ARCH

ADAPTIVE RECREATION COMMUNITY HAPPENINGS

Saint Paul Parks and Recreation

ADAPTIVE RECREATION

Winter Programs • *December 2012 & January, February 2013*

SAINT PAUL

The Most Livable City in America

Commission for Accreditation of Park and Recreation Agencies CAPRA ACCREDITED

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NATIONAL GOLD MEDAL AWARD FOR EXCELLENCE IN THE FIELD OF PARK AND RECREATION MANAGEMENT

ADAPTIVE RECREATION COMMUNITY HAPPENINGS

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ADAPTIVE RECREATION CONTACT INFORMATION

Adaptive Recreation Office & Ride Requests
651-793-6635

Fax: 651-772-7696
Website: *www.stpaul.gov/parks*

Ev Senty • 651-793-6634
ev.senty@ci.stpaul.mn.us

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Colleen Tusa • 651-793-6561
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Welcome To Adaptive Recreation

Saint Paul Parks and Recreation's Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various recreation centers, community education sites and other venues throughout Saint Paul.

Newsletter Subscriptions

The ARCH newsletter is published quarterly. You can have it sent to your home or work address or have it emailed. The emailed version is sent the day after it is mailed through the Postal Service. The newsletter should arrive at everyone's house on the same day.

With the cost of postage continuing to go up, please consider getting the newsletter via email – or, if you prefer, you may make a donation toward the postage/printing costs.

By Email • On-line Registration

To receive the newsletter via email, fill in the information on the registration page, contact Mark at 651-558-2238 or *mark.toupal@ci.stpaul.mn.us.* When you receive your email subscription, please contact us again to confirm that you can successfully open the attachment and ask to be taken off of the Postal Service mailing list.

Newsletter by U.S. Postal Service

You can receive the ARCH newsletter via regular mail. Please consider that the cost for printing and postage of the newsletter is more than $5 per year per recipient. We ask that you consider donating a minimum of $5 a year to help offset these costs. If you are able, perhaps you would consider making a larger donation to help pay for the newsletter of someone who cannot afford to make a donation. You may include your donation with your registration. Thank you for considering this contribution.

Newsletter Accuracy

Every effort has been made to assure the accuracy of information contained within this newsletter. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other aspects. Adaptive Recreation reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause.

On-line Registration

To register online, go to *www.stpaul.gov/parks*, click on 'Services' then 'Adaptive Recreation'. You can still mail your registration or bring it to the Adaptive Recreation Office. If you plan to stop by our office, please call in advance.

Holiday Observations & Office Hours

This is the season of Holidays Galore! The Adaptive Recreation Office will be closed on the following dates: Monday, November 12, Thursday and Friday, November 22, 23, Monday and Tuesday, December 24, 25, Tuesday, January 1, Monday, January 21 and Monday, February 18. No activities will be held on those dates. In addition, we do not have a receptionist and at times we are away from the office for meetings or activities — if you plan to stop by our office, please call in advance. Our individual phone numbers are listed on this page 2.

Classes & Activities

Mosaics

WHEN: Wednesdays, January 9 – February 13
WHERE: Edgcumbe Rec. Center
TIME: 7:00 – 8:15 p.m.
COST: $24.00
STAFF/PARTICIPANT RATIO: 1:4
INFO: Colleen, 651-793-6561

A mosaic is a picture or pattern made by placing, or fixing, small different-colored pieces of stone, glass or even paper side by side. It is an ancient art form that was created by Mediterranean peoples between 300 - 331 B.C. In the first five hundred years of the Christian era, mosaics of great beauty and variety were designed all over the empire spreading from Syria to Spain, and from Africa to Britain. This class will teach the basics of mosaics by providing participants with an opportunity to design and create one or two beautiful and unique projects.

