

Access to Recreation programs are specifically for people with disabilities. Staff-to-participant ratio is one to four. Clients who need one-on-one assistance may bring their own caregiver, or register for Inclusion Services. Registration for all activities is required a minimum of two days before the event in order to ensure adequate staffing. For some classes, registration is required five business days due to C-Van scheduling. If this is your first time with us, please complete an Inclusion/ATR Intake form at Marshall, Luepke or Firstenburg Center or at cityofvancouver.us/inclusion

To use DDD family support/respite money to pay for classes, notify your caseworker of the classes you want by completing the registration form on page 48. They will send us your registration. If you are unable to attend a class, you must notify your caseworker at 750-4250 and our office at 487-7058.

For special accommodations, contact Inclusion Services at 360-487-7057. See page 47 for more information.

Leisure counseling is available for people with disabilities/special needs to assist in planning recreation activities. To schedule an appointment call Debbie at 487-7058 or Teresa at 487-7060.

Please schedule arrivals and pick-ups no earlier than 1/2 hour before and 1/2 hour after the activity. Staff will only be available 30 minutes before and 30 minutes after a class. It is up to the parent/caregiver to make sure the participant has adequate supervision outside of these times. If the attendee is dropped off too early or not picked up, we are required to report to child/adult protective services.

DANCES & SPECIAL EVENTS

Friday/Saturday Dances

Ages 18+. Dance to your favorite music and meet new friends. Fee includes hot dog, chips and pop. Drop-off west side. **LC Community Room.**

5-7pm \$7. Assisting staff may eat for \$3.

F
87204 1/13 **87206** 3/9 **87207** 4/13
 Sa

87208 1/21 **87210** 3/24 **87211** 4/21

Sweet Heart Dance

Vancouver-Clark Parks and Recreation and the Arc present our 2012 Sweet Heart

Dance! Dinner is from 4-5pm and dancing is from 5-7pm. Attending staff can purchase dinner for \$4, or bring a basket for a door prize and eat free!

87209 S 2/18 4-7pm \$7

ENRICHMENT

All supplies are included in the fee. You must pre-register.

Cooking for Fun

Ages 18+. You'll be guided through the preparation, clean-up process and work on table skills. **MCC Oak Room.** 3 classes.

T 9:15-10:15am \$46
87173 1/3-1/17 **87174** 1/24-2/7
87175 2/14-2/28 **87176** 3/6-3/20
87177 3/27-4/10

Fun with Crafts

Ages 18+. Learn new skills and create projects for gift giving and personal enjoyment. **MCC Arts and Crafts Studio.** 3 classes.

Th 9:15-10:15am \$46
87178 1/5-1/19 **87179** 1/26-2/9
87180 2/16-3/1 **87181** 3/8-3/22
87182 3/29-4/12

FITNESS & AQUATICS

Fitness For All

Ages 18+. This is an exercise class for people with or without cognitive developmental disabilities which focuses on the joys of physical fitness and overall health. **MCC Aerobics Studio.** 8 classes.

T/Th 10:30-11:15am \$36
87169 1/3-1/26 **87170** 1/31-2/23
87171 2/28-3/22 **87172** 3/27-4/19

Access to Aquatics Water Fitness

Ages 18+. A water exercise class for people with developmental and/or physical disabilities. Experienced staff works with various disabilities in the water. All registrants with personal care needs must have a caregiver with them. Pool guidelines will be mailed to you. **MCC Pool.** 4wks.

M/F 2-3pm \$63
87669 1/6-1/30 \$55 no class 1/16
87670 2/3-2/27 \$55 no class 2/20
87671 3/2-3/26 **87672** 4/9-5/4

Access to Aquatics Individualized Swim Lessons

All ages. Marshall Center features individual swim lessons for people with disabilities. Instructors are experienced in working with

disabilities in the water. Pre-assessment forms will be mailed home along with pool guidelines. Registration is required. All registrants with personal care needs must have a caregiver with them. **MCC Pool.**

M/W 4wks \$63
 1/9-2/1 no class 1/16 \$55

87883 5:15-5:45pm
87899 5:50-6:20pm
87884 6:25-6:55pm
87888 7-7:30pm

2/6-2/29 no class 2/20 \$55

87887 5:15-5:45pm
87900 5:50-6:20pm
87885 6:25-6:55pm
87889 7-7:30pm

3/5-3/28
87921 5:15-5:45pm
87922 5:50-6:20pm
87886 6:25-6:55pm
87903 7-7:30pm

4/9-5/2
87923 5:15-5:45pm
87924 5:50-6:20pm
87925 6:25-6:55pm
87926 7-7:30pm

Sa 8wks \$63
 1/7-3/3 no class 1/28
87890 9-9:30am
87920 9:35-10:05am
87893 10:10-10:40am
87895 10:45-11:15am
87897 11:20-11:50am

3/10-4/28
87891 9-9:30am
87892 9:35-10:05am
87894 10:10-10:40am
87896 10:45-11:15am
87898 11:20-11:50am

SOCIALIZING

Registration is per-session and includes a meal. **Must be pre-registered five days prior to the event if using C-Van transportation.** Assisting staff may eat for \$3.

