



THERAPEUTIC RECREATION PROGRAM GUIDE



SPRING 2026



BALTIMORE CITY
RECREATION & PARKS

WELCOME!

Recreation is for everyone at Baltimore City Recreation & Parks! We welcome individuals of all abilities to join our recreation programs, visit our parks, and enjoy our spaces.

Therapeutic Recreation programs are designed specifically for individuals with disabilities. For all other BCRP programs, we offer accommodations for registered participants with disabilities through our Inclusion Services (see more below.) Therapeutic Recreation programs are planned with targeted outcomes in mind such as skill development, leisure education, physical activity and more! The programs also encourage peer socialization in order to nurture relationships and strengthen social skills.

Many of the programs also provide participants with the opportunity to improve their cardiovascular and muscular systems through physical activity. The Fitness and Wellness programs work to enhance participants' motor coordination through dance, arm and leg movements, and stretching. Programs offered as a partnership program with Special Olympics of Maryland also help participants to build upon their ability to work with others in a team setting.

Information, Questions, or Help Registering:

Contact the Therapeutic Recreation Division (410) 396-1550, Maryland Relay dial 711.

Online Registration:

[Catalog - Baltimore City Recreation and Parks](#) or bit.ly/BCRPprograms

(*url is case-sensitive)

INCLUSION SERVICES

Our Inclusion Services provide individualized accommodations to participants with disabilities so they can participate in their preferred recreational programming. Service may include but are not limited to adaptive equipment, the provision of an ASL translator, program modifications, or Disability and Sensitivity Training. If you or an individual you support wants to participate in other BCRP programs and requires program accommodations due to their disability, please contact our Inclusion Specialist at least two weeks prior to the start of your registered program.

To learn more about inclusion and our Inclusion Services visit:

[Inclusion Services | Department of Recreation & Parks](#)

Contact our Inclusion Specialist: Tina Powell (410) 396-1550 or tina.powell@baltimorecity.gov

ATTENDANCE & LATENESS POLICY

If a participant is absent for two weeks in a row for a reoccurring (weekly) program, and you do not contact the TR Program Manager or Program Assistant via email or phone call / text, then the participant will be removed from that program. You will be issued a user credit on your Civic Rec account which will be prorated for the amount of weeks remaining for the program.

Due to potential disruptions, if a participant arrives with 15 minutes or less left in a program, they will not be permitted to attend the program on that day.

ART, MUSIC, & STEM

ARTS & CRAFTS

Weekly art class provided by visiting instructors. Come enhance and explore your creative side under the guidance of our expert and caring instructors!

Goal: Improve fine motor skills and increase self-expression

Dates/Session Times:

Mondays, March 30 - May 18
10:00 am - 11:00 am

Cost: \$8 total

Wednesdays, April 1 - May 20
10:00 am - 11:00 am

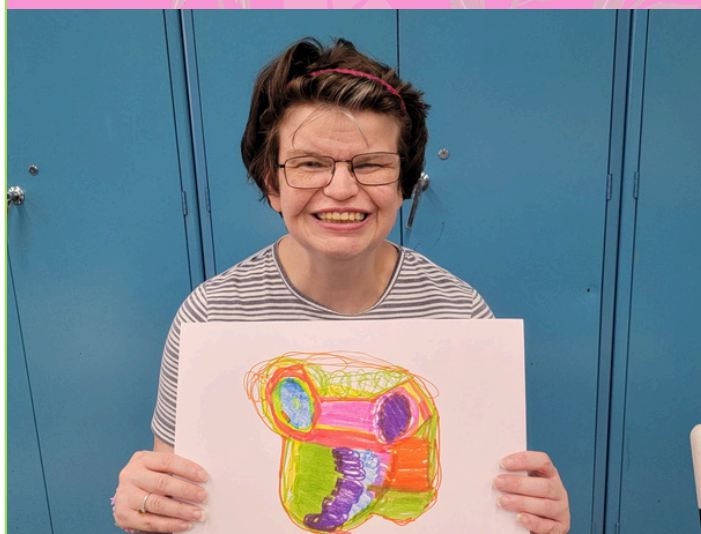
Cost: \$8 total

Wednesdays, April 1 - May 20
11:15 am - 12:15 pm

Cost: \$8 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



MUSIC THERAPY

Weekly music therapy class. Join us for a music class, led by a board-certified music therapist, which will provide opportunities for connection and social engagement through creative music therapy experiences.