Yoga

WHEN: Mondays, January 28 – March 11
(No class President's Day, February 18)
WHERE: El Rio Vista Rec. Center
TIME: 7:00 – 8:00 p.m.
COST: $25.00
DEADLINE: Friday, January 18
INFO: Colleen, 651-793-6561
STAFF/PARTICIPANT RATIO: 1:5

FOCUS ON FITNESS Challenge

Discover balance in your body and mind through the gentle movements of Yoga. Our lead instructor has a strong background in Yoga including classes with special populations. The class will include step-by-step instruction in yoga poses and breathing exercises through guided relaxation. This class offers the opportunity to gain flexibility, improve muscle tone, coordination and strength. Be sure to wear comfortable clothing that allows you to stretch.

Valentine Craft Project

WHEN: Saturday, February 9
WHERE: Edgcumbe Recreation Center
TIME: 11:30 a.m. – 12:45 p.m.
COST: $10
DEADLINE: Monday, January 28
STAFF/PARTICIPANT RATIO: 1:4
INFO: Colleen 651-793-6561

Do you have a special someone who deserves a special Valentine's gift? It could be a sweetheart, friend, parent, grandparent, teacher or just a good buddy. This craft activity will allow you to create a unique gift to give as a Valentine's present. We can't tell you too much about the project . . . just in case the person you want to give it to reads the newsletter, too. Be assured that it will be a creation that will have your own personal touch – a gift to be treasured. This is a one-day craft activity.

Cabin Fever Crafts

WHEN: Wednesdays, February 27 – March 27
WHERE: Edgcumbe Recreation Center
TIME: 7:00 – 8:15 p.m.
COST: $24.00
STAFF/PARTICIPANT RATIO: 1:5
INFO: Colleen, 651-793-6561

Have you had your fill of winter? Does the thought of going outside and facing the elements make you cringe, yet staring at the four walls is enough to drive you over the edge? Relax – and consider joining us for Cabin Fever Crafts! We'll focus on craft projects that make you think of warmer weather instead of the frozen tundra that we're currently experiencing!

Swim Lessons

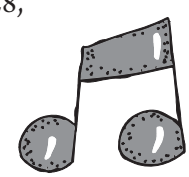
WHO: Children & Adults with **Developmental/Cognitive Disabilities**
WHEN: Thursdays, February 28 – April 11
WHERE: Great River Water Park
TIME: 6:45 – 7:30 p.m.
COST: $12 registration fee + $4 weekly at the pool
STAFF/PARTICIPANT RATIO: 1:1
INFO: Ev, 651-793-6634

Swim Lessons provide an opportunity to learn basic swim skills: breath control, floats and strokes. Advanced swimmers can refine the skills they already possess. Lessons are taught by volunteer instructors under the direction of an Adapted Aquatics Instructor.

Ongoing Activities

Pickin' & Grinnin'

WHEN: Mondays, December 10, January 14, 28, February 11, 25 *(No P & G on December 24)*
WHERE: Obama Elementary
TIME: 7:00 – 8:00 p.m.
COST: $1 per person per evening *(payable at the door)*
STAFF/PARTICIPANT RATIO: 1:30
INFO: Ev, 651-793-6634



Pickin' & Grinnin' is an old-fashioned sing-along with added fun. We have rhythm instruments available to use and room for dancing. We meet the 2nd and 4th Mondays of each month, except holidays and/or school breaks.

Open Swim/Swim Exercise

WHEN: Thursdays
WHERE: Great River Water Park
TIME: 7:00 – 8:00 p.m. December 6 – February 21
7:30 – 8:30 p.m. February 28
COST: $4.00 per evening *(payable at pool)*
STAFF/PARTICIPANT RATIO: 1:12
INFO: 651-793-6635

Make a splash with Adaptive Recreation's Open Swim/Swim Exercise Program! This activity is designed for people with cognitive disabilities. The first ½ hour will include Adaptive Recreation staff leading water exercises for those who are interested, followed by ½ hour of free time to enjoy swimming and unstructured play. If you'd rather not join in the water exercise program, you can come and swim laps, enjoy the water slides, etc. It's easy to participate, just contact the Adaptive Recreation Office by 4:00 p.m. the day(s) you plan on attending.

