



T-Rec Today

Winter/Spring 2020

PALM BEACH COUNTY



PARKS & RECREATION

National Gold Medal Award Winner

pbcparcs.com



Inside:

T-Rec News

By now you may have noticed a few changes at T-Rec, a lot of great things have been happening. We are excited for 2020 and hope you are too! Here are a few highlights of recent changes:

Several staff are on the move. Lisa Kuntzman has always had a passion for Art, so when the Arts4All FL-PBC, Visual Arts coordinator position opened up she jumped at the opportunity to take it. Lisa cannot wait to share her artistic talents with all of you. Renata Watson, Facility Manager I and Erin Kessler, Recreation Specialist II have recently joined the Community Programs section. Many of you may remember Renata from when she previously worked at T-Rec. Both Renata and Erin are eager to get to know all of our program participants as well as share their creative and fun recreation program ideas. Lastly,

keep your eyes open as two full time Recreation Special II positions are filled in the coming months, one for Special Olympics and one for Community Programs.

Renovations of the Fountains Recreation building are almost complete. The bathrooms are larger and the kitchen area and floors are brand new. We cannot wait to use this newly renovated ADA accessible space for our programs.

The Gleneagles Country Club Aquatic Center is changing management. In an effort to streamline operations and make the best use of staff resources, the Aquatics Division of Palm Beach County Parks and Recreation Department is now operating the pool at T-Rec. Aquatic programs will remain the same however new staff will be coordinating and

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implementing the programs. Two familiar faces plan to return to the pool for the 2020 season, Alyssa Murray and Marthina Bellorin.

The Community Programs section has also made some exciting changes. In order to continue to provide quality recreational experiences for as many people as possible, with limited staff resources you will notice changes to the structure of some programs. We hope you are eager to try something new, let us know how we are doing so that we can continue to improve our programs.

**Club Managers
Association of America
Therapeutic Recreation Complex**
2728 Lake Worth Road
Lake Worth, Florida 33461
(561) 966-7088, (561) 966-7015

Office Hours
Monday – Friday, 9:00 am - 5:00 pm
Closed for Holidays

**The Murray, Meyer, & Rachelle
Grodetsky Family Foundation
Athletic Center**
and

**The Fountains Country Club
Recreation Center**
(561) 966-7088

Open during office hours and for
scheduled programming

**The Gleneagles Country Club
Aquatic Center**
(561) 966-7080

Open: April 1 - September 30, 2020
Mon/Wed/Fri: 9:00 am - 1:00 pm
Tues/Thurs: 1:00 pm - 6:00 pm

Staff

Stacy Staebell, CTRS
Recreation Programs Coordinator

Renata Watson
Facility Manager I

Rich Fleming
Director, Special Olympics

Cindy Pijanowski, CTRS
Director, A4AFL-PBC

Ryan Gilbert
Sports Director, Special Olympics

Diana Holm
Recreation Specialist II

Erin Kessler
Recreation Specialist II

Lisa Kuntzman
Visual Arts Coordinator, A4AFL-PBC

Erica Vonderharr, CTRS
*Performing Arts Coordinator,
A4AFL-PBC*

Elbert Mays
Maintenance

Devin Murray
Secretary



Facility Rental Information

The Murray, Meyer, & Rachelle Grodetsky Family Foundation Athletic Center, The Gleneagles Country Club Aquatic Center, and The Fountains Country Club Recreation Center can be reserved up to three months in advance. Reservations are made on a first-come, first-served basis with priority given to programs for people with disabilities. For rental fees and more information, call us at (561) 966-7088 or visit our website: at pbcParks.com. Security deposit may be required.

Volunteer Opportunities

The Therapeutic Recreation Services Section offers a variety of volunteer opportunities. Current opportunities include: assistants for recreation programs, adapted sports, and office work. Contact Diana Holm at (561) 966-7020 or dholm@pbcgov.org for more information.

Donations: Gifts to Parks

The Palm Beach County Parks and Recreation Department has developed a Gifts to Parks donation program. We accept monetary or in-kind donations to help improve opportunities for people with disabilities to participate in quality recreation and leisure programs. Community-minded individuals and businesses who would like to support the programs and services available through Palm Beach County Therapeutic Recreation Services Section are always welcome. Donation opportunities include: Programs, Special Events, and Scholarships. Please call (561) 966-7088 to make a donation today, and contribute to the quality of life for people with disabilities!



Volunteers: Brad, Melody, Matt, D'Andre

Lottery Application Process for Community Programs

Lottery Application Dates:

Thursday, January 2, 2020, 9:00 am –
Thursday, January 9, 2020, 5:00 pm

Notification of Lottery

Results:

Friday, January 10, 2020

Payment Deadline

(if accepted into Lottery):

Thursday, January 16, 2020 by
5:00 pm (Payments are not accepted
until lottery spin is conducted.)

Lottery Registration

is being conducted for all Community Programs listed on page 4. A lottery system ensures equal access to program registration.