Goal: Increase creativity and self-expression, improve listening skills

Dates/Session Times:

Mondays, March 30 - May 18
11:45 am - 12:30 pm

Cost: \$8 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225

STEM

We invite you to explore engaging introductory projects in science, technology, engineering, and math (STEM). Each session brings a new and exciting project - check out the details below!

Goal: Improve critical thinking skills; improve fine and gross motor skills

Dates/Session Times:

Friday, April 10

10:30 am - 12:00 pm

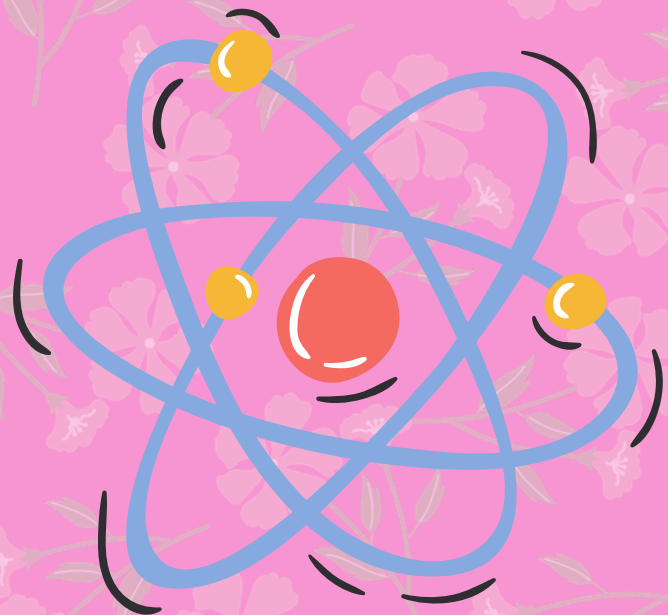
Friday, May 8

10:30 am - 12:00 pm

Cost: \$2 per participant

Age: All Ages Welcome

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, 21225



OUTDOOR & NATURE

CANOEING/KAYAKING

Learn the basic skills required for canoeing / kayaking and get out on the water! No experience required, but you must not be afraid of the water. A separate waiver form is required for this program. Additional details will be provided after registration.

Program is weather dependent.

Goal: Increase leisure awareness and self-determination; improve physical fitness

Dates/Session Times:

Friday, May 29

10:00 am - 11:00 am

Friday, May 29

11:15 am - 12:15 pm

Cost: \$2 per participant

Age: Ages 18+

Location: Baltimore Rowing Center @ Middle Branch Park
3301 Waterview Ave, 21230



COMMUNITY CLEAN-UP (THERAPEUTIC RECREATION X FARRING-BAYBROOK)

Your friends at Farring-Baybrook Recreation Center could use your help with raking leaves, cleaning up the garden beds and de-weeding. It's a great way to give back to your community and the Therapeutic Recreation Program.

Goal: Improve fine and gross motor skills, increase self-efficacy, increase responsibility and teamwork skills

Dates/Session Times:

Saturday, April 18

8:00 am - 11:30 am

Cost: FREE

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225





FISHING

Get outside and learn to fish. Fishing poles and bait will be provided. Feel free to stay and enjoy Middle Branch Park after the conclusion of the session.

Program is weather dependent.

Goal: Increase leisure awareness; improve fine and gross motor skills

Dates/Session Times:

Friday, May 29

10:00 am - 12:00 pm

Friday, May 29

11:15 am - 12:15 pm

Cost: \$2 per participant

Age: Ages 18+

Location: Baltimore Rowing Center @ Middle Branch Park
3301 Waterview Ave, 21230

READY, SET, GROW

Help us create beautiful garden beds at Farring-Baybrook Recreation Center and learn how to take care of your very own plant to take home! A sensory friendly experience that is great for anyone interested in learning how to garden.