Daytime Leisure Club

Adaptive Recreation offers a day program called Daytime Leisure Club on Thursdays from 10:45 – 11:45 a.m. at Phalen Recreation Center for adults and/or transition-age youth. Activities included are Art Creation and Open and Structured Gym Time. For more information, call Colleen at 651-793-6561.

Special Events

Bingo

WHEN: Tuesday, January 22
Tuesday, February 19
WHERE: Hazel Park Recreation Center
TIME: 7:00 – 8:00 p.m.
COST: $3.00 for 1 card, $1.00 each add'l card
If attending both sessions, must pay for both
DEADLINE: Friday, January 18
Friday, February 15
STAFF/PARTICIPANT RATIO: 1:8
INFO: Ev, 651-793-6634

Join Adaptive Recreation for an evening of low-key competition and fun. Staff, parents and PCAs are welcome to stay and assist at no charge. If they would like to play, please register and pay in advance.

Build, Bake & Eat Pizza

WHEN: Tuesday, January 29 –OR–
Tuesday, February 12
WHERE: El Rio Vista Recreation Center
TIME: 6:30 - 8:30 p.m.
COST: $12.00
DEADLINE: Tuesday, January 25 &
Tuesday, February 8
STAFF/PARTICIPANT RATIO: 1:5
INFO: Ev, 651-793-6634

Get together with friends and combine all your favorite ingredients on a designer pizza. Come prepared for a good time and good eats. Salad and pop will also be served. **Registration is limited and may fill before the deadline date.**

Winter Camping Trip

WHEN: Friday - Sunday, February 22, 23, 24
WHERE: Confidence Learning Center
near Brainerd, MN
TIME: depart early afternoon on Friday
COST: $125.00 per person
DEADLINE: Friday, January 11
STAFF/PARTICIPANT RATIO: 1:4
INFO: Ev, 651-793-6634

Enjoy a winter wonderland weekend in the great outdoors at Confidence Learning Center. Each camper will encounter many recreational and educational activities. Although we will stay in cabins, everyone will have the opportunity to participate in outdoor activities. This is a popular activity and since registration is limited, it fills quickly. Campers should be ambulatory and willing to take part in outdoor winter activities. **Registration for this event is limited and may fill before the deadline date.**

Focus on Fitness Challenge

Get focused and get fit with Adaptive Recreation by joining our "Focus on Fitness challenge". No matter what your fitness level is, the Fitness Challenge gives you an opportunity to get active, stay active and be more aware of the benefits of a healthier and happier lifestyle. Receive a t-shirt, a folder with nutrition and exercise information and charts for your personal progress and achievements. Registration fee is $7 and membership renewal is $5. For more information, contact Colleen at 651-793-6561.

VOLUNTEER with Adaptive Recreation

The Adaptive Recreation calendars for the upcoming months include opportunities to support Adaptive Recreation's goal in providing quality leisure programs through volunteering. Current volunteer opportunities include:

Arts & Crafts Assistants: Assist with craft programs that provide participants an opportunity to explore their creativity. As a volunteer, you will work on a small group or individualized basis with participants encouraging creativity, basic skills of the craft, promoting development of fine motor skills as well as providing support to participants that may be having difficulty with their project. Interested individuals are invited to join us for Mosaics and/or Cabin Fever Crafts. Mosaics begin January 9 and Cabin Fever Crafts begins February 27.

Basketball Score Keepers: are being recruited to assist with score keeping for the "Big Six" Basketball League. Volunteer Score Keepers are responsible for keeping score, calling in subs, working with the referees and interacting with team members and coaches. Check our calendars to see when the games will be held.

Swim Instructors: Teach basic swim skills and refine skills already possessed to individuals with cognitive disabilities. Volunteers work on a one-to-one basis with individuals who have cognitive disabilities, under the supervision of an Adapted Aquatics Specialist. Lessons are Thursday evenings, February 28 – April 11.

For more information regarding volunteering with the Adaptive Recreation Program, contact Ev Senty at 651-793-6634 or *ev.senty@ci.stpaul.mn.us*.

