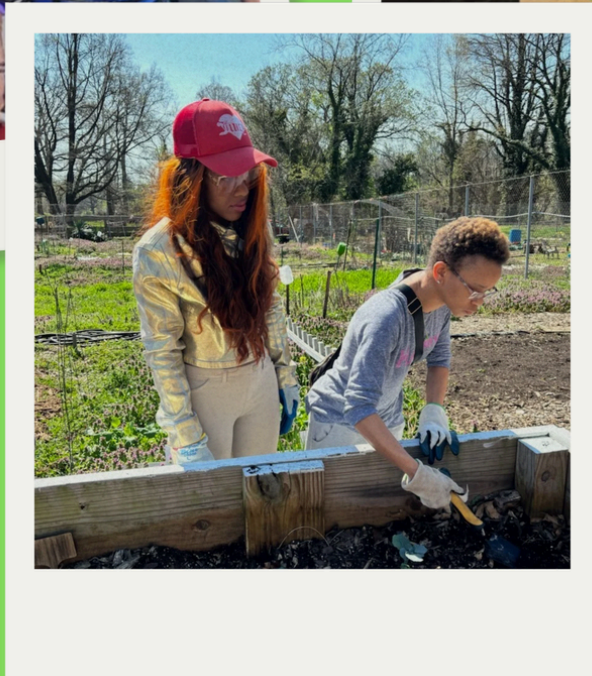




# THERAPEUTIC RECREATION PROGRAM GUIDE



## SUMMER 2026



# 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](http://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](mailto: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.

# PARTICIPANT EXPECTATIONS

Participants are expected to adhere to BCRP's Participant Code of Conduct, which can be provided upon request. Additionally, the following types of incidents will be cause for immediate suspension or removal from the program:

- Biting
- Spitting
- Threats and/or Verbal Abuse
- Disrespecting Staff
- Leaving the premises without permission
- Use or possession of a weapon or any instrument used as a weapon
- Any acts of violence that cause bodily harm
- Malicious destruction
- Major confrontations

# SUPPORT STAFF EXPECTATIONS

Support Staff are expected to provide active, attentive, and appropriate support to the participant(s) they are assigned to assist throughout the duration of all registered programs and activities. Staff must remain with their participant(s) at all times unless otherwise directed by program leadership and are expected to actively participate and engage alongside them in program activities. All Support Staff are required to follow BCRP policies, procedures, and the Participant Code of Conduct, which is available upon request. Support Staff are expected to maintain professionalism, ensure participant safety, promote inclusion, and contribute to a positive program environment for all participants, staff, and visitors.

The following behaviors may result in an incident report being submitted to the Support Staff's supervisor and may lead to disciplinary action, including suspension or removal of the staff member and/or participant(s) from the program:

- Leaving a participant unattended at any time
- Leaving the designated program area, activity space, or building without authorization
- Failing to actively supervise assigned participant(s)
- Excessive or inappropriate cell phone use during program hours
- Sitting apart from the group without engaging or providing support
- Failure to participate in activities alongside assigned participant(s)
- Ignoring participant needs, requests for assistance, or safety concerns
- Use of inappropriate, unprofessional, or disrespectful language or behavior
- Disruptive behavior that negatively impacts the program environment
- Failure to follow instructions provided by program staff or supervisors
- Violating participant confidentiality or privacy expectations
- Engaging in horseplay, unsafe conduct, or behavior that places participants at risk
- Arriving late, leaving early, or repeated attendance issues without prior approval
- Bringing unauthorized guests, children, or personal visitors to the program
- Use of headphones, earbuds, or other distractions that limit supervision and engagement
- Failure to uphold BCRP policies, procedures, or the Participant Code of Conduct

BCRP reserves the right to address concerns on a case-by-case basis to ensure the safety, well-being, and success of all participants and staff involved in the program.