Goal: Improve fine and gross motor skills, increase self-efficacy

Dates/Session Times:

Monday, April 13

11:15 am - 12:15 pm

Cost: \$5 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



SMELLS LIKE SPRINGTIME SCAVENGER HUNT

Let's welcome spring with an interactive scavenger hunt. Join us for a sensory friendly hunt for flowers, plants, leaves and more! This is a drop-in program, feel free to arrive anytime from 1-3pm. Meet in front of Vollmer Center.

Goal: Increase leisure awareness, increase physical endurance, increase sensory stimulation

Dates/Session Times:

Monday, April 20

1:00 pm - 3:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Vollmer Center
4915 Greenspring Ave, 21209



THERAPEUTIC GARDENING

Learn how to plant and maintain a garden plot under the supervision of BCRP Horticulture and Therapeutic Recreation staff. Program is weather dependent.

Goal: Increase leisure awareness, increase physical endurance, increase sensory stimulation

Dates/Session Times:

Wednesdays, April 1 - May 20 (no session April 22)

10:30 am - 12:00 pm

Cost: \$7 per participant

Age: Ages 18+

Location: Clifton Park City Farms
Hill Top Drive, 21213



ALL-ACCESS NATURE EDUCATION

We are excited to collaborate with Carrie Murray Nature Center to bring you All-Access Nature Education Programs. Our All-Access Nature Education Programs invite participants of all abilities to experience the wonders of the natural world through gentle, hands-on exploration. Each program offers a relaxed pace and a welcoming atmosphere where everyone can engage with nature in ways that feel comfortable and meaningful. Designed with sensory exploration in mind, these programs encourage touch, smell, sound, and sight as pathways to connection - from feeling the texture of moss and bark, to listening to bird calls, to meeting our animal ambassadors up close. Whether indoors or along accessible park trails, we celebrate the many ways people experience and enjoy the world around them. At Carrie Murray Nature Center, inclusion means belonging: every visitor, family, and learner is part of the community of care that makes nature for everyone.

SPRING SEEKERS

Celebrate spring's arrival with a gentle sensory scavenger hunt through the forest and garden! Use your senses to search for soft textures, fresh scents, bright colors, and lively sounds that signal the season's return. Along the way, touch moss and budding leaves, listen for birds and flowing water, and enjoy meeting one of our animal ambassadors.

Move at your own pace, explore what feels comfortable, and discover the joy of noticing nature in every sense — all ages and abilities welcome.

Goal: Increase leisure awareness

Dates/Session Times:

Friday, April 10

10:00 am - 12:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgetop Rd, 21207



FEATHERED FRIENDS

Celebrate the beauty of birds through sound, touch, and gentle observation. Listen to recordings of local bird songs and practice recognizing their calls, then explore the textures and colors of real feathers up close. Participants will discover how feathers help birds stay warm, dry, and ready for flight. The program concludes with a special view-only encounter with one of our raptor ambassadors — a chance to marvel at the power and grace of these feathered friends. This calm, hands-on program invites exploration at your own pace — all ages and abilities welcome.

Goal: Increase leisure awareness

Dates/Session Times:

Friday, May 8

10:00 am - 12:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgetop Rd, 21207



SOUNDS OF SUMMER

Celebrate the start of summer through sound, touch, and gentle movement in this calm, sensory-centered experience. Feel the textures of seed pods, dried grasses, and smooth stones while discovering how nature makes music — from the rustle of leaves to the hum of insects and the whisper of wind through trees. Together, we'll explore natural sound-makers and create our own soft rhythm circle inspired by the forest's summer symphony.

Goal: Increase leisure awareness

Dates/Session Times:

Friday, June 12

10:00 am - 12:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgetop Rd, 21207



SOCIAL PROGRAMS

BINGO

Come test your luck at B-I-N-G-O and see how many prizes you can win! Beverages are included.

