  
Therapeutic Recreation Division  
500 W. Markham Suite 108  
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p: 501-918-5359  
f: 501-371-6832  
www.lrpr.org

## Contact Us:

Therapeutic Recreation Coordinator:

**Sherrie Shinn, CTRS**

sshinn@littlerock.org

office: 501-918-5359

cell: 501-517-1360

Recreation Programmer:

**Shawanda Robinson**

srobinson@littlerock.org

office: 501-918-5354

## Upcoming Dates to Remember:

- January 17 - Registration Opens
- January 24 - TR Tripsters begins
- Jan. 26 - HA! Healthy and Active begins
  - Feb. 3 - Kids Night Out begins
  - Feb. 11– Art Abilities begins
- Feb. 17 - Weekend Warriors begins
- April 16– Camp Registration Begins
  - **Friday, May 4– 13th Annual Therapeutic Recreation Arts Festival**
- June 11– Summer Day Camp begins