# 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, June 1 - Aug 10  
10:00 am - 11:00 am

**Cost:** \$11 total

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Wednesdays, June 3 - Aug 12  
10:00 am - 11:00 am

**Cost:** \$11 total

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Wednesdays, June 3 - Aug 12  
11:15 am - 12:15 pm

**Cost:** \$11 total

**Age:** Ages 18+

**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, June 1 - Aug 10  
11:45 am - 12:30 pm

**Cost:** \$11 total

**Age:** Ages 18+

**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:**

Thursday, June 11  
10:30 am - 12:00 pm

**Cost:** \$2 per participant

**Age:** Ages 18+

**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:**

Tuesday, June 9  
10:00 am - 11:00 am

Tuesday, June 9  
11:15 am - 12:15 pm

**Cost:** \$2 per participant

**Age:** Ages 8+

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



## 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:**

Tuesday, June 9  
10:00 am - 11:00 am

Tuesday, June 9  
11:15 am - 12:15 pm

**Cost:** \$2 per participant

**Age:** Ages 8+

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



## 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, June 10 - Aug 12  
(no session July 1 or July 15)  
10:30 am - 12:00 pm

**Cost:** \$8 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.



## ALL-ACCESS NATURE EDUCATION

*Join us for a new sensory friendly theme each month!*

**Goal:** Increase leisure awareness

**Dates/Session Times:**

Friday, July 17

10:00 am - 12:00 pm

Friday, Aug 14

10:00 am - 12:00 pm

**Cost:** FREE

**Age:** All Ages Welcome

**Location:** Carrie Murray Nature Center  
1901 Ridgeway 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, June 26 (Theme: Summer Splash)

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, June 5 (Theme: Everyone's Birthday Party)

10:30 am - 1:00 pm

Friday, Aug 28 (Theme: Last Blast of Summer)

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.*



## KARAOKE

*Join us to karaoke, socialize, and bring a splash of fun this Summer! Karaoke songs can be selected from pre-approved list. Pizza and drinks will be provided.*

**Goal:** Increase social skills

**Dates/Session Times:**

Thursday, July 9 (Theme: Beach Party)  
10:30 am - 1:00 pm

**Cost:** \$8 per participant

**Age:** All Ages Welcome

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



## 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:**

Wednesday, June 17  
6:00 pm - 7:30 pm

**Cost:** FREE

**Age:** All Ages Welcome

**Location:** Towanda Recreation Center  
4100 Towanda Ave, 21215



# SPORTS & FITNESS

## FITNESS

*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, June 3 - Aug 12  
10:00 am - 11:00 am

**Cost:** \$11 per participant

**Age:** Ages 18+

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



## 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, June 1 - Aug 10  
11:45 am - 12:30 pm

**Cost:** \$11 per participant

**Age:** Ages 18+

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



# SPECIAL OLYMPICS OF MD PARTNERSHIP PROGRAMS

## UNIFIED FITNESS

*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:**

Tuesdays, June 23 - Aug 11  
6:30 pm - 8:00 pm

**Cost:** FREE

**Age:** Ages 8+

**Location:** Chick Webb Memorial Recreation Center  
1401 E Monument St, 21205



**Interested in joining a unified sport? Check out the upcoming sports below!**

**Summer**  
Bowling  
**Fall**  
Flag Football, Soccer  
**Winter**  
Basketball

For more information or to register, please contact Andy Flacks by calling 443-799-7571 or emailing [aflacks@sobaltcity.org](mailto:aflacks@sobaltcity.org)

## **SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM (YAP)**

*YAP, developed by Special Olympics, is a gross motor program designed for children ages 3-7, with and without disabilities. Through participation in basic motors 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:**

Tuesdays, June 23 - Aug 11  
5:30 pm - 6:15 pm

**Cost:** FREE

**Age:** Ages 3- 7

**Location:** Chick Webb Memorial Recreation Center  
1401 E Monument St, 21205



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](mailto: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](http://bit.ly/BCRPprograms)

\*url is case-sensitive

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