Weather Policy

Winter is here – along with hazardous driving conditions due to the white stuff. Occasionally, we must cancel programs due to bad weather. On those days, the decision to cancel will be made by 2:30 p.m. Every effort will be made to contact those registered for that evening's program. To help us in our decision-making process, please notify us if you decide not to attend a program. You may also call our main phone number, 651-793-6635. If activities are canceled, we will leave a recorded message.

Participant Wellness

Not feeling well? In the consideration of your health as well as the health of others, and to speed up your recovery time, please refrain from attending programs when any of the following conditions exist: fever of 100° or higher, vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, "pink eye" strep throat, flu, etc. Stay home, rest and you'll be better and back to enjoy the Adaptive Rec activities in no time. Thanks!

Sports

Midway Bowling League

WHEN: Saturdays, Dates are as follows:
December 1, 8, 15, 22, 29
January 5, 12, 19, 26

WHERE: Midway Pro Bowl

TIME: Transition Age at 10:00 a.m.
Adults at 10:00 a.m. or 12:30 p.m.

COST: $15.00 per person + $4.00 each week.

INFO: Ev, 651-793-6634

STAFF/PARTICIPANT RATIO: 1:100

Spend your Saturdays with Adaptive Recreation and your friends! The Midway Bowling League is for individuals who are mentally disabled and ambulatory. We offer two bowling times on Saturdays. Teens and young adults bowl from 10:00 a.m. to noon. All other adults can bowl at 10 a.m. or 12:30 p.m.

There are only 24 lanes available for the 12:30 p.m. time slot. The first 24 teams who choose the 12:30 p.m. time slot will bowl in the afternoon. All other adult teams will then bowl in the morning league.

The $15.00 registration fee covers secretary fees and the end-of-the-season banquet. You still need to pay $4.00 each week for bowling.

Adaptive Recreation Basketball League

WHEN: **A Division:** Tuesday evenings
Preview – January 8
Games – Begin January 22

B Division: Thursday evenings
Preview – January 10
Games – Beginning January 24

WHERE: **A Division** – To Be Announced

B Division – Phalen Recreation Center

TIME: Varies according to schedule

COST: Team registration fee:
A Division – $75.00 / team

B Division – $60.00 / team

INFO: Mark, 651-558-2238

The City of Saint Paul is accepting registration for the 2013 Adaptive Recreation Basketball League. The A Division is intended for those teams whose members have a thorough understanding of the basketball rules as set forth by the National Federation. The B Division is intended for those teams whose members have a basic understanding of the basketball rules as set forth by the National Federation but lack the experience or ability necessary to compete in the A Division. All teams will be evaluated during the first week of play to ensure that they are appropriately placed. League officials reserve the right to reassign teams and/or individuals to ensure that all participants play in the Division that is appropriate for their skill level. For more information contact Mark at the number listed above. Team registrations should be sent to the Adaptive Recreation Office. See the Registration Page to enroll your team. (**Please note individual players were invited to play with the Adaptive Recreation Teams in our Fall newsletter. Registration for individuals is now closed.**)

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
2 2:00 PM **CHRISTMAS OF SWING** History Theater *Registration Full*	3 6:45 – 8:00 PM **I CAN ACT** El Rio Vista Rec Center	4 7:00 – 7:45 PM **ADAPTED SWIM LESSONS** Como Elementary	5 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **HOLIDAY CRAFTS** Edgcumbe Rec Center	6 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	7 6:30 – 9:00 PM **COOKIE BAKE & TAKE** Johnson HS *Registration Full*	8 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
9	10 6:45 – 8:00 PM **I CAN ACT** El Rio Vista Rec Center 7:00 – 8:00 PM **PICKIN' & GRINNIN'** Obama Elementary	11 7:00 – 7:45 PM **ADAPTED SWIM LESSONS** Como Elementary	12 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **HOLIDAY CRAFTS** Edgcumbe Rec Center	13 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	14 6:30 – 9:00 PM **COOKIE BAKE & TAKE** Johnson HS *Registration Full*	15 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
16	17 6:45 – 8:00 PM **I CAN ACT** El Rio Vista Rec Center	18 7:00 – 7:45 PM **ADAPTED SWIM LESSONS** Como Elementary	19 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **HOLIDAY CRAFTS** Edgcumbe Rec Center	20 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	21	22 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
23 30	24 Office Closed No Activities 31	25 **CHRISTMAS** City Holiday - Office Closed **NO ACTIVITIES**	26 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center	27 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	28	29 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl

