

INCLUSION:

If you or your child has a disability, behavior concern, or severe allergy, please let us know at the time of registration. **Due to the increasing demand for inclusion services, participants must register 2 weeks prior to the start of programs to allow adequate time to process requests.**

If participants requiring extra assistance or ASL interpreters register less than 2 weeks prior to the program start, we cannot guarantee inclusion services by the beginning of class.

Inclusion process:

1. Register for program, indicating a need on the form or to the person taking your registration over the phone.
2. If you are registering a new participant requesting inclusion services, you will be contacted to discuss strategies for inclusion and to gather participant info.
3. Inclusion staff will be placed with participants based on need. Inclusion staff comes from the Brooklyn Park Recreation staff or from REACH for Resources.

ADAPTIVE RECREATION

REACH FOR RESOURCES

Adaptive Recreation programs are provided through a cooperative of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, and REACH for Resources. Residents of member cities receive priority registration and pay member rates for programs. For more info or to register call (952) 988-4177 or visit www.reachforresources.org. For information on Adaptive Recreation and accessing programs, please contact Jen Gillard, CTRS at (763) 315-8459.

YOGA

Increase attention, focus, muscle tone, and flexibility. The 5:30 class is for 5-12 year olds and their parents to learn yoga together. Siblings are welcome; all children must be accompanied by at least one adult.

St. Louis Park Rec Center, 3700 Monterey Dr

TUESDAYS, JAN 19-FEB 23

Ages 5-125:30-6:30 pm

Adults 18+6:45-7:45 pm

TAKE FIVE RESPITE (AGES 13-21)

Join our respite to meet new friends and experience recreation activities during winter break!

Elim Lutheran Church, Robbinsdale..... \$210/session

Session 1:Dec 21-Dec 23.....9:00 am – 3:30 pm

Session 2:Dec 28-Dec 30.....9:00 am – 3:30 pm

TEEN EXPLORERS (AGES 13-21)

Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and so many more activities!

Tues, Jan 19 – Mar 26:30 – 8:30 pm

GIRLS CLUB (AGES 13-21)

For girls who are independent in their personal cares and who want to have fun!! We meet one Saturday each month.

SOCIAL SEEKERS (AGES 13-21)

Program for teens with Asperger's Syndrome. Meet once a week.

CLUB WEDNESDAY (AGES 18+)

Meet friends while enjoying games, dances, movies, bingo

Wed, Jan 13 - Mar 36:30 – 8:30 pm

NON-COMPETITIVE BASKETBALL LEAGUE (AGES 18+)

Have fun and improve your basketball skills.

Thurs, Jan 7 – Mar 116:30 – 8:00 pm

ALSO • WALKING CLUB • ON THE TOWN • YOUTH, TEEN AND ADULT BOWLING

SPECIAL EVENTS

WEEKEND VENTURES (Ages 15+)

Need a mini-vacation? Join us for these great weekend respite programs! Participants are dropped off Friday evening, and spend the whole weekend having fun with caring experienced staff.

DOWNTOWN MINNEAPOLIS WEEKEND

Stay at a hotel in downtown Minneapolis and tour the Macy's holiday display and watch the TCF Holidazzle parade from the "Hot Seats"!

Dec 4 – 6\$350 for the entire weekend

MALL OF AMERICA WEEKEND

We will stay at a wonderful hotel in Bloomington and then spend all day Saturday at the Mall of America.

March 19 – 21.....\$350 for the entire weekend

DANCES FOR ALL

Join your friends and groove to the latest hits!

Jan 15, Feb 12, and March 19..... 7-9 pm

\$5 each-pay at door

St. Louis Park High School, 6425 West 33rd St

SUPER BOWL PARTY

Join us to celebrate the big game.

Brookview Golf Grill, Golden Valley.....\$7

Feb 7 5-9 pm