Goal: Increase leisure awareness; improve social skills

Dates/Session Times:

Friday, April 17 (Theme: Spring is in the Air)
10:30 am - 12:00 pm

Friday, May 22 (Theme: Color Party)
10:30 am - 12:00 pm

Cost: \$2 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



DISCO

Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included.

Goal: Increase leisure awareness; improve social skills; increase self-expression

Dates/Session Times:

Friday, April 24 (Theme: Luau)
10:30 am - 1:00 pm

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225

If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to the start of the program.



MY CONNECTION CAFÉ

This program is designed to provide a physically and emotionally safe space, where parents of children with disabilities can communicate together, share ideas, and express themselves freely. The purpose is to connect each participant with other individuals who share similar experiences, to equip them with an outlet, and more tools to navigate parenting children with disabilities.

Goal: Increase social connections, build emotional resilience

Dates/Session Times:

Wednesdays, 6:00 pm - 7:30 pm
April 8 & April 22 (**Mora Crossman**)
May 6 & May 20 (**Cecil Kirk**)
June 3 & June 17 (**Towanda**)

Cost: FREE

Age: All Ages Welcome

Location:

Mora Crossman Recreation Center
701 Rappolla St, 21224
Cecil Kirk Recreation Center
909 E. 22nd St, 21218
Towanda Recreation Center
4100 Towanda Ave, 21215



TR GALA: RED CARPET PREMIERE

Come socialize and dance the day away at a formal Gala (formerly known as the TR Prom.) This year's theme is Red Carpet Premiere. A catered lunch will be provided. Participants and accompanying staff members are encouraged to dress formally and to fit the theme.

Goal: Increase social interactions and self-expression

Dates/Session Times:

Friday, May 15
10:30am - 1:30pm

Cost: \$10 per participant

Age: Ages 18+

Location: Vollmer Center
4915 Greenspring Ave, 21209

If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to the start of the program.



WEDNESDAY SOCIAL CLUB

Join us each week for socializing, board games, music and more! Hang out with your old pals and make new friends!

Goal: Increase social skills, self-expression, independence

Dates/Session Times:

Wednesdays, April 1 - May 20
10:00 am - 12:00 pm

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



SPORTS & FITNESS



BEGINNER TENNIS

Join us on the courts at Druid Hill Park to learn beginner tennis skills. No experience necessary and equipment is provided! Program is weather dependent.

Goal: Increase physical fitness, increase leisure awareness

Dates/Session Times:

Tuesdays & Thursdays, 10:30 am - 12:00 pm
May 26, May 28, June 2, & June 4

Cost: \$4 per participant

Age: Ages 18+

Location: Druid Hill Park (Tennis Courts 8 & 9)
3001 East Dr, 21217

FITNESS (FARRING-BAYBROOK)

Weekly fitness class provided by visiting instructors. Get a great workout under the guidance of our expert and caring instructors!

Goal: Increase strength and muscle tone, increase awareness of physical exercises

Dates/Session Times:

Wednesdays, April 1 - May 20
10:00 am - 11:00 am

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



FITNESS (RITA CHURCH)

Weekly fitness class provided by visiting instructors. Get a great workout under the guidance of our expert and caring instructors!

Goal: Increase strength and muscle tone, increase awareness of physical exercises

Dates/Session Times:

Thursdays, April 2 - May 21
10:00 am - 11:00 am

Cost: \$8 per participant

Age: All Ages Welcome

Location: Rita Church Community Center
2101 Saint Lo Dr, 21213



YOGA

Uniquely designed to develop skills for personal empowerment and emotional balance. Participants will also explore physical strength and coordination while they learn breathing techniques, yoga poses, and cross-body movements. We also practice mindfulness activities based on themes such as trust, self-care, and connection to build self-reliance and resilience to be our best selves.