ACTIVITY LOCATIONS

Adaptive Recreation Office	1000 E. Wheelock Pkwy. ~ 55106	651-793-6635
Edgcumbe Recreation Center	320 S. Griggs ~ 55105	651-695-3711
El Rio Vista Recreation Center	179 E. Robie St. ~ 55107	651-789-2500
Great River Water Park & Jimmy Lee Recreation Center	270 No. Lexington Pkwy. ~ 55104	651-642-0650
Hazel Park Recreation Center	945 N. Hazel Ave. ~ 55119	651-501-6350
Johnson High School	1349 Arcade Street ~ 55106	651-293-8890
Midway Pro Bowl	1556 University Ave. ~ 55104	651-646-1396
Obama Elementary *(formerly Webster Elementary)*	707 Holly Ave. ~ 55104	651-293-8625
Phalen Recreation Center	1000 E. Wheelock Pkwy. ~ 55106	651-793-6600

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **NEW YEAR'S DAY** City Holiday - Office Closed **NO ACTIVITIES**	2 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center	3 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	4	5 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
6	7	8 TIME TBA **A DIVISION BASKETBALL GAMES** Location TBA	9 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	10 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	11	12 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
13	14 7:00 – 8:00 PM **PICKIN' & GRINNIN'** Obama Elementary	15	16 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	17 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	18	19 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
20	21 **MARTIN LUTHER KING JR. HOLIDAY** City Holiday - Office Closed **NO ACTIVITIES**	22 TIME TBA **A DIVISION BASKETBALL GAMES** Location TBA 7:00 – 8:00 PM **BINGO** Hazel Park Rec Center	23 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	24 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	25	26 10 AM & 12:30 PM **MIDWAY BOWLING LEAGUE** [WINTER] Midway Pro Bowl
27	28 7:00 – 8:00 PM **YOGA** El Rio Vista Rec Center 7:00 – 8:00 PM **PICKIN' & GRINNIN'** Obama Elementary	29 TIME TBA **A DIVISION BASKETBALL GAMES** Merriam Park Rec Center 6:30 – 8:30 PM **BUILD, BAKE & EAT PIZZA** El Rio Vista Rec Center	30 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	31 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	1	2
3	4 7:00 – 8:00 PM **YOGA** El Rio Vista Rec Center	5 TIME TBA **A DIVISION BASKETBALL GAMES** Location TBA	6 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	7 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	8	9 11:30AM – 12:45 PM **VALENTINE CRAFT PROJECT** Edgcumbe Rec Center
10	11 7:00 – 8:00 PM **YOGA** El Rio Vista Rec Center 7:00 – 8:00 PM **PICKIN' & GRINNIN'** Obama Elementary	12 TIME TBA **A DIVISION BASKETBALL GAMES** Merriam Park Rec Center 6:30 – 8:30 PM **BUILD, BAKE & EAT PIZZA** El Rio Vista Rec Center	13 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **MOSAICS** Edgcumbe Rec Center	14 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	15	16
17	18 **PRESIDENTS' DAY** City Holiday - Office Closed **NO ACTIVITIES**	19 TIME TBA **A DIVISION BASKETBALL GAMES** Location TBA 7:00 – 8:00 PM **BINGO** Hazel Park Rec Center	20 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center	21 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 7:00 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park	22 **WINTER CAMPING TRIP** Confidence Learning Center	23 **WINTER CAMPING TRIP** Confidence Learning Center
24 **WINTER CAMPING TRIP** Confidence Learning Center	25 7:00 – 8:00 PM **YOGA** El Rio Vista Rec Center 7:00 – 8:00 PM **PICKIN' & GRINNIN'** Obama Elementary	26 TIME TBA **A DIVISION BASKETBALL GAMES** Location TBA	27 6:30 – 8:30 PM **BASKETBALL PRACTICE** Phalen Rec Center 7:00 – 8:15 PM **CABIN FEVER CRAFTS** Edgcumbe Rec Center	28 TIME TBA **B DIVISION BASKETBALL GAMES** Phalen Rec Center 6:45 – 7:30 PM **SWIM LESSONS** 7:30 – 8:00 PM **OPEN SWIM & SWIM EXERCISE** Great River Water Park		