Parents/participants have multiple days to apply, in person or online, for inclusion in the lottery. A computerized lottery is then conducted. Parents/participants are immediately notified of the results of the lottery: whether their child/children have a slot in the program or will be placed on a waiting list. Parents/participants will then have until the listed deadline to pay for their slot.

Any payment not received by the payment deadline results in forfeiture of all unpaid program slots. Forfeitures will immediately be offered to the next participant on the waiting list. Payment must be made in person or online.

Apply For the Lottery in person or online. Payment is not accepted when submitting the lottery application.

In Person: Bring completed lottery application to Community Programs staff at the Therapeutic



PBG Leisure Group making Little Gobblers during Friendsgiving.

Recreation Gym during the lottery application period and receive a receipt of your inclusion in the lottery.

Online: Log into your PBC Parks & Recreation “WebTrac” online registration account anytime of day during the Lottery Application period (see directions in right column). **If you do not have a WebTrac user name and password contact us and we will email it to you.**

- Select all of the programs you wish to participate in.
- At the end of the process you will receive a confirmation receipt via email. The receipt will show the lottery programs you applied for.
- **If you do not receive a confirmation receipt via email, then you have not been entered into the lottery for the program.**
- If you have additional questions regarding the lottery process please contact us at (561) 966-7088.

To Access Online Registration:

You must have a user name and password to register. If you do not have one, call (561) 966-7088 for information.

Once you have a user name and password, visit our website at:

www.pbcparcs.com

1. Under ‘Online Services’, click on ‘Register/Pay for a Program’.
2. **Login** with your user name and password.

To Register/Apply for Lottery:

- Click on the photo under ‘Therapeutic Registration’.
- All programs available for on-line registration will show under ‘Search Results’.
- Click on the Plus “+” symbol (located on the left hand side of the program name) for each program you wish to enroll.
- At bottom of screen select Add to Cart.
- Answer questions on each page, then select either Proceed to Checkout or Continue Shopping.
- Confirmation receipt will sent immediately via email. **You are not registered unless you receive an emailed receipt.**

To Pay for Programs:

Once you receive notification of selection into a program you may pay for selected programs online.

- Log into your account.
- Under My Account select Pay Old Balances (located under history & balances).



Lottery Application for Community Programs

**Palm Beach County Parks and Recreation Department
Therapeutic Recreation Services Section**

2728 Lake Worth Road, Lake Worth, Florida 33461

(561) 966-7015 Administration ~ (561) 966-7088 Gym ~ (561) 966-7080 Pool

www.pbcparcs.com

Winter/Spring 2020 Lottery

Bring completed Lottery Application form to: Community Programs staff at the T-Rec Complex weekdays between 9:00 am - 5:00 pm Thursday, January 2, 2020 - Thursday, January 9, 2020.

Notification of Lottery Results:

Friday, January 10, 2020.

Payments due by: Thursday, January 16, 2020, by 5:00 pm. Payments will be accepted ONLY after the lottery is conducted. Payments not received by the deadline will result in forfeiture of any unpaid program slots.

You are responsible for verifying your receipt for accuracy. Any errors need to be reported before the registration period ends. Lottery registration and changes to lottery forms must be made in person or online, no changes will be accepted over the phone.

*All participants must complete a full registration form with signed waiver one time per year or when personal information changes. Forms should be completed each fall or when new participants join a program.

(PLEASE PRINT ALL INFORMATION)

DATE: _____

Participant's NAME: _____
Last First Middle

PHONE: _____

EMAIL ADDRESS: _____

On the list below, please select all programs you wish to participate in. A Lottery will be conducted only for the programs listed below (separate registration is conducted for Aquatic programs, Gentle Yoga, Paralympic Sports, and Arts4All Florida - Palm Beach County).

Community Programs Section – Winter/Spring Programs 2020

(Select only one meeting site for Leisure Spectrum & Sports Unlimited)

- Campout
- Game Night
- Leisure Spectrum: Palm Beach Gardens/Jupiter
- Leisure Spectrum: Lake Worth/Wellington
- Sports Unlimited: Palm Beach Gardens/Jupiter
- Sports Unlimited: Lake Worth/Wellington
- Special Olympics Sailing: Okeeheelee Park
- Super Sports Fan: Miami Heat game
- Super Sports Fan: Florida Panther game
- What's Cooking : Session I
- What's Cooking: Session II

***Cancellation/Refund Policy:** For a program refund, provide cancellation requests 3 business days prior to

Program Information for Community Programs and A4A FL - PBC

Minimum eligibility Requirements:

Ability to follow basic instructions; Independent bathroom skills; Ability to function in a group structure; Ability to safely and actively participate in group activities within ratios.

Reasonable accommodations are assessed and made on an individual and case by case basis. Programs are designed to promote independence, caregivers are asked to drop participant(s) off at program start time and return for pick-up.

Late Pick-up Policy:

Participants are expected to be picked up immediately at the end of a program. Participants picked up late will be given a verbal warning for the first offense. For additional offenses, starting at the pick-up time participants picked up after that time will be charged \$5.00 for every 15 minutes, according to staff watch. The fine must be paid prior to attending the next activity/class.