Monday Fun Nites

Ages 18+. Fun, games, dancing and socialization make up this popular program. It's a great opportunity to make new friends and share good times. **LC.**

M 3:30-5pm \$16
87688 1/9 American Idol night and you be the judge
87686 1/23 Show and tell share night
87687 1/30 Charades
87689 2/6 Karaoke

- 87690 2/13 Valentine party
- 87691 2/27 Lets get fit
- 87692 3/5 Charades
- 87693 3/12 St. Patrick's party
- 87694 3/19 Show and tell
- 87695 3/26 Movie night and popcorn
- 87696 4/2 Easter games and prizes
- 87697 4/9 Game night
- 87683 4/16 Charades
- 87684 4/23 Karaoke

SPORTS OPPORTUNITIES

Recreational Bowling

Ages 15+. Fee includes two games per week and staffing. Lanes are categorized by age. Meet at **Hazel Dell Bowling Lanes**, 6300 Hwy 99. 5 classes.

- | | | | |
|--------------|-----------|------|----------------------|
| W | 9:30-11am | \$60 | |
| 87748 | 1/4-2/1 | | 87749 2/8-3/7 |
| 87750 | 3/14-4/11 | | |
| W | 3:30-5pm | \$60 | |
| 87751 | 1/4-2/1 | | 87752 2/8-3/7 |
| 87753 | 3/14-4/11 | | |

TRIPS

Ages 18+. Trips accommodate up to 11 participants, including only two who use wheelchairs. You must pre-register in order to attend. Staff ratio is 1:3. Participants must stay with staff at all times. Each group/foster home/day program is limited to three people per trip. Dress for the weather and wear proper shoes. Meet at Luepke Center in the lobby. If personal care is needed, caregivers must attend with participant. Caregiver is responsible for their admission fee.

- | | | |
|--------------|-------------|---|
| M | 9:30-1:30pm | \$26 (note time change) |
| 87193 | 1/9 | Bowling and lunch in Portland. Bring \$15 |
| 87194 | 1/23 | Char Burger for lunch. Bring \$15 |
| 87192 | 2/6 | Holiday shopping and lunch. Bring \$20 |
| 87195 | 2/27 | Bonneville Dam and lunch. Bring \$15 |
| 87184 | 3/12 | Black light golf and lunch. Bring \$20 |
| 87196 | 3/26 | Thrift store shopping and lunch. Bring \$20 |
| 87199 | 4/9 | Bowling and lunch. Bring \$15 |
| 87200 | 4/23 | Lunch in the park. Bring \$8 |
| F | 4-7:30pm | \$25 (note time change) |
| 87197 | 1/6 | Dinner at Billigan's. Bring \$20 |
| 87201 | 2/3 | Shopping and dinner. Bring \$20 |
| 87202 | 3/2 | Cascade Grill. Bring \$20 |
| 87203 | 4/6 | Dinner in the park, weather permitting. Bring \$8 |

YOUTH SPORTS LEAGUES

WEST REGISTRATION 487-7100
EAST REGISTRATION 487-7001

BASEBALL

Baseball Leagues: T-Ball, Coach Pitch, and Machine Pitch

Players must provide their own glove; cleats are optional. Teams bat the whole line-up, except for the last four games in machine pitch leagues. Mandatory meetings and games will run rain or shine. Weekday games between 5:30pm-8pm and Sa games between 9am-3pm. Machine pitch games run 90 min. Registration deadline: Ten working days prior to the league meeting date or until league is full. The league guidelines are online at vanclarkparks-rec.org

T-Ball Leagues/Spring

Co-ed. Ages 4 1/2-6. 7 games. \$62.

86453 T 4/14-6/5 **Marshall Park**

Mandatory meeting on Sa 4/14, 10am at Bagley Park. **Attention: Meeting is 4/14 at Bagley but all games are played Tues. evenings at Marshall Park.** Games begin 4/24.

86451 Sa 4/14-6/16 **Bagley Field**

Mandatory meeting on 4/14, 10am Bagley Park
Games begin 4/28. No games 5/26.

86454 Th 4/12-6/7 **Hearthwood Park** (grass field)

Mandatory meeting on 4/12, 6pm Hearthwood. Games begin 4/26.

86452 Sa 4/14-6/18 **Hearthwood Park** (grass field)

Mandatory meeting on 4/14, 10am Hearthwood.
Games 4/28. No games 5/26.

Youth Sports Equipment Exchange

Are you wondering what to do with those shoes or mitts that don't fit anymore? Bring them to the league meeting and donate or trade them for a size that fits!

Coach Pitch Leagues/Spring

Co-ed Ages 5 1/2-7 7 games \$62

86459 Sa 4/14-6/16 **Bagley Field**

Mandatory meeting on 4/14, 10am Bagley Park.
Games begin 4/28. No games 5/26.

86461 Th 4/12-6/7 **Hearthwood Park** (grass field)

Mandatory meeting on 4/12, 6pm Hearthwood.
Games begin 4/26

86460 Sa 4/14-6/16 **Hearthwood Park** (grass field)

Mandatory meeting on 4/14, 10am Hearthwood.
Games begin 4/28. No games 5/26.

Machine Pitch Leagues/Spring

Co-ed Ages 8-10 7 games \$67

Mandatory meeting is 4/14, 10am at Bagley Park. The machine will pitch to players at 35 mph. Games begin 4/28. No games 5/26.

Sa 4/14-6/16

86514 Westside practice **86515** East-side practice

T-Ball Leagues/Summer

Co-ed Ages 4 1/2-6 7 games \$62

86456 Th 6/28-8/23 **Marshall Park**

Mandatory meeting on Th 6/28, 6pm Marshall Park.
Games begin 7/12.

86455 Sa 6/30-8/25 **Bagley Field**

Mandatory meeting on Sa 6/30, 10am Bagley Park.
Games begin 7/14.