



Opening Doors...Changing Lives

Winter Guide 2012

January, February, March, April

Community Recreation Program

Winter highlights

- ◆ Young Adult programs: Dining Out and Movie Night
- ◆ Snowshoeing at Genesee Country Village Museum: get out and enjoy the winter!
- ◆ Saturday morning Group Swim
- ◆ Please note: Horseback Riding is in this brochure!!

Please note:
The Community Recreation Office
is now located at:
CP Rochester
1000 Elmwood Avenue, Suite 900
Rochester, NY 14620

www.cprochester.org

Questions? Call the Recreation Program at 585-295-1587 x2282

2012 Recreation Programs

This year we will continue to have the recreation brochure span a 4-month period because it will align more closely with the school year; we hope this will make it easier for families!

About the Community Recreation Program

People of all ages and abilities participate in CP Rochester's Community Recreation Program, from preschoolers to adults. The primary goal of our program is to provide opportunities for individuals who have a disability to develop lifetime recreation skills and interests.

Although we are continuing to offer group and family-oriented outings, we encourage parents to take advantage of the respite service so that caregivers can have a break through our recreation programs. Programs that are in the section "Programs for Individuals" are intended to be respite in nature.

This program is community-based and participant-driven. We encourage families and participants to make suggestions and provide feedback on the programs that are offered.

Most of our activities take place in the community; some are local and others explore venues outside of Monroe County. We are always open to working with new partners and venues, so if you know of a great resource, please feel free to share them with us!

Recreation Contacts

Manager of Community Services:

Kelley Murphy kmurphy@cprochester.org

Community Services Supervisor:

Nicole Fulle nfulle@cprochester.org 585-295-1587 ext 2282

Recreation Cell Phone: 585-330-8921

CP Rochester Community Recreation Program

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Project Access Transportation

Project Access is a person-centered service that provides, assists, and promotes independence to individuals with disabilities living in the community.

Who is eligible? People who:

- Live in Monroe County
- Live with a family member
- Have a documented disability

Hours of Operation:

Monday—Friday, 5pm-9pm
Saturday & Sunday, 10am-9pm

For more information or to schedule rides, call the

Project Access Coordinator: 585-295-1587 ext 2281

The enrollment process

STEP ONE:

Contact your Medicaid Service Coordinator to complete an Intake Packet for our service prior to participating in any of our recreation programs. Application Packets can be obtained from our Consumer Care Coordinator:

Contact: Laurie Gendron
Phone: 585-295-1587 ext 2281
Fax: 585-295-1593
Email: lgendron@cprochester.org

STEP TWO:

Once you have been approved for our service, you will receive a letter confirming your enrollment in our Community Recreation Program and be added to our mailing list to receive our recreation brochures. You will then be ready to register for our programs and events!

How to register for programs

All required intake documentation must be received and processed prior to registering for an event or program. To register for a recreation program or event, complete the registration form on the last page of this brochure and mail it in to:

CP Rochester
1000 Elmwood Avenue, Suite 900
Rochester, NY 14620

Certain group outings and events are listed on our website and available for online registration. You can view these events on the CP Rochester Events calendar at www.cprochester.org.

Once your registration is processed, you will receive a confirmation letter confirming the date(s) and time of the activity. Please keep this as a reminder for your upcoming program(s)! The confirmation letter will tell you when payment is due.

CP Rochester Community Recreation Program

Program Fees / Payments & Cancellations

Although we try our best to offer low or no-cost recreation programs, in order to cover our expenses, it is often necessary to have a fee for activities. The cost for each program is listed in the program description.

Payments or cancellations must be made by the program's registration deadline. If we have not received payment one week prior to the event's date or start of the session and you have not contacted us, we will assume that you are not going to participate in this program anymore. Past due payments will affect registration for future recreation programs. In the event that a program is cancelled, we will issue a voucher that can be used toward future recreation programs; **we do not issue refunds.**

Aquatics

Family Swim

This is a recreational swim program for individuals with developmental disabilities and their family members. During family swim you can practice some of the skills you've learned, have fun & relax in the warm water, or burn off some energy! Come in and enjoy the warmth of the pool.