Cancellation/Refund Policy:

For a class refund, please provide cancellation requests 3 business days prior to first day of class. Refunds will not be issued after a class has begun. Program refund will automatically be issued if a class or activity is cancelled.



Matt cooking some brunch!

Community Programs

Developmental Disabilities: Teens and Adults

***See page 3 for Lottery application dates and payment deadline.**

What's Cooking-Session I

Ages: 18 and older

Day: Tuesdays

Program Dates: January 28 - February 25

Time: 11:30 am - 1:30 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 8

Participant/Staff Ratio: 4:1

Registration: Lottery

Fee: \$40 (5 classes)

Contact: Erin Kessler
(561) 966-7022

Description: Join this day-time class and explore how to prepare, cook, and enjoy the meals that you love.



Leisure group enjoying cooking together!

What's Cooking - Session II

Ages: 18 and older

Day: Wednesdays

Program Dates: April 15 - May 13

Time: 6:00 pm - 8:00 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 8

Participant/Staff Ratio: 4:1

Registration: Lottery

Fee: \$40 (5 classes)

Contact: Erin Kessler
(561) 966-7022

Description: Join this second session and explore how to prepare, cook, and enjoy the meals you love.

Super Sports Fan Hockey & Basketball Games

Ages: 18 and older

Location: Meet at CMAA T-Rec Complex

Maximum Enrollment: 10

Participant/Staff Ratio: 5:1

Registration: Lottery

Contact: Erin Kessler
(561) 966-7022

Florida Panthers Hockey

Day: Saturday

Program Dates: March 14

Time: 4:30 pm - 11:30 pm

Location: BB&T Arena

Fee: \$55

Contact: Erin Kessler
(561) 966-7022

Description: Watch as the Florida Panthers take on the New Jersey Devils.

Miami Heat Basketball

Day: Saturday

Program Dates: March 28

Time: 5:30 pm - 11:30 pm

Location: American Airlines Arena

Fee: \$90

Contact: Erin Kessler
(561) 966-7022

Description: Watch as the Miami Heat take on the Phoenix Suns!

You must meet ALL of the following requirements to be eligible to participate in the Camp Out and/or the Super Sports Fan programs:

- Within the past 18 months you must have participated in one of the following programs: Sports Unlimited, Leisure Spectrum, Summer Leisure, or Adapted Sailing.
- Attended the program at least 75% of the time.
- Have no documented behavior incidents.

Developmental Disabilities: Teens and Adults



Wendy and Melody sailing at Okeehetee.

Special Olympics Sailing

Ages: 12 and older
Day: Sundays
Program Dates: February 2 – March 15
Regatta: March 21
Time: Scheduled times between 10:00 am - 4:00 pm
Location: Okeehetee Park, WPB
Maximum Enrollment: 12
Participant/Staff Ratio: 3:1
Registration: Lottery
Contact: Diana Holm (561) 966-7020 or dholm@pbcgov.org
Description: Come Learn to Sail! Join us as we sail around the lake for about an hour during your scheduled time slot. Our sailboats are specifically designed to be user friendly in all types of conditions and for all abilities.

Camp Out

Ages: 18 and older
Day: Friday to Saturday, overnight
Program Date: April 24 - 25
Time: Depart Friday evening, return Saturday afternoon. Exact times TBA.
Location: Everglades Youth Conservation Camp. Meet at CMAA T-Rec Complex.
Maximum Enrollment: 20
Participant/Staff Ratio: 5:1
Registration: Lottery
Fee: \$75
Contact: Erin Kessler (561) 966-7022
Description: Join your peers for an exciting overnight adventure.

Leisure Spectrum

Ages: 18 and older
Day: Thursdays
Program Dates: January 23 - April 9
Time: 6:00 pm - 8:00 pm
Location: Palm Beach Gardens/Jupiter or Lake Worth/Wellington
Maximum Enrollment: 16 per site
Participant/Staff Ratio: 8:1
Registration: Lottery
Fee: \$85
Contact: Erin Kessler (561) 966-7022
Description: Spend your evenings building social skills while participating with friends in a variety of fun activities. Get to know the exciting things Palm Beach County has to offer, including arts, sports, and social events!



Geocaching during Leisure Spectrum.

T-Rec Game Night

Ages: 18 and older
Day: Friday
Program Date: January 24
Time: 6:00 pm - 8:00 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 30
Participant/Staff Ratio: 10:1
Registration: Lottery
Fee: \$10
Contact: Diana Holm (561) 966-7020
Description: A Friday night of fun with friends socializing and playing a variety of traditional, life-sized and interactive games!



Pete and Chris tag-teaming it for a goal!