Goal: Increase strength, balance, and muscle tone; increase emotional distress tolerance

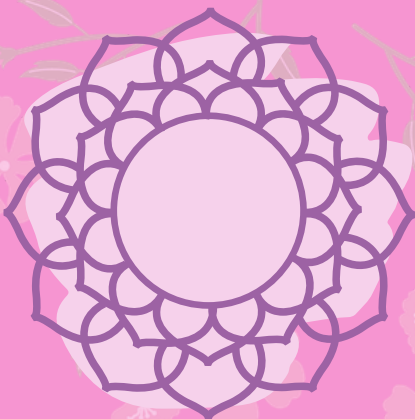
Dates/Session Times:

Mondays, March 30 - May 18
11:15 am - 12:00 pm

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



ADAPTIVE SPORTS

WHEELCHAIR BASKETBALL OPEN GYM

Come try out wheelchair basketball. No experience necessary. Limited number of sport wheelchairs available for participant use.

Goal: Increase physical fitness, increase leisure awareness

Dates/Session Times:

Tuesdays, March 31 - April 28
6:00 pm - 8:00 pm

Cost: FREE

Age: Ages 14+

Location: Cahill Recreation Center
4001 Clifton Ave, 21216



In Partnership with:

UNIVERSITY of MARYLAND
REHABILITATION &
ORTHOPAEDIC INSTITUTE



WHEELCHAIR & PARA STANDING TENNIS CLINIC

Learn the lifelong sport of tennis from Brad Evans, certified wheelchair tennis player and coach.

Whether you are a new or seasoned player, take your game to the next level by signing up today! Para Standing athletes are welcome too! Sports wheelchairs are limited and available on a first-come, first serve basis for registered participants only and are subject to available sizing.

Goal: Increase physical fitness; increase leisure awareness; increase self-determination

Dates/Session Times:

Thursdays, May 5 - May 26
5:30 pm - 7:00 pm

Cost: FREE

Age: Ages 14+

Location: Druid Hill Park (Tennis Courts 8 & 9)
3001 East Dr, 21217



In Partnership with:

JTCC
TENNIS FOR EVERYBODY



UNIVERSITY of MARYLAND
REHABILITATION &
ORTHOPAEDIC INSTITUTE

SPECIAL OLYMPICS OF MD PARTNERSHIP PROGRAMS

ATHLETE LEADERSHIP MINI-SERIES

Want to learn new skills, connect with others, and grow your self-confidence? Look no further! Facilitated by Athlete Leaders from Special Olympics Maryland, each session will bring different topics and new skills.

April 7 - Introduction and Understanding of Athlete Leadership

In this module, athletes will learn about athlete leadership and begin to explore their skills and interests. This module also guides athletes through the next step of discovering who they are as leaders and recognizing the value they bring as they continue their leadership journey.

April 14 - Best Foot Forward

Athletes will learn the basics of personal space, eye contact, handshakes, elevator speech/meeting people.

April 21 - Communication

The Communication topic includes lessons on the following: starting conversations, appropriate conversations, and active listening.

April 28 - Healthy Friendships/Healthy Relationships

The Healthy Relationships topic includes lessons on the following: Understanding relationships, boundaries, and dealing with conflict.

May 1 - Dress for Success + Beauty, Hair, and Self-Care

Athletes will learn how to dress for all occasions to make the greatest impression on their audience. This course is divided into a Women's Course and a Men's Course. Additionally, athletes will learn how to care for and style their hair as well as the basics of beauty and skin care.

Goal: Increase social skills, increase self-confidence



Dates/Session Times:

Tuesdays, April 7 - 28 & Friday, May 1
Tuesdays, 10:30 am - 12:00 pm
Friday, 10:00 am - 1:00 pm

Cost: FREE

Age: Ages 18+

Location:

Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



ATHLETE LEADERSHIP

Special Olympics
Maryland



SPECIAL OLYMPICS ATHLETICS (COMMUNITY-BASED; STATE GAMES TRACK)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn athletics skills and gain eligibility for multi-county competitions and summer games. Contact Special Olympics Maryland at sobaltcity@icloud.com or (410) 775-6817 to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness skills

Dates/Session Times:

Thursdays, April 9 - June 4
6:00 pm - 7:30 pm

Cost: FREE

Age: Adults 8+

Location:

Middle Branch Fitness & Wellness Center
201 Reedbird Ave, 21225



SPECIAL OLYMPICS BOCCE SKILLS

Partnership program with Special Olympics Maryland in which athletes learn bocce skills.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Thursdays, April 2 - May 21
10:30 am - 12:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



SPECIAL OLYMPICS UNIFIED FITNESS (THERAPEUTIC RECREATION X FARRING-BAYBROOK)

Partnership program with Special Olympics Maryland in which athletes, unified partners, and community members workout together & improve fitness level.