Program # 1:

Dates: Saturdays, January 14,21,28, February 11,18, 25

(Please note—pool is closed on February 4th)

Make-up Date: February 25

Program # 2

Dates: Saturdays, March 3,10,17,24,31, April 7

Make-up Date: April 14

For both programs:

Ages: All ages

Time: 9:30-10:30am

Cost: \$50 per family/max 4 people

Location: Al Sigl Pool, 1000 Elmwood Ave, Door 1

Deadline: 1 week prior to start

Questions? Call the Recreation Program at 585-295-1587 x2282

Aquatics

Individual Swim Lessons

Instruction is provided by our Adapted Physical Education teacher and swimming instructors and is designed for individuals who have special needs. Students will receive 30 minutes of instruction and will work toward developing independent swimming skills and increased safety awareness in the water. ***Space is limited!! Please indicate your preferred time on your registration form and include a second choice.***

TUESDAYS @ Al Sigl Pool

Lesson Times: 4:30pm, 5:00pm, 5:30pm, or 6:00pm

Location: Al Sigl Pool, 1000 Elmwood Avenue, Door 1

Program # 3 **Dates:** January 10,17,24,31 February 7,14

Make-up Date: Feb 28 **Deadline:** December 30

Program #4 **Dates:** March 6,13,20,27, April 3,17

Make-up Date: April 24 **Deadline:** February 17

FRIDAYS @ CP Rochester Pool

Lesson Times: 4:00pm, 4:30pm, 5:00pm, 5:30pm, 6:00pm, or 6:30pm

Location: CP Rochester Pool, 3399 Winton Road S, 14623

Program # 5 **Dates:** January 13,20,27, February 3,10,17

Make-up Date: March 2 **Deadline:** December 30

Program # 6 **Dates:** March 9,16,23,30, April 6,20

Make-up Date: April 27 **Deadline:** February 17

For each session:

Cost: \$65 per person

Our swim lessons take place in a heated therapy pool, with the temperature averaging 92 degrees. It's a great place for young and new swimmers to learn how to swim! Maximum depth is 4.5 feet.

CP Rochester Community Recreation Program

Aquatics

Group Swim

This is a recreational swim program for individuals with developmental disabilities. Participants will begin working on skills such as blowing bubbles, kicking, water exploration and rotary arm movements. The class will be led by a swim instructor and supported by volunteers.

Program # 7:

Ages: 5-8

Dates: Saturdays, January 14,21,28, February 4,11,18

Make-up Date: February 25

Time: 10:45-11:30am

Deadline: January

Class size: Max 8

Program # 8

Ages: 5-8

Dates: Saturdays, March 3,10,17,24,31, April 7

Make-up Date: April 14

Time: 10:45-11:30am

Deadline: February 17

Class size: Max 8

For both programs:

Cost: \$50 per person

Location: Al Sigl Pool, 1000 Elmwood Ave, Door 1

If you are interested in the Group Swim but your child falls outside the age-range specified, please let us know!

We would like to offer a group lesson on Saturday mornings and we may be able to make accommodations for this program. We intend to have volunteers assist as well, as available.

CP Rochester Community Recreation Program

Programs for Individuals

Snowshoeing at GCVM Nature Center

Enjoy a traditional winter activity & the snowy weather and come snowshoe the trails at the Genesee Country Village & Museum's Nature Center! GCVM staff will provide a quick orientation to the trails and sights & sounds that we may see along the way, then off we go into the woods to discover & explore the winter wonderland. Make sure you dress in layers and warm boots!

Program # 12

Ages: Ages 7 and up

Date: Sunday, February 5

Time: 1:00pm

Location: Genesee Country Village & Museum Nature Center
1410 Flint Hill Rd, Mumford

Deadline: January 17

Cost: \$5 adults / \$4 youth under 17

Snowshoe rental: \$5 additional per person

Group Size: Minimum 4 people

Recreational Horseback Riding at Meadows of Mendon

This 6-week riding session at Meadows of Mendon is a recreational riding program for new and experienced riders. Classes incorporate games and activities to teach riders the basic aspects of horseback riding. The stable will provide all the necessary riding and safety equipment; trained volunteers will also be on-hand to assist riders.