Sports Unlimited

*note new day of week
Ages: 13 and older
Day: Wednesdays
Program Dates: February 12 - April 1
Time: 6:00 pm - 7:30 pm
Location: Palm Beach Gardens/Jupiter or Lake Worth/Wellington
Maximum Enrollment: 20 per site
Participant/Staff Ratio: 10:1
Registration: Lottery
Fee: \$45
Contact: Diana Holm (561) 966-7020
Description: Come be a part of fun, action packed games with your peers. We will play a variety of recreational activities designed to enhance sports skills and interest in physical activity.



Campout 2019 at the Palm Beach Zoo!

Adults/Seniors

To register or for more information call the T-Rec office at (561) 966-7088.



Stretching out the chest and working on balance in gentle yoga class.

Gentle Yoga

Ages: Adults/Seniors all abilities

Days: Tuesday, Thursday

Program Dates: On-going

Times: 10:00 am - 11:15 pm

Location: CMAA T-Rec Complex

Registration: On-going

Fee: \$9/class or \$50/pass of 8 classes (passes expire 3 months from date of purchase).

Description: A great way to stay active, stretch muscles, reduce stress in a class modified for each individual. Participate by sitting on a yoga mat or in a chair. Recommended for all abilities.

Gentle Yoga stretches muscles and reduces stress. Sign up for a single class for \$9 or buy a pass of 8 classes for \$50.

Coming Soon

Walk With Ease

An exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Fit and Strong

An exercise/behavior change program for older adults with lower extremity osteoarthritis.

Adapted Swimming Lessons 2020

Times and dates for Aquatic programs are subject to change. Call the Gleneagles Country Club Aquatic Center at (561) 966-7080 to register or for more information.

Learn-to-Swim

Ages: 3 and over

Dates: April - September

Days and Times: Classes are offered two days a week, 20 minutes per class; times available are limited, enroll early.

- **Monday and Wednesday:**
10:30 am - 12:30 pm
- **Tuesday and Thursday:**
1:00 pm - 5:30 pm

Participant/Staff Ratio: 1:1, private instruction

Registration: TBA

Fee: \$60/6 class session

(*fees cannot be refunded after classes begin, DPC vouchers are non-refundable and non-transferable)

Class Information: Lessons are for individuals with physical and developmental disabilities (siblings can participate if sessions do not reach capacity). Program emphasizes water safety and foundational swimming concepts. Skills are adapted for each participant's ability. Success in the program will depend on consistency of participation, swimming outside of class time, and whether the participant is developmentally ready to swim.

Class Levels:

- Pre-school
- Learn-to-Swim

Swimming Lesson Class

Attendance Policy: Days are not made up for missed classes (two make-up dates are provided at the end of each session for weather cancellations and excused absences).



Taking a break from lessons to smile for the camera.

Swimming Lesson Instructors are certified to teach the American Red Cross Learn-to-Swim program and are trained in Adapted Aquatics.



Special Olympics swim team practice.

Parent and Child Aquatics

Ages: 6 months to 3 years

Call (561) 966-7080 for more information.

DPC Vouchers may be available on a limited basis for qualified families through the **Drowning Prevention Coalition** of Palm Beach County. To determine whether your child qualifies, you must take a survey at www.discover.pbcgov.org/drowningprevention. Vouchers can be used to pay a portion of the swimming lesson fee.

The Gleneagles Country Club Aquatic Center

Times and dates for Aquatic programs are subject to change.

Call the Gleneagles Country Club Aquatic Center at (561) 966-7080 to register or for more information.



Pool Hours:

Monday, Wednesday, Friday:

9:00 am - 1:00 pm

Tuesday, Thursday:

1:00 pm - 6:00 pm

Weekend Pool Hours:

Open select weekend dates from 10:00 am - 2:00 pm. Call for schedule or visit our website.

Pool Admission:

Adults 13 & older: \$3.50 + tax

Youth ages 3 - 12: \$3.00 + tax

Disabled: \$3.00 + tax

2 & younger free (with paid adult admission)

**Gleneagles Country Club
Aquatic Center
is open seasonally:**

April 1 - September 30, 2020

Closed: Memorial Day,
Independence Day, Labor Day and
for severe weather.



Aqua Motion practicing their warm-up.

Pool Passes

Save money...buy a seasonal pass.

Adults:

\$52.50 + tax for 20 admissions

Youth and Disabled:

\$45.00 + tax for 20 admissions

Admission passes are good for one person only and are valid at all Palm Beach County pools.

Prices are subject to change.

All persons who are not toilet trained are required to wear a swim diaper.

For additional information call the pool at (561) 966-7080.

Aqua Motion

Ages: Adults

Days: Monday, Wednesday, Friday

Program Dates: April 1 -
September 30

Time: 9:00 am - 9:55 am

Location: Gleneagles Country Club
Aquatic Center at the CMAA
Therapeutic Recreation Complex

Registration: On-going

Fee: \$8/class or \$45/pass of 8
classes

Description: Let's get moving! A low impact class which includes a variety of water exercises, a light cardio workout and stretching. An easy way to add moderate exercise to your daily routine.