Goal: Increase physical fitness

Dates/Session Times:

Wednesdays, April 1 - May 27
6:30 pm - 8:00 pm

Cost: FREE

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



SPECIAL OLYMPICS UNIFIED BOCCE (COMMUNITY-BASED; STATE GAMES TRACK)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn bocce skills and gain eligibility for multi-county competitions and summer games. Contact Special Olympics Maryland at sobalcity@icloud.com or (410) 775-6817 to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Tuesdays, April 7 - June 16
(In-House Qualifier on May 30)
6:00 pm - 7:30 pm

Cost: FREE

Age: Ages 8+

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



SPECIAL OLYMPICS UNIFIED SOFTBALL (COMMUNITY-BASED; STATE GAMES TRACK)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn softball skills and gain eligibility for multi-county competitions and summer games. Contact Special Olympics Maryland at sobaltcity@icloud.com or (410) 775-6817 to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Saturdays, April 4 - June 13
10:00 am - 12:00 pm

Cost: FREE

Age: Ages 8+

Location: Farring-Baybrook Park
4501 Farring Ct, 21225



SPECIAL OLYMPICS UNIFIED SWIMMING (COMMUNITY-BASED; STATE GAMES TRACK)

Partnership program with Special Olympics Maryland in which athletes and partner athletes learn swimming skills and gain eligibility for multi-county competitions and summer games. Contact Special Olympics Maryland at sobaltcity@icloud.com or (410) 775-6817 to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Mondays, March 23 - June 8
6:00 pm - 7:30 pm

Cost: FREE

Age: Ages 8+

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, 21225



SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM (YAP)

YAP, developed by Special Olympics, is a gross motor program designed for children ages 0-7, with and without disabilities. Through participation in basic motor skills, YAP provides opportunities for peer interaction, social skills, following directions, and facilitated language activities in the community, classroom, and home settings. Caregiver participation in the class is strongly encouraged. Community YAP, in particular, is for families to connect with members of their community. This supports growth, development, and a feeling of acceptance within the community. Caregivers must stay in the room during the program and are strongly encouraged to participate with your child.

Goal: Increase motor skills and balance, increased social skills

Dates/Session Times:

Mondays, March 30 - May 18
6:00 pm - 6:45 pm

Cost: FREE

Age: Ages 2 - 7

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, 21225



Special Olympics Maryland
Young Athletes™

VOLUNTEER OPPORTUNITIES

SHARE YOUR SKILLS AND HAVE A FUN AND REWARDING EXPERIENCE VOLUNTEERING WITH THE THERAPEUTIC RECREATION DIVISION

SPECIAL OLYMPICS

Coach
Assistant Coach
Partner
Volunteer



ADAPTED AQUATICS

Provide 1:1 support to a swimmer with a disability in swim lessons designed specifically for those with a disability



INCLUSION ASSISTANT

Support an individual with a disability and engage in their recreational activity with them. Be an ally and an advocate!

PROGRAM ASSISTANT

Interact with program participants. Help with set up/clean up and the running of sports, social, nature, and arts programs.

To complete a volunteer application or for more information, contact Olivia Miller by email olivia.miller@baltimorecity.gov or call (410) 396-1550, Maryland Relay dial 711.

For more information, questions, or help registering please contact the Therapeutic Recreation Division by calling (410) 396-1550, Maryland Relay dial 711.

Registration: bit.ly/BCRPprograms

*url is case-sensitive

Program schedule is subject to change including the addition of programs.