Program # 13

Ages: 5 years old and up

Dates: Saturdays, April 21,28, May 5,12,19, June 2

Time: 11:30am-12:15 or 12:15-1:00pm

Cost: \$125 per rider

Location: Meadows of Mendon Stables, 1536 W. Bloomfield Rd, 14472

Deadline: April 6

Group Size: Limit 4 people per time slot

Questions? Call the Recreation Program at 585-295-1587 x2282

Programs for Individuals

Participants who attend a Recreation Program independently **must** be enrolled in Medicaid's HCBS Waiver. You are welcome to attend programs that are listed in the "Family & Group Outings" section as well; we will provide staffing if there is interest! Please call us if you have any questions. **295-1587 ext 2282**

Cookie Making

Join us to make some delicious cookies! You will have a selection of dough pre-made and ready for you to shape and decorate with an assortment of toppings. We will bake them in the oven and they will be ready for you to taste and package up to bring home in your personalized box!

Program # 14

Ages: 8 and up

Date: Saturday, April 28

Time: 11:30am

Location: CP Rochester, 3399 Winton Road South

Cost: \$5 per person

Deadline: April 13

Ice Skating

In the spirit of winter, come on out to ice skate at the indoor arena at Brockport! We will have volunteers to assist skaters as needed with their balance as they glide & skate around the rink. Although the activity is indoors, dress for the cold and bring tall socks for the skates (wool or acrylic). Adapted equipment is not available at this venue.

Program # 15

Ages: 5 and up

Date: Sunday, March 25

Time: TBA (max 2hrs)

Location: SUNY Brockport, 350 New Campus Drive, 14420

Deadline: March 9

Cost: \$5 ages 7 and up / \$3 for ages 6 and under

Skate rental: \$3 per person for skate rental

CP Rochester Community Recreation Program

Programs for Individuals

Gymnastics & In-Line Skating in conjunction with SUNY Brockport

Program # 16—Gymnastics

Jump, run, flip, and be creative in this gymnastics class at SUNY Brockport that is supported by members of the Gymnastics Team and students in the Physical Education program. Participants are kept moving from station to station and are matched up with a volunteer throughout the class. Try out the balance beam, roll and flip on the mats, hop over the horse, bounce on the trampolines, and everyone's favorite, hop into the big foam pit to relax at the end of class! Approx 6 classes.

Ages: 6-12

Class length: 45 minutes

Cost: FREE

Group Size: Limit 8 kids

Location: SUNY Brockport, Tuttle Building Gymnastics room

Program # 17—In-Line Skating

It's time to take your skills "to the streets". We will head outside and learn to skate on a variety of terrain and learn how to stop, control speed and turn. Skates, all the safety pads (for elbows, knees) & helmet are provided. Learn a new skill that you can do in your own community! Approx 3-4 classes.

Ages: 6-12

Class length: 1 hour

Cost: FREE

Group Size: Limit 8 kids

Location: SUNY Brockport Campus (outdoors)

PLEASE NOTE—Dates & Time TBA for Gymnastics & Skating:

Given that the college students are out of session when this is printed, details have not been finalized for the Gymnastics or In-Line Skating programs for the spring at this time. When the Brockport student coordinators for these programs are back at school in January and able to determine the availability of the facilities, we will share those details with the people who sign up for the program(s). Timeframe is likely to be a Feb start for gymnastics and April for skating. Thank you!

Questions? Call the Recreation Program at 585-295-1587 x2282

Programs for Individuals

Movie Night—for Young Adults

Meet up with your peers for movie night at Greece Ridge Mall! Once people register for this program, you will be contacted and movie listings will be provided as the time nears so that we can select a movie to watch as a group.

Program # 23

Ages: 18 and up

Date: Saturday, February 18

Time: 5:30pm

Location: Greece Ridge Mall

Cost: \$6.50 for movie ticket

Deadline: February 3

Dining Out—for Young Adults

Get together with friends or come out and meet someone new! This program is for young adults who are looking to get out into the community and make some new social connections.