FEBRUARY

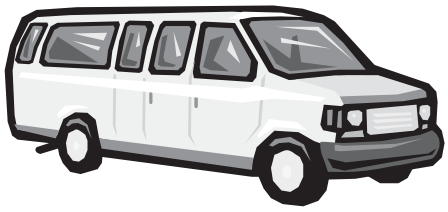
Transportation Policy

You must be a resident of St. Paul to ride in our vans. Ride reservations are on a first come-first served basis. Pick-up locations are limited to four (4) sites – based on daily customer requests. Requests must be made the day of the activity, **between the hours of 9 a.m. and 3 p.m.** For weekend activities, call before 3 p.m. on the preceding Friday. The cost for a van ride is $2 per activity.

To register for a ride:

1. **Call 651-793-6635.** This number might go directly to voice mail. **You must use this phone number.** It is the only phone line that the drivers can access. If you leave a message on other voice mail, you may not get a ride.
2. Leave a message with name, address, phone number and activity you will attend. The driver will call after 3 p.m. with the pick-up time.

No standing ride requests will be honored. Participants are encouraged to use alternate means of transportation. For information, call the Adaptive Recreation Office.



RIDE COUPONS

Riders must pay $2 each evening they ride in the Adaptive Recreation van. We sell Coupons in packets of 10 for $20. A Ride Coupon Option is listed on the registration form.

Registration Guidelines

City of St. Paul Residents will receive priority in registering on a first-come, first-serve basis. Non-residents will be placed on a waiting list and registrations will be processed on a first-come, first-serve basis after seven working days have passed since the mailing of the newsletter. City boundaries are roughly: Larpenteur to the north, McKnight to the east, Annapolis to the south and the Mississippi River and Hwy. 280 to the west.

Group Home Policy: Only two residents from the same address may attend the same program that has limited registration. This allows equal opportunity to participate in the activities we offer and prevents any one residence from dominating our programs. These participants can individually select programs of interest to them and socially interact with peers whom they don't normally meet or live with. After the registration deadline of a program, we may find space available to allow more residents into that program. However, until that has been established, we are unable to accept more than two individuals into the same session.

Program Placement Guidelines: In addition to these guidelines, individuals must be able to participate independently within the stated staff/participant ratio or supply a personal aide in order to take part successfully in appropriate programs.

Registration Confirmation: You will be contacted only if the class has been canceled or if the class registration has filled.

Refund Policy: All refunds must be requested prior to the date of the event or first class meeting. Refunds will not be issued for any reason for any single registration costing $10 or less. Refunds for classes/events costing more than $10 will be reduced by $10. If you are signed up for a special event where tickets are purchased in advance, you will be charged the full amount of the ticket unless someone on the waiting list can take your place. Exceptions will be granted only if Adaptive Recreation is unable to provide the service for which the fees were paid, for example: class is canceled or class is already filled.

Deadlines: Deadlines for registrations are often noted in newsletter articles. Please note that Adaptive Recreation activities are popular and may fill before the deadline date. We encourage you to register early to avoid missing out on the FUN!

Payment Plan: If you are unable to pay the program registration fees, contact the Program Supervisor to discuss an alternate payment plan.

Drop-Off and Pick-Up Policy: We can provide supervision for participants only during the listed activity hours. We will not be responsible for participants left waiting for transportation after the scheduled activity time is over.

Integration/Inclusion Opportunities: Inclusion allows individuals who have disabilities the opportunity to participate in recreation programs with non-disabled peers. Adaptive Recreation will make every reasonable effort to help residents with disabilities participate in the programs offered by the City of St. Paul. To ensure a safe, positive inclusion experience, Adaptive Recreation staff will talk with each participant and their parents/guardians to get to know the participant's desires, abilities and needs prior to the beginning of the program.