Adapted Scuba

Scuba Experiences with Diveheart

Program is offered in partnership with the Diveheart Foundation, an adapted scuba organization. Scuba diving provides multiple benefits including an opportunity to briefly escape gravity and experience weightlessness. Program is Free for individuals age 8 and older with a disability.

For registration and additional information please contact:
Wilhelmina.Stanton@diveheart.org



Above: Program participants learning adapted scuba diving skills in a controlled environment with Diveheart.





Participant Registration Form

(Required for all participants)

Palm Beach County Parks and Recreation Department
Therapeutic Recreation/Arts4All Florida-PBC
2728 Lake Worth Road, Lake Worth, Florida 33461
(561) 966-7015 Administration ~ (561) 966-7088 Gym
www.pbcparks.com

***Cancellation/Refund Policy:** For a program refund, provide cancellation requests 3 business days prior to program start date. Refunds will not be issued after a program has begun. Refunds will automatically be issued if a program is cancelled.

(PLEASE PRINT ALL INFORMATION)

PROGRAM(S): _____ **DATE:** _____

PARTICIPANT'S NAME: _____
Last First Middle

ADDRESS: _____
Apt# City State Zip

PARTICIPANT PHONE(S): Home: _____ **CELL:** _____

PARTICIPANT SHIRT SIZE: _____

EMAIL ADDRESS: _____

SEX: Female Male **AGE:** _____ **DATE OF BIRTH:** _____

PRIMARY DISABILITY: _____ **OTHER DISABILITIES:** _____

EMERGENCY CONTACT: (Please Give Two Choices)

Name (Primary Guardian) Relationship Phone: Home Cell Other

Name Relationship Phone: Home Cell Other

PHOTO RELEASE AUTHORIZATION:

No Yes Permission is hereby granted for participant to appear in still or motion pictures using participants' name for educational, promotional, or other purposes only.

AUTHORIZATION FOR TRANSPORTATION:

No Yes Permission is hereby granted for participant to be transported by a bus or van to an approved field trip location.

MEDICAL TRANSPORTATION/RELEASE AND INDEMNIFICATION STATEMENT:

In consideration for myself or my child to participate in the above program(s), I, the participant, parent or legal guardian of participant agree to protect, defend, reimburse, indemnify and hold Arts4All Florida – Palm Beach County and Palm Beach County, its agents, designees, employees, and elected officials free and harmless at all times from and against all claims, liability, expenses, losses, costs, fines, damages or causes of action of every kind and character, including attorney's fees and costs, whether at trial or appellate levels or otherwise, arising during, as a result of, or in connection with my or my child's participation in this program. I hereby assume the risk of participation in this program and in consideration for myself or my child's participation in the program, I agree to hold Arts4All Florida – Palm Beach County and Palm Beach County, its agents, designees, employees, and elected officials free and harmless at all times from and against all claims, liability, expenses, losses, costs, fines, damages or causes of action of every kind and character, including attorney's fees and costs, whether at trial or appellate levels or otherwise, due to their acts, errors or omissions resulting in bodily injury, including death, or damage to my or my child's property incident to or in connection with my or my child's participation in this program or with my or my child's transportation to a field trip and for medical treatment. I, participant, parent or legal guardian of participant, authorizes the transportation of participant for medical treatment. I further understand that I shall be responsible for any and all costs associated with the transportation of myself or my child for medical treatment. Permission is hereby granted for myself or my child to participate in Arts4All Florida – Palm Beach County and Palm Beach County Parks and Recreation Department programs including community outings, and authorization is hereby given for emergency medical care of said participant.

I have read the above and understand it and hereby agree that I will not hold Arts4All Florida – Palm Beach County and Palm Beach County liable for any injuries that may occur as a result of participation in the recreation activities provided by Arts4All Florida – Palm Beach County and Palm Beach County.

SIGNATURE Mandatory (PARENT/GUARDIAN if under 18)

DATE

AUTHORIZATION FOR RELEASE: I give permission for my child to be released to the following person for transportation home from a program sponsored by Arts4All Florida – Palm Beach County and Palm Beach County Parks & Recreation Department.

Name _____ Relationship _____ Name _____ Relationship _____

Medications				
NAME	DOSAGE	TIMES	PURPOSE	SIDE EFFECTS

Participant Information			
Participant is fully ambulatory	<input type="checkbox"/> Yes <input type="checkbox"/> No	Participant is understandable when speaking	<input type="checkbox"/> Yes <input type="checkbox"/> No
Participant walks at a slow pace	<input type="checkbox"/> Yes <input type="checkbox"/> No	Participant tends to wander off	<input type="checkbox"/> Yes <input type="checkbox"/> No
Participant uses a wheelchair	<input type="checkbox"/> Yes <input type="checkbox"/> No	Participant acts aggressively	<input type="checkbox"/> Yes <input type="checkbox"/> No
Participant is visually impaired	<input type="checkbox"/> Yes <input type="checkbox"/> No	Participant acts shy/withdrawn	<input type="checkbox"/> Yes <input type="checkbox"/> No
Participant is hearing impaired	<input type="checkbox"/> Yes <input type="checkbox"/> No	Participant follows a special diet	<input type="checkbox"/> Yes <input type="checkbox"/> No