Program # 24

Ages: 18 and up

Date: Saturday, April 14

Time: 5:30pm

Location: Buffalo Wild Wings, Henrietta

Family & Group Outings

Rochester Razorsharks Basketball Game

Cheer on our two-time Professional Basketball League Champs, the Razorsharks as they take on the Scranton Screamers at the Blue Cross Arena! If you enjoy watching basketball come check out this fast-paced game.

Program # 19

Date: Saturday, February 25

Time: 1:00pm

Deadline: February 10

Cost: \$5 per ticket

Location: Blue Cross Arena, 1 War Memorial Sq, 14614

If you'd like to attend with a buddy or meet up with your peers of 20-somethings, please join us! We will staff this event accordingly.

CP Rochester Community Recreation Program

Family & Group Outings

Rochester Museum & Science Center Extreme Mammals: The Biggest, Smallest, and Most Amazing Mammals of All Time

Fossil enthusiasts, this one's for you! Visit the museum's latest exhibit and stand in the shadow of the largest land mammal that ever lived, or peek at the Bumblebee Bat that weighs as much as a dime. This exhibit displays many fossils, skeletons, and mammal reconstructions from NYC's American Museum of Natural History.

Program # 20

Date: Sunday, February 19 (*corrected date*) **Time:** Check in at 10am

Deadline: February 3

Program # 21

Date: Saturday, April 21 **Time:** Check in at 10am

Deadline: April 6

For both programs:

FREE Admission

Location: RMSC, 657 East Ave 14607

IMAX Show—Ring of Fire At the Strassenburgh Planetarium

Watch a movie on the big screen at the Planetarium! See spectacular volcanic eruptions, including those of Mt. St. Helens, Navidad in Chile, Sakurajima in Japan, and Mt. Merapi in Indonesia. The IMAX movies are appropriate for ages 5 and up and last approximately 40 minutes. Admission to the museum is free after the movie.

Program # 22: Ring of Fire **Date:** Sunday, February 5

Time: 1:00pm **Deadline:** January 20

Cost: \$1 per person **Group Size:** Limit 40 people

Location: Strassenburgh Planetarium, 657 East Ave 14607

Family & Group Outings

Sesame Street Live! Elmo's Superheroes

Super Grover has lost his super-ness and Sesame Street needs a hero! Never fear, the fabulous five Super Heroes are here -- featuring Elmo as Captain Fuzzy! Elmo, Abby Cadabby, Big Bird and all their friends are on a quest to put the "super" back in Super Grover. Singing and dancing their way through fun lessons on healthy habits, they discover how exercise, rest, nutritious food and good hygiene can save Super Grover -- and turn your children into Super Heroes, too! You'll be feeling good when Elmo's Super Heroes comes to town!

Program # 18

Date: Sunday, March 18

Time: 11:30am

Cost: \$18.50 per ticket (ages 2+ must purchase a ticket)

Location: Auditorium Theatre

Deadline: February 25th (*extended*)

Breakfast with the Easter Bunny

The Easter Bunny will be visiting the Elks Lodge again this year to greet all the girls & boys, bringing a basket of goodies for each. Join us for breakfast with the Bunny! Breakfast typically includes pancakes, sausage & eggs, toast, and juice/milk)

Program # 25

Ages: all ages

Date: Saturday, March 31

Cost: Free

Seating Time: 8:30am or 11:00am - Please indicate your preference on the registration form!

Location: Henrietta Elks Lodge, 3525 East Henrietta Rd, 14467

Limit 30 people per seating

CP Rochester Community Recreation Program January—April 2012 Registration Form

**Participant's
Name:**

PROGRAM INFORMATION					OFFICE USE			
Program #	Time / Session	# Youth	# Adults	Accessible seating?	Dbase Conf	Cost	Date Paid	Check #
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PAYMENT(S): Check #: _____ Total: _____ Receipt sent
 Check #: _____ Total: _____ Receipt sent

CONTACT INFORMATION: *Has anything changed? Please let us know!*

Phone Number(s): _____

If you wish to be added to our email distribution list that provides information about upcoming events, freebies, or community resources, you can provide it below. We do not share your email address with others.

Email: _____