Please Note: It is always advisable to check with your doctor before beginning any exercise/fitness program.

Adaptive Recreation Registration

Winter Programs • *December 2012 & January, February 2013*

One form per person. Please fill out BOTH SIDES of this form and return the entire page.
Check the program(s) you would like to register for.

✓choice	ACTIVITY / CLASS	SPECIAL INFO	COST
	Focus on Fitness Challenge [New Member]	Shirt Size: _____	$7.00
	Focus on Fitness Challenge [Renewal]		$5.00
	Class: Cabin Fever Crafts		$24.00
	Class: Mosaics		$24.00
	Class: Valentine Craft Project		$10.00
	Class: Swim Lessons	For individuals with Cognitive Disabilities. Register and pay registration fee with this form, plus weekly admission fee.	$12.00
	Class: Yoga		$25.00
	Open Swim / Swim Exercise	Register using this form, but pay the admission fee each evening at the door.	$4.00
	Pickin' & Grinnin'	Register using this form, but pay the admission fee each evening at the door.	$1.00
	Special Event: Bingo	January 22	$3.00
	Special Event: Bingo	February 19	$3.00
	Special Event: Build, Bake, & Eat Pizza	*Please check one:* ☐ January 29 OR ☐ February 12	$12.00
	Special Event: Winter Camping Trip		$125.00
	Sports: A Division Team Basketball League	team registration	$75.00
	Sports: B Division Team Basketball League	team registration	$60.00
	Sports: Midway Bowling League please check: ☐ 10:00AM ☐ 12:30PM	For individuals with Cognitive Disabilities. Register and pay registration fee with this form, plus pay weekly fees.	$15.00
	Newsletter by email	*email address:* _____	FREE
	Donation for Postage & Printing		$___.___
	Ride Coupons	pack of 10	$20.00

Participant's Name: _____ *(complete info on reverse side as well)*

To register for activities on this page, mail this form with payment to:

Adaptive Recreation
1000 E. Wheelock Parkway
Saint Paul, MN 55106

Write only one check, payable to: City of Saint Paul

Enclosed is Check Number _____

in the amount of $ _____

We can no longer accept money orders or cashier's checks.

Adaptive Recreation
1000 E. Wheelock Parkway
Saint Paul, MN 55106
An Affirmative Action Equal Opportunity Employer
www.stpaul.gov/parks

PLEASE PRINT CLEARLY ***Mail check and completed form to address below. One form per person, please.*** Check here if new address ☐

PARTICIPANT'S NAME		BIRTHDATE / AGE (optional)	
ADDRESS	CITY	ZIP	
PHONE ☎	HOME	WORK	CELL
EMAIL ADDRESS	DISABILITY		
SPECIAL INFORMATION (seizures, allergies, diet, behaviors, etc.)			
PARENT / GUARDIAN			
PHONE ☎	HOME	WORK	CELL
EMERGENCY CONTACT	RELATIONSHIP		
PHONE ☎	HOME	WORK	CELL

Refunds are subject to an administrative charge unless the program is canceled.
See Registration Policy on page 10. To request a refund, contact the Adaptive Recreation Office.

I, the undersigned, understand participation in this activity is completely voluntary and the activity is being offered for the benefit of the participant. The City shall not be liable for any claims, injuries or damages, of whatever nature, incurred by the participant due to the passive or active negligence of the City, its agents or employees, arising out of or connected with, the activity. On behalf of myself and the participant, I expressly forever release and discharge the City, its agents or employees from any such claims, injuries or damages.

SIGNATURE OF PARENT / GUARDIAN OR PARTICIPANT _____ DATE _____

For publicity purposes only, pictures may be taken at activities. Clients, if identified at all, would only be identified by first name.
Please initial one of the following:

____ I give my permission for my child/client to be photographed at Adaptive Recreation Activities.

____ I do not want my child/client photographed at Adaptive Recreation Activities.