Participant has seizures Yes No If yes, then Type of seizures: _____
 Frequency: _____ Date of last seizure: _____

Participant has allergies Yes No If yes, List allergies and reactions: _____

Participant has food restrictions/special diet (please explain):

Describe impairments/modifications from checklist: _____

Other information you feel we should know: _____

Accepted payment types: Visa, MasterCard, Discover, Cash, Check

Paying by check? Make check(s) payable to: *(separate payments required for PBC-BOCC & A4A FL-PBC)*

Palm Beach County Board of County Commissioners (PBC-BOCC):
 Community Programs

Arts4All FL-PBC (A4A FL-PBC):
 Arts4All Florida-Palm Beach County Programs (Visual & Performing Arts)



SILVER MEDAL
PARALYMPIC SPORT CLUB
EXCELLENCE PROGRAM

Paralympic Sport Club Palm Beach County

Times and dates for Adapted Sports programs are subject to change.
Contact Erin Kessler at (561) 966-7022 or email Ekessler@pbcgov.org for more information.

Paralympic Sports

Year-round sports training and competition offered for persons with physical disabilities:

- Boccia
- Goalball (visual impairments)
- Handcycling
- Swimming (April - September)
- Javelin
- Wheelchair Basketball
- Wheelchair Rugby

Adapted Sports Open Gym

Tuesdays & Thursdays
1:00 pm - 4:00 pm

when the gym is available.

Stop by to train, practice, or just to have fun! Limited sports equipment available for use.

Call ahead to confirm
(561) 966-7088



The wheelchair course is located near the John Prince Park Administration building.

Check out the newly updated Wheelchair Course located in John Prince Park!



Jeremy and Marco after the 2019 Jack Jam Boccia Tournament

Adapted Sports Program Membership Fee

\$25 per player per year

*This fee does not apply to new participants, open gym participants, and new and developing programs.



2019 Wheelchair Rugby Tournament.

To volunteer for adapted sports or special events contact Diana Holm at (561) 966-7020 or email Dholm@pbcgov.org

GOALBALL

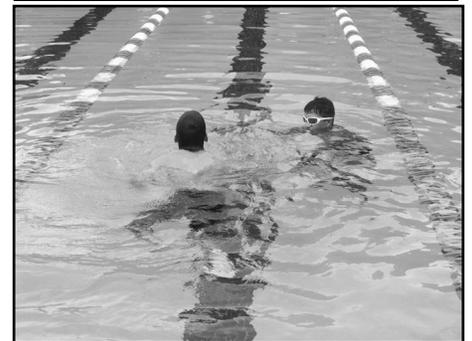


The 2019 South Florida Goalball Mixer was a great success! TR would like to thank all of the athletes who came out to participate as well as the staff and volunteers who helped make this event possible.

INTRODUCTORY CLINIC

* Coming Soon *

Stay tuned for more information regarding Paralympic Swim Clinics this summer at the Gleneagles Country Club Aquatic Center. Clinics are open to youth & adults with physical disabilities.



Paralympic Swim Clinic.

Ask about our Handcycle Loan Program!





Special Olympics Florida - Palm Beach County provides sports training, competitions and sport skill development activities for children and adults with intellectual disabilities.

Visit us at www.SpecialOlympicsPalmBeach.org

2020 Fall Athletic Competitions

January 18
County Equestrian
 Vinceremos Therapeutic Riding Center
 Wellington

February 22
County Tennis
Fountains Country Club
 Lake Worth

February 22
Area Equestrian
Global Dressage Facility
 Wellington

March 7
County Summer Games
John I. Leonard High School
 Greenacres

March 14
Regional Cheer & Tennis - Match Play
University of Miami
 Coral Gables

March 20 - 21
State Equestrian
The Grand Oaks
 Weirsdale

March 21
Area Tennis Skills
Fountains Country Club
 Lake Worth

April 4
Regional Soccer
 TBD

April 4
Area Summer Games
Athletics, Bocce, Cycling, Volleyball
William T. Dwyer High School
 Palm Beach Gardens

May 8 - 9
State Tennis
USTA National Training Center
 Orlando

May 15 - 17
State Summer Games
ESPN Wide World of Sports
 Orlando

Sports Training & Competition

Special Olympics sports training and competition provides opportunities to achieve physical fitness, self-esteem, and the life skills necessary to be productive, respected, and contributing members of our community.



Dylan flies around the track at County Summer Games.

Sports Training Offered

Year-round sports training and competition offered for persons with intellectual disabilities 8 years old and older:

- Athletics - Track & Field
- Basketball
- Bocce
- Bowling
- Cheerleading
- Croquet
- Cycling
- Equestrian
- Flag Football
- Golf
- Gymnastics
- Ice Skating
- Little ELITES
- MATP
- Power Lifting
- Sailing
- Soccer
- Softball
- Stand Up Paddle
- Surfing
- Swimming
- Tennis
- Unified Champion Schools
- Volleyball



Brandon speeds around the turn at the Area Cycling Event.

- Volunteer
- Support
- Coach
- Compete



Athlete & Coach Info: (561) 966-7018 Rmgilber@pbcgov.org
Volunteer info: (561) 966-7017
Support Special Olympics: (561) 966-7019 Rfleming@pbcgov.org



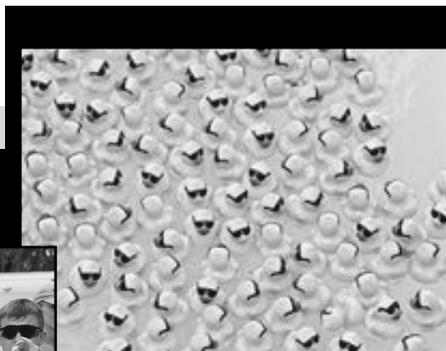
Jaden, former Young Athlete, shows off his tennis skills at County Summer Games.



Josh wearing his Healthy Athletes sports goggles that he received at State Games.



Athlete Leaders, Bailey, Melody, Matt, Mike, Colin, Ayla, Amanda and Kai await the Duck Drop at the Palm Beach Duck Dash.



Starting off the Palm Beach Duck Dash with the traditional Duck Call are athletes Michelle, Margie Lee, Brad, Michael, Jackie, and Brandon.

Healthy Athletes

Promoting overall health and fitness for Special Olympics athletes.

Young Athletes Program

A fun and exciting sports play program for children with intellectual disabilities ages 2-7.

This program helps athletes to develop physically and socially through fun physical activities and sports play.

Call for details.

Parents,
if you would like to see a Young Athletes program at your child's school, ask your teacher to call us.

Teachers

- Offer Young Athletes **at your school or facility!**
- We'll help with training, free equipment and support.

Young Athletes and Athlete Leadership:
Call (561) 966-7019

Athlete Leadership

Promoting involvement, empowerment and leadership opportunities for Special Olympics athletes.



Arts4All Florida - Palm Beach County's mission is to create a society where people with disabilities can learn through, participate in, and enjoy the arts.

Arts4All Florida - Palm Beach County programs are inclusive. Please refer to page 5 for program policies.

Visual Arts Programs

To sign-up, call Lisa Kuntzman (561) 966-7026

Literary Art

Ages: 16 and older
Days: Thursdays
Program Dates: Jan. 9 - Feb. 13
Time: 5:00 pm - 7:00 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 8
Registration: Until full
Fee: \$40
Description: Together we will read an adapted version of "20,000 Leagues Under the Sea" followed by a weekly art project reflecting the book. Supplies & book provided. All reading abilities welcome!



Even Kyle gets a little dirty to make something beautiful in pottery class. Watch for a new Pottery class starting in April.

Photography

Ages: 16 and older
Days: Tuesdays and Thursdays
Dates: Feb. 25 & 27 and Mar. 3 & 5
Time: 3:00 pm - 5:00 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 6
Registration: open until February 18
Fee: \$50
Instructor: Carlos Gallego
Description: Learn a new perspective on photography and explore your creative side! No experience needed.

Workshops with Lisa & Erica!

Ages: 16 and older
Day: First Wednesday of Month
Program Dates: Feb 5, Mar 4, & Apr 1
Time: 5:30 pm - 7:00 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 12
Registration: On-going
Fee: \$10 per workshop
Description: Create something unique in this themed series of fun one-day art workshops. All abilities welcome!

Celebration Sculpting with Paper Mache

Ages: 16 and older
Day: Fridays
Program Dates: Feb. 28 - March 20
Time: 5:30 pm - 7:00 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 10
Registration: Until full
Fee: \$50
Instructor: Jean Howard
Description: Learn how to sculpt using the fun media of paper mache to make a happy Celebration Mask and Piñata!

The Norton Museum of Art Tour & Workshop

Ages: 16 and older
Day: Saturday
Program Date: April 25
Time: 10:00 am - 12:00 pm
Location: The Norton Museum of Art
Maximum Enrollment: 10
Registration: open until April 16
Fee: Free
Description: Take a fascinating tour of a Museum exhibit then head to the studio and create an art piece reflecting that art. One family member per participant may attend.



Gabby loves the color and sparkle of the matching set of jewelry she created in 'Jewelry and Pretty Things!'

Jewelry and Pretty Things!

Ages: 16 and older
Day: Fridays
Program Dates: April 3 - 24
Time: 6:00 pm - 7:30 pm
Location: CMAA T-Rec Complex
Maximum Enrollment: 10
Registration: Until full
Fee: \$55
Instructor: Catherine Rich
Description: Create beautiful jewelry, wearable art and more. Put a little bling in your life!



LiSandra creates a stunning piece when she expresses her point of view through paint and collage.

Expressive Art ... Painting, Collage and more

Ages: 16 and older
Day: Saturdays
Program Dates: March 14 - April 18 (no class April 4)
Time: 10:00 am - 11:30 am
Location: CMAA T-Rec Complex
Maximum Enrollment: 10
Registration: Until full
Fee: \$50
Instructor: Sarah Gualtieri
Description: Come Express Yourself through art and your creativity with Painting, Collage, and more!

Performing Arts Programs

To sign-up, call Erica Vonderharr (561) 966-7024

Write to Play

Ages: 16 and older

Day: Tuesdays

Program Dates: January 14 - March 10 (no class January 28)

Time: 5:00 pm - 6:30 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 10

Registration: Until full

Fee: \$60

Instructors: Ali Evans

Description: We all have the write to play! Join us for this fun class where we write our own original play! Maybe being behind the scenes is more your thing - this is a great class for you! No writing skills needed, just an imagination! We will perform our play for an intimate group of family and friends.



The Write to Play group after performing their original play!

Drama Club

Ages: 16 and older

Day: Tuesdays

Program Dates: March 17 - April 21

Times: 5:00 pm - 6:30 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 10

Registration: until filled

Fee: \$60

Instructor: Kat Kenny

Acting exercises, theatre games and some improv for theatre enthusiasts in this skills class! This class does not culminate in a performance.



Posing with the cast of *Visiting Mr. Green!*

A Day at the Theatre

Various dates thru May.

Let's go to the theatre together! We will experience music, dance, and theatrical performances!

Join our mailing list or follow us on Facebook for updates.



The Hunchback of Notre Dame was an incredible show!

DanceStops

Ages: 16 and older

Day: Mondays

Program Date: February 24 - April 27 (no class March 23)

Time: 6:00 pm - 7:30 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 12

Fee: \$60

Registration: Until full

Instructor: Samira Mohammed

Description: Get your groove on with this fun and dynamic dance class!



We love dancing with Ms. Samira!

Let's stay in touch!



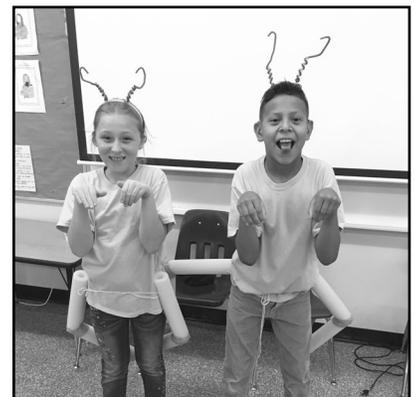
Visit us at www.a4apbc.com

Drama Residency with Ronnie and Hayden!

This in-school Drama Residency is for students who are Deaf and Hard of Hearing. Ronnie and Hayden, are professional Deaf performers who will be instructing a drama residency at Indian Pines Elementary School this Spring! CJ will also conduct workshops at local middle and high schools. Ronnie and Hayden use acting, dance and drama to teach self-reliance, self-advocacy, and self-confidence while also stressing the importance of education and reading.



Ronnie and Hayden pose with Indian Pines Elementary students after their performance of *Giraffe's Can't Dance*.



CMAA Therapeutic Recreation

2728 Lake Worth Road
Lake Worth, Florida 33461



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**Achievement, Success,
& Well-being—** IT STARTS IN
PARKS

Look what's POPPING Up in Arts4All Florida - Palm Beach County

NEW Visual Arts Programs - including one for Youth

ArtPop

NEW

Ages: 16 and older

Day: Monday

Program Date: January 13

Time: 5:30 pm - 7:00 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 12

Registration: Until full

Fee: \$10

Description: Similar to the Workshops with Lisa and Erica! This is a single session program featuring a variety of art "in high demand", something new to try, or fun art projects with a seasonal/holiday theme. You never know when one will POP up!

ArtPop Jr

NEW

Ages: 8 - 15

Day: Tuesday

Program Date: January 14

Time: 6:30 pm - 7:45 pm

Location: CMAA T-Rec Complex

Maximum Enrollment: 10

Registration: Until full

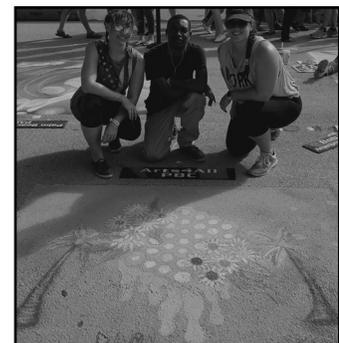
Fee: \$10

Description: Single session program for children & teens featuring a variety of fun art projects, something new to try, or fun with a seasonal/holiday theme. Parent/guardian must accompany & assist their child. Watch for the next one to POP up!

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Storm Troopers on Exhibit at the Duncan Theatre @ PBSC for our 2019 Showcase on December 7 along with other artwork and performances. Look for Spray Art class on Saturdays in May



Davontray, Holly and Erica pose with their 'sweet' art work - 2019 Lake Worth Street Painting Festival.

Come on out to Lucerne Ave on 2/22 to visit Matt L., Erica and Lisa as they paint in chalk an original artwork by Matt during the 2020 Lake Worth Street Painting